

'Stuff the Bus'  
Campaign Helps  
Feed the Hungry  
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# Taking the Plunge at Lake Anne

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From left, Henry, Mike and Gabe Collins jump into the 35-degree waters of Lake Anne Saturday, Feb. 2, to raise money for Camp Sunshine, a retreat for families with children suffering from life-threatening illnesses.

Call for  
Nominations—  
2013 Helios  
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## NEWS

### Reston Community Players Receive 15 WATCH Nominations

The Reston Community Players has been nominated for 15 Washington Area Community Honors (WATCH) for artistic and technical excellence in Community Theater. The Reston Community Players have been entertaining area audiences since 1966.

The Players are in residence at the intimate 300-seat CenterStage, Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston.

The Washington Area Theater Community Honors (WATCH) is the organization that adjudicates productions and presents annual awards recognizing artistic and technical excellence in Community Theater. The WATCH awards help to foster and encourage the growth of community theater. A total of 126 productions (43 musicals, 83 plays) were adjudicated in 2012 from which the nominations were developed.

The 15 Reston Community Players nominations were for productions of "August Osage County," "Legally Blonde" and "Lend Me a Tenor." The WATCH awards will be announced at a ceremony at the Birchmere in Alexandria on Sunday evening, March 13.

The 15 Reston Community Players nominations were for:

❖ Outstanding Cameo in a Play—Mark Yeager as Beverly Weston in "August Osage County"

❖ Outstanding Direction of a Play—Andrew JM Regiec for "August Osage County"

❖ Outstanding Featured Actress in a Play—Gayle Nichols-Grimes as Mattie Fae Aiken in "August Osage County"

PHOTO COURTESY OF THE RESTON COMMUNITY PLAYERS



The cast in the Reston Community Players production pictured is from "August Osage County." Seated first row: Dino Coppa as Steve Hediebrecht, Marisa Johnson as Karen Weston, KJ Jacks as Johnna Monevata, Andra Dindzans as Jean Fordham, Lee Slivka as Barbara Fordham. Seated second row: Gayle Nichols-Grimes as Mattie Fae Aiken, Rich Bird as Bill Fordham, Mary Suib as Violet Weston, Mark Yeager as Beverly Weston. Last row, standing: Randall Baughman as Charlie Aiken, David Gorsline as Sheriff Deon Gilbeau, Matt Williams as Little Charles Aiken, Leta Hall as Ivy Weston.

❖ Outstanding Lead Actress in a Play—Lee Slivka as Barbara Fordham in "August Osage County"

❖ Outstanding Lead Actress in a Play—Mary Suib as Violet Weston in "August Osage County"

❖ Outstanding Light Design in a Play—Ken & Patti Crowley for "August Osage County"

❖ Outstanding Play—"August Osage County"

❖ Outstanding Properties in a Play—Mary Jo Ford & Alexandra Lee for "August Osage County"

❖ Outstanding Set Construction in a Play—Timothy Hinton & David Johnson for "August Osage County"

❖ Outstanding Stage Combat Chore-

ography—Steve Lada for "August Osage County"

❖ Outstanding Cameo in a Musical—Joseph Aquilina as "Kyle" in "Legally Blonde"

❖ Outstanding Direction of a Musical—Joshua Redford in "Legally Blonde"

❖ Outstanding Featured Actress in a Musical—Molly Hicks Larson as Paulette Buonofuonte in "Legally Blonde"

❖ Outstanding Lead Actor in a Play—Ryan Manning as Max Levene in "Lend Me A Tenor"

❖ Outstanding Makeup Design in a Play—Sue Pinkman in "Lend Me A Tenor"

—DAVID SIEGEL



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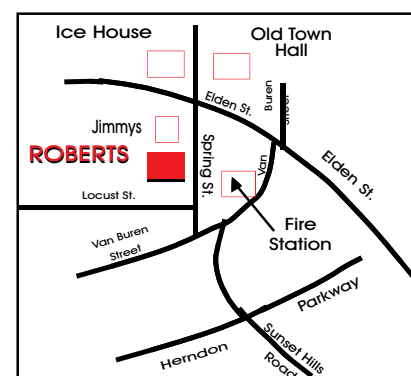
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**Onlookers watch jumpers hit the 35-degree waters of Lake Anne Saturday, Feb. 2, part of the annual fundraiser for Camp Sunshine.**

PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION



## Taking the Plunge at Lake Anne

**Hundreds participate in Polar Bear Dip to raise money for Camp Sunshine.**

BY ALEX McVEIGH  
THE CONNECTION

**W**hen Jean Young of Reston bundled up for her Saturday walk with her dog Seamus around Lake Anne Saturday, Feb. 2, she was worried her down jacket, long underwear, wool hat and gloves might not provide enough protection from the 30-degree weather. Little did she know she would be encountering more than 100 people wearing even less.

“As I came around the bend near the big tower, I heard cheering, and figured there was maybe a live show with a few brave souls outside supporting some friends,” she said. “I certainly didn’t expect to see half-naked people jumping into the water.”

They might not all have been half naked, some were in costumes, some in formal wear, but the more than 100 people who jumped into Lake Anne’s 35-degree water Saturday were doing so for a good cause.

The lake was the site of the sixth annual Freezin’ For A Reason Polar Bear Dip, which raised money for Camp Sunshine, a nonprofit that hosts families of children with life-threatening illnesses.

Gail and Bill Toth of Vienna were first exposed to Camp Sunshine after visiting in 1996 with their daughter Jennifer, who was diagnosed with cancer at age 3. They founded the dip at Lake Anne in 2008.

Since then, more than 500 people have participated in the event, raising \$232,700 for Camp Sunshine, which is located in Maine. This year’s goal was to raise \$100,000, enough for 50 families from the Mid-Atlantic area to attend Camp Sunshine.

“Everyone told me before I jumped that the anticipation was the worst part, once I jumped in it would be fine,” said Derek Lee, who made his first jump this year. “They were wrong. Getting out of the water and walking all the way to the community center while you’re uncontrollably shaking was the worst part. But as I was freezing, I thought of the people we’re trying to help, and I figured every one of them goes through something worse.”

Jumpers started hitting the water just after 2 p.m. Many followed the dip’s tradition of wearing a costume—Vikings, gladiators, Transformers, baseball players and even Spider Man were among the participants. But in some cases, clothes did nothing more than retain the near-freezing water.

“My biggest mistake was wearing pants,” said Lydia Felter, a nursing student from the Penn School is Nursing who jumped along with several of her fellow students.

This year Topical Smoothie Café donated towels for the jumpers to get into as they left the water and scampered to the Reston Community Center Lake Anne to get warm and change.



**Andrew Gibson and his fiancée Anna Koutchmar take the plunge into Lake Anne to raise money for Camp Sunshine Saturday, Feb. 2.**



**Rob Aaront prepares to hit the water at the annual Lake Anne Polar Bear Dip to benefit Camp Sunshine Saturday, Feb. 2.**

**Divers hit the 35-degree water at Lake Anne Saturday, Feb. 2, to raise funds for Camp Sunshine, a camp for families of children suffering from life threatening illnesses.**





# THE COUNTY LINE

## Making the Difference Between Struggle and Success

BY CARMEN JORDAN

All youth need stability and loving parents to give them the best chance for success in life. This is why finding adoptive homes and permanent traditional foster homes for our youth is so critical. Over the last six years, as a Fairfax Families4Kids mentor, I have seen foster youth struggle, especially when circumstance has caused them to be moved frequently from foster care placement to foster care placement (including traditional foster homes and foster group homes).

There is one 14-year-old youth in particular that I recall that was originally removed from his biological home, then lived with another biological family member for a time, then was moved into a traditional foster home, then to a group foster facility—all of this taking place over a few short years. This youth has been participating at group FF4Kids mentoring events for several years. I remember the poor behavior demonstrated at times by this youth at the group events, including not following the rules, speaking out of turn in an effort to gain attention, occasional physical outbursts due to not being able to control his anger, actually teasing other foster youth in an effort to get them to chase him around the room.

This behavior was his way of crying out for the love and attention he was not receiving at “home.” He wanted so desperately to be seen and heard by anyone in his life. This foster youth was just recently placed in a loving, adoptive home. The youth’s behavior at the group mentoring events has made a complete turnaround. He no longer needs to be the center of attention, always has a smile on his face, and demonstrates positive interaction with both mentors/volunteers and the other foster youth. This is due to him finally feeling safe and knowing that there are loving adults that he can trust to protect and take care of him. There is no amount of support from the county, school system, programs, and organizations that can replicate the day in and day out support that a child receives from a loving family.

**MY HOPE** is that as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth. There is a reason that the name of our program is “Fairfax Families4Kids.” It is our mission to find Fairfax County families for these foster kids. Mentoring through the program helps prepare these youth for placement. The county’s ability to more effectively find long-term, loving homes for foster youth is the key to a foster youth’s ability to grow to become mature, responsible, independent adults.

I have mentored many foster youth both through their years in foster care and their transition out of foster care. Though many foster youth have positive transitions out of foster care into independent, adult lives, there are many foster youth whose outcomes are less successful.

I can tell you stories about Fairfax County foster youth that transition out and become homeless within weeks or months. They share with me the “life skills” they have learned to survive.

“The metro trains/buses run all night except 3 to 6 a.m., so if you have metro money, you can ride all day and night to stay warm. Then you just need to walk the streets during those hours.

\* Another youth said he sleeps on the floor of a



**Carmen Jordan, mentor for Fairfax Families4Kids: “My hope is that, as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth.”**

### About the Author

Carmen Jordan of Reston has been a mentor for Fairfax Families4Kids for six years. She is considered one of the most experienced mentors in the program. In addition to working full-time as a marquee account manager at Deltek in Herndon, Jordan makes herself available to “trouble-shoot” for the children and families she mentors. In the following column, she details her experiences with the program, and at-risk foster youth.

friend’s motel room or catches a few hours of sleep at the 24-hour McDonald’s until the police ask him to leave.

\* They can tell you about their stays at the various community homeless shelters. “The crack heads and heroin addicts will steal from you so you need to keep your stuff with you at all times.”

\* They will tell you where they can find public computers where they can apply online for jobs. They can make enough money to feed themselves but not enough to find permanent housing. They live with health ailments because they no longer have health insurance.

**AT TIMES** it is painful to witness, but as mentors, our mentoring does not cease just because they transition out of foster care. Through FF4Kids mentoring, a trusting relationship is formed, allowing foster youth to be receptive to the advice and counseling that we have to offer. This is key: if there is no trust, it is difficult for foster youth to accept advice and counseling.

For many of these foster youth, the relationships they have with their mentor is the longest term relationship they have with a responsible adult. I can’t tell you how many times a social worker, case worker, life skills coach or foster parent has said “Carmen, you have known him longer. Talk to him and explain how important it is for him to stay in school, obtain his high school diploma.”

It has been an honor and privilege to mentor many of the foster youth within our Fairfax County community. They have taught me more about perseverance through adversity than I could ever teach them. Mentoring can be difficult at times, they will make missteps along the way but they will also surprise you with their ability to accomplish goals they have set for themselves in an effort to become mature, independent young adults. Mentoring is about being there for them through the ups and downs!

## Building Blocks for Success

**Fairfax Families4Kids: a community of hope.**

BY SUPERVISOR MICHAEL FREY

When it comes to building buildings or fixing things, Fairfax County does a great job. Schools, fire stations, parks—the county has a proven track record of exemplary projects.

Building or fixing families and people—that’s tougher to evaluate.

Fairfax is probably no better or worse than most local governments. Fixing people is hard. There is no plan that, if followed to the letter, results in a split family being made whole, or a person with mental illness or substance abuse issues being cured. People are different than buildings.

Maybe that’s why I was so excited about the Fairfax Families4Kids program when I was introduced to it, and became such a huge supporter of it immediately.

Kids in foster care really have the deck stacked against them. For whatever reason their family situation didn’t work and someone—typically the courts—stepped in and forced change. They are left looking to total strangers to do what their family should have done but couldn’t. That’s a lot to ask. They are dependent on government programs to find them temporary housing, maybe a permanent foster home, and for some of the luckier kids, a family.

FF4Kids is a partnership between the county and a whole lot of people who really believe these kids in foster care deserve more help. The program offers the kind of opportunities and experiences that the county can’t possibly provide by itself. Without the volunteers, who serve as mentors, friends, teachers and occasionally substitute parents, most of these kids would bounce from one temporary situation to the next, usually aging out of foster care with little skills, no love, and little chance for future success.

I have been so impressed with everyone I have met who is involved with the program. It has increased my sense of optimism about the chances that more of



**Supervisor Michael Frey (R-Sully)**

these kids will find forever homes with adoptive families. Clearly, there is a positive effect on the kids when they see the mentors devoting so much time and effort to them. Many of these kids have never had the love and attention they get within this program. Certainly they have never had the life education they get, and for the first time many of them begin to believe in themselves. Self-confidence and optimism are not qualities you find in many foster children. A program that gives them those two things, in my mind, can’t help but benefit them.

There have been success stories for kids in this program, including adoption of some of the children by some of the mentors. Of course, not every child has been so lucky. Some still age out of the system with no family back-up to catch them if they fall. But they do have the FF4Kids family, and that in itself is a confidence-builder. They also have life skills and social skills that they likely would not without the FF4Kids programs. There are no guarantees in life, but there is no doubt in my mind whether or not they find the adoptive family we all hope that they will, they will be much better prepared young adults.

As long as there are incredibly caring and dedicated people like the FF4Kids mentors and volunteers, I will be doing all I can to help support them.

BONNIE HOBBS/THE CONNECTION





PHOTOS BY VICTORIA ROSS/THE CONNECTION

Irene Bak, with FastTran, and Glenn Padeway, with Fairfax County's Neighborhood and Community Services Department, brave chilly weather on Saturday, Feb. 3, to promote Fairfax County's "Stuff the Bus" campaign at the Fairfax Wal-Mart.

(From left) Angie Carrera of Op3; Chris Garris, Our Daily Bread's food program manager and volunteer coordinator; Sharon Bulova, Chairman of the Fairfax County Board of Supervisors and Wendy Lemieux of OP3 encourage shoppers to purchase gift cards.

# 'Stuff the Bus' Campaign Helps Feed the Hungry

Donations continue to increase as campaign enters third year.

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

Local grocery stores were packed this weekend with shoppers stocking up on Super Bowl snacks for the annual football fan party. At the Wal-Mart in Fairfax, shoppers were greeted with colorful displays of chips, dips and other party favorites.

They were also greeted by volunteers from Our Daily Bread (ODB), who were handing out flyers and encouraging shoppers to donate gift cards or specific items to restock ODB's pantry shelves. A Fairfax nonprofit for nearly 30 years, ODB provides food and other critical services to the working poor, the elderly and the disabled. More than half of ODB's clients are local children.

Dianne Hon, a Vienna resident, said "Stuff the Bus" makes it easy to donate. "I am already here for groceries and other items, especially since it's the day before the Super Bowl, so it's very convenient to pick up a few extra items for a worthy cause," Hon said.

"Thank you for doing this," Hon said to the volunteers. "You made this so easy."

Jonathan and Roxanne Daley of Fairfax donated a gift card to the campaign. "It's too easy to forget that there are people in Fairfax County who go hungry," Roxanne Daley said. "I love the gift card idea. It's easy and you know you're helping someone get what they want."

**FAIRFAX BOARD OF SUPERVISORS CHAIRMAN** Sharon Bulova, who greeted shoppers and encouraged them to donate on Saturday, Feb. 2, said gift cards are especially helpful for a number of reasons.

"There's a dignity about it," Bulova said. "You don't stand out from other shoppers with a gift card, and you can purchase what you want for a special recipe, or if you have specific dietary needs."

Chris Garris, ODB's food program manager and volunteer coordinator, said they are encouraging more people to donate gift cards, particularly because they help clients purchase fresh food. "A \$20 gift card

helps families supplement our pantry's non-perishable food with milk and meat."

Garris said the timing of the Stuff the Bus campaign—which is intentionally scheduled between Martin Luther King Day in January and Presidents Day in February—is important for local pantries because it occurs after the seasonal dose of good will.

"During the fall and holiday season, Our Daily Bread's food pantry is overwhelmed with donations from the community," she said. "But by February, our supplies are often running low even though the need for food is greater than ever."

"Stuff the Bus is an important component in restocking pantries after the holidays," Bulova said. "The need for healthy food is ever growing and the interest for Fairfax County residents to help is there, so we are happily providing the bridge to bring them together."

**THE CAMPAIGN**, now in its third year, is a partnership between Fairfax County Office of Public Private Partnerships (OP3); MV Transportation Inc., which operates the FASTRAN buses and provides volunteers; local nonprofits; and grocery store chains. All donations go directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community.

"The residents of Fairfax and our partners, like MV Transportation and Frank & Co., have really come out in support of Stuff the Bus this year. Each year, we get more donations," said Michael Artson, chief planner with the county's Neighborhood and Community Services (NCS) Department, one of the food drive's organizers.

"Food pantries address a critical need which is especially acute after the holidays, the Stuff the Bus campaign helps us help our community. Its importance to helping stock the shelves can't be overstated," said Roxanne Rice, executive director, Food for Others.

Last year, more than 25,000 lbs. of food was collected for local pantries, all benefiting local nonprofits that help feed needy families in the Fairfax community.

At the end of Saturday's Stuff the Bus campaign, Juliet Reyes of Herndon, a Wal-Mart employee, who was in the middle of her shift as a cashier, asked ODB volunteers if she could donate cash. "I've been listening to people talk about this, and I want to help too. People here shouldn't go hungry."

## Great Falls Blue Knights U12 Soccer Tryouts

The Great Falls Blue Knights, a U12 Boys Travel Soccer team, are looking to strengthen their squad for their 2012-2013 ODSL campaign.

Indoor tryouts will be held 6:30pm-8:00pm on February 20<sup>th</sup> at NZONE in Chantilly.

The Knights have several roster spots remaining for committed U12 players born 08/01/00 or after looking to take their game to the next level.

Training sessions are normally held on Monday, Wednesday & Thursdays 6:30-8:00 pm in the Great Falls/Reston area during the season.



If you are interested, have questions or would like to register for tryouts, please email the Team Manager at [GFBUEKNIGHTS@LIVE.COM](mailto:GFBUEKNIGHTS@LIVE.COM)



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# OPINION

# Homeless, Not Hopeless

BY PAM MICHELL  
EXECUTIVE DIRECTOR, NEW HOPE  
HOUSING, INC.

**G**eorge and Mary spent many years homeless and unsheltered in Fairfax County. Yes, Fairfax County, one of the wealthiest counties in the country. But in Fairfax County, homeless persons such as George and Mary are generally hidden. They live in the woods, behind dumpsters, and in shopping centers. Out of sight, out of mind.

For many years, local non-profit partners have been working with county staff day in and day out to offer persons who find themselves homeless a chance to start anew. When given the stability of housing and the support of professionals and volunteers, homeless adults—including those who have lived many years on the streets and in the woods—can and do change and become stable, contributing members of our community. We non-profit homeless services providers can tell story upon story of what a difference stable housing and supports can make in a life of someone whom others have given up on, whom others have discarded as “hopeless.”

In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless—12 consecutive months or four separate incidences of homelessness in the past three years; 24 percent of homeless adults were unsheltered. These numbers are going up.

This month you can help us find out who is “out there.” You can hear their stories and you can help provide them the housing they need.

As part of a nationwide effort to put a name and a face to each



PHOTOS  
CONTRIBUTED

**Homeless camp: In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless.**

number, the Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help us understand who is homeless, why they are homeless and how we can get them housed.

Join us on Feb. 25, 26, and/or 27, as a part of a volunteer team visiting campsites to interview homeless individuals. On March 1 we will give a detailed report to the community about who we found and where we go from here. See <http://www.fairfaxcounty.gov/homeless/100khomes/> for details.

Help us help everyone in Fairfax County find a way home.

For more information on New Hope Housing in Alexandria, go to [www.newhopehousing.org](http://www.newhopehousing.org).



**The Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help in understanding who is homeless, why they are homeless and how we can get them housed.**

## We Are a Family

To the Editor:

Thank you for the wonderful articles highlighting the positive impact of Fairfax Families4Kids and the relationships and families that have come about because of the program.

As a mentor, I know firsthand how important mentoring programs such as Fairfax Families4Kids can be in a child's life.

Initially I got involved with

FF4Kids because I wanted to give back. In other words, I wanted to be there for children because I have had adults in my life that have mentored me and helped to mold me into the person I am today.

Also, my grandparents and my mother have been foster parents and I have seen the impact on foster kids of hav-



**Shavonne Hayes**

ing loving/caring adults in their lives.

What I have realized is that spending time with the kids has had a tremendous impact on me. I think of the various experiences of the kids—multiple foster homes, aging out without a place to live or no job. It always reminds me to remember how truly blessed I am no matter what happens. If they can survive the

hand life has dealt to them then there is nothing I cannot overcome. I continue to be amazed and humbled by their resiliency.

To see the challenges they have aging out of the system makes me want to do all I can to ensure they have the support they need. We are more than mentors and mentees. We are a family.

**Shavonne Hayes**  
Sterling

Reston  
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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

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Call: 703-778-9410  
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**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Chelsea Bryan**  
Editorial Assistant  
703-778-9410 ext.427  
[cbryan@connectionnewspapers.com](mailto:cbryan@connectionnewspapers.com)

**Alex McVeigh**  
Community Reporter ♦ 703-778-9441  
[amcveigh@connectionnewspapers.com](mailto:amcveigh@connectionnewspapers.com)  
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[rosspinning@yahoo.com](mailto:rosspinning@yahoo.com)

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**Debbie Funk**  
National Sales  
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**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
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Laurence Foong, John Heinly  
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Jean Card  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
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**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
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## COMMENTARY

# The Politics of Fear

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**F**ear can be a powerful influence in our lives. A healthy fear of something that is harmful may keep us safe. Fear of the unknown can cause helpful caution or limit our perspective. Too often fear can be misused to manipulate the actions of others. In Richmond, as elsewhere, fear is evident and at work in many aspects of the legislative process.

When local government officials in Fauquier County shut down the operation of a roadside vegetable stand because it violated local zoning regulations, a firestorm of protests followed, fueled by a fear that somehow local government was interfering with residents' "right to farm." A bill that in its original form would have seriously limited the ability of local governments to regulate land use was introduced, modified in committee, and passed by the House of Delegates. Clearly the fears of the busload of proponents of the bill who came to Richmond to testify in favor of it were a powerful force. Legislators who

themselves feared repercussions if they opposed the bill, watered it down to limit its harmful effects but chose to play it safe and passed it.

The fear of "big government" seems to have intensified in recent years. More than 300 people showed up on "Second Amendment Freedom Day" to make the case against government taking their guns—something no one has proposed to do. Many were armed; it is legal to "open carry" your gun in Virginia. One demonstrator was on Capitol grounds with an assault rifle; hopefully it was not loaded. Presumably many other demonstrators had concealed weapons, which they can carry with a permit. Encouraged by the NRA, Gun Owners of America, and the Virginia Civil Defense League to fear government, these demonstrators are not interested in dialogue about sensible gun laws. Even bills requiring criminal background checks at gun shows are viewed by the zealous as a first step in the government confiscating weapons. Retailers report record sales of guns and ammunition any time gun control is mentioned. Many legislators fear the "scorecards" published by the

gun organizations and distributed to voters in their districts.

The ultimate expression of fear of government takeover this year came in the form of two bills (HB2081 and HB2223) and a resolution (HJ654) that purport to expose a conspiracy on the part of the United Nations to take private property through its Agenda 21. Adopted by 182 nations with a stated purpose of combating poverty and pollution, conserving natural resources and encouraging sustainable development, Agenda 21 is seen by some Virginians as a UN plot to take their land. Hopefully the General Assembly that has made the late-night comedy shows once already this session because of its actions will not pass these bills that would make the legislature look foolish to outside observers.

Too many times politicians and organizations with a specific focus take advantage of people's fears for their own gain. Certainly all points of view need to be taken into account in the legislative process, but unreasonable fears are best dealt with through education and development of understanding and trust. It is a responsibility of elected officials to build trust and understanding, not play on the politics of fear.

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# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/FEB. 7

**Book Sale.** 10 a.m., at Reston Library, 11925 Bowman Towne Drive, Reston. A sale featuring mystery and adventure books. [www.fairfaxcounty.gov/library/branches/r7/](http://www.fairfaxcounty.gov/library/branches/r7/).

**Help Cure John Benefit Dinner.** 5-9 p.m., at Santinis Restaurant, 11804 Baron Cameron Ave., Reston. Eat at Santinis and 15 percent of the bill supports Cure CMD, an organization searching for the cure to the severe muscular degenerative disease that plagues 4-year-old John Gluck of Reston and will leave him breathing on a machine while sleeping in a couple years if left uncured. 703-390-1154.

### FRIDAY/FEB. 8

**Valentine's Day Bouquet Consultation.** Noon-7 p.m., at Mayflowers Floral Studio, 11959 Market St., Reston. A personal consultation with designer/owner May of Mayflowers to create an arrangement. [www.mayflowersreston.com](http://www.mayflowersreston.com).

### SATURDAY/ FEB. 9

**Dumpling Cooking Demonstration.** 9 a.m., at Big Bowl, 11915 Democracy Drive, Reston. See how dumplings are made; proceeds benefit Make-a-Wish Foundation. Reservations. \$50 per person; \$10 for kids 13-and-under.

703-787-8852 or [www.bigbowl.com](http://www.bigbowl.com).

### Family Weekend

**Workshop.** 10 a.m.-noon, at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Artist Beverly Ryan leads a tour of her exhibition Suits and Skirts; create multimedia art following the tour in a hands-on class. Register. 703-471-9242 or [www.restonarts.com](http://www.restonarts.com). \$2-for residents; \$40 for non-residents. [www.restonarts.org/Education/WeekendWorkshops.htm](http://www.restonarts.org/Education/WeekendWorkshops.htm).

**Chocolate Festival.** 11 a.m.-3 p.m., at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Carnival games, large inflatables, a silent auction, face painting and balloon art go well with chocolate in every shape and form. 703-898-2330.

**Black History Month Event.** 1-2 p.m., at ArtSpace Herndon, 750 Center Street, Herndon. Student-Athletes from Herndon HS will present readings on the document, its history and importance. [www.ArtSpaceHerndon.com](http://www.ArtSpaceHerndon.com).

**Contra Dance.** 7:15-8 p.m. and 8-10:45 p.m., at RCC Hunters Woods, 2310 Colts Neck Rd., Reston. Susan Taylor calls contra dances and squares to the music of the June Apple Band; an hour-long workshop precedes the dance, which begins at 8 p.m. and requires no partner. 703-476-4500.

### SUNDAY/FEB. 10

**Dating Abuse Stops Here.** 9-10 a.m.,



### Mill Run

## Mill Run Harmonies at Holy Cross

A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals plays Saturday, Feb. 16 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$12; children 12 and younger, free. 703-435-8377 or [www.millrunbluegrass.intuitwebsites.com](http://www.millrunbluegrass.intuitwebsites.com).

at Dulles Town Center Mall, 21100 Dulles Town Circle, Dulles. The third annual DASH at Dulles 5K Walk in memory of Siobhan Russell in protest of dating abuse is open to the public. \$15. [www.datingabusestopshere.com](http://www.datingabusestopshere.com).

### TUESDAY/FEB. 12

**Ultimo Di Giorno Di Carnevale.** 5-9 p.m., at Il Fornaio, 11990 Market St., Suite 106, Reston. A special night with live music, costumed performers and a Venetian carnevale dinner menu. 703-437-5544 or [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

**St. Timothy's Pancake Supper.** 6-7:30 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Join for the popular community event to feast on pancakes, French-toast sticks, ham, applesauce, coffee, apple juice and milk with leftovers given to the Emily Rucker Community Shelter in Reston. \$15 per family; \$8 per

adult. [www.saint-timothys.org](http://www.saint-timothys.org).

### WEDNESDAY/FEB. 13

**Open Mic Night.** 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

### THURSDAY/FEB. 14

**Horse-drawn Carriage Rides.** 4-8 p.m., in front of Talbots, on Market St., 11888 Market St., Reston. Rides all evening, rain or shine; proceeds benefit March of Dimes. \$5 per person; children under 5 ride free. [www.restontowncenter.com](http://www.restontowncenter.com).

**Four Course Valentine's Day Dinners.** 5-10 p.m., at Reston Town Center, 11900 Market St., Reston. Get casual-chic and sit down to a prix-fixe candle-lit dinner with many choices to

compose your three or four course meal. \$95 per person at Vinifera; \$59 per person at Market Street Bar & Grill; \$45.95 at Paolo's. [www.restontowncenter.com](http://www.restontowncenter.com).

### FRIDAY/FEB. 15

**Bowling for Columbine.** 7 p.m., at United Christian Parish, 11508 North Shore Dr., Reston. A showing of the Academy Award-winning documentary film about gun violence in America, by Michael Moore; the film explores the nature and relationship of guns, violence and racism. 703-620-3065. [www.oaktonathletics.org/index.cfm?Action=main&head&contentid=266526](http://www.oaktonathletics.org/index.cfm?Action=main&head&contentid=266526).

### SATURDAY/FEB. 16

**Calabrian Wine Tasting.** 4 p.m., at Il Fornaio, 11990 Market St., Suite 106, Reston. Five 3-ounce pours paired with appetizers. Reservations. \$25. 703-437-5544 or [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

**Mill Run.** 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals. \$12; children 12 and younger, free. 703-435-8377 or [www.millrunbluegrass.intuitwebsites.com](http://www.millrunbluegrass.intuitwebsites.com).

### SUNDAY/FEB. 17

**Beale Street Puppet Show.** 11-11:45 a.m., at the Herndon Community Center, 814 Ferndale Ave., Herndon. A variety show featuring hand and rod puppets, Paddy Hobark and his dog Tuxedo, his cat Silky and a mischievous monkey named Jogi on their search for the colors of the

rainbow. \$4 in advance; \$5 at the door. [www.herndon-va.gov](http://www.herndon-va.gov).

### SATURDAY/FEB. 23

**Cooking Class.** Noon, at Il Fornaio, 11990 Market St., Suite 106, Reston. A three-course lunch with wine and recipes. Reservations. \$45. 703-437-5544 or [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

### WEDNESDAY/FEB. 27

**Paint Your Own Pottery.** 5:45-6:15 p.m., at the Herndon Community Center, 814 Ferndale Ave., Herndon. Children ages 5-10 can make a food-safe, finished item, to be returned one week later; paints, material, supplies and instructions provided. \$10. [www.herndon-va.gov](http://www.herndon-va.gov).

### THURSDAY/FEB. 28

**Wine Dinner.** 6:30 p.m., at Il Fornaio, 11990 Market St., Suite 106, Reston. Five courses prepared with wine. \$65. 703-437-5544 or [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

### SATURDAY/MARCH 2

**Beyond the Blue and Grey: The Virginia Home Front, Artists Reception.** 7-9 p.m., at ArtSpace Herndon, 750 Center St., Herndon. A reception for the exhibit that goes beyond Civil War art to showcase a collection of ideas (on places, social history and unique attributes of the "home front") representing the Civil War era; the exhibit, up from Tuesday, Feb. 26 through Sunday, April 7, coincides with the Sunday, March 17, reenactment of Mosby's Raid on Herndon Station.

[www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org).

### WEDNESDAY/MARCH 13

**Open Mic Night.** 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at [BluesSlide@aol.com](mailto:BluesSlide@aol.com) or 703-593-

### ONGOING

**Saturday Morning Cartoon Skate.** 11 a.m.-1 p.m., at Reston Town Center, 11900 Market St., Reston. Share the ice with Scooby-Doo, Cat in the Hat and other friends. 703-709-6300 or [skating@restontowncenter.com](mailto:skating@restontowncenter.com).

**Movies and Mimosas.** 11 a.m., at Reston Town Center, 11940 Market St., Reston. Saturday and Sunday showings in the morning; look up showings online. [www.bowtietcinemas.com](http://www.bowtietcinemas.com).

**TGIF Free Fridays.** 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art-making and storytelling. 703-471-9242 or [www.restonarts.com](http://www.restonarts.com).

**Rock 'n' Skate.** 8-11 p.m., at Reston Town Center, 11900 Market St., Reston. Live DJ and music on Fridays until 10 p.m. with games and prizes until 11 p.m. 703-471-9242 or [www.restonarts.com](http://www.restonarts.com).

**Insomnia Theater.** 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Friday and Saturday showings; look up showings online. [www.bowtietcinemas.com](http://www.bowtietcinemas.com).

## ROMANTIC VALENTINE'S

*Wax romantic or celebratory with a Valentine's outing:*

### FRIDAY/FEB. 8

**Valentine's Day Bouquet Consultation.** Noon-7 p.m., at Mayflowers Floral Studio, 11959 Market St., Reston. A personal consultation with designer/owner May of Mayflowers to create an arrangement. [www.mayflowersreston.com](http://www.mayflowersreston.com).

### SATURDAY/FEB. 9

**For Love: Collection Saturday.** Noon-9 p.m., at the Workhouse, 9601 Ox Road, Lorton. Collectors, prospective-collectors and those who want to show their valentine love can attend demonstrations and workshops including Art Buying 101, Paper Folding—Origami Hearts Walk-in and a documentary on the postal worker

and librarian who built a world-class art collection; crafts for children and refreshments provided. [www.workhousearts.org](http://www.workhousearts.org).

### TUESDAY/FEB. 12

**Ultimo Di Giorno Di Carnevale.** 5-9 p.m., at Il Fornaio, 11990 Market St., Suite 106, Reston. A special night with live music, costumed performers and a Venetian carnevale dinner menu. 703-437-5544 or [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

### THURSDAY/FEB. 14

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## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.*

**A seven-session course on the history of African American spirituals** and their impact on Christianity worldwide has started Sunday, Feb. 3, at 9:30 a.m. at the United Christian Parish, 11508 North Shore Drive, Reston. Instructor will be Rev. LaVerne M. Gill, United Church of Christ minister, and member of the United Christian Parish and the Mosaic Harmony gospel choir. The course is based on an article she wrote for a conference held in Ethiopia by the World Council of Churches and the Vatican on the origins of African American sacred music.

Subjects to be covered include the origins of spirituals, spirituals as codes of the underground railroad, the black church, the popularization of spirituals, classical arrangements, contributions of major religious figures from other countries, the

role of spirituals in the US civil rights movement and the 21st century. Musicians to be featured include Jessye Norman, Mahalia Jackson, Paul Robeson, Henry "Harry" Thacker Burleigh, and Sweet Honey and the Rock.

The United Christian Parish is an ecumenical church uniting four denominations: United Methodist, Presbyterian Church (USA), United Church of Christ, and the Christian Church (Disciples of Christ). All are welcome.

For more information, call the church office at 703-620-3065.

**Trinity Presbyterian Church,** 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are

held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**St. Timothy's Episcopal Church,** 432 Van Buren St., Herndon, offers Ash Wednesday services on Wednesday, Feb. 13 at 6:30 a.m., 12:15 p.m., and 7:30 p.m. All are welcome to attend. 703-437-3790 or [www.saint-timothys.org](http://www.saint-timothys.org).

**Vajrayogini Buddhist Center,** Brown's Chapel, 1625 Wiehle Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.



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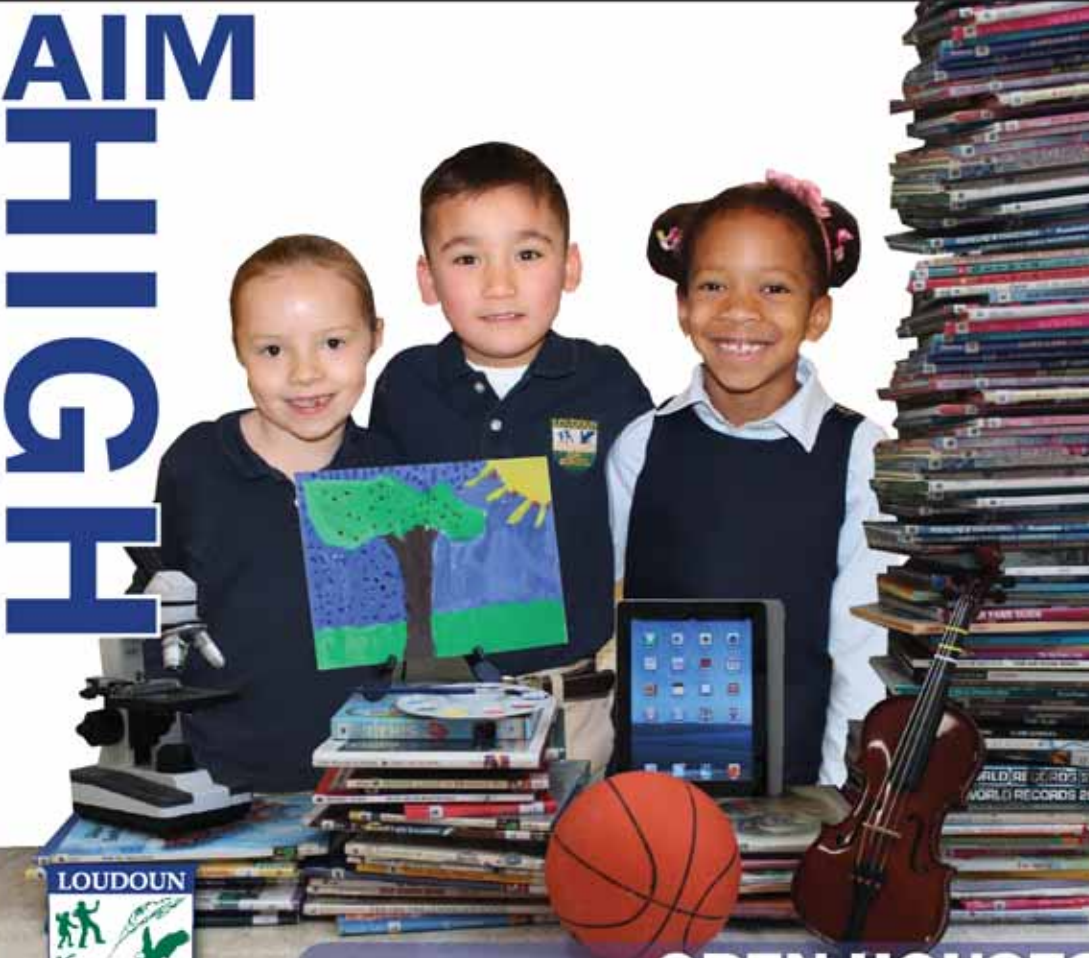
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## News

M.N. Scott Ulvi, president and CEO of Triumph Enterprises of Fairfax, accepts a 2012 Helios Apollo award for employers that invest in innovative employee development, engagement and community service initiatives. The company, which employs nearly 200 people, is considered an innovative federal government contractor.



PHOTOS CONTRIBUTED



The 2012 Helios Apollo Awards.

## Call for Nominations — 2013 Helios Apollo Awards

Recognizing forward-thinking employers for outstanding employee development programs.

Helios HR, a human resources firm in Reston, announced a call for nominations for the 2013 Helios Apollo Awards. The deadline for nominations is Friday, Feb. 15. Nomination information and a submission form are available at [www.helioshr.com/apollo](http://www.helioshr.com/apollo).

Winners and finalists will be honored at the Helios Apollo Awards Ceremony at the McLean Hilton on May 29. This breakfast ceremony will recognize organizations for their outstanding commitment to employee development and engagement, specifically highlighting innovative, collaborative and agile programs. These honorees set the standard for leadership, growth, and giving back to the community.

"Employers are increasingly embracing employee development programs as a key driver of employee retention, revenue generation and competitive advantage, and we have seen a dramatic year-over-year rise in both the number and quality of Apollo Awards nominations," said Kathy Albarado, CEO, Helios HR. "We encourage companies to come forward to share best practices and garner much-deserved recognition for stand-out employee development programs."

New in 2013, Helios is adding two industry awards exclusive to the non-profit and government sectors. Supporters of this program include Washington SmartCEO, Berenzweig Leonard, LLP, Business Benefits Group, Washington Financial Group, Access National Bank, Pensare Group, Red Thinking, UndercoverPrinter and WTPF.

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# Preserving Mental Health as We Age

Experts say diet, exercise and mental stimulation are key.

BY MARILYN CAMPBELL  
THE CONNECTION

**R**andy Weadon walks six miles each day around the perimeters of his retirement community, Greenspring in Springfield. He also does crossword puzzles daily.

"During tax season, I walk around the halls and mentally do my income taxes in my head," said Weadon, a retired Coast Guard officer. "If I had not started walking, I don't know if I'd be alive. I am 86-and-a-half years old, but I don't feel that age at all."

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.

"The one thing that I always tell my patients is that if you don't use it, you lose it. I recommend crossword puzzles, mentally challenging games and reading, especially about current events," said Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Services in Al-



PHOTO CONTRIBUTED

**Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.**

exandria, and an Arlington, resident.

Researchers Pamela Greenwood and Raja Parasuraman, professors at the Department of Psychology at George Mason University in

Fairfax, have spent more than 20 years studying the way the human brain ages with a focus on Alzheimer's disease. The two wrote a book, "Nurturing the Older Brain and Mind," in which they explore

ways middle-aged people can stave off mental deterioration.

"We know that if we can put off dementing illnesses, even by a year or two through lifestyle changes, that will reduce the number of people with Alzheimer's disease, which is reaching epidemic proportions," Parasuraman says.

The duo says that preventing and staving off mental deterioration is more important than ever now that workers are staying employed longer for economic reasons. Physical activity is an important tool as well.

"Exercise [is] the 'lifestyle' factor with the strongest effect," said Greenwood. "A number of different research groups have found benefits of aerobic exercise on both brain structure and function, and on cognitive performance."

Joel Martin, a professor of kinesiology at George Mason, agrees: "Regular exercise has been proven to slow the aging process," he said. "People have their actual age, which they can't do anything about, and their biological age. Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause

them to be closer to 60 in terms of their biological age. Vice versa: Someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

As an octogenarian, Weadon credits his sharpness to regular mental challenges. Martin agrees. "Regularly engaging in activities requiring cognitive function is important," said Martin. "Most tissues in the body respond to stress placed on it by becoming stronger or adapting to handle the stimulus you place on it. If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles, then they get smaller and become weaker. The brain is the same way, it needs regular stimulation to maintain its function."

Experts also say not to rule out the importance of good nutrition. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process," said Martin.



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# SPORTS

**South Lakes girls' basketball coach Christy Winters-Scott has the Seahawks atop the Liberty District standings.**

PHOTOS BY  
CRAIG STERBUTZEL/  
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## South Lakes Girls' Basketball Atop Liberty District

**Seahawks' Rendle, Aghayere making plays in paint.**

BY JON ROETMAN  
THE CONNECTION

**S**outh Lakes girls' basketball coach Christy Winters-Scott said her team "didn't play like I know we know how to play" following Friday's contest against the Marshall Statesmen.

The Seahawks won by 13 points, anyway.

South Lakes center Abigail Rendle was frustrated at times with her inability to secure the basketball, saying she had "butterfingers."

The junior finished with 22 points.

Winters-Scott said sophomore Princess Aghayere passed up shot attempts near the rim.

Aghayere made an impact with 12 rebounds.

Facing a Marshall team in search of its first Liberty District victory this season, South Lakes beat the Statesmen 45-32 despite a less-than-stellar effort on Feb. 1 at Marshall High School. The Seahawks beat Thomas Jefferson 53-48 on Saturday and lost to Madison 45-42 on Monday, moving their record to 18-3. Despite losing to the Warhawks, South Lakes sits atop the Liberty District standings at 11-2 with one regular season game remaining—a Feb. 8 home contest against Stone Bridge.

**SOUTH LAKES CAN WIN** on an off-night and is in position to enter the district tournament as the No. 1 seed thanks in part to the size and performance of post players Rendle and Aghayere. Rendle, listed at 6-foot-4, scored 22 points against Marshall. She struggled at times handling the ball, but the junior also showed her athleticism, scoring multiple transition buckets.

"I was getting frustrated about dropping the ball a lot—butterfingers," Rendle said. "I've got to move

past that."

Rendle finished with five rebounds, three blocks, two steals and an assist.

Aghayere, listed at 6-foot-2, finished with two points, one block and an assist, but her biggest contribution came on the glass as she finished with 12 rebounds. Aghayere's explanation for her mentality as a rebounder was simple: "Just to stop the girl next to me from getting it and then just going after it."

Winters-Scott credited Aghayere's "heart" for the sophomore's ability to grab boards, calling her a "determined soul."

"Princess is only in 10th grade and the upside is tremendous for her," Winters-Scott said. "She has really—especially in the second half of our season—changed the pace in terms of the production that she's been giving us. ... On the boards, she's been steady for us. ... For three years, [Rendle has] been an advantage for us inside. For both of them to be in there together, I think it really gives us a special look."

**"For both [Rendle and Aghayere] to be in there together, I think it really gives us a special look."**

**—South Lakes girls' basketball coach Christy Winters-Scott**

**MARSHALL**, which entered the contest with a 4-15 record, pulled to within eight when Lexi Stalcup buried a 3-pointer with 3:38 remaining in the fourth quarter, but South Lakes responded by scoring six of the game's final seven points.

Gabrielle Schultz finished with six points, six rebounds, three assists and three steals for the Seahawks. Mary Severin, Sasha Sprei and Caitlin Jensen each had four points.

South Lakes will close the regular season at home against Stone Bridge at 5:45 p.m. on Friday, Feb. 8, before entering the district tournament. Last season, the Seahawks lost to Madison 78-47 in the Liberty District championship game before suffering a 68-48 loss to Annandale in the opening round of the Northern Region tournament.



**South Lakes junior Abigail Rendle scored 22 points against Marshall on Feb. 1.**



**South Lakes sophomore Princess Aghayere reaches for the ball against Marshall on Feb. 1.**



# NEWS

**Lily Dunlap's winning peace poster.**



PHOTO CONTRIBUTED

## Lily Dunlap of Herndon Middle Wins Peace Poster Contest

Lily Dunlap, an eighth grade student at Herndon Middle School, won a competition sponsored by the Reston Lions Club.

Dunlap's poster was among more than 350,000 entries submitted worldwide in the annual Lions International Peace Poster Contest. Lions Clubs International is sponsoring the program to emphasize the importance of world peace to young people everywhere.

The poster was selected by the Reston Lions Club for its originality, artistic merit and portrayal of the contest theme, "Imagine Peace."

"Dreams come true when you believe, so believe in peace," the 13-year-old from Reston said.

Sue Beffel, Reston Lions Club president, said she was impressed by the expression and creativity of the students at Herndon Middle School. "These young people have strong ideas about what peace means to

them. I'm so proud that we were able to provide them with the opportunity to share their vision." Locally, the Reston Lions Club will recognize Dunlap and other students for their participation at Herndon Middle School.

Dunlap's poster will advance through the district, multiple district and international levels of competition if she is to be declared the international grand prize winner. One international grand prizewinner and 23 merit award winners will be selected. The grand prize includes a cash award of \$5,000, plus a trip for the winner and two family members to an awards ceremony at Lions Day with the United Nations in March 2013.

"Our club is cheering for Lily as her poster advances in the competition, and we hope that her vision will ultimately be shared with others around the world," Beffel said.

View past international grand prizewinners at [www.lionsclubs.org](http://www.lionsclubs.org).

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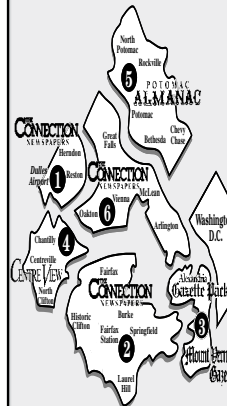
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## A Complicated Answer



By KENNETH B. LOURIE

And a further explanation and corollary to last week's column: "A Simple Question," which attempted to sort through my reactions to being asked an extremely innocent, appropriate, well-intended and always appreciated courtesy: "How are you?" and the problem that it sometimes causes me. That problem being: a question which had it not been asked would then not require an answer. An answer that I'll always give, but not before I've given it some thought, which if I hadn't thought about, wouldn't have bothered me in the least. And in the most, it doesn't really bother me, but after four years, a sort of cancer-fatigue has set in. I'm tired of talking about it. "Not that there's anything wrong with that"; being asked the obvious question. Still, if I'm going to keep pretending that my coast is semi-clear, I'd rather not be reminded that five hundred years ago, that coast/that horizon represented the end of the world.

This first paragraph was yet another attempt by yours truly to offer some insight into the thought process of a cancer survivor (OK, maybe just this cancer survivor; or a person with some issues, although I would deny that). The related point being that there are the obvious problems being a cancer patient (need I elaborate?) and then there are the less-than-obvious, almost subliminal-type problems which can just as easily ruin your day – and night, as much if not more than a chemo-cocktail infused straight into your body for six hours every three weeks can.

And just like the Philadelphia-born comedian, David Brenner, used to joke about mosquitoes: "It's not the ones you hear you should worry about, it's the ones you can't hear." So too with cancer. There's plenty to worry about that you know – or think you know or have heard about, or maybe have even anticipated: lab work, diagnostic scans, biopsies, surgery, chemotherapy, radiation, doctor's appointments, etc. But it's the down time, the private time alone and away from all the people, places and things with which you've grown familiar and dare I admit, accustomed, that becomes cherished. Then, when you least expect it, a courtesy question inquiring about your overall health, not even one particularly cancer-centric. Still, the question takes you (at least it does to me), right back to cancer central. The one place – for me, I try to avoid. The one place I never imagined I'd be, and now that I'm there often, the one place where I'd rather not be reminded that I semi-reside.

Four years post diagnosis, I realize this jackpot I find myself in is hardly a winning hand, and it's more than a bad dream. It's a reality. Yet avoiding the nightmare directly – and indirectly, as often as possible, has been my M.O. I can't say I've been particularly successful doing so, but I've had my moments and have made my peace. However, it's the random nature of the spoken and written word that occasionally has undercut my emotional foundation. A foundation built on a lifetime living and learning, trying not to make a bad situation worse; and one striving to not be irrational, unreasonable, illogical and ill-prepared for all that life throws at you. I ceded control four years ago and now when I'm asked, 'How I'm doing?', I'm always reminded how fragile and unpredictable life can be; "the slings and arrows of outrageous fortune," as Cerphe used to say back in the day, on the original WHFS.

I know – and appreciate – that you have to ask. Please understand that sometimes, I might not feel like answering.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



# RESTON COMMUNITY CENTER

*You're Invited to the Board of Governors'*

## COMMUNITY RELATIONS AND PROGRAM/POLICY JOINT COMMITTEE MEETING

**Monday, February 11 • 6:30 p.m. • RCC Hunters Woods**

Do you have ideas and opinions about the future of cultural and recreational amenities? RCC patrons and partners are invited to attend the Community Relations and Program/Policy Joint Committee Meeting to share your thoughts.

**Can't make it? You may also submit your suggestions and comments by emailing us at [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).**

*Dates subject to change. Please check website prior to attending.*



## PROM DRESS DRIVE January 4 - March 4

Reston Community Center is collecting the following items for high school students who are in need of prom attire:

**Dresses • Shoes • Jewelry • Handbags  
Shawls • Accessories**

**Please drop off items at:**

Reston Community Center • Hunters Woods  
2310 Colts Neck Road, Reston VA



*All donations are appreciated; however, we ask that donations are in good condition, not older than 5 years old (circa 2008), and dry-cleaned before they are donated. If dry cleaning is not possible please inform us at the time of drop-off. Donations are tax deductible.*



**For more information please contact the RCC Director of Teen Programs at [Kenny.Burrowes@fairfaxcounty.gov](mailto:Kenny.Burrowes@fairfaxcounty.gov) or 703-390-6158.**



**[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)**

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