

Oak Hill ♦ Herndon CONNECTION

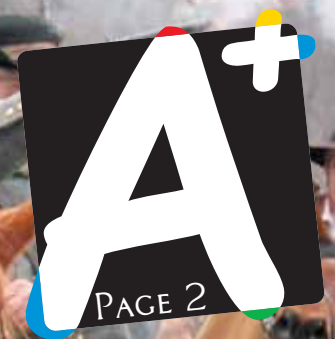
Confederate soldiers mount a cavalry charge against Union soldiers during a re-enactment of Capt. John Mosby's raid on Herndon Sunday, March 17.

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MARCH 20-26, 2013

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PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Local musicians and music educators say parents can encourage and inspire children's musicality with simple activities at home.

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**THE CONNECTION
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The Sound of Music

**Enhancing your child's
music education during
Music in Our Schools
Month and beyond.**

BY MARILYN CAMPBELL
 THE CONNECTION

From the powerful sounds of a high school band to the soothing melodies sung in a kindergarten music classroom, local music educators are using the month of March to raise awareness of the benefits of learning music.

In fact, the National Association for Music Education (NAfME) designates March as Music In Our Schools Month, and local music educators echo the significance of the annual celebration.

"The reason Music in our Schools Month is so important is because it heightens awareness ... that school music programs help provide important and healthy musical alternatives to the sometimes disturbing messages that children inadvertently hear in the ... music they may encounter in popular culture," said Brian C. Wuttke, Ph.D., director of music education at George Mason University in Fairfax.

Even if formal music lessons are not an option, local musicians and music educators say that parents can encourage and inspire their children's musicality with simple activities at home. "Research suggests that parental involvement in a child's music activities can not only pique a child's interest in music, but it can positively impact motivation and achievement in music," Wuttke said.

So how can parents support a child's musical talent or interest? "I think playing music with your kids would be the number one way to enhance their musicality," said Elizabeth Lasko of the National Association for Music Education. "Of course, a parent may

not play an instrument, but there is always singing."

Lasko encourages parents to allow children to experiment with instruments. "As kids, we used to sing with our grandmother's player piano," she said. "Singing with recorded music is another option. Learning songs from different eras and genres can open up new worlds to kids." According to Lasko, inexpensive percussion instruments like shakers or tambourines can help children develop rhythm while having fun.

Shannon Melideo, Ph.D., chair of the Education Department at Marymount University in Arlington, says exposure to music should be a priority. "[It] is critically important," she said. "Sure, you want them to listen to 'your music' as a parent, but listen to as much diverse music as possible and talk about it informally."

Lasko agrees and encourages parents to look for local performances that are designed for young audiences. "Lots of children love to attend musical performances that are geared toward their own age, especially if there is fun interaction between the performers and the audience," she said. "Many communities offer inexpensive performances. Some [are offered] at schools. Seeing kids their own age or slightly older perform music can be very inspiring for children."

Parents don't even have to leave home to find musical inspiration. "For young children, simple, everyday household items can be used to make a functional musical instrument that the child can decorate and compose a song on," said Wuttke.

He added that parents should encourage their children to participate in school music programs. "Praise the student for their efforts," he said. "Ask the student to sing or play a song on an instrument they are working on in school for family members."

Finally, technology offers convenient options. "There are many iPad applications, for instance, that are musical in nature and help kids learn about different instruments and how to record music," said Lasko.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Union soldiers speak to local citizens in a re-enactment of Capt. John Mosby's raid on Herndon Sunday, March 17.

History Comes Alive Downtown

Historical society hosts re-enactment of Mosby's raid on Herndon.

BY ALEX McVEIGH
THE CONNECTION

On St. Patrick's Day, the area around the Herndon train station was surrounded by uniformed men on horses talking to townspeople. In 1863, with the country in the throes of the Civil War, these men were Union soldiers, answering questions about soldiers stealing from citizens. Last Sunday, they were re-enactors recognizing the 150th anniversary of Capt. John Mosby's raid on Herndon.

In 1863, a group of Union soldiers were at the Herndon train station while several officers lunched at a nearby house, now the site of the Main Street Bank.

Mosby's men emerged from the woods in blue overcoats, leading the Union soldiers to believe they were relieving them of duty. By the time Mosby's men got close enough, they were charging, capturing several soldiers and the rest surrendered.

The re-enactment featured the Union soldiers and their horses on Lynn Street in front of the train station. Mosby's men emerged from the W & OD Trail, firing a few dozen shots into the air and quickly rounding up the Union soldiers while the crowd cheered them on.

"When I read about the event at first, I was a little skeptical, I didn't think it would be convincing seeing Civil War soldiers passing by the Dairy Queen in downtown, but I think they did a really great job," said George Foster of Herndon. "It was very interesting just to get a sense of what might have happened in this same downtown area 150 years ago."

Several in attendance said they felt downtown Herndon was a great venue for a re-enactment.

"I've been to a few re-enactments, like the one in Waterford, and they're fun, but can also be hard to follow. Sometimes it quickly dissolves into two sides firing at each other, but there's no narrative to how the battle actually unfolded," he said. "I really liked the narration, why the Union soldiers were here, the initial confusion when Mosby's men arrived, all the way up to the capture of the officers."

There were two separate re-enactments of the cavalry charge itself, and in between the participants answered questions and posed for pictures with au-

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Confederate soldiers force Union soldiers to surrender during a re-enactment of Mosby's raid on Herndon Sunday, March 17, the 150th anniversary of the actual raid.



From left, Rusty Jones, as Capt. John Mosby, forces Charlie Waddell, playing a Union soldier, to surrender. Sunday, March 17, marked the 150th anniversary of Mosby's raid on Herndon, and a re-enactment was hosted by the Herndon Historical Society.

dience members.

Gabriel Fleury, 11, of Herndon, said he watched both re-enactments from the front row, right next to the safety fencing that separated the crowd from the fighting.

"I liked being able to be so close to the action, and by the second time I was used to the loud shooting," said Fleury, who came dressed as a Civil War soldier. "The second one was also fun because I knew what was going to happen where, so I could follow John Mosby and some of the others."

The Herndon Historical Society hosted the re-enactment, which they previously did in 1999 and 2001.



Rusty Jones, as Capt. John Mosby, leads a raid on Union soldiers in downtown Herndon Sunday, March 17, a re-enactment to commemorate 150 years since the actual raid.



Union soldiers surrender to the forces of Capt. John Mosby in downtown Herndon, a re-enactment of Mosby's raid that took place March 17, 1863.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Filling the rafters with their sweet sound, the fourth graders from McNair Elementary School in Herndon use song to help tell the story of the McNair family that originally owned the land the school was built on, and helped settle and shape the Town of Herndon.

Bringing Local History to Life

BY ANDREA WORKER
THE CONNECTION

I wanted the kids to see that this area wasn't always townhouses and shopping centers."

So answered McNair Elementary School-based Technology Specialist Laura Reasoner Jones, when asked what motivated her to produce a movie and organize a McNair History Night. Jones has authored several well-reviewed books, including "Herndon (Then and Now)" and "The All-Wise Being: A Tale of God and Republicans," the latter being a fictionalized account of her ancestor Ethan T. Reasoner, based largely on his personal journals.

This time around, Jones decided to make history jump off the pages of a book and bring the lessons home to the students she serves at McNair Elementary. With her own historical knowledge and gathered additional source material from the Herndon Historical Society, interviews with members of the McNair family and local historians Margaret Peck and Charles Mauro, Jones produced a movie: "A Farm, A Family and a School," to tell the story of the land around the school and the family who lived there. The land the school and much of the surrounding neighborhoods sit on today was once part of the McNair family farm.

Friday, March 15, saw the premiere of Jones' production, held at the Frying Pan Farm Park Visitor's Center at 2739 West Ox Road in Herndon. The attending crowd seemed to take even the organizers by surprise as more and more folding chairs were added to the seating arrangements.

JONES' PLAN to get the school children invested in history was assured when she added McNair's fourth grade classes to the program. The youngsters have been studying Virginia history all year with teachers Marisa Burvikovs, Caitlin Mease, Matthew Parker, John Thomas and Kasey Teske. Under the direction of McNair general music teachers Jessica Blood, Valerie Junttila and Charles Quinlan, they were ready, willing and well rehearsed to become part of the show, performing a number of folk songs at appropriate moments throughout the movie. From



Among many honored guests at McNair History Night, are (from left) local historian Margaret Peck, James Franklin Smith, former resident of Smith Farms, Cindy Ryder Whalen, a McNair cousin, Jean McNair Petkofsky, McNair daughter who grew up on the local farm, and Betty McNair, who co-owned the farm with husband Robert before it's sale.

the second floor loft of the auditorium came their stirring renditions of tunes like "Jamestown," by Teresa Jennings, and the traditional spiritual "Wade in the Water."

Special guests in attendance for the performance included Hunter Mill District Supervisor Cathy Hudgins, Dr. Frank Zuluaga, assistant superintendent of schools, members of the McNair family, McNair Elementary Principal Maria Eck and Assistant Principals Larry Aiello and Melissa Hansen. In her opening remarks before showtime, Jones gave special thanks to the McNair family for their time and the loan of family memorabilia for the project, to James Franklin Smith, former resident of local Smith Farms and to local author and historian Margaret Peck.

THE FORTY-ODD MINUTES of the movie and the accompaniment of the McNair singing fourth graders kept the audience in their seats and paying attention. The only whispering to be heard proved that the attendees, particularly the younger ones, were being reached. "Daddy, did all the kids really go to school in that one little building?" asked one young man in a back row. "And they had to get up and milk all those cows before school? Right around where our school is?" McNair History Night may just have added to a story started a long time ago, just around the corner.



PHOTO CONTRIBUTED

A mock-up of a standalone chimney that the Friends of Runnymede Park would like to place on the property to serve as a habitat for birds.

Friends Seek Home For Birds at Runnymede

Architectural Review Board approves standalone chimney for park.

BY ALEX MCVEIGH
THE CONNECTION

The Friends of Runnymede Park are hoping to place a stand-alone chimney on the property, to help make the park a bird habitat. The structure would provide a nesting place for the chimney swift, a high-energy bird that often stays airborne for days at a time.

"Runnymede Park is home to over 450 native plants, and as a result, a lot of insects, primarily mosquitoes. The biggest predators for those insects are chimney swifts," said Dave Swan, president of the Friends of Runnymede Park. "They're amazing birds. They can literally fly all day long, and they usually nest in hollow trees, and when there's not any hollow trees, they look for chimneys."

The chimney would be located in the center of the oval-shaped island in Runnymede's parking lot.

"This location was chosen because it's close to the fields, where the birds will hunt during the day, and then come to roost in the evening," said Raymond Ocel, a planner and zoning administrator with the town. "It's close to the picnic areas so people can watch the birds."

The bird's legs are too small to hold their bodies up, so they must rest by hanging upside down.

THE STRUCTURE will stand about 12 feet tall and be hol-

low so birds can enter and roost. It will be a gray color, with some areas of exposed stainless steel trim, and there will be a cap, similar to those on a house chimney on the bottom and a piece on the bottom to prevent raccoons, snakes and other predators from getting inside.

"As many as 500 birds can live inside one structure, but only one mating pair lives in a structure," Swan said. "Therefore, the more structures, the more birds. We would be the first one to my knowledge in Fairfax County."

Other stand-alone chimneys used for bird habitats are in the Rust Nature Sanctuary west of Leesburg and Dominion High School in Sterling.

Swan said the birds aren't afraid of humans, and that the habitat will attract new visitors to watch them, particularly on fall evenings.

Carol Hadlock, a board member of the Friends of Runnymede Park, said she believes the chimney will make Runnymede Park a birdwatcher's destination.

"Chimney swifts are a species of birds that are experiencing a dramatic decline in their populations right now, mostly due to lack of suitable nesting sites," she said. "We've chosen a chimney design that's proven to be very successful in other parts of the country, and I think we've chosen the best possible site in the park for this tower. It's open enough for the birds and there's plenty of room for us to hold educational events."

The structure is meant to be as maintenance-free as possible, it will use laminated plywood siding and enamel paint, painted a "Baby Seal" shade of gray that is meant to blend in and be unobtrusive.

The tower was approved unanimously by the town's Architectural Review Board Monday, March 18.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

THURSDAY/MARCH 21

The Mom's Club of Herndon

Meeting. 10-11:30 a.m., at Trinity Presbyterian Church, 651 Dranesville Road, Herndon. Amanda Geary and Jen Blevins will advise on how to organize children's belongings. Herndon_moms_info@yahoo.com.

Interview Skills Workshop. 6:30-8:30p.m., at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. The workshop includes useful advice and a question and answer period. RSVP required. HIReMinistry@heritagefellowshipchurch.net.

MONDAY/MARCH 25

NARFE Dulles Chapter Luncheon

Meeting. 1 p.m., at Amphora Diner, 1151 Eden St., Herndon. Guest speaker Todd Sheller talk about "Dulles Airport Authority-What it does!" "RSVP by March 21. \$17. 703-435-3523.

TUESDAY/MARCH 26

INOVA Blood Drive. Noon-7:30 p.m., at the Pavilion, 1818 Discovery St., Reston. Donate blood to INOVA Fairfax Hospital. 1-866-256-6372 or inova.org/donateblood.

THURSDAY/MARCH 28

Building Community in Reston:

Vernon Walker Nature and Environment. 7-9 p.m., at the Jo Ann Rose Gallery at Reston Community Center, Lake Anne, Reston. Program will focus on the role of Vernon Walker and the history of the Vernon Walker Nature Center; the scope and diversity of Reston's natural resources and recent environmental initiatives. 703-709-7700 or restonmuseum@gmail.com.

WEDNESDAY/APRIL 3

Fiscal Year 2014 Budget


Presentation. 7 p.m., at Herndon Town Council Chambers, 765 Lynn St., Herndon. Dranesville Supervisor John Foust holds a town hall meeting to give residents an opportunity to learn about and discuss the proposed FY 2014 budget. www.fairfaxcounty.gov/dmb.

ONGOING

Positive Energy Submissions. 8:30 a.m.-5 p.m., at League of Reston Artists Parkridge 5 Building, 10780 Parkridge Blvd., Reston. The LRA calls for painters and photographers to enter works that interpret "Positive Energy" by April 10; the show opens April 15 and remains through July 12, open Monday through Friday. www.leagueofrestonartists.org.

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.



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OPINION

Say Yes to Health Coverage

Governor, state panel must accept coverage for 400,000 Virginians without health insurance.

More than 140,000 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Arlington and Alexandria have similar percentages of uninsured residents.

These are some of the 400,000 people in Virginia who could receive health coverage under an expansion of Medicaid if only officials in the commonwealth are gracious enough to accept on their behalf.

Virginia's current eligibility requirements for Medicaid are so strict that although it is the 11th largest state in terms of population and seventh in per capita personal income, Virginia ranked 43rd in Medicaid enrollment as a proportion of the state's population and 47th in per capita Medicaid spending, according to a 2013 Fairfax County report.

Virginia has the option to add new coverage, at least 90 percent funded with Federal dollars, that would extend to individuals earning less than about \$15,000 per year and families earning less than about \$31,000 per year, to low income teens who lose Medicaid when they turn 19, and adults with disabilities not currently eligible.

EDITORIAL

It isn't as if there is no health care cost for these currently uncovered residents. Right now, they access health care when they are very sick by going to an emergency room, where the hospital spreads the cost of care around. But this is inefficient, expensive and unhealthy. Expanding Medicaid coverage would allow far less expensive preventative care and lead to better health outcomes. Uninsured people don't receive preventative care; they seek treatment later in illnesses when the costs are much higher, and the consequences in terms of lost days at work and other productivity are also much higher.

Expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total more than \$2 billion and more than offset the state's share of expansion costs over the next eight years, plus provide significant numbers of new jobs and economic growth, according to multiple reports including the Virginia Hospital and Healthcare Association. Expanding health care is a job creator, and would add tens of thousands of new jobs.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid.

Turning away federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

If Gov. Bob McDonnell and members of a General Assembly panel considering whether to accept funding to expand Medicaid decide against this benefit for 400,000 Virginians, perhaps they and their families should go for a year without health insurance as well.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

GUEST EDITORIAL

March Madness on Homelessness

While some say programs for the poor will be exempted from sequestration, that is not how things are playing out.

BY KERRIE WILSON
CEO/RESTON INTERFAITH

This year, March is not reserved for sports madness alone. With Congress unable to come to agreement on the federal budget, the "unthinkable" has happened with sequestration and the start of \$85 billion across-the-board cuts on domestic and defense programs. Without a new game plan, the reductions in federal housing programs at the U.S. Department of Housing and Urban Development will fall entirely on highly vulnerable individuals and families, putting them at risk of becoming or remaining homeless and leaving nothing for other basic needs.

With average rent in Fairfax County for a 2BR apartment at \$1,550/month, one would have to earn \$62,000 a year to afford housing and other basic needs (www.nlihc.org). Nearly one-quarter of Fairfax County households earn less than that, and 8.4 percent or 33,000 households in Fairfax County earn less than



Kerrie Wilson (center), CEO of Reston Interfaith, talks with volunteers about their experiences finding and documenting the lives of homeless individuals during Registry Week in Fairfax County Feb. 25.

\$25,000 per year, surviving on near poverty level wages.

Housing assistance is arguably the most important home court advantage for Reston Interfaith and the Fairfax County Partnership organizations working to prevent and end homelessness. For homeless, disabled, elderly and low-income working families living in our high cost of living area, subsidies are the stabilizing force, and stable housing the number one predictor of future self-sufficiency, no matter what other challenges an individual or family is facing.

While some say programs for the poor—like housing assistance for the most vulnerable—will be ex-

empted from sequestration, or that the effect will not be immediate, that is not how things are playing out. When the freeze play was called on Capitol Hill, it had the effect of benching our neighbors. Fairfax County, like other jurisdictions dealing with the uncertainty and fickle nature of the current situation, has put a hold on the release of new vouchers that we were counting on to help our neighbors.

Jeri is 70 years old, frail and lost her home after a long illness. Her Social Security payments are insufficient to meet her living expenses without help. She is sleeping on a cot in our overflow pro-

gram and is effectively unsheltered after March 31 because the landlord is waiting on the release of the project-based voucher that will help pay her rent.

A single mom, Kara has three children under the age of seven and has struggled with homelessness for years after leaving the abusive relationship with her children's father. She never finished high school but is smart and determined. She tries to think beyond her current situation and talks of going back to school and training to become a bookkeeper. She cries at night because a shelter is no place to raise her children. She had been approved for a voucher and we found a landlord willing to overlook her poor credit and past evictions. He will have to move on to another renter.

Investments in affordable housing provide stability and opportunity for working families and a safety net for extremely low-income households and our neighbors with special needs. At a time when businesses, governments, communities and families are craving certainty and predictability to help adjust to a "new normal," why aren't we calling a timeout to adjust the call for homeless and vulnerable neighbors like Jeri, and Kara and her children, who are ready to go home? It's madness.

Oak Hill & Herndon CONNECTION

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ENTERTAINMENT

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

WEDNESDAY/MARCH 20

Trip to Hollywood Casino at Charles Town Races. 3:30–11:30 p.m., at Hunters Woods Shopping Center, 2201 Springwood Drive, Reston. Join Reston Association for an evening at the race track and a nice dinner overlooking the horses; participants will receive \$15 worth of free slot play. Reston Association members: \$32; non-members: \$38. Ages 55 years and older. Ashleigh@reston.org or 703-435-6577.

Symphony in Cinema Series at Bow Tie Cinemas. 7 p.m., at Bow Tie Cinemas, 11940 Market St., Reston. Igor Stravinsky's "The Rite of Spring" is presented by The Philadelphia Orchestra, conducted by Nézet-Séguin Yannick. 703-464-0816 or bowtiecinemas.com.

THURSDAY/MARCH 21

David Lang and Tordis Fahringer. 2:15-3:30 p.m., at Center Stage, Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Artistic Director Davi Lang and accompanist Tordis Fahringer for the Reston Chorale play duets from the classic repertoire; the first in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or www.olli.gmu.edu.

11th Annual Reston Republican Dinner. 6:30 p.m., at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. The club's annual Lincoln-Reagan Day Dinner features former rising Democrat Party star and Congressman Artur Davis on his journey from being an Obama ally to a Republican. \$72.50 prior to March 10; \$80 from March 11 to 20; \$100 at the door. 703-476-8982, lizschwartzman@yahoo.com or www.restongop.org.

Appetite for Art—Contemporary Art Dialogues at Greater Reston Arts Center. 7-8:30 p.m., at the Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Artists, curators, or educators will guide you through an in-depth viewing of the current exhibition and discuss related trends and influences in contemporary culture. 703-471-9242, 703-476-4500 or www.restonarts.org.

Newcomer's Night. 7-9 p.m., at the Reston Association, 12001 Sunrise Valley Drive, Reston. Come learn more about Reston Association (RA) and its many services, amenities and programs as well as other local organizations in the community;



"Thanatos, a Still Life Blue," by Dorothy Bonica, the League of Reston Artists' newest and youngest member.

League of Reston Artists Opens Parkridge Exhibit

Paint and Flash is the new League of Reston Artists exhibit, featuring paintings and photographs in a wide range of styles and subjects. Open Monday through Friday from 8:30 a.m. to 5 p.m. at Parkridge 5 Building, 10780 Parkridge Blvd., Reston, through April 12. www.leagueofrestonartists.org.

refreshments and door prizes. 703-435-6577 or Ashleigh@reston.org.

SATURDAY/MARCH 23

Garlic Mustard Removal at Old Trail Drive. 10 a.m.-noon, along Glade Drive between Old Trail Drive and Generation Drive, Reston. Help restore the natural area and remove the Garlic Mustard that has invaded the Snakeden Stream watershed while the plant is identifiable and before it goes to seed; tools, gloves, snacks, lunch and water provided (wear long sleeves and pants if allergic to poison ivy). 703-435-7986 or habrock@reston.org.

Nature Walk Through Reston National Golf Course. 1 p.m., at South Lakes Park, 11100 South Lakes Drive, Reston. Led by a naturalist from the Walker Nature Centre, participants will learn about natural resources and reveal a variety of birds, including Purple Marlins. RSVP required. 703-709-7700 or restonmuseum@gmail.com.

Annual Family Easter Festival. 3-5 p.m., at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. "The Egg Hunt" is the feature of the day with caricatures, family discovery stations, crafts, face painting, balloon sculpting, fun inflatables and more surrounding. www.florisumc.org.

WEDNESDAY/MARCH 27

Meet Me at the Movies Senior Movie Day. 10 a.m., at the Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents Oscar-winner "Argo" starring Ben Affleck and Alan Arkin; refreshments and door prizes provided prior to the movie. 703-435-6530.

American Contemporary Music Ensemble: Brutal + Sublime. 8 p.m., at Reston Community Center, CenterStage, 2310 Colts Neck Road, Reston. The ensemble plays selection of Nico Muhly, Timothy Andrew, Mick Barr, Jefferson Friedman, John Cage and Louis Andriessen. \$15 for residents; \$30 for non-Restonians. 703-476-4500 or www.restoncommunitycenter.com.

THURSDAY/MARCH 28

Beverly Cosham. 2:15-3:30 p.m., at Center Stage, Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The cabaret singer has performed her act at nightspots across the country and Bob Smith, presidential pianist for Presidents Nixon through Clinton, accompanies her; the second in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or www.olli.gmu.edu.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

St. Timothy's Episcopal Church, 432 Van Buren St., Herndon offers Holy Week services beginning March 24th with Palm Sunday services at 8 a.m., 9:30 a.m. and 11 a.m. A Maundy Thursday Holy Eucharist Stripping of the altar service is on March 28 at 7:30 p.m. On March 29th, the church offers a Good Friday Stations of the Cross service at 12:15 p.m. and a Passion Gospel and solemn prayer service at 7:30 p.m. St. Timothy's will celebrate Easter Sunday, March 31st, with Resurrection/Easter Holy Eucharist services at 8 a.m., 9:30 a.m. and 11 a.m. Nursery care will be available at the Maundy Thursday, Good Friday and 9:30 a.m. and 11 a.m. Sunday services for newborns to 3-year-olds.

703-437-3790 or www.saint-timothys.org.

Southview Community Church, 2620 Reston Parkway, Herndon, holds their annual Easter Egg Hunt! Festivities, open to the community, on Saturday, March 30, at 10 a.m. with lunch and activities including crafts, bounce houses, a carousel, a rock wall and a family presentation on the story of Easter. 703-860-880 or www.southview.org.

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.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. www.meditation-dc.org or 202-986-2257.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes senior Zachary Deker heads the ball during a game against T.C. Williams on March 14.

South Lakes Boys' Soccer Falls to T.C. Williams

Seahawks open season with shutout loss.

BY JON ROETMAN
THE CONNECTION

South Lakes boys' soccer coach Marty Pfister thought his team played well after trailing T.C. Williams by a pair of goals on March 14. Falling behind in the first place, however, was a different story.

TC scored first on a free kick by Eryk Williamson in the 44th minute. The Seahawks disagreed with the foul call which gave the Titans the opportunity, but it didn't matter. TC added a goal by Momodo Jalloh in the 48th minute. From there, South Lakes had several chances in front of the net but couldn't capitalize and the Seahawks opened the season with a 2-0 loss to T.C. Williams at South Lakes High School.

"We picked it up when we got down," Pfister said. "It was a little bit of an unfortunate swing of momentum on more or less a questionable call, but that happens all the time so we're going to have to learn how to react better. ... I don't mind the questionable call, it's how we reacted after the 1-0 because when it went to two, it just makes everything harder."

South Lakes returns several key players from last season's team, which posted a 9-5-4 record, reached the Liberty District tournament semifinals and defeated Herndon in the opening round of the Northern Region tournament.

Senior defensive midfielder and team captain Sulaiman Dainkeh will play soccer at the University of Maryland next season. Fellow senior captains Dylan Katz (stopper) and Elvin Arbaiza (offensive midfielder), and junior striker Jhonny DeSouza are key players for the Seahawks.

"We have high expectations for this year for how well we did at the end of last year and what we return," Pfister said. "But at the same point in time, we kind of developed a team unity last year and we've got to find that again."

South Lakes will host Herndon at 7 p.m. on Wednesday, March 20.



South Lakes junior Jhonny DeSouza battles for the ball against a T.C. Williams player on March 14.



South Lakes senior Sulaiman Dainkeh is a team captain.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Oakton junior Alana Peters pitches against South County on March 15.

Oakton Softball Drops Season Opener

The Oakton softball team lost its season opener to South County, 4-0, on March 15 in a rematch from last year's Northern Region semifinals. Oakton head coach Ray Gordon resigned on Friday due to an "irreconcilable differing on staffing," Director of Student Activities Pat Full said Tuesday.

Sam Newman, a Fairfax County Public Schools employee, is the new Oakton head softball coach and met the team for the first time on Monday, Full said.

With 2012 Northern Region Pitcher of the Year Allison Davis recovering from an injury to her pitching arm, junior Alana Peters pitched for Oakton. Peters was perfect through three innings, but South County catcher Haylea Geer delivered a two-out, run-scoring double on a 0-2 pitch in

the fourth inning, giving the Stallions a 1-0 lead. South County added three more runs in the fifth on a three-run triple by freshman Jade Williams.

Peters surrendered four earned runs on five hits while walking two and striking out seven in six innings.

Oakton finished with two hits. Second baseman and co-captain Becky Cerva's third-inning single was the first hit of the game for either team. Junior Marleigh Hall had a double in the sixth inning.

Davis and shortstop Emily Krisanda are also co-captains.

Oakton defeated South County 3-0 in eight innings during last year's region semifinals. The Cougars finished region runner-up to Stone Bridge.

Oakton will travel to face Battlefield at 6:30 p.m. on Friday, March 22.



Second baseman Becky Cerva is an Oakton softball co-captain.

HOME SALES

In February 2013, 45 homes sold between \$920,000-\$130,000 in the Herndon and Oak Hill area.

Address	BR .	FB .	HB ...	Postal City	Sold Price ...	Type	Lot AC .	PostalCode	Subdivision
3228 NAVY DR	5	5	0	HERNDON	\$920,000	Detached	0.70	20171	DARTMOOR WOODS
3105 FRANKLINS WAY	5	4	1	HERNDON	\$882,500	Detached	0.31	20171	FRANKLIN FARMS
1160 MILLWOOD POND DR	4	3	1	HERNDON	\$835,000	Detached	1.00	20170	MILLWOOD POND
1097 LIBERTY MEETING CT	6	5	1	HERNDON	\$772,000	Detached	0.84	20170	LIBERTY MEETING
2804 GIBSON OAKS DR	5	4	1	HERNDON	\$750,500	Detached	0.38	20171	FRANKLIN WOODS
11573 SOUTHTON LN	5	3	1	HERNDON	\$732,000	Detached	0.65	20170	SHAKER WOODS
1206 CAMEO CT	4	3	1	HERNDON	\$715,000	Detached	0.38	20170	SHAKER WOODS
840 ELDEN ST	5	3	1	HERNDON	\$695,000	Detached	0.35	20170	ELWARDSTONE
13027 GREY FRIARS PL	5	3	1	OAK HILL	\$691,000	Detached	0.27	20171	ASHBURTON OAKS
1520 MEADOW CHASE DR	4	3	1	HERNDON	\$595,000	Detached	0.20	20170	KINGSTREAM
1013 STANTON PARK CT	4	3	1	HERNDON	\$580,000	Detached	0.13	20170	STANTON PARK OVERLOOK
13134 THORNAPPLE PL	4	2	1	OAK HILL	\$570,000	Detached	0.21	20171	FRANKLIN FARM
1324 STOURHEAD CT	4	2	1	HERNDON	\$540,000	Detached	0.34	20170	DRANESVILLE ESTATES
2755 MANSWAY DR	4	2	1	OAK HILL	\$540,000	Detached	0.23	20171	BRADLEY ACRES
13447 MUIRKIRK LN	4	3	0	HERNDON	\$529,900	Detached	0.24	20171	CHANTILLY HIGHLANDS
12008 ROSIERS BRANCH DR	4	2	1	HERNDON	\$500,000	Detached	0.22	20170	UNION MILL
12758 KINSHIP DR	4	2	1	HERNDON	\$500,000	Detached	0.25	20171	FOX MILL ESTATES
2994 EMERALD CHASE DR	4	3	1	OAK HILL	\$477,500	Detached	0.20	20171	EMERALD CHASE
13028 NEW PARKLAND DR	4	2	1	HERNDON	\$473,000	Detached	0.20	20171	BRADLEY ACRES
12595 CROSS HOLLOW CT	3	2	2	HERNDON	\$472,400	Detached	0.21	20170	HASTINGS HUNT
12807 BRIERY RIVER TER	4	2	1	HERNDON	\$465,000	Detached	0.30	20170	HIDDENBROOK
12795 BRADWELL RD	4	2	0	HERNDON	\$457,000	Detached	0.29	20171	FOX MILL ESTS
12832 PINECREST DRIVE	3	3	0	HERNDON	\$450,000	Detached	0.25	20171	FOX MILL ESTATES
12309 STALWART CT	3	2	1	HERNDON	\$441,000	Detached	0.27	20170	DRANESVILLE ESTATES
12319 EXBURY ST	3	2	1	HERNDON	\$420,000	Detached	0.20	20170	DRANESVILLE ESTATES
13144 ASHNUIT LN	3	3	1	HERNDON	\$417,000	Townhouse	0.04	20171	MCNAIR FARMS LANDBAY 12
2614 LITCHFIELD DR	4	2	0	HERNDON	\$410,000	Detached	0.38	20171	FOX MILL ESTS
2507 TERRA COTTA CIR	3	3	1	HERNDON	\$406,850	Townhouse	0.03	20171	COPPERMINE CROSSING LAND
2151 SEAMAN CT	5	2	1	HERNDON	\$389,000	Detached	0.29	20170	REFLECTION LAKE
1190 MONROE ST	3	2	1	HERNDON	\$375,000	Detached	0.31	20170	VICTORIA MANOR
1511 BAL HARBOR CT	3	2	0	HERNDON	\$366,000	Detached	0.20	20170	HIDDENBROOK
13694 SALK ST #279	3	2	1	HERNDON	\$342,500	Townhouse	0.05	20171	COPPERMINE CROSSING
637 WOOD ST	4	1	1	HERNDON	\$330,000	Detached	0.43	20170	HUTCHINSON AND MITCHELL
703 ALABAMA DR	4	2	1	HERNDON	\$330,000	Detached	0.25	20170	CHANDON
2200 JENSEN PL	4	1	1	HERNDON	\$260,000	Townhouse	0.05	20170	REFLECTION LAKE
12913 ALTON SQ #218	2	2	0	HERNDON	\$253,000	Garden 1-4 Floors	0.05	20170	WORLDGATE
1003 SABER LN	3	1	2	HERNDON	\$248,500	Townhouse	0.04	20170	CAVALIER PARK
1121 AUTUMNHAZE CT	3	1	1	HERNDON	\$246,000	Townhouse	0.04	20170	FOUR SEASONS REGIME
13201 KEACH PL	3	1	1	HERNDON	\$239,900	Townhouse	0.05	20170	REFLECTION LAKE
2132 MONAGHAN DR	3	2	1	HERNDON	\$232,700	Townhouse	0.03	20170	REFLECTION LAKE
2255 CHRISTY PL	3	2	1	HERNDON	\$215,000	Townhouse	0.06	20170	REFLECTION LAKE
2204 WESTCOURT LN #309	1	1	0	HERNDON	\$175,000	Garden 1-4 Floors	0.05	20170	WORLDGATE
511 FLORIDA AVE #216	2	2	0	HERNDON	\$167,500	Garden 1-4 Floors	0.05	20170	JEFFERSON MEWS
503 FLORIDA AVE #103	2	2	0	HERNDON	\$149,000	Garden 1-4 Floors	0.05	20170	JEFFERSON MEWS
609 JEFFERSON ST #18	2	1	0	HERNDON	\$130,000	Townhouse	0.05	20170	GASLIGHT SQUARE

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Easter Festival at Floris United Methodist Church

Floris United Methodist Church will hold its Annual Family Easter Festival on Saturday, March 23, from 3 to 5 p.m. (Doors open at 2:45 p.m.) Everyone is welcome. The Egg Hunt (organized by kindergarten through first grade, second grade, and third through fifth grade) begins shortly after 3 p.m. Other activities include caricatures, family discovery stations, crafts, face painting, balloon sculpting, fun inflatables and more. Admission is free. Floris United Methodist Church is located at 13600 Frying Pan Road, Herndon, and is easily accessible from the Dulles Toll Road, Centreville Road South exit.

For more information, call the church at 703-793-0026 or visit www.florisumc.org/easterfestival.

Floris UMC has been ministering to Herndon and the surrounding community for more than 100 years. The congregation moved to its latest building in April 2006 to accommodate its growing membership, its various educational programs, and its numerous local, national and international outreach and mission activities.

Floris UMC worship services are at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. For additional information, visit www.florisumc.org.



PHOTO CONTRIBUTED

Large outdoor inflatables are just one of the many fun activities at the Floris UMC annual Family Easter Festival, scheduled for this Saturday, March 23, from 3-5 p.m.

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Call Specific Agents to Confirm Dates & Times

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5969 Mount Burnside Way.....\$434,500..Sun 1-4.....Deb Gorham...Long & Foster..703-581-9005

Centreville

6544 Skylemar Trail.....\$274,900..Sun 1-4.....Rich Triplett..Samson Props..703-217-1348

Chantilly

42344 Astors Beachwood.....\$830,000..Sun 1-4.....Sari Karjalainen.....Weichert..571-643-6039

Clifton

12646 Water St.....\$1,125,000..Sun 1-4..Carol Hermandorfer...Long & Foster..703-503-1812

6420 Stonehaven Ct.....High \$600,000s..Sun 1-4.....Ed Duggan.....Century 21..703-599-1351

Fairfax

11951 Appling Valley Rd.....\$635,000..Sun 1-4.....Rod Lantier.....RE/MAX..703-405-3082

Gainesville

7176 Little Thames Dr.....\$259,900..Sun 1-4.....Mark Slimp..Samson Props..703-400-1553

Manassas

6525 Davis Ford Rd.....\$625,000..Sun 1-4..Carol Hermandorfer...Long & Foster..703-503-1812

7755 Glade Ct.....\$560,000..Sat 1-4.....Suzanne Burch.....Century 21..703-328-5606

9819 Cheshire Ridge Cir.....\$285,000..Sun 1-3.....Ann York..Samson Props..571-237-7985

Reston

11920 Fieldthorn Ct.....\$334,900..Sun 1-4.....Cathy Lanni...Long & Foster..703-615-4237

11556 Rolling Green Ct #100..\$284,900..Sun 1-4.....Peter Burke...Long & Foster..703-786-3334

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8103 Ainsworth Ave.....TBD..Sun 1-4.....Ellen Ing.....RE/MAX..703-795-0648

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104 Minor Rd.....\$480,000..Sat 1-4.....George Azzouz..Samson Props..703-728-0843

47721 Sandbank Sq.....\$410,000..Sun 1-4.....Rita Desai..Samson Props..703-896-5775

128 Avondale Dr.....\$348,000..Sun 1-4.....John Baird..Samson Props..703-609-1501

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314 George St, SW.....\$1,175,000..Sun 1-4.....Mansoor Dar..Keller Williams..703-564-4000

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com
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The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

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The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

21 Announcements

ABC LICENSE

RAJ Oil Company trading as Exxon #25301 Herndon, 597 Elden St, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer and Wine off premise license to sell or manufacture alcoholic beverages. Raj K. Gupta, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Just Wondering



By KENNETH B. LOURIE

Having never attended medical school (and not really having had the grades or commitment to do so), and having only completed 10th-grade Biology and freshman-year Astronomy, and rarely even driven by a medical school growing up, my understanding and/or instincts regarding how a medical professional plans and/or prepares for his day is as foreign to me as sugar-free chocolate (if I'm going down, I'm going down swinging; in truth however, considering the anti-cancer, alkaline diet I'm following, I do need to swing a little less frequently).

Nevertheless, having had multiple appointments with doctors/health care professionals over these last four cancer-centric years, I've often wondered how much preparation occurs before each appointment. There's a schedule certainly, but does the doctor review it daily/weekly – in advance, to determine the course of his possible action/discussion with the patient? And if so, does he review/study/research said patient's medical chart/history to better prepare for these discussions or does he sort of "wing it," professionally speaking, and instead wait to hear what the patient has to say? Moreover, if there's been lab work, diagnostic scans, etc. completed previous to the appointment, does the doctor receive indications – electronic or otherwise, before the appointment, with enough time to evaluate the results/read the reports or does he see it for the first time sometime during the day of the appointment? And while this curiosity exists in my head, is the doctor likewise preoccupied (even a little bit) with my ongoing health situation beyond the 30 minutes or so we spend together every few months or his time too precious, respectfully speaking? I realize he's busy, but do I rank in his file? And if so, what does he know and when did he know it?

Not that I've ever felt unknown or disrespected when visiting either my primary care doctor or my oncologist, but I have felt a little distance when I've seen specialists: pulmonary, thoracic, nephrology, surgery, to whom I've been referred, who previous to seeing me face-to-face had never met and/or spoken to me. Now I never took it personally; I took it professionally, as in: I suppose this is the process. However, how do they know a patient they don't know, let alone advise with proper consent?

Over time though, my thinking has evolved. Now I'm thinking/wondering if they are even supposed to prepare for me – and not by reading my file for the first time when I'm sitting on an examining table directly across from them or through study the night before, but at all? Perhaps my situation – as serious as it is to me, is not as serious to the doctor? And by that I mean, he's not ruled by his emotions – he's not terminal, that I know of, anyway. It's just another day at the office – so to speak. I understand that he likely has many patient histories on his mind/in his head and focusing/preparing too much for one somehow has adverse consequences for the others. Maybe the treatment protocols, as complicated as they are to me, are fairly mundane to the doctor and don't require that much homework, so discussing my chart as he reads it for that first time is no big/complicated deal and standard operating procedure?

I've actually experienced this sensation a couple of times with my oncologist. When I was a more frequent visitor to the Infusion Center – every three weeks, occasionally I would see him tending to other patients; he didn't seem to know I was going to be infused that day (in fairness, the infusion appointment does not directly involve the oncologist), even exhibiting surprise at my presence. Still, I would more often than not ask him a question about my specific health situation. However, if I didn't have a non-infusion appointment scheduled that day, he wasn't comfortable answering my questions. He would say: he wasn't prepared to answer the question. Apparently, he couldn't pull my information out of thin air. I came to understand and accept that if it wasn't my day to be examined, it wasn't a good day to ask him health-related questions about yours truly.

Still, I wonder, as much from lack of knowledge as anything: are my expectations unreasonable? I know, in my head anyway, as concerns my cancer treatment, it's all about me. But what about in my oncologist's head? Am I on his radar or am I out of sight, out of mind? And if so, is there any harm in that, or is it just me wondering too much about too much (the bane of this cancer patient's existence)?

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

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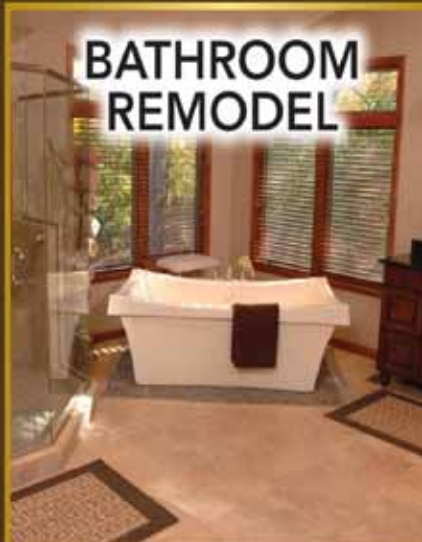
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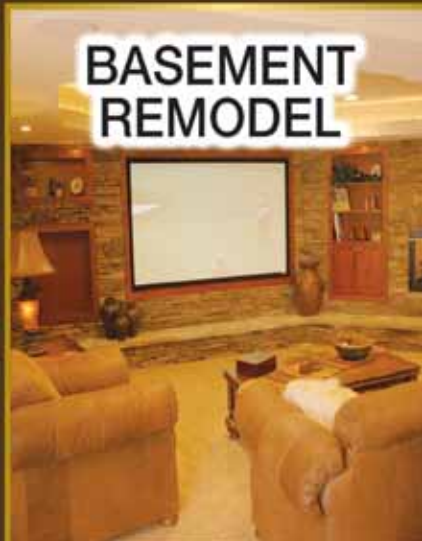
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