

# Crowds Enjoy Reston Ice Rink

NEWS, PAGE 8

**Scooby Doo and Tweety Bird glide along at the Reston Town Center Ice Skating Pavilion. A big hit with the younger skaters – and a few of the young at heart, as well –the two are part of the rink's Saturday Cartoon Character Skate. Scooby assured us that he would be there for many more Saturdays to come.**

## Painters Make Friday the 13th Someone's Lucky Day

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## Reston Chorale Brings Music To Reston Town Center

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PHOTOS BY LAUREN BORDEAUX/THE CONNECTION

The "Thoroughly Modern Millie" cast rehearses the song, "Long As I'm Here With You."

## Lopez Studios Inc. Sends Students To 2014 Junior Theater Festival

BY LAUREN BORDEAUX  
THE CONNECTION

The famed "Thoroughly Modern Millie" once traveled to the Big Apple to explore the world outside her little town of Salinas and make her dreams come true. From Jan. 17-19 a group of 11 talented young performers from Lopez Studios, Inc. Performing Arts Preparatory School will travel to Atlanta, Ga., to make their own dreams come true at the 2014 Junior Theater Festival and to portray the classic Broadway hit featuring Millie.

For its second year in a row, Lopez Studios, Inc. will be sending theater students to take part in the Festival that brings together students, teachers and Broadway professionals to celebrate young performers of musical theater. Along with 98 other groups from across the country, the festival team from Lopez Studios will be presenting a 15-minute segment from a Broadway Junior production. This year the studio chose "Thoroughly Modern Millie" to perform. Last year the team performed "The Little Mermaid Junior."

Auditions were held in order to determine roles for the production. The rehearsals are intensive and the students learn about performing as well as learning their parts in the show. Margarita Gamarnik, an 11-year-old from Reston, will play Millie. "There's a lot of things that I've learned. Not just about technique and vocal technique but also acting and dance technique. I've also learned a lot of good lessons from the directors Miss Kessler and Miss



Margarita Gamarnik, playing Millie, stands on a set box rehearsing the performance with fellow cast members.

Konovalov," said Gamarnik. "I've gotten better at harmonizing. I've gotten better at getting my blocking down the right way and remembering," said 14-year-old Blake O'Brien from Round Hill, playing Trevor Graydon Jr.

While attending the competition, the team's performance will be adjudicated by leaders in theater and education. "They give the kids immediate feedback. Something I loved about our adjudicators last year is they really paid attention to the kid's names and they would point them out by name. And point out things they thought were really good and they were very specific," said the show's director Jennifer Kessler. Laila Galant, 14, from Broadlands attended the Festival with the cast of "The Little Mermaid Junior" last year. "To be critiqued by Broadway people is amazing," said Galant, who will be playing Miss Dorothy Brown.

Big names in theater have at-

tended the Festival in past years and have lead workshops for the directors, theater leaders and students. "Last year they had Jeff Calhoun who directed Newsies on Broadway...It was just amazing to hear him talk about the creative process," said Kessler.

The Festival is geared more toward celebrating theater than creating a competitive environment, but awards are given more so in the form of superlatives in categories such as best student director, choreographer and music director. A select few teams will be chosen to perform in the closing ceremonies. From April 3-6, 2014 the performance division at Lopez Studios Inc. will be performing "Thoroughly Modern Millie Junior" in its entirety at Industrial Strength Theater in Herndon for \$12 a ticket. If you are interested in getting tickets to the show or participating in a Lopez Studios production in the future, visit <http://www.lopezstudiosinc.com>.

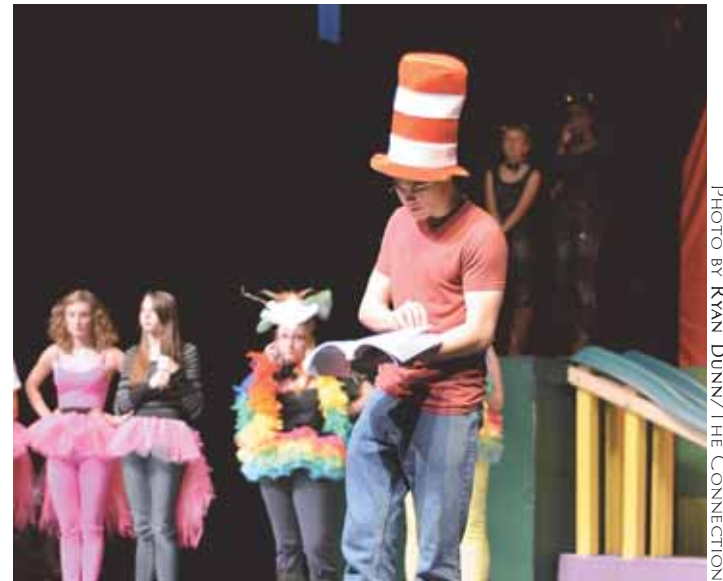


PHOTO BY RYAN DUNN/THE CONNECTION

Herndon High School junior Drew Lytle played the Cat in the Hat in the production of "Seussical" at Herndon High.

## Herndon Drama Proves 'Anything's Possible'

BY SIERRA CARLSON  
STONE BRIDGE HIGH SCHOOL

Imagine a tiny world, smaller than the eye can see. Imagine it hurtling through space with no direction. Imagine this little planet, and know that it is possible. By just thinking, anything is possible. Herndon High School masterfully illustrated this power of imagination in their rendering of "Seussical the Musical."

"Seussical the Musical," written by the award winning Lynn Ahrens and Stephen Flaherty, first made its debut on Broadway in 2000. Although unsuccessful on the Great White Way, this musical became a quick favorite among local and high school theaters. The main focus of the show is the story of Horton the Elephant, but that does not keep many of Dr. Seuss' revolutionary characters make an appearance.

Drew Lytle was excellent in his ability to bring the lovable character of the Cat in the Hat to life. Lytle's use of comical expression and appropriate overreaction created a character reminiscent of the childhood classic. He started off both the first and second act with a contagious energy that left the audience excited for things to come. Hunter Robinson achieved a similar task as Horton the Elephant. Even when behind a scrim, Robinson was able to affectively take the stage and capture the undivided attention of the audience.

The cast consistently created

beautiful stage pictures with multiple levels that left every face visible. Nearly every performer had a defined personality that was crucial in representing the world of Dr. Seuss. An example of this was the memorable cleverness that Zach Klein and Sonya Keefer brought to their roles as Mr. and Mrs. Mayor of Whoville. Both the physical and choral elements of their performance were consistent and, above all else, entertaining.

The same is true with Laura Millon and her performance as Gertrude, which was full of creative physicality and vocal flair.

It was Alisa Clayton's work as light designer that really brought this production together. Each lighting cue, which numbered over 100, was generated with a specific purpose in mind and executed flawlessly. The set was creative in that it drew clear inspiration from the work of Dr. Seuss. The bold simplicity of the set offered much utilization from the performers and a clean switch from one location to another with ease. This was achieved with the use of a scrim to divide the many worlds of this production. The cast and crew of Herndon High School's production of Seussical brought the iconic stories of Dr. Seuss to the stage with inventive imagination and notable dedication. Whether it's floating on a tiny speck of dust or dancing through the Jungle of Nool, Herndon High School proved that "anything's possible" if you just think.

### CAPPIES REVIEW





PHOTOS BY RYAN DUNN/THE CONNECTION

The Reston Chorale has excited audiences with its musical excellence and versatility for over 40 years.

## Reston Chorale Brings Music to Reston Town Center

Despite winter weather  
Reston Chorale singers  
keep spirits bright.

BY RYAN DUNN  
THE CONNECTION

On Saturday, Reston resident Ellen Torzilli joined 24 friends and fellow members of the Reston Chorale to sing at Promenade in Reston Town Center. There were afternoon shows outdoors on both Saturday and Sunday between the Mon Ami Gabi restaurant and Pitango Gelato. Lloyd Kinzer, resident of Reston since 1970 and bass singer with Reston Chorale, was singing with the group on Saturday. "We have been doing Christmas caroling at Reston Town Center for several years," said Kinzer, current president of the Reston Chorale Board of Directors.

"We have members that come from all over the Northern Virginia area. We also rehearse and do much of performances at Reston Community Center," said soprano singer Susan Meeks-Versteeg. The managing director of Reston Chorale for two years, Meeks-Versteeg oversees the Chorale's annual concert performances and coordinates publicity and community outreach for the Chorale. "We also watch for people in the audience who sing along. We have picked up some members of our group that way," said Meeks-Versteeg.

For almost a decade, The Reston Chorale has joined the annual Holiday Tree Lighting at The Reston Town Center. The focal point of this event has been the Chorale, joined by a brass quintet, leading in holiday songs and carols. The Reston Chorale has excited audiences with its musical excellence and versatility for over 40 years.

The Chorale was established to provide Fairfax County with the finest in choral music performance produced by amateur and professional musicians.



Artistic Director David Lang played the keyboard, and members of the Reston Chorale sang Christmas carols on both Saturday and Sunday afternoon at Reston Town Center.

The mission of The Reston Chorale is to promote community interest and participation in, and enjoyment of, choral music. One of the next major shows by Reston Chorale is schedule for Sunday, March 23, 2014. The March show will premiere a new work by composer Donald McCullough, and commemorate the 50th anniversary of Reston and the 100th birthday of its founder Robert E. Simon, Jr.

Artistic Director David Lang played the keyboard, and members of the Reston Chorale sang the carols including "God Rest Ye Merry Gentlemen" and "I'm Dreaming of A White Christmas." "We just heard them playing, it is a great way to kick off the season," said Leesburg resident Ryan Flynn who stopped by with his wife and daughter to hear the carolers.

To learn more about Reston Chorale, visit [www.restonchorale.org](http://www.restonchorale.org).

## New Approach to Mental Health

Reforms in wake of tragedy  
involving state senator's son.

BY MICHAEL LEE POPE  
THE CONNECTION

Advocates for mental health services have been calling for improved services and increased funding for years, although the issue has been pushed aside year after year. But now that the son of state Sen. Creigh Deeds (D-25) committed suicide after stabbing his father, a new sense of urgency is emerging in advance of the upcoming General Assembly session. This week, Republican Gov. Bob McDonnell proposed adding \$38 million over two years to the existing \$250 million budget for community service boards across the commonwealth.

"It makes you wonder why a crisis was needed to initiate the type of funding that we need," said Pamela Barrett, a member of the Fairfax-Falls Church Community Services Board. "We are so far behind other states in mental health crisis response funding as it is, and it's something that the CSBs have been lobbying for and begging for for years."

McDonnell also issued an executive order 68 to convene a task force on improving mental health services and crisis response. The governor described his task force as a group of leaders in the mental health and law enforcement as well as the judicial system and private hospitals. Within minutes of McDonnell's announcement, Governor-elect Terry McAuliffe issued a statement commending the governor, an indication he intends to follow through when he assumes the reins of power next year. But advocates for mental health remain skeptical.

**FOR NOW**, the issue seems to have newfound momentum — the result of a series of events that unfolded last month, when an emergency custody order was issued for the senator's son but a psychiatric bed could not be located before the order expired. That's why one of the reforms proposed by the governor is allowing magistrates to extend the orders by two hours. Another proposal would extend

temporary detention orders to 72 hours, a proposal that would cost about \$1.6 million a year. Funding is also proposed for the Western State Hospital, where Northern Virginia jurisdictions send patients, which would be about \$680,000 a year.

"These proposals will make a dent, but this is certainly not going to solve the problem," said Judith Deane of the Arlington Community Services Board. "Northern Virginia jurisdictions put a lot of their own money into this, so in that sense we are better off than many other counties in Virginia. But we still have a lot of need."

Alexandria Community Services Board director Michael Gilmore said when he was director of the community services board that serves rural Bath County and Rockbridge County, the local funding for community services was about \$5 per capita when he left a decade ago. In Alexandria, by contrast, the local funding for community services is \$125 per capita. That's why a psychiatric bed might be much more difficult to find in the rural stretches of Virginia, where services are few and far between.

"Much of the state is dependent on billing Medicaid to cover the cost of the services they provide," said Gilmore. "But all five of the community services boards up here have much more local funding."

**THE PROPOSALS INCLUDE** expanding programs for child psychiatry and children's crisis response services as well as crisis intervention team programs, crisis stabilization services and discharge assistance programs. Other proposals include expanding mental health first aid programs, secure assessment centers and suicide prevention efforts. One initiative would spend \$1.8 million to create six secure crisis intervention team assessment centers where people can be held safely for evaluation and finding a bed without tying up law enforcement personnel.

"That's only \$300,000 a center," said Gilmore. "I think it's going to cost a lot more than that."





**The Good Guys** – volunteers from companies that are members of the local chapter of the Painting and Decorating Contractors Association of America who spent the day painting a townhouse for a client of Cornerstones (formerly Reston Interfaith) capture the moment of their fellowship and community spirit outside the project property.



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Taking a well deserved break:** The team started at 8 a.m. and by 1 p.m. they were ready for a bite to eat. Gathered in the project kitchen are, back row – from left: Allan Romero, Jaquiminovick Linares, Ray Gebhardt, Andrew McBride and Bill Patterson. Front row: Brian McCracken, Jarold Martin and Edwin Chinchilla.

## Painters Unite to Make Friday the 13th Someone's Lucky Day

BY ANDREA WORKER  
THE CONNECTION

**F**riday, Dec. 13 was anything but unlucky for one Reston family, tenants in one of the 53 townhouses owned by Cornerstones Housing Corporation in Reston, Herndon and Centreville, that are rented at affordable rates to persons earning half or less than the area's median income.

That was the day that the Washington Metro Chapter of the Painting and Decorating Contractors Association (PDCA) put their annual Holiday Community Service spirit to work for Cornerstones (formerly Reston Interfaith) and its client.

Working through Cornerstones Housing Coordinator Bruce Hanneman, the site was selected, and painters from some seven different area companies converged on the property at 8 a.m. and got down to work, cleaning the sur-



**Some of the trucks belonging to contractors participating in the Painting and Decorating Contractors Association's annual charity project are lined up in the parking lot of the townhome community where their owners would offer their services to a client of Cornerstones – Hope for Tomorrow Today.**

faces and re-painting the townhouse from top to bottom, ceilings and walls. "It wasn't difficult to get the volunteers," said Brian McCracken, President of All American Painting Plus, who served as the volunteer coordinator and the on-site project man-

ager. "We have about 13 painters on the job today. The toughest part of the day is drying times and moisture, trying to get it all done in one go...not to mention all of us working in one pretty small space."

Even with those challenges, by



**Inspecting an area requiring their services is Brian McCracken. McCracken, a 40-year resident of Reston, is president of All American Painting Plus.**

the time their lunch break rolled around, the crew had the large majority of the property already been primed and a coat of paint applied to most of the townhouse. "It's really great teamwork, especially since most of these volunteers have never worked together

before," was PDCA Washington Metro Chapter President Andrew McBride's proud declaration. McBride, owner of Image Painting, was there to do his share of the work as well as to cheer on the crew that McCracken had recruited. With the work progressing ahead of schedule, McCracken believed there would be time for a bit of extra work, not originally scheduled.

Much of the paint used for the project was supplied by Vienna Paints, with six area locations, using their Benjamin Moore products.

The company's Bernie Jones stopped by the site to check in and make sure everything needed was on hand. Painters from NOVA Painting, Tech Painting, Image Painting, All American Painting Plus, CertaPro of Arlington, Gebhardt Painting, and Décor Painting formed the charitable team.

## Good Neighbor Awards Presented

**The Town of Herndon's annual Good Neighbor Awards were presented on Tuesday, Nov. 26, by Mayor Lisa Merkel and the Herndon Town Council to recipients Dr. Soo Kang and Jung Kang, and Mike and Carol Fleming. Recipients were nominated by town citizens for their kindness and neighborliness. From left: Jung Kang, Mayor Merkel, Soo Kang, Carol Fleming, Mike Fleming, Tooran Shadman (Cultivating Community member, the volunteer group that judges all nominations and selects winners)**





## NEWS

### Reston Town Center Ice Skating Pavilion Donates \$5,697.50 to Reston Character Counts! Coalition

**R**eston Town Center Ice Skating Pavilion raised a record-breaking donation of \$5,697.50 for Reston Character Counts! Coalition during the rink's opening weekend in early November.

"We're elated that Reston Town Center Ice Skating Pavilion was able to raise such a large donation for us this year," said Cate Fulkerson, president of Reston Character Counts! Coalition. As a long-standing tradition, this organization receives 50 percent of opening weekend proceeds from the Reston Town Center Ice Skating Pavilion, which opens annually at the beginning of November. The 2013 donation is almost double the amount raised from the 2012 opening weekend. Fulkerson said



PHOTO COURTESY RESTON TOWN CENTER

**Manager of Reston Town Center Ice Skating Pavilion, Marissa Marwell, congratulates Cate Fulkerson, president of Reston Character Counts! Coalition on receiving a record-breaking donation of \$5,697.50 from 50 percent of the rink's opening weekend proceeds.**

that Reston Character Counts! Coalition will put the funds to good use through 2014, supporting Ethics Day at South Lakes High School in November, Reston Kids Triathlon, the Cornerstones Best of Reston event, and other charitable initiatives to support character-building for students in the community. The Reston CHARACTER COUNTS! Coalition members include Reston Association, Reston Community Center, Reston Interfaith, Greater Reston Chamber of Commerce, Reston Citizens Asso-

ciation, YMCA of Reston, and the office of Fairfax County Hunter Mill District Supervisor, Cathy Hudgins. Reston Town Center Ice Skating Pavilion presents its popular weekly programs of Rock 'n Skate on Fridays from 8 p.m. until 11 p.m., and Cartoon Skate on Saturdays from 11 a.m. until 1 p.m. Reston Town Center Ice Skating Pavilion offers public skating, with skate rentals and more available, every day including all holidays, from Nov. 1 until March. Also available are birthday parties, pri-

vate, and corporate parties, fundraising opportunities, plus beginner and intermediate skating lessons. For hours of operation, fees and more information, call the skating hotline at 703-709-6300 or visit [www.restontowncenter.com/skating](http://www.restontowncenter.com/skating). Regular hours of operation - Reston Town Center Ice Skating Pavilion 2013-2014: Sunday, Monday, Tuesday: 11 a.m. - 7 p.m.; Wednesday, Thursday: 11 a.m. - 10 p.m.; Friday, Saturday: 11 a.m. - 11 p.m.; plus extended hours on all holidays.

## BULLETIN BOARD

To have community events listed in the Connection, send to [hemdon@connectionnewspapers.com](mailto:hemdon@connectionnewspapers.com) by the Friday prior to the following week's paper.

### WEDNESDAY/DEC. 18

**Toddler Storytime.** 10:30-11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and fingerplays. Registration required. Age 2 with adult. 703-689-2700.

**Reindeer Revels.** 7-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for Festive Family Stories and Merrymaking Celebrating Rudolph and Friends. Registration required. All Ages. 703-689-2700.

### THURSDAY/DEC. 19

**Magic Tree House Book Club.** 4-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. This is a book club for kids who love the Magic Tree House series. This month's title is Christmas in Camelot by Mary Pope Osborne. Read it at home and join us for discussion and activities. Registration required. Age 6-9. 703-689-2700.

**Reston Teen Café.** 7-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring a copy of a favorite, lesser-known book or book-based DVD. Share samples of creative writing and get constructive feedback from each other. Bring a covered drink for yourself and snacks to share. Age 13-18. 703-689-2700.

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# OPINION

## Preserve 3-2-1 for Housing

**Housing for all income levels near transit supports vibrant communities and job growth, reduces traffic.**

BY MICHELLE KROCKER  
AND JIM EDMONDSON

In the latest edition of The Herrity Report, Springfield Supervisor Pat Herrity proposed “redirecting developers’ \$3 per square foot contribution for buying rent-controlled housing units into a trust fund to pay for public school renovation and construction.”

The report proceeds to make several unsubstantiated claims regarding the number of people living in subsidized housing and the growth in both the number of subsidized units and number of households in Fairfax County. However as in the past, The Herrity Report does not provide the full picture of the housing policy under discussion, and misrepresents the facts.

The Board of Supervisors adopted its housing policy in 2010 as a part of the larger plan

for the redevelopment of Tysons. It is now under consideration, at the request of the board, for application in other designated high density, transit and business centers in the rest of the county. Called the ‘3-2-1’ policy, the proposal by county staff would apply a contribution from commercial development to support the construction of workforce housing in the transit or business area, as it does in the Tysons plan. The contribution would be applied on a sliding scale based on a proposed development’s proximity to a transit station. This proposal will go before the Planning Commission and then the Board of Supervisors in the first quarter of 2014.

Why is this policy important?

❖ To accommodate projected job growth and remain competitive within the region, it is important to ensure housing opportunities for the workforce of the future at all income levels;

❖ Developing housing at transit stations and adjacent to employment centers encourages use of mass transit, walking and biking which can lead to fewer cars, and less congestion; it also enhances Metro revenue and reduces the pressure on local government to provide subsidies for the system;

❖ Linking commercial development (jobs) and housing via a linkage program is an acknowledged “best practice” in hundreds of communities across the country to ensure an

adequate supply of housing to support job growth.

❖ It recognizes the changing preferences of workers/taxpayers/voters, particularly young people, to live near where they work.

The proposed policy anticipates that the contributions will be made to a housing trust fund used by the county to leverage private sector financing to develop the needed housing.

The housing that is constructed will not be owned or purchased by the county. In fact, very little of the affordable housing in the county is owned by the government.

Securing decent housing that is affordable remains a challenge for Fairfax County households earning less than \$60,000.

Meeting the growing needs of our school system is also an important issue. Both education and safe, decent housing are fundamental to the well-being of our community, and residents want leadership that seeks to find workable solutions. Failing to recognize the importance of both and pitting one issue against the other are not the answers, and the citizens of Fairfax County deserve better from elected officials.

*Michelle Krockner is executive director, Northern Virginia Affordable Housing Alliance. Jim Edmondson is president of AHOME, which promotes affordable housing opportunities for families at all income levels.*

GUEST  
EDITORIAL

## What Interest Served Bailing Out Crumbling Utility?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

Once upon a time, I am told, Reston Lake Anne Air Conditioning (RELAC) actually provided a relatively competitive cooling service to 500 residences around Lake Anne using chilled water delivered through a maze of underground pipes. It was the 1960s and air conditioning was still in its infancy. Compared with today’s A/C systems, RELAC at its best would be like an original Polaroid compared with a 2014 digital camera.

Its one advantage was that it was quiet, compared to the outside A/C units of the time, like those serving residents around Reston’s other three lakes. It has lost even that aesthetic advantage. Modern A/C units are very quiet. When my neighbor in the adjoining townhome has his system on, we are not aware of it in our yard just 20 feet away.

He has a newer conventional system which cools his whole house, upstairs and downstairs, at a far lower cost than the RELAC relic which cannot effectively cool our top level, or the mid level on hot days. And, we are more fortunate than folks living elsewhere in

the cluster further from the chilling plant. It seems they receive less chilled water due to changes up the line.

The latest proposal by Reston Association is a heavy-handed attempt to eliminate even the longstanding medical exception for residents with valid medical need, supported by a doctor’s certification, for a more reliable, lower humidity source of A/C. On its face, RA is enforcing a kind of indentured servitude of residents on behalf of a monopoly for-profit corporation.

One might have been barely able to justify such a monopoly in a 1960s’ context, basing it on aesthetic value (quiet) and was competitive innovation, perhaps worthy of Covenant protection until it had the opportunity to prove itself in the marketplace. That questionable proposition, unlike high-humidity RELAC, holds no water today. The system is no longer competitive with available cooling alternatives either in terms of cost or cooling capability. Nor is the aesthetic argument any longer



INDEPENDENT PROGRESSIVE

valid. Modern A/C units perform quietly and don’t violate my right to quiet. Furthermore, RELAC is not environmentally friendly. Most homes on the system must run the A/C 24-7 to even approach the low end of cool. In addition, many have to run fans upstairs and dehumidifiers 24-7 because the insufficiently cooled air is very moist, even inviting mold. The only justification for continued monopoly protection of this for-profit venture is income protection for the owners, certainly not the well-being of residents intended by the covenants. Many residents, with severe allergies, asthma, various respiratory issues, and other ailments exercised the medical exception and

got off the system. Many, many more would like to exercise an option to do so because they are ill-served, uncomfortable in warm weather and hurt by outrageous rates (increased 56 percent in one recent hike alone).

Now RA proposes to make medical exceptions nearly impossible to obtain, to require they be renewed annually with medical re-certification and that those willing to go through this process continue to pay for service no longer used. RA enforcement of this outrage will be both challenged and challenging.

What are the indentured ones to do? If the RA Board again refuses to listen to reason, a lawsuit might well be in order—the down side is that the indentured ones have to pay both lawyers! Another is to petition for referendum on the question of eliminating the restrictive covenant. Where do I sign?

### Write

The Connection welcomes views on local issues. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to: Letters to the Editor  
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Alexandria VA 22314

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## OPINION

# Obama Care and the Individual Market—Not a Failure

By ELLIOT K. WICKS, PH. D.

**R**ecent news stories have focused on people who bought health insurance in the individual market, rather than through an employer, and whose policies have been canceled. Some then found that coverage available through the new “Obamacare” Marketplaces (or Exchanges) is more expensive. Their anger is understandable, but the issue needs to be put in context.

A great many of those losing coverage and facing higher premiums were the beneficiaries of the insurers’ policies that denied coverage to the really sick and charged very high rates to the moderately unhealthy.

Without the reforms of the Affordable Care Act, insurers would continue to deny coverage to many thousand of people with pre-existing conditions and charge unaffordable premiums to older Americans or those with less than stellar health.

The new law prohibits such discrimination in the individual market: no one can be denied coverage or charged more because of a pre-existing condition, and an older person cannot be charged more than three times as much as a younger person. Thus, differences in premiums for people with different risk levels will be greatly reduced starting in January.

If we want to ensure that everyone, regardless of their age or health condition, can get affordable coverage—which Obamacare promises to do—we have to accept the possibility that some people will pay more for coverage. The nature of insurance is that healthy people subsidize sicker people. Healthy people agree to this arrangement simply because they never know when they are going to be part of the unhealthy 10 percent of any population group that accounts for about 70 percent of the costs in any year. Older or sicker people will incur higher medical expenses. And if they are all now to get coverage and not be forced to pay very high premiums, other insured people, the younger and healthier, will have to pay more than they did in the past—unless substantially more younger and healthier people are brought into the insurance pool. That is why the mandate that everyone have coverage is so important. The premiums these newly insured lower-risk people will pay are necessary to offset the costs of covering the less healthy people who are newly insured.

In short, some people may face higher premiums, but that seems a reasonable price to pay for enhancing fairness and preserving the health of the entire

population.

Of course, some people will pay more because the old insurance policies they had provided woefully inadequate protection that would have left them deep in debt if they had a serious medical event. The Affordable Care Act sets minimum standards for coverage, and so some people who bought these skimpy individual plans lost that coverage. Naturally, when they go to the Marketplace to buy comprehensive replacement coverage, the premium is often higher.

But it is essential to understand that many of these people will be eligible for federal subsidies that make the net cost lower than what they were previously paying. Subsidies to make Marketplace coverage affordable are available to individuals and families well up the income scale—to all with incomes up to 400 percent of the federal poverty level (\$94,200 for a family of four in 2013). The size of the subsidy declines as income increases, but many middle-income people will be eligible for some assistance.

It is also important to keep the big picture in mind. Most people are covered by employer-based insurance, not the individual market. The individual market is a small part of the total insurance market, and many who buy such coverage keep it for only a short period of time, often less than a year. A study by Mathematica Policy Research found that during an average month, only 5.3 percent of the under-65 population had individual coverage, but fewer than half of that population group (2.1 percent) had that coverage for the entire year.

This “churning” is easily explained: many people who buy individual insurance do so as a stop-gap strategy to protect themselves until they get a job that provides better, less expensive coverage. They are people who leave a job that provided health insurance but have not yet found a new job that offers coverage, students who graduate and lose their school-based coverage, or 27 year olds who have “aged out” of their parents’ plan.

The fact is that the individual market has never worked well, which is why the ACA focused especially on reforming it. Large premium increases, loss of coverage, and instability have always been characteristic of this poorly functioning market.

The lesson is that now is not the time to endorse legislation like that recently passed in the House that would perpetuate a broken and inequitable individual market and jeopardize the reforms that would bring good, affordable coverage to many thousands who until now have been denied such protection.

The writer is a Reston resident.

## Term Limited

By KENNETH R. “KEN” PLUM  
STATE DELEGATE (D-36)

**I**n a couple of days Governor Bob McDonnell will present a proposed budget to the General Assembly for the next two years. Early announcements about what it contains have been good: critically needed funding for mental health and restoration of funding to education programs. What is unique about the budget is that



### COMMENTARY

Governor McDonnell will not be around to defend or to implement it. The Constitution of Virginia limits the governor to one term. A governor can run a second time as Mills Godwin did in the 1960s, but the terms cannot be successive. The limitation on executive leadership goes back to the earliest days of Virginia as a state. Concerned about the excesses of the king, the leaders of the newly independent Virginia limited the governor to terms of one year. Patrick Henry was the first governor who served for multiple years, but he had to be re-elected each year. While it is seriously questionable whether Governor McDonnell could have been re-elected with his serious ethical lapses, he simply was not allowed by the Constitution to stand for re-election. All governors have been constrained in what they were able to do by the necessity that they get their work accomplished in four years. I have supported several attempts over many years to amend the Constitution to allow the governor to serve two terms, but these efforts have not been successful. If the legislature approved such an amendment, it would have to approve it a second time after an election and then put it before the people in a referendum. Because of the timeline involved, such an amendment would not apply to the governor who was in office at the time. I continue to support a constitutional amendment to permit the governor to serve two terms, recognizing that the electorate can still enforce a one-term limit if it chooses to do so. The electorate can likewise limit the terms of members of the House of Delegates to two years or any multiple thereof and of the Senate to four years or any multiple of four. Members serve at the will of the people for the amount of time determined by the electorate and not by an arbitrary number in the Constitution. There is less need for a specific time limitation because the General Assembly is made up of part-time citizen legislators rather than being full time like the governor. While some states have chosen to limit legislators to a set number of years, the experience in these states has been a serious loss of experience in the legislature and an increase in the power of staff and lobbyists. To ensure that the people are truly free to choose their legislators, an independent non-partisan redistricting process needs to be put into place. Under the current gerrymandering process, legislators choose the people they want to represent rather than the people choosing their legislators. A commission that I first proposed in 1982 and continue to advocate for would take the task of redistricting from legislators and give it to an independent body. Open elections with competitive races are the best form of term limits.

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Anica Smith from Manassas does most of the work for 4-year-old son Tyler. “It’s getting tiring, but we’ll keep at it,” she laughed as they went by.



Despite the crowds swirling around them or the occasional newbie skater tumbling into them, the Saturday morning Skate Class goes on, and looks focused on the lesson at hand. Reston Town Center Ice Skating offers group and private lessons and skate rentals, as well.



You would never guess that 11-year-old Nicole Walendy only started skating last Spring. Looking perfectly at ease on the ice, Nicole practiced her twirls, her dead-stops, and her spins, and won a lot of admiration for her balancing act as she skimmed the icy surface – on purpose!



Lila Sheingate hangs on to dad Adam. The pair came in from Baltimore to visit Reston relatives. When asked if Miss Lila thought she was ready for Sochi, she replied, “Well, maybe!” Confidence is key.



Ibrahim Moiz and Sadaf Iqbal hang tight to 4-year-old Maryam Moiz in the middle. The trio was there with the All Dulles Area Muslim Society’s Girl Scout Troop. Little Maryam’s older sister is a scout.

PHOTOS BY ANDREA WORKER/THE CONNECTION

# Crowds Enjoy Reston Ice Rink

## The Ice Skating Pavilion in Reston Town Center is a hot destination.

BY ANDREA WORKER  
THE CONNECTION

The temperature was holding pretty steady in the lower 30s, there was ice off the rink as well as on it, and the occasional snow flurry drifted about Reston Town Center on Saturday, but none of those potential obstacles kept the Ice Skating Pa-

vilion from being plenty packed. Although there were a few skaters with obvious skills making the rounds, it seemed that the majority were more suited to the novice category, judging by the numbers of flailing arms, “derriere skaters” and the amount of time the staff spent helping would-be Apolo Ohnos and Ashley Wagners regain their skates and their balance. It

was also pretty obvious that no matter what level of expertise each skater brought to the arena, everybody was having fun.

Gliding in and out of the fairly controlled chaos were two familiar, if rather startling figures – Scooby Doo and Tweety Bird. Turns out that Saturdays are “Cartoon Skate” days. Between 11 a.m. and 1 p.m. a variety of beloved cartoon

characters take to the ice, much to the delight of the younger crowd. “That’s one of the reasons we’re out here today,” admitted Leah Almandor of Reston. Almandor’s 3-year-old son Mitchell is a big fan of Scooby Doo. “Of course, I’m not sure he will ever learn to skate if he spends all his time trying to watch the characters,” she acknowledged.

Sharing the ice with Scooby and Tweety Bird were attendees from several birthday parties, a Girl Scout Troop from the All Dulles Area Muslim Society (ADAMS), another from Landsdowne, and even an official skating class being held in the middle of the rink. Teacher and students did an amazing job of concentrating, despite the distractions all around. And it

seems that the skaters came from all parts of the Northern Virginia area, as well as from places way beyond our Commonwealth’s borders. Asking the question “Where are you from?” (mostly of the rail-huggers as they inched by) got a wide variety of answers from Manassas to Baltimore, Leesburg to Annapolis, and from Romania to Brazil. Despite the near-freezing

temperatures, apparently the Ice Skating Pavilion in Reston Town Center is one hot destination. Could be the fact that it’s an outdoor venue in the middle of a minicity and that it offers the extras like the Cartoon Skate Days and Friday night “Rock’n’Skates” with a DJ, games and prizes until 11 p.m.

The Skating Pavilion will be open until March, so there’s plenty of

time to take to the ice, or just enjoy the show from the sidelines with a cup of hot chocolate from one of the local food and beverage outlets to keep you warm.

**Parker Wilson, the birthday boy. Parker, family and friends were there to celebrate his birthday.**



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## HOLIDAY CALENDAR

### MONDAY/DEC. 16-JAN. 6

**15<sup>th</sup> Annual Gifts from the HeART Exhibit.** 9 a.m.-9 p.m. Monday - Sunday at the Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. In the Jo Ann Rose Gallery, original works of art in watercolor, oil, acrylic, mixed media, collage, photography, fiber and charcoal are displayed. 703-476-4500 or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

### TUESDAY/DEC. 17

**Third Tuesdays: Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Reservations required, \$30 fee. [artspaceherndon.org](http://artspaceherndon.org)

### TUESDAY/DEC. 17-SUNDAY/DEC. 29

**Jacob Marley's Christmas Carol.** NextStop Theatre, 269 Sunset Park Drive, Herndon. In this behind-the-scenes retelling of one of the most famous stories of all time, join Marley and an annoying little sprite named Bogle, as they set out on an impossible adventure to save old Scrooge's soul. Tickets: \$25. <http://www.nextstoptheatre.org>

### SATURDAY/DEC. 21

**The Ultimate Christmas Show (abridged)** 8 p.m., at The Reduced Shakespeare Company. It's festive, funny, physical family fun as the Three Wise Guys send up and celebrate your favorite winter holiday traditions. \$25 Reston/\$50 Non-Reston.

### SUNDAY/DEC. 22-31

**America the Beautiful** 9 a.m.-9 p.m. Monday - Sunday at the Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston.  
A mood, glowing light, subtle color and, above all, the *chi* or spirit of the subject are all captured in Lassie Corbett's paintings. 703-435-1888 or [www.lassiecorbettart.com](http://www.lassiecorbettart.com)

### SUNDAY/DEC. 22

**Holiday Play/Sing Along.** 4 p.m. Sunset Hills Montessori building, 11180 Ridge Heights Rd., Reston. Bring your instrument and sit and play with the orchestra, or bring your voice and sing the holiday favorites.

## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

### TUESDAY/DEC. 17-SUNDAY/DEC. 29

**Jacob Marley's Christmas Carol.** 269 Sunset Park Drive, Herndon. This one-man show retells the classic story but focuses on Scrooge's departed, doomed and chained business partner, Jacob Marley.

### TUESDAY/DEC. 17-SUNDAY/JAN. 12, 2014

**30 Years-30 Artists.** ArtSpace Herndon, 750 Center Street, Herndon. Includes prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years.

### TUESDAY/DEC. 17

**Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center

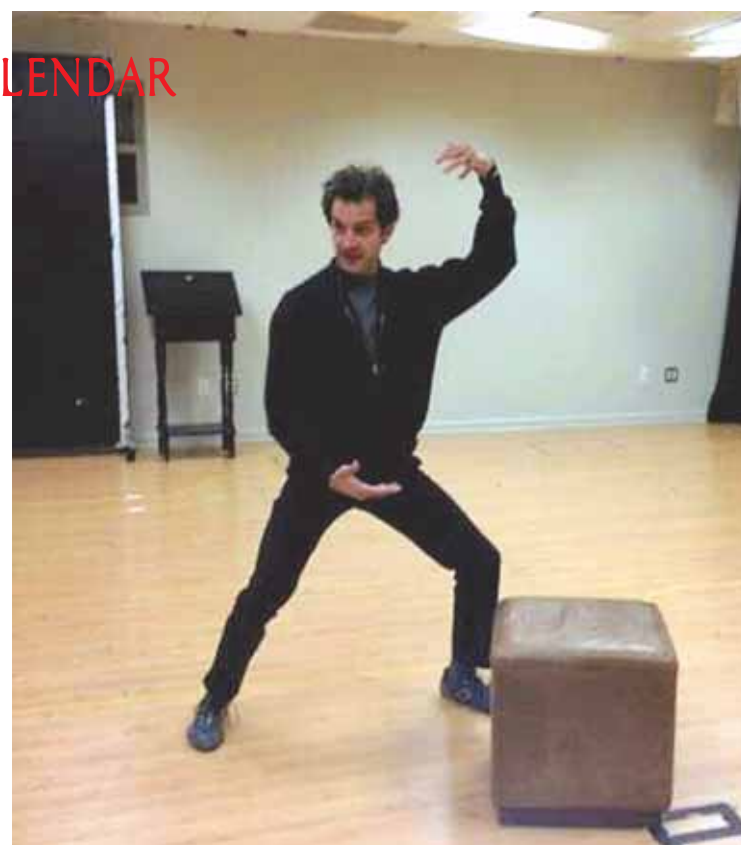


PHOTO COURTESY OF NEXTSTOP THEATRE

**Ray Ficca in rehearsal of "Jacob Marley's Christmas Carol," playing at the NextStop Theatre, 269 Sunset Park Drive, Herndon.**

### TUESDAY/DEC. 24

**Christmas Dinner at Vinifera Wine Bar & Bistro.** 12-7 p.m. 11750 Sunrise Valley Drive, Reston. Admission: \$55 per person. A four-course menu that includes goose roulade with roasted Brussels sprouts, wild mushrooms, wild rice blend, and citrus velouté. Reservations recommended. 703-234-3550.

**Christmas Eve Candlelight Service.** 6 p.m. Washington Plaza Baptist Church, 1615 Washington Plaza N, Reston. [www.washingtonplazachurch.com](http://www.washingtonplazachurch.com)

**Christmas Eve Services.** 5 p.m. Southview Community Church. 2620 Reston Pkwy, Herndon. At 5 p.m., there will be a family friendly service, followed by a 7 p.m. service that will include candlelight and communion.

### WEDNESDAY/DEC. 25

**Christmas Dinner at Vinifera Wine Bar & Bistro.** 5-10 p.m. 11750

Sunrise Valley Drive, Reston. Admission: \$55 per person. A four-course menu that includes goose roulade with roasted Brussels sprouts, wild mushrooms, wild rice blend, and citrus velouté. Reservations recommended. 703-234-3550.

### TUESDAY/DEC. 31

**New Year's Eve Golf Tournament.** 10 a.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Annual four-person scramble. Entry fee includes green fee, cart fee, range balls, prizes and lunch. Entry deadline: December 21. [herndongolf.com](http://herndongolf.com)

**New Year's Eve Celebration.** 7 p.m. - Family-friendly art activities, music; 9 - 10 p.m. - Bonfire with drum circle; 10 p.m.-12:30 a.m. - jazz ensemble and entertainment; champagne toast at midnight. ArtSpace Herndon, 750 Center Street, Herndon. All ages. Free and open to the public. [artspaceherndon.org](http://artspaceherndon.org)

Street, Herndon. Artist Eileen Hull will teach you how to create and embellish something entirely on your own. \$30. Reservations required. 703-956-6590.

### FRIDAY/DEC. 20

**Commemorating Civil War Battle of Dranseville.** 7 p.m. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. The service highlights the Brethren position on war.

### SATURDAY/DEC. 28

**The Many Aspects of Watercolor Painting.** 10 a.m. - 4 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Watercolor artist Lou Negri will hold a one-day workshop at ArtSpace. To register contact the instructor at [aquarel@comcast.net](mailto:aquarel@comcast.net) or [www.lounegri.com](http://www.lounegri.com).

### ONGOING

**League of Reston Featured Artists Exhibit.** Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists invites art

lovers to a series of rotating painting and photography exhibits featuring a new artist each month. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### SUNDAY, JAN. 19

**Sweet Honey In The Rock.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Five women provide unique perspective in their traditional gospel hymns, rap, reggae, African chants, hip hop, ancient lullabies and jazz improvisation; with sign language interpretation. \$25 Reston/\$50 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

### SUNDAY, MARCH 9

**Rennie Harris' RHAW** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. RHAW will showcase Dr. Rennie Harris' newest and brightest street dancers as they bring hip hop back to basics. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.



# Home for the Holidays: Surviving a Long Trip

**Keeping children entertained on lengthy airplane rides.**

BY MARILYN CAMPBELL  
THE CONNECTION

**L**iz Henry is nervous about her upcoming flight to San Francisco. It's not TSA regulations or long lines that are causing her anxiety, however. It is traveling alone with her three children — all of whom are under the age of 6.

"My kids are 5, 3 and 1," said Henry, who lives in Vienna. "I'm taking them to visit my family for Christmas, but they've never flown before. I have a lot of DVDs packed, but I don't know how far those will get me. I don't like pacifying my kids with videos, but I don't think I have a choice."

Going home for the holidays often means boarding an airplane with high-energy children and set-

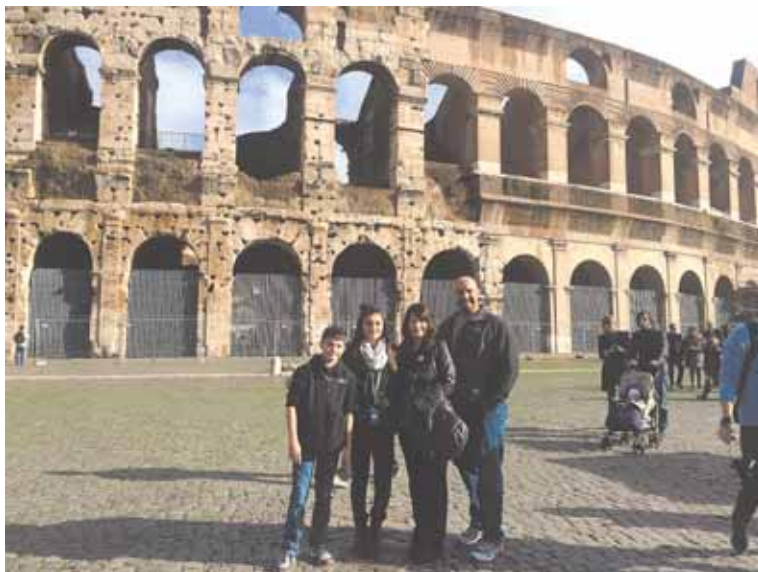


PHOTO COURTESY OF LEN ANNETTA

**Len Annetta, Ph.D., of George Mason University traveled to Italy recently with his wife, Jennifer, and his children Samantha and Joey. Annetta kept his children occupied during the long flight with cloud games and by helping them practice Italian.**

tling in for a long ride. Parents such as Henry scramble to find ways to fill the time in a way that keeps their child entertained without disturbing other passengers. Local education experts say there are options that don't involve the

last resort of videos and electronic games, however.

"Reading is always a good choice, but for many children, it cannot hold their attention for long plane rides," said Len Annetta, Ph.D., a professor in the

College of Education and Human Development at George Mason University. "Games like Scrabble challenge players' literacy skills in a fun way. Crossword puzzles are also fun and engaging."

Annetta, who recently returned from a family trip to Italy, has firsthand experience with surviving lengthy plane rides with children in tow. "I took the whole family, including my 13- and 11-year-old children," he said. "My children are older, but we played a name the cloud game. Of course, we were above the clouds, so it made it a bit more difficult."

When traveling abroad, a long flight is an ideal time to learn more about the culture or language of your final destination. "My children tried a crash course on Italian," said Annetta. "They learned a few words they used during the week we were there. This was a free app on the iPod that we downloaded before we left."

Bethesda-based psychotherapist Katie Cogan, Ph.D., recommends activities that engage a child's imagination, particularly for younger children. "You always

have your imagination with you no matter what," she said. "You can say to a child, 'Tell me a story,' or you can take turns telling stories with your child. When you're on the plane, you can help your child imagine what it will look like when we get there."

For young children, Cogan said, "Using what's inside you to create a world that already exists. It is called active imagination. Use your creativity to do anything. If you're with a young child, you can ask 'How many things can you think of that are red?'"

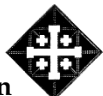
Cogan also advises helping children make up a story, particularly about their final destination. "If it is a small kid, give them the first part of the story or the first word and let them take it from there," she said. "Have paper with you, and you can have your child tell you the story and either write it down or have your child write the story down and color it."

Annetta said, "Journaling your experience is a fun way to practice writing while telling the story of where you are going or where you've been."

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PHOTOS BY CRAIG STERNUTZEL/THE CONNECTION

Herndon senior Dorian Johnson goes up for a shot against Washington-Lee on Dec. 11.

# Herndon Boys' Basketball Concludes Tourney with Win

**Hornets improved to 4-2 with victory against John Carroll.**

**T**he Herndon boys' basketball team faced an early-season bout with adversity during the Gonzaga holiday tournament.

On Dec. 13, the Hornets, after a 3-0 start, suffered their first loss of the season. Mount Saint Joseph, a private school in Baltimore, defeated Herndon 80-71. Despite the loss, head coach Gary Hall was pleased with his team's performance, considering it a moral victory that the Hornets were tied with the talented Gaels late in the contest.

The following night, Herndon lost to Coolidge (Washington, D.C.) 65-51. This time, Hall was not pleased with the Hornets' effort.

"We didn't play with much passion," Hall said. "We weren't very inspired."

Herndon concluded its time at the three-day tournament on Sunday with a game against John Carroll, a private high school in Bel Air, Md. Herndon had a chance to win at the end of regulation, but the Hornets missed pair of free throws with less than a second remaining, sending the game to overtime.

After back-to-back losses and a



Herndon boys' basketball Coach Gary Hall speaks to the Hornets during a game against Washington-Lee on Sept. 11.

missed opportunity to win, how would the Hornets respond?

A DeAndre Thomas free throw with less than 10 seconds remaining gave Herndon a four-point lead in overtime and helped the Hornets hold on for a 68-67 victory.

"The way that we responded af-

**"This is the deepest team I've ever had at Herndon."**

**— Herndon boys' basketball Coach Gary Hall**

ter a tough loss last night," Hall said, "was really, really encouraging."

Herndon senior guard Dorian Johnson scored 30 points and grabbed 10 rebounds against John Carroll.

"Dorian Johnson today played the best game he's played in his career," Hall said. "He was the best player on the court."

Delontae Wingfield scored 15 points and grabbed 10 rebounds against John Carroll. The win improved Herndon's record to 4-2.

Last year, Herndon won the Concorde District championship before losing to eventual Northern Region champion Woodson in the regional quarterfinals. Despite the loss of talented guard Will Ferguson, Hall said this year's team has depth and the chance to make a deep

postseason run. Johnson (6-foot-4) is averaging 15.6 points per contest. Six-foot-5 senior Kent Auslander is averaging 15.2 per game; Wingfield (6-4) is at 11.3 per game and 6-foot-1 senior Thomas is averaging



CONNECTION FILE PHOTO

Abby Rendle, left, and the South Lakes girls' basketball team started 5-0 this season.

## South Lakes Girls' Basketball Starts 5-0

**Seahawks won each game by at least 18 points.**

**S**outh Lakes girls' basketball head coach Christy Winters Scott said the Seahawks are playing with a lot of confidence in the early part of the season. It's hard to blame them; they've won their first five games by an average of 33 points.

South Lakes improved to 5-0 with a 71-30 victory over Woodson on Dec. 14. The Seahawks, who have eight seniors and return nine athletes from last year's region runner-up team, have won each game by at least 18 points. Abby Rendle, Caitlin Jensen, Sasha Sprei, Natalie Toma and Colette Toma are four-year varsity athletes.

"I think focus and execution and playing to a standard rather than to a score is something we've been saying from the beginning," Winters Scott said. "That's the mental challenge. ... The most important thing for us is maintaining focus on the details."

Jensen led the way with 22 points against Woodson. Junior forward Princess Aghayere

scored 16 points on 5-for-6 shooting, grabbed nine rebounds and totaled five steals. Rendle, a 6-foot-4 post player, finished with eight points, five rebounds and two blocks, and Sprei dished seven assists without committing a turnover.

Rendle, who will play at William and Mary, is averaging 12 points, seven rebounds and three blocks per contest.

"Everyone," Winters Scott said, "is excelling in their role."

South Lakes also defeated Stone Bridge (57-18), Western (58-40), Potomac Falls (63-25) and Marshall (65-34) this season.

The Seahawks will travel to Hampton to compete in the Boo Williams Classic on Dec. 26-28. After winning the IAABO holiday tournament in Maryland last season, Winters Scott said she wanted the team to travel away from the area for a bonding experience.

South Lakes will travel to face Herndon at 5:45 p.m. on Friday, Dec. 20.

— JON ROETMAN

9.5.

Hall said seven different Hornets have led the team in scoring during a quarter.

"This is the deepest team I've ever had at Herndon," Hall said. "Anyone can be our leading scorer."

Prior to the Gonzaga holiday tournament, Herndon defeated Washington-Lee 93-61 on Dec. 11.

Herndon will host rival South

Lakes at 7:30 p.m. on Friday, Dec. 20.

"We have the opportunity to have a really special season," Hall said. "... Our goal every year at Herndon is to compete for a region championship and be a factor in the state tournament and that never changes. And I think we have the opportunity to do that."

— JON ROETMAN



## SPORTS

# South Lakes Swimmers Start Season Strong with Win Over Stone Bridge

BY LYN FISCUS

**S**outh Lakes High School's Varsity Swim teams started off the season with decisive wins over Stone Bridge High School on Saturday, Dec. 7 at the Claude Moore Recreation Center. The girls won with 202 points over Stone Bridge's 83. The South Lakes boys scored 193 points, while the Stone Bridge boys scored 90.

"It's a very nice opening meet with a lot of good swims. We'll keep moving people around and see what we can do pressing

forward to get people in the best events," Head Coach Scott Brown said. "We have a lot of quality freshmen—both boys and girls. They'll be a nice complement to the returning kids. It's just a matter of getting them in the right spots."

South Lakes swimmers dominated the pool. In both the boys and girls 200yd Medley Relay, South Lakes placed first. Jair Valenzuela, Tyler Ellis, Bradley Torrington, and Gianmichel D'Alessandro swam for the boys. Natalie Obando, Sabrina Groves, Emily Landeryou, and Caitlyn King swam

for the girls. South Lakes boys swept four events, taking first through third place in the 200yd Medley Relay, the 200yd Freestyle, the 50yd Freestyle, and the 100yd Freestyle. For the girls, Sabrina Groves (first), Natalie Obando (second) and Malina Stassinis (third) swept the 100yd Butterfly event.

Mac Sogandares placed first in both 100yd Butterfly and 100yd Breast and anchored the first-place 400yd Freestyle Relay team with Dylan Hawley, Benjamin Gryski, and Johnny Micka. Joseph Hosi placed first in 200yd Freestyle and second in 100yd Butterfly, and anchored the first-

place 200yd Freestyle Relay team with D'Alessandro, Conor McBride, and Tyler Hutson. Hutson also placed first in 50yd freestyle.

In addition to the 200yd Medley Relay, Sabrina Groves placed first in both 100yd Butterfly and 200yd Individual Medley as well as the 400yd Freestyle Relay with Malina Stassinis, King, and Landeryou. Landeryou also placed first in her individual events, the 100yd Back and 50yd Freestyle, while King placed first in 100yd Freestyle. Paige Sogandares won the 500yd Freestyle event and placed second in 200yd Freestyle.

Kaylyn Macaluso placed first in 100yd Breast and anchored the first-place 200yd Freestyle Relay team with Obando, Stassinis, and Katie Degutis.

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# Backwards Thinking

By KENNETH B. LOURIE



Considering that I've been cancer-centric now for nearly five years, one would have thought I might have learned and totally embraced an alternative concept: forward living – and less thinking about past causes and their possible current effects. Certainly cancer causes physical manifestations and symptoms that are diagnosable and indicative of trouble. But it's the unseen effects that in some cases cause as many difficulties. What I am referring to is the mental and emotional toll a terminal diagnosis and short term prognosis can have on the patient's perspective on life and living, and what's presumptively thought to be left of it.

And in my experience now as a comparatively long-term survivor – five years come February 27, of stage IV, non-small cell lung cancer (NSCLC), backwards thinking, as in why me, as in woe is me, has generally not been characteristic of my daily grind. Sure, I've made changes to my pre-cancer Kenny regimen of poor diet and above-average stress, and have regularly compared and contrasted my past with my present/future. However, much of this has been ongoing. I've never felt as if I've dwelled on any of it. Focused maybe, but not so much as a negative, more as a positive, as in changes which needed to be made – or else. Moreover, to learn the error of my ways and try to parlay any new found knowledge into a future that initially, according to my oncologist's original prognosis: "13 months to two years", was hardly guaranteed.

In spite of it all, I have lived – and learned and accepted that my new reality is somewhat different than it once was: somewhere between tenuous and temporary. Still, thinking about the past can only do so much good when contemplating a future that has been snatched away somewhat (somewhat? quite, actually) unexpectedly at 54 and one half. If I want to have a future, thinking and living as if I have one is more agreeable and more rewarding – and much less stressful than thinking I don't. And constantly reviewing, assessing, and connecting with the horse on which I rode in, as informative as it may be in helping to understand and appreciate the medical predicament in which I find myself so immersed, might actually be causing more harm – emotionally, than I'm willing to admit. I can't change the past, so living with it on a daily basis when I have a present and a future to consider might be shackling me in some emotional way that is preventing me from maintaining the positive and optimistic attitude so crucial in defending myself against the insidious disease inside my lungs.

Not that I'm suggesting that I can talk/think these malignant tumors ("metastatic to the lung") to cease and desist, but spending mental time on what has already occurred, instead of what possibly could be, seems counterproductive, maybe even harmful. Trouble has already found me; I don't need to encourage it. And after all these years, I should know better. I do know better. Nevertheless, as the content of this column clearly indicates, I am still under siege. I am still trying to balance the challenges of living with a future while being mindful of a past and understanding that some emotions I can't control. Cancer is funny like that, but it's no laughing matter. Even so, I did think the subject was fodder for a column – or maybe I'm just indulging myself at your expense. If it's the latter more so than the former, I appreciate your patience. I probably need it.

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

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Front Row: Tyler, Emma, Drew, Keira, Nandana and Laura. Back Row: Principal Ann Gwynn, Assistant Principal Melissa Tochtermann, Abigail, Toby, Emaan, Assistant Principal Ray Correllus, Reflection Committee Chairperson Pavithra Rajesh

## Herndon Elementary Holds Reflections Ceremony

Herndon Elementary School celebrated their Reflections participants on Wednesday, Dec. 4. PTA Reflections is part of the National PTA art competition in which participants enter in various artistic mediums. The theme this year was "Believe, Dream, Inspire."

HES is very proud of the effort the students put into their artwork. A special thanks to the Reflections Committee Chair:

Pavithra Rajesh.

The following students have advanced to the next level of competition in the category listed: Keira —Primary Literature;

Ellie —Primary Visual Arts; Laura—Intermediate Music Composition; Nandana —Intermediate Photography; Emaan —Intermediate Literature; Shelby—Intermediate Dance Choreography; Tyler—Intermediate Visual Arts and Abigail —Middle School Visual Arts.

## New Year's Eve Celebration at ArtSpace Herndon

A New Year's Eve Celebration is an ArtSpace Herndon signature event. The celebration, on Tuesday, Dec. 31, from 7 p.m. to 12:30 a.m. in historic downtown Herndon, features live music and family-friendly activities both inside and outside the gallery.

The celebration begins inside the gallery from 7 to 9 p.m. with art activities for kids and live music. Artists will guide kids in creating a Dale Chihuly inspired glass-like chandelier that will light up the celebration later that evening. Materials will be supplied.

During this time, a teen band will be performing live in the Post gallery. The celebration moves outside from 9 to 10 p.m. for the traditional bonfire. Gather around the warm, glowing bonfire and join in the drum circle. Free and open to the public.

Entertainment resumes inside at 10 p.m., with the Herndon Tonight show and jazz by the Al Robertson Quartet fea-

turing Frank Lombardi, and continues through a toast at midnight. Light refreshments will be served, with a champagne toast at midnight. Due to seating limitations, passes are required for the Herndon Tonight show. A limited number of complimentary passes will be distributed beginning in December. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) or call 703-956-6590 for more information.

The year's New Year's Eve Celebration is produced by the Performing Arts Programming Committee of ArtSpace Herndon and made possible with a grant from the Town of Herndon under the Virginia Commission for the Arts Local Government Challenge Grant Program from the Virginia Commission for the Arts.

ArtSpace Herndon exhibitions and receptions are free and open to the public. Some events have a nominal fee. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) for the gallery's hours, location, and exhibition and events schedule.

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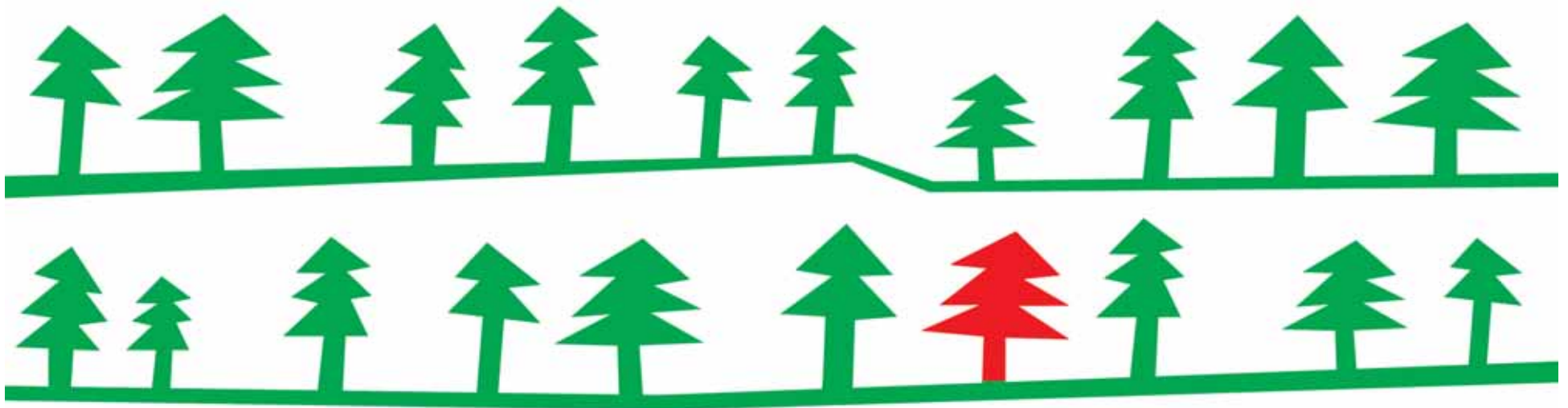
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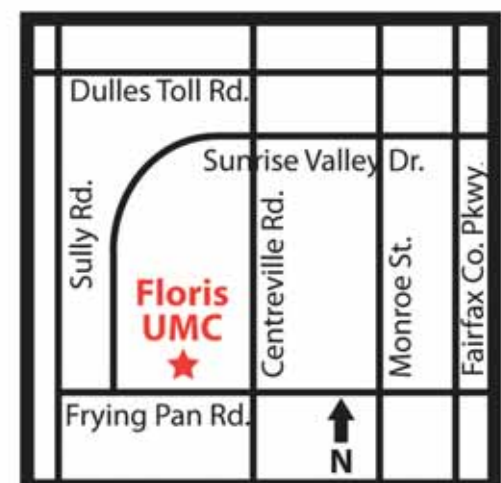
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