

Meet Area's Best Friends

PET CONNECTION, PAGE 8

Silver Line Delayed

NEWS, PAGE 3

Volkswagon Donates Van to Children's Science Center

NEWS, PAGE 4


PET CONNECTION
Inside

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VOLUNTEER OPPORTUNITIES

Meals on Wheels needs drivers in Fairfax, Reston, McLean and Falls Church. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Find more information on becoming a Long-Term Care Ombudsman Volunteer.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

Grocery shoppers and social visitors needed for older adults in Annandale, Falls Church and McLean. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Little River Glen Senior Center in Fairfax needs help with special events and an arts and crafts instructor. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Kingstowne Senior Center in Alexandria needs instructors for classes in art and bridge as well as an experienced boater to discuss boating. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Mount Vernon Adult Day Health Care Center in Alexandria needs a volunteer assistant from 11 a.m.-3 p.m. on Fridays to assist with activities and on Fridays from 3-5 p.m. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Wakefield Senior Center in Annandale needs Spanish speaking interpreters, Tuesday-Friday, 10 a.m.-2 p.m. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

The Herndon Senior Center needs a volunteer knitting instructor to assist with an existing knitting class on Thursday mornings. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

A view of the bending tracks above Route 123 near McLean Station in Tysons Corner.



PHOTO COURTESY OF METROPOLITAN WASHINGTON AIRPORTS AUTHORITY

Additional Delays Slow Handover of Silver Line to Metro

Performance issues and unmet safety testing requirements cited as reasons for the continued delay.

BY ETHAN MCLEOD
THE CONNECTION

Phase I of the Silver Line is still not quite ready for final testing by Metro authorities, according to a Monday statement is sued by Metropolitan Washington Airports Authority (MWAA). With the handover of the Silver Line project to Metro authorities looming, Northern Virginia residents will have to be patient despite their readiness to hop on the train at new Tysons Corner and Reston Metro stations.

The Monday afternoon release stated that seven of 12 key criteria had not been met by Dulles Transit Partners (DTP), who submitted their notice of "substantial completion" to MWAA on Feb. 7. Unmet categories included missing certificates of occupancy for stations and tunnel facilities, elevator and escalator problems, water leaks, and incomplete documentation for testing and security verifications. Most notably, the release reported performance issues with the Automatic Train Control System for the train, which — until resolved — will prevent Metro from beginning full operational testing.

There are no current penalties being assessed toward DTP as of Feb. 24, according to MWAA spokesperson Marcia McAllister. MWAA is still putting together a timeframe for how long it will take before Phase I testing can be handed over to Metro.

"The Airports Authority has instructed DTP to provide a plan and date of conclusion for addressing the outstanding items as quickly as possible. We will work closely with DTP, WMATA and our other partners to monitor progress and assure that all contractual obligations are satisfied," said the statement issued by MWAA.

Del. Ken Plum (D-36) said that he hoped the delays would not last longer than a few weeks and remained optimistic about the Silver Line's progress. "I share the same anticipation as everyone else for the opening, but as projects of this size go, it's pretty

TIFIA Loan Could Help Freeze Toll Increases

The U.S. Department of Transportation has formally invited MWAA to apply for a federal low-interest loan of up to \$1.9 billion through the Transportation Infrastructure and Innovation Act (TIFIA). The loan, which still awaits federal approval according to Feb. 21 statement, would benefit the Silver Line project by providing funding at a lower interest rate than through private capital.

"It's very significant because what it does is significantly reduce the cost of the second phase of the project," said Del. Ken Plum (D-36). "By 2018 the other project costs will be met and spread across a number of years. That adds up to no more toll increases."

MWAA has worked closely with Loudoun and Fairfax counties to apply for the loan over the past several years. Receiving an invitation to apply for the loan essentially means the project will receive it, according to Plum.

Commuters first saw Dulles Toll Road rates increase in 2005, and MWAA has continued to increase tolls over the years in order to pay for the project. After last year's state budget allotted an additional \$300 million in funding, it became more likely that MWAA would receive the formal invitation to apply.

close to schedule," said Plum.

Mark Ingrao, President and CEO of the Greater Reston Chamber of Commerce, expressed similar views about the delay. "When you have a project this large there are going to be unanticipated delays. As long as when they open it it's open for good, we will be happy," said Ingrao.

On Tuesday, Feb. 18, MWAA Project Director Charles S. Carnaggio, P.E., presented the latest progress of Phase I at a luncheon in Herndon. In addition to showing the various stages of completion of each station from 2009 up to Feb. 2014, Carnaggio pointed out signs of budding economic development and provided a closer look at planning for Phase II construction.

"This is a tremendous success not only for this area but for the nation. Everyone is looking in at this

SEE MWAA, PAGE 15

Secrets of 911

Police agencies refuse to release audio from 911 calls, prompting questions about transparency.

BY MICHAEL LEE POPE
THE CONNECTION

When city officials in Alexandria released the audio of a 911 call in a high-profile murder case, many people interpreted the move as a step forward for transparency in a commonwealth known



MICHAEL LEE POPE/THE CONNECTION

Across Northern Virginia, police agencies routinely deny access to basic information such as audio from 911 calls.

for opaque government. But then reality set in. The release was a mistake. The city attorney's office failed to consult with the police department, which carefully guards its privilege to withhold information from the public.

"It was a clerical error that the 911 call was released," said Crystal Nosal, spokeswoman for the Alexandria Police Department. "We didn't waive the privileges under FOIA, so they are not going to release it again."

Across Virginia, police agencies routinely deny access to basic information and documents available in other states. One key example of the lack of transparency is audio from 911 calls, which are regularly released in most states across America. But not in Virginia, which is one of the reasons why the commonwealth got a failing grade for transparency from the State Integrity Investigation in 2012. Advocates for open government say audio from 911 calls should be available to the public so people know how their government is — or isn't — working on their behalf.

"If anything, it seems the more public input that can be sought on this the better, and the more information the public has the better," said Emily Grannis, a legal fellow at Arlington-based Reporters Committee for Freedom of the Press. "This is a scary kind of case, and it's a scary kind of case to have open and the more the public can know about it the better the public will be equipped to be able to help police investigate."

POLICE AGENCIES in Virginia don't see it that way. The Virginia Freedom of Information Act gives them sweeping

power to withhold documents and information, a power that is unprecedented in any state in America. And even though part of the law talks about public records being presumed open, Virginia police officials tend to view them as presumed closed because they have the power to prevent the public from having access.

"A lot of the time, what you get with 911 tapes is someone calling in is someone who is afraid of being identified," said Dana Schrad, executive director of the Virginia Association of Chiefs of Police. "They want some kind of understanding that they are not going to have their name released."

Advocates for open government disagree with that perspective. They say 911 calls should be available to the public so people know how their government is working on their behalf. Instead of denying access to public records altogether, which is how Alexandria is now handling subsequent requests for the 911 audio in the Ruthanne Lodato murder, those who support public access to government documents say the information could be partially redacted to protect sensitive information. But that's not how the Alexandria city government is handling the situation. In response to a Freedom of Information Act request from Connection Newspapers, the city attorney's office said the record was being "entirely withheld" even though it was already released to the Washington Post.

"They can't discriminate from one media source to the next," said Ginger Stanley, executive director of the Virginia Press Association. "And they can re

SEE 911, PAGE 5

News

Chairman of the Board of Directors Tanya La Force (left) and Executive Director Nene Spivy accept Volkswagen's donation from Volkswagen Group of America Vice President of Finance Gerhard Kiewel (right).



PHOTOS BY ETHAN MCLEOD/THE CONNECTION

Volkswagon Donates Van to Children's Science Center

The Children's Science Center will use the van for its traveling Museum Without Walls programs in Northern Virginia.

BY ETHAN MCLEOD
THE CONNECTION

The Children's Science Center is now the owner of a brand new 2014 Volkswagen Routan minivan thanks to a donation by the Volkswagen Group of America. Volkswagen executives handed over the keys to the 2014 Routan to Children's Science Center board members on Monday, Jan. 17 in front of the company's headquarters in Herndon.

"Until we have walls, it's our mission to be able to provide these hands-on activities sooner rather than later, and so we need wheels to get to all of the schools and libraries that we go to reach the children," said Nene Spivy, executive director of the Children's Science center, after accepting Volkswagen's donation. "We can now deliver that better because of Volkswagen."

The center's Museum Without Walls program will use the seven-seat minivan to bring science, technology, engineering and math (STEM) education activities to more students around Northern Virginia. Up till now, the Center has relied on rented utility vans to transport their supplies to elementary schools all over the region, a sizable cost to factor into the budding center's budget.

"We like to give back to the community and give opportunities to young kids who will become adults and will help to make the world a better place. The Children's Science Center is really pushing these kids and giving them the opportunities and exposure that they wouldn't otherwise have," said Gerhard Kiewel, vice president of finance for Volkswagen Group of America.

Kiewel added that the donation was the company's way of showing appreciation to Northern Virginia for welcoming Volkswagen into the area since its arrival in 2008.

Education director Dr. Lori Ann Terjesen has been with the center since the beginning. She said that the program grew according to the demand of parents who wanted their children to have more hands-on STEM experiences. "We started having community conversations bringing in teachers, parents, and



VP of Finance for Volkswagen Gerhard Kiewel (left) stands with Children's Science Center Executive Director Nene Spivy (right) in front of their brand new 2014 Routan minivan.

stakeholders. We asked them, 'What do you want?' and they said more hands-on STEM activities," said Terjesen.

Since 2007, the Museum Without Walls Program has grown from serving 400 students to close to 14,000 today. Thanks to the success of the traveling lab it has seen about 400 percent growth in audience size in the last three years alone. The Children's Science Center currently operates out of an office in the Center for Innovation and Technology (CIT) Building on Rock Hill Road.

The Center's larger vision for STEM education in Northern Virginia is a 40-50,000 square-foot planned facility where children can learn and have fun with science education. Chairman of the Board Tanya La Force said that the museum will be built from the ground up over five years, and that a potential location is being secured in Fairfax County.

With that larger vision in mind, Volkswagen's donation is a much-needed stepping stone for the Center's growth.

"It's a wonderful testament to the support that both the corporate and local communities feel toward this project, to fill the gap and make science real for our kids," said Spivy.



Citizens Appeal for Voting Rights

Mary Weadon of Herndon and Ralph Zotter of Fairfax, both residing in Congressman Wolf's 10th District, drop off a 75 foot petition at Wolf's Herndon office, requesting the Congressman offers his support in a bipartisan effort to pass the Voting Rights Amendment Act of 2014. They joined with 4,000 others across the country, making appeals to their Congressmen to join in the effort to amend and strengthen the 1965 Voting Rights Act to again secure the equitable, reasonable and fair access to voting for all eligible citizens after the Supreme Court, in a 2013 ruling changed and weakened some of the 1965 provisions.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Douglas Graney, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions. Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently

completed the renewal process for board certification from the National Board for Professional Teaching Standards.

Herndon area students **Michael H. Chen, Emily Schaal, Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang, Sreenath Are, Rohan Banerjee, Ashwin Basana, Arjun Iyer, Aseem Jain, Anne Li, Soumya Mishra, Christin Park, Rohan Punnoose, Sarah Quettawala, Simran Rohatgi, Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

BULLETIN

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/FEB. 26

American Red Cross Blood Drive. 4-8 p.m. St. Thomas A Becket Rcc, 1421 Wiehle Ave, Reston.

THURSDAY/FEB. 27

Herndon Historical Meeting. 7:30 p.m. Herndon Depot Museum, 717 Lynn Street, Herndon. The speaker, Mary Lipsey, a member of the Fairfax County History Commission and president of the Fairfax County Cemetery Preservation Association, will discuss the historic cemeteries of Fairfax County.

ONGOING

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact

911 Controversy

FROM PAGE 3

dact parts of the call they think might jeopardize the investigation, but they aren't supposed to redact the whole thing."

IN VIRGINIA police agencies have the ability to withhold a variety of information from the public, including "documents and information, including complaints, court orders, memoranda, notes, diagrams, maps, photographs, correspondence, reports, witness statements, and evidence." Police agencies regularly use this part of the Freedom of Information Act to prevent the public to having free access to information.

"I think they are exercising their discretion too broadly," said Grannis. "This sort of information should be made public by default, particularly in this situation where they have already released the tape and it has already been made public, there really cannot be a justification for withholding it from future requesters."

Alexandria police officials say the justification is that the transparency was a mistake — that they never intended on sharing the audio with the public. Perhaps most importantly, police leaders underscored, they did not ever waive their privileges to withhold information from the public. Across Northern Virginia, government officials say the public's right to know is tempered by the government's desire for secrecy. That means that the presumption is that 911 calls associated with criminal complaints should be secret.

"If there are any kinds of criminal charges tied into a case or if it's an ongoing investigation or if it's ever been part of an investigation, then it's exempt from release under FOIA and can only be released under a court order," said Erik Daniel, custodian of records for Fairfax County Department of Public Safety. "Once there's a criminal incident associated with a record, then it's exempt from FOIA."

FREE REMODELING & DESIGN SEMINARS!

Sat, March 8th — 10am-2pm

Where: 5795B Burke Centre Pkwy.,
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OPINION

Budget Process: Get Involved

Chairman gives blueprint for community engagement in Fairfax County budget process.

BY SHARON BULOVA

In Fairfax County, when we adopt the budget, we are investing in the priorities and needs of the community. At the center of this open and transparent process is community engagement. It is critical that we have the community at the table with us when we are considering changes to the budget that the County Executive released for advertisement at our Board Meeting on Feb. 25. Below are some opportunities to learn about the budget, ask questions and make suggestions during the months of March and April. I look forward to hearing from you.

❖ **Ask Fairfax Chat:** The Ask Fairfax Chat is a great opportunity for residents to submit questions about the County's proposed Fiscal 2015 budget directly to County Executive Ed Long. The chat takes place online from 2-3 p.m. on Friday, Feb. 28. To submit questions and join the chat visit www.fairfaxcounty.gov/askfairfax.

❖ **Track BOS Budget Questions:** You can view the answers to budget questions asked by the Board of Supervisors throughout the budget process at www.fairfaxcounty.gov/dmb/qa_search.htm.



❖ **Sign up to speak:** All public hearings take place in the Board Auditorium at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, Virginia 22035) and are open to the public. To sign up to speak at a hearing, please visit www.fairfaxcounty.gov/bosclerk/speaker_bos.htm or call 703-324-3151.

❖ **Important public hearing dates:**
Effective Tax Rate Hearing - Board Auditorium - Govt. Center - 3 p.m., April 8, 2014
Public Hearing - Board Auditorium - Govt. Center - 6 p.m., April 8, 2014
Public Hearing - Board Auditorium - Govt. Center - 3 p.m., April 9, 2014
Public Hearing - Board Auditorium - Govt. Center - 3 p.m., April 10, 2014

BUDGET FORUMS AND TOWN MEETINGS will be hosted by Supervisors and community organizations throughout the county. Below is a list of currently scheduled meetings. Information on additional forums, as well as a current full budget calendar, will be listed in the coming weeks at www.fairfaxcounty.gov/dmb.

❖ **Hunter Mill District Meeting,** Frying Pan Park, 2709 W. Ox Road, Herndon — Sat-

urday, March 1, 9 a.m.

❖ **Dranesville District Budget Meeting,** Great Falls Library, 9830 Georgetown Pike, Great Falls — Wednesday, March 5, 7 p.m.

❖ **Braddock District Budget Meeting,** Kings Park Library, Braddock Hall, 9000 Burke Lake Rd, Burke — Wednesday, March 12, 7:30 p.m.

❖ **Herndon Town Council,** Herndon Town Council Chambers, 765 Lynn Street, Herndon — Thursday, March 13, 7 p.m.

❖ **Mason District Budget Meeting,** TBD — Tuesday, March 18 - 7 p.m.

❖ **Providence District Budget Meeting,** Dunn Loring Admin Center, 2334 Gallows Road, Dunn Loring — Tuesday, March 18, 7 p.m.

❖ **Dranesville District Budget Meeting,** McLean Community Center, 1234 Ingleside Ave., McLean — Thursday, March 20, 7 p.m.

❖ **Lee District Budget Meeting,** Franconia Government Center, 6121 Franconia Road, Alexandria — Wednesday, March 26, 7:30 p.m.

❖ **Braddock Town Hall,** Robinson Secondary School, 5035 Sideburn Road, Fairfax — Tuesday, April 1, 7:30 p.m.

I hope you will take the time to learn about and participate in this year's budget process. You can contact my office directly by calling 703-324-2321 or emailing chairman@fairfaxcounty.gov.

Impasse in Richmond

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

One essential step in successful negotiations is to anticipate what the other side needs or wants and attempt to come as close as possible to that position to arrive at a compromise. This process is followed effectively on a daily basis in businesses, families, and legislatures.

While the rhetoric has been harsh from the Republican majority in the House of Delegates about not approving an expansion of Medicaid in the state, I understood their partisan and ideological stance but was confident that some middle ground, or as Governor McAuliffe calls it "common ground," could be reached. My optimism is starting to wane.

Last week Republican Senator John Watkins introduced a compromise plan. He chose to call it Marketplace Virginia and not to call it Medicaid expansion because the term raises such strong objec-

tions among his partisan colleagues. His plan embodies so many basic Republican principles that I thought it would be accepted. His proposal is a market-based solution that would use federal funds to provide basic coverage from competing private insurers to those who would qualify. Participants would be required to pay a co-pay amount based on their income, and they would need to meet minimum work requirements. The insurance would be good only as long as the premiums were paid. If the federal government reneged on its funding commitment in future years, the policies would be subject to cancellation. Under this plan the federal taxes paid by Virginians to support health insurance would be returned to the state. The proposal seemed like a winner to me. I endorsed it as a reasonable solution. Within a day of its introduction, however, the House leadership rejected it with-



out acknowledging that its provisions seemed to respond to their earlier concerns. Where does that leave us?

Virginia businesses are paying to the federal government tax dollars to support the program, but those dollars are not competing back to the state. The Commonwealth is losing \$5 million a day! More than a million Virginians continue to be without health insurance—including the 250,000 that would have been insured under Senator Watkins' proposal. The Senate in a bipartisan way continues to press for a solution. Gover-

nor McAuliffe is a strong proponent of extending insurance benefits to more Virginians and wants a compromise. The House Republican majority refuses to budge.

This is clearly an impasse that will keep the General Assembly in session beyond the March 8 scheduled adjournment date. In the meantime I hope that citizens will continue to call, email, or write members of the House of Delegates to ask for their support of a compromise that will extend benefits to some of our neediest citizens. Thanks to the many people who have already contacted legislators from my earlier request. We need to keep working for a solution. About a quarter million Virginians are counting on us!

Write

The Connection welcomes views on any public issue. 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
The Connection

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By e-mail: herndon@connectionnewspapers.com

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SCHOOLS

Spelling Away at Terraset Elementary

Terraset Elementary School in Reston hosted its eighth annual Spelling Bee on Feb. 19, in the school's cafeteria. Fourteen students from grades 3-6 participated. The format followed those used by both the county and national bee programs. Sia Komba, a fourth grader, won in round nine, with the word "manufacture." Archer Oliver, a sixth grader, was runner-up. Komba will advance to compete against students from all over Fairfax County at the 2014 County Bee in March. The winner of the county contest will advance to the Scripps National Bee in Washington, D.C.

Of her Spelling Bee experience, Komba said, "I liked learning new words, and I feel really good about what I did. I'm really excited!"

Sarah Nieto, a fourth grade teacher and chair of the Spelling Bee Club at Terraset was pleased with the outcome this year.

"We've had some competitive Bees in the past, but this one was really exciting. The kids prepared



PHOTO CONTRIBUTED

Sia Komba, a fourth grader, won in round nine, with the word "manufacture," and Archer Oliver, a sixth grader, was runner-up at Terraset Elementary School's spelling bee on Feb. 19.

well," she said as the participants and other students congratulated

Komba on their way back to their classes.

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PET CONNECTION

Cutting Edge Veterinary Care

Local veterinarians and behavior specialists detail the latest advancements in animal care.

By MARILYN CAMPBELL
THE CONNECTION

Four Bernese mountain dogs, victims of an Alexandria house fire were rushed into the Emergency and Critical Care Department at the Regional Veterinary Referral Center in Springfield in the middle of a frigid night last month. It didn't look good.

Dr. Melanie Galanis calls it one of the center's most traumatic cases in recent months. "The dogs had to be placed on oxygen," she said. "Just the number that came in at once and had to be put on oxygen made it dramatic. One of them required surgery to take away the burned tissue."

Fortunately, all of the dogs survived. Galanis says that thanks to advancements in veterinary medicine, furry friends now have access to high-tech medical services that equal those of their human counterparts.

"We can do almost any procedure that is done on humans in an emergency situation except that the wait time is shorter," said Galanis. "We can do a rapid assessment within the first 10 minutes. We have the ability to mechanically ventilate dogs for severe pneumo-

nia, neurological diseases that affect brain and the dog's ability to breathe."

IN FACT, ADVANCEMENTS in veterinary technology have led to more precise diagnoses, treatment and ultimately survival. "In addition to X-rays, we can do EKGs (electrocardiograms), ultrasounds. We have CT (computerized tomography) scans and MRIs (magnetic

with offices in Vienna, Woodbridge, Leesburg and Winchester, Va. said, "There are many advancements currently, and on the horizon, for companion animals in the realm of small animal surgery. Many diseases are treatable with excellent outcomes, some curable."

Lynn Chiappane, spokeswoman for the Regional Veterinary Referral Center, said the center even offers a "rehabilitative therapy program complete with underwater treadmill."

Galanis said that the most common ailments that

bring dogs into veterinary emergency rooms are vomiting and diarrhea. "Dogs come in after ingesting things that they shouldn't like a foreign object or foods like choco-

late." "A common thing that we see are animals with bleeding in their abdomen," she said. "Tumors on their spleen and they will bleed internally," Galanis says warning signs are when an animal becomes weak or collapses.



PHOTOS COURTESY OF VETERINARY SURGICAL CENTERS

Dr. James Campbell (pictured with Dr. Katherine Crook), Veterinary Surgical Centers' staff neurologist and neurosurgeon treats animals with issues running the gamut from brain tumors to epilepsy.



Dr. Jim Taylor, a staff surgeon at Veterinary Surgical Centers, says that there are many advancements in veterinary surgery on the horizon.



Dr. Melanie Galanis, of Regional Veterinary Referral Center, says that advancements in veterinary medicine now offer animals access to high-tech medical services that equal those of their human counterparts.



PHOTO BY KEN OBERLE

Veronica Sanchez, M.Ed., (pictured with her dog Monty), a trainer and behavior consultant offers pet owners a variety of options when it comes to correcting undesirable animal behavior

"We can do almost any procedure that is done on humans in an emergency situation except that the wait time is shorter."

— Dr. Melanie Galanis of the Emergency and Critical Care Department at the Regional Veterinary Referral Center

late."

Other leading causes of emergency room visits are more traumatic, such as injuries from animal fights or animals that have been struck by automobiles.

Most patients are referred to Veterinary Referral Center by their

regular veterinarians to see the board-certified veterinary specialists on staff, including a cardiologist, dermatologist, internist, ophthalmologist, radiation oncologist and radiologist, as well as general surgeons, including one with special training in surgical oncology.

The Springfield center isn't the only local facility for specialized animal care, however. Dr. Anke Langenbach, chief surgeon and owner of Veterinary Surgical Centers, says her center performs a range of specialized surgeries, in-

cluding orthopedic, neurosurgery and soft tissue surgery. Her center also offers rehabilitation services.

"I do a variety of surgical procedures," said Langenbach. "But among the most common are popping knee caps and big tumor removals." Dr. James Campbell, Veterinary Surgical Centers' staff neurologist and neurosurgeon, treats animals with issues running the gamut from brain tumors to epilepsy. However, the most common are disk issues. "It's usually from a bulging disk in the back. It can

present as back pain or being wobbly or being unable to move their legs. It usually results in emergency surgery, often in the middle of the night." When dogs and cats arrive with symptoms such as back pain or paralysis, surgeons use CT Scans and MRIs helps make a diagnosis. "Sometimes it is a back fracture from being hit by a car," Campbell said. "Sometimes it's a tumor of the spinal cord or brain."

Veterinary Surgical Centers' veterinarians primarily treat cats and dogs, but are also called on to con-

sult on cases for large or exotic animals like horses, elephants and zebras.

MEDICAL ADVANCEMENTS for pets are not limited to veterinary specialty services. Veronica Sanchez, M.Ed., a trainer and behavior consultant with Vienna-based Cooperative Paws, LLC, offers pet owners a variety of options when it comes to correcting undesirable animal behavior.

"I had a client with a mixed-breed puppy who was afraid of

everything, including her owner," said Sanchez. "The puppy would not walk in a new environment or even exit her crate voluntarily."

Sanchez recommended several different strategies, including teaching the owner how body language could help the puppy relax. "We also used clicker training to teach the puppy to exit the crate," she said. "The owner was very committed and worked hard. Her puppy gained confidence and she developed a great relationship with her puppy."

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PET CONNECTION



Jennifer Manduke's dog, Lola, from Herndon.



In memory of Tugger Carlson, 1998-2013. He brought us so much joy and taught us how life should be lived.

— JIM AND JANET CARLSON, HERNDON



This is a picture of our cat cleaning herself. She likes to sit this way when cleaning her stomach and tail. Her name is Cheena, but I we sometimes call her Moosh when she misbehaves. She is a Persian cat that my daughter got from the Cat show at the Dulles Expo and was the runt of the litter.

— BARBARA KAMINSKY, OAK HILL



This picture was taken after Cheena's lion haircut.

— BARBARA KAMINSKY, OAK HILL

Our dog JT, a 15-year-old Golden Retriever/Chesapeake Retriever mix. JT was rescued in 2001; he is still active and walks two miles per day, sleeps as much as he wants, dreams often of squirrels that got away, and still loves to hold multiple tennis balls in his mouth. He befriends both humans and other animals and serves as a goodwill ambassador in our neighborhood.

— BARB AND MARK LABRECQUE, OAK HILL



Pink loves to play in the snow as you can see by the snow on her nose.

— ANDREA CREIGHTON, OAK HILL

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You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.



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www.lostdogandcatrescue.org



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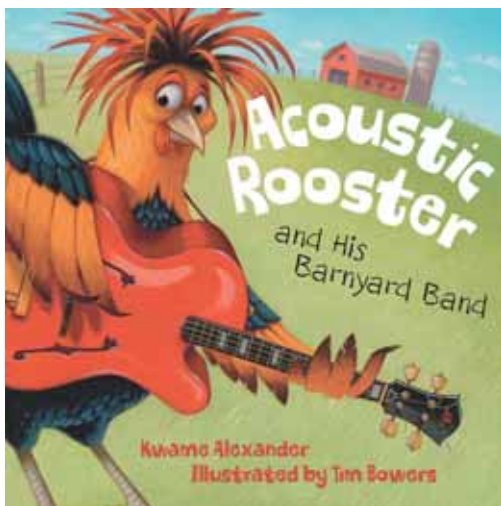
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CALENDAR

Take your little one for a book reading and signing of **Acoustic Rooster and His Backyard Band** on Sunday, March 9 at ArtSpace Herndon.



Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

MONDAY/FEB. 21-FRIDAY/APRIL 11
Artists Honored at LRA's "Winter Dreams" Exhibit. Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. www.leagueofrestonartists.org

TUESDAY /FEB. 25-SUNDAY/MARCH 2
Something Blue. ArtSpace Herndon, 750 Center Street, Herndon. Fine textile art is showcased in Something Blue by the Northern Virginia Quilters. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/FEB. 26-SUNDAY/MARCH 2
Colorful Times Four. 9 a.m.-9 p.m. Monday - Sunday. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Four accomplished Reston artists - Ann Barbieri, Joan Kelly, Dana Scheurer and Connie Slack - present vibrant, dynamic works of art in their February exhibit, Colorful Times Four. 703-864-2588.

THURSDAY/FEB. 27
Celeste Friesen Nikkel Painting Exhibit. Monday through Friday, 8:30 a.m.-4 p.m. Reston Center One, 12001 Sunrise Valley Dr., Reston. www.leagueofrestonartists.org

FRIDAY/FEB. 28
Mosaic Harmony. 11 a.m. Herndon Senior Center, 873 Grace Street, Herndon. Local choir Mosaic Harmony performs dynamic, energizing music influenced by spiritual and gospel music.
Vinifera Wine Bar & Bistro
Course Dinner with Fine Wines. 7 p.m. Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. A special wine dinner featuring critically-acclaimed wines and Executive Chef John-Michael Hamlet's fine European-influenced cuisine. \$125 per person. 703-234-3550 or visit www.viniferabistro.com.

SATURDAY/MARCH 8
Used Book Sale. 8 a.m. - 4p.m. Herndon United Methodist Church, 701 Bennett Street, Herndon. The sale will include all types of books, including: hardback books, paperback books, children's books, and cook books. CDs, DVDs, VHS tapes, and magazines will also be for sale. Proceeds from this sale will be used to fund HUMC's local, national, and international mission projects.
Reston Contra Dance. Beginners' workshop 7:15-8 p.m. Dance 8-10:45 p.m. Reston Community Center, 2310 Colts Neck Rd., Reston. Admission: \$9 (workshop free). Partner and experience not necessary.

ATURDAY/MARCH 8-SUNDAY/MARCH 30
"Pinocchio." Industrial Strength Theatre, 269 Sunset Park Drive,

Herndon. NextStop Family Theatre presents a new adaptation of Carlo Collodi's classic story. It is adapted and directed by Paul Reisman and co-produced by Faction of Fools. www.eldenstreetplayers.org.

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 or 703-476-4500.
Acoustic Rooster and His Backyard Band Book Reading. 2 p.m. ArtSpace Herndon. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org

WEDNESDAY/MARCH 12
Lúnasa. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

SUNDAY/APRIL 6
Mr. Vaudeville and Friends with Mark Brutsché. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

SUNDAY/APRIL 27
Trout Fishing in America. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

WEDNESDAY/MAY 28
Modern Moves, in partnership with Dance Place. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers - Daniel Burkholder, Daniel Phoenix Singh and Erica Rebolgar - come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

Fresh Take on 'Pinocchio'

New partnership brings 'a fresh, playful and hilarious take' on "Pinocchio" at Industrial Strength Theater.

By DAVID SIEGEL
THE CONNECTION



PICTURE COURTESY OF FACTION OF FOOLS

Masks under construction for new production of "Pinocchio." Masks by Tara Carioso at Waxing Moon Masks, and by Aaron Cromie.

Where and When

Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Performances: March 8-30. Saturdays 12 & 3 p.m., Sundays 11 a.m. & 2 p.m. Tickets: \$10. Visit: www.nextstoptheatre.org

ducing shows for children and families in Herndon.

"Pinocchio" has been adapted and will be directed by Paul Resiman. He is a founding member of the Faction of Fools. Resiman "was drawn to the project, not as children's theater, but as family theater for the entire family to enjoy." The performance will be about one hour.

"The new adaptation will bring out what many recall, but also things they may not know from the original Collodi book," said Resiman. "There will be surprises, but Jiminy Cricket will be there."

"Pinocchio has a heart to it. It is about being a little boy; not a bad boy but just a boy who is mischievous and gets mixed up in adventures on his journey," added Resiman. "Many of the play's multiple characters will be depicted through hand-made masks worn by the live actors." There will also be original music by Jesse Terrill.

Hoffmann urged families to see "a fresh, playful and hilarious take on one of the most classic fairytales of all time."

Volunteers Needed to Help Older Adults

Meals on Wheels needs drivers in Fairfax. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov.

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities. Training is provided in March. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Fairfax County needs volunteers to drive older

adults to medical appointments and wellness programs. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov.

The Little River Glen Senior Center in Fairfax needs help with special events and an arts and crafts instructor. Call 703-324-5406, TTY 711, visit www.fairfaxcounty.gov/olderadults and link to Volunteer Solutions or email VolunteerSolutions@fairfaxcounty.gov.

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.

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 weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at

5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-herndon.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

SPORTS

South Lakes Girls' Basketball Captures Elusive Postseason Title

Seahawks win Conference 6, beat Lake Braddock at regionals.

BY JON ROETMAN
THE CONNECTION

With nine returning athletes on the roster, the South Lakes girls' basketball team is heavy with postseason experience after last season's trip to the state tournament.

South Lakes played in seven playoff games during the 2012-13 campaign, five of which were decided by three points or less.

But while the Seahawks are no strangers to the postseason, South Lakes on Saturday accomplished a level of playoff success that eluded the program during its cardiac run to states.

South Lakes won the Conference 6 championship on Feb. 22, beating Madison 60-42 in the tournament final. It was the program's first postseason championship of any kind since winning a district title in 1997.

Last season, the Seahawks lost to Madison in the Liberty District semifinals, but secured a spot in the region tournament. After three regional wins by a combined five points, South Lakes lost to Edison in the championship game. After finishing region runner-up, the Seahawks lost to Stonewall Jackson by two points in the state quarterfinals.

The Seahawks entered the 2013-14 season with their sights set on more than just advancing in the postseason. They wanted to win championships — or “cut nets.” Beating Madison on Saturday gave South Lakes something to show for its postseason success.

“It was almost surreal,” senior guard Caitlin Jensen said about the experiencing of cutting down the net after winning the conference title.

“It didn't really hit you until you were up on the ladder and [thought], holy crap, I'm here. But, that being said, it just made us hungrier to get that regional net that we almost had last year, and then maybe even go for that state net.



South Lakes senior guard Caitlin Jensen scored 11 points during the Seahawks' 71-43 victory over Lake Braddock on Monday during the opening round of the 6A North region tournament.



South Lakes senior Abby Rendle led all scorers with 18 points during Monday's win over Lake Braddock.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

“... It is weird because you go all the way to states and people assume you've cut a net or you've won something and we're like, no, we were right there. So, to follow through with that, it was a great feeling.”

Head coach Christy Winters Scott said not winning any titles last season made the postseason experience “incomplete.”

“[Winning championships] was a vision that the team had after last season because at each segment of the postseason last year we came up short and it felt incomplete,” she said. “... Last year, without [winning titles], it was kind of left up in the air. We were in limbo all summer, waiting for our opportunity.”

Aghayere was named Conference 6 tournament MVP. Rendle was named to the all-tournament team. Each earned first-team all-conference honors.

The Seahawks capitalized on their opportunity to win a conference title. On Monday, South Lakes started its quest for a region championship by beating Lake Braddock 71-43 during the opening round of the 6A North tournament at South Lakes High School. The Bruins kept things close for 18 minutes, pulling within four when a 3-pointer by Caroline Jones cut the Seahawks' lead to 29-25 with 6:31 left in the third quarter. South Lakes took over from there, how-

ever, outscoring Lake Braddock 18-8 during the remainder of the quarter and 42-18 for the rest of the contest.

Was there a chance South Lakes initially overlooked the No. 4 seed from Conference 7?

“I was hoping that wasn't it,” Winters Scott said, “and I did mention that at halftime.”

The Seahawks responded in the second half and took care of business. Rendle finished with 18 points, Aghayere scored 15 and Jensen added 11, including a trio of 3-pointers. Senior guard Natalie Toma knocked down a pair of 3-pointers and scored nine points, and Brenda Kamga had seven points.

South Lakes faced Centreville in the quarterfinals on Tuesday, after The Connection's deadline.

The Seahawks last won a region championship in 1986.

Winters Scott said last season's postseason experience should benefit the Seahawks.

“It will make them more hungry, as well, because they came up [just] short last year,” she said. “It was just right there and we had all those one-possession games down the stretch. It was like a roller coaster, and insane and emotional. At the same time, I think that fueled this group in terms of having that experience to rely on and understand that they didn't want to feel that way [again].”

South Lakes senior Clayton O'Neill scored 13 points and grabbed 10 rebounds against West Potomac on Monday during the opening round of the 6A North region tournament.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes Boys Win Conference

South Lakes beats West Potomac in Regional Tournament.

BY JON ROETMAN
THE CONNECTION

Two days after capturing its first conference/district championship in a decade, the South Lakes boys' basketball team continued its second-half surge with a 64-48 victory over West Potomac on Monday night in the opening round of the 6A North region tournament.

After a disappointing 2012-13 season, which ended with a 9-14 record and a loss to Fairfax in the Liberty District quarterfinals, South Lakes opened this season with three straight defeats and fell to 6-7 with a loss to Woodson on Jan. 15. From that point, however, the Seahawks won 12 of their next 13 games, including a 60-59 victory over Hayfield on Feb. 22 in the Conference 6 championship game. It was South Lakes' first title since winning the district in 2004.

“It was great. I was ecstatic,” head coach Andrew Duggan said. “... It means a lot to me and my family, but I think more importantly it means a lot to the school and our community. They've been craving something like this for a long time and I'm just happy our kids worked so hard to get that for the school and people of Reston.”

Duggan's players were

pleased, as well.

“It felt great,” junior guard Brandon Kamga said. “I just felt like the team came together as one. We really bonded together. I think it was really good for the team and got us even closer.”

Senior guard Clayton O'Neill added: “It felt sweet to win the district championship. ... Hard work got us there, really — and practice. Saturday morning practices, they were tough, but it got us there.”

On Monday night, South Lakes earned its first regional tournament victory since 2011. West Potomac pulled within four early in the fourth quarter, but the Seahawks outscored the Wolverines 24-12 during the final 7 minutes and cruised to victory.

Kamga led the way for South Lakes, finishing with a game-high 29 points. He showed offensive versatility, knocking down 3-pointers and scoring in the paint. “He knows how to get through the defense — he's slippery, I guess,” O'Neill said. “He's real smooth with it. He's just a great player.”

O'Neill played a solid game, as well, finishing with 13 points and 10 rebounds.

“Clayton over the last five, six weeks has really become the player we always thought he was going to be,” Duggan said. “He's playing really hard, which he's always done, but he's now finishing and making plays.”

Dre Puryear scored nine points for South Lakes and Zach Pearl added eight.

South Lakes faced Robinson, the No. 2 seed from Conference 5, in the quarterfinals on Tuesday, after The Connection's deadline.

Herndon ES Celebrates International Night

School and PTA host event to celebrate culture.

BY RYAN DUNN
THE CONNECTION

“This is an annual event held in partnership with the PTA,” said Herndon Elementary Principal Ann Gwyn. “It is all about celebrating the many cultures here in Herndon Elementary.” The International Night event was held Feb. 20. Foreign foods dishes were brought in and were available to sample. “We start planning this event in November, it is a very popular event,” said school PTA president Amanda Geary.

The International Night at Herndon Elementary is one of the bigger school events. This year, approximately 150 people participated in the event. Herndon resident Yelena Barth helped coordinate the celebration. “It is my second year as chair of this event,” said Barth, who has assisted with the International Night celebration at Hendon Elementary for eight years.

A native of Russia, Barth was impressed years ago by the diversity of her son’s kindergarten class at Herndon Elementary. “It was just interesting to know where people were from,” said Barth. Her other son Yasha is in his final year at Herndon Elementary School. In addition to volunteering with the Hendon Elementary PTA, Barth is president of the PTA for Herndon Middle School.

Teacher Megan Kelly, a 2008 graduate of Oakton High School, was assisting with an information booth on Russia. “I grew up in Fairfax County and I love the fact that they take time to celebrate the fact that we have such a multicultural population,” said Kelly. Kelly teaches French Immersion at Herndon Elementary. “It is a very fulfilling job,” said Kelly.

In addition to international cuisine at the cafeteria, visitors could view a talent show downstairs in the school gymnasium. Some students came dressed in international costume and attire. Also attending the event was Caroline Bonnier, a resident of France who was visiting the United States for several weeks. “This event is nice because it permits the kids to discover how friends come from different countries,” said Bonnier.

The Herndon Elementary STEM lab was open for the evening. Located near the cafeteria, the STEM lab exists to support science, math and technology development in a hands-on lab. Resource teacher Elizabeth Gibson was at the lab with two Herndon Middle School volunteers, Amy Tran and Trang Nguyen. “I think this is a really great educational event where people can learn about other nations,”



Herndon Elementary School Principal Ann Gwyn with PTA president Amanda Geary at the school cafeteria.

PHOTOS BY RYAN DUNN/THE CONNECTION



Herndon resident Yelena Barth speaks with Herndon Elementary school teacher Megan Kelly. Kelly teaches French Immersion at Herndon Elementary School.



Herndon resident Fanny Laske and her daughter Leslie helped with a display on South American countries at the February International Night event.

said Tran.

To learn more about Herndon Elementary, visit www.fcps.edu/HerndonES/



PHOTOS BY RYAN DUNN/THE CONNECTION

Matthew Cordova, a Herndon High School senior speaks at Feb. 22 event covering the history of African-American cuisine at ArtSpace Herndon.

Tasting Soul Food

ArtSpace Herndon hosts event on African-American cuisine.

BY RYAN DUNN
THE CONNECTION

“It is our distinct pleasure today to host a Black History Month event,” said Lawrence Verbiest, executive director of ArtSpace Herndon introducing the coordinator for the event, Elise Abby Arrington. For four years now Arrington has helped arrange an event to commemorate Black History month. Last year, Arrington helped coordinate a reading of the Emancipation Proclamation with other local high school students at ArtSpace Herndon.

“Soul food is a term used for an ethnic cuisine or food traditionally prepared and eaten by African-Americans of the southern United States,” said Malik Piersol. A senior of Westfield High School, Piersol was one of several high school students who read an informative history on African-American cuisine. The students spoke for about 45 minutes and then everyone was welcomed to sample some of the cuisine.

Jacquelyn Dresser, head of the family and consumer science department and a teacher at Herndon High, prepared several “soul food” dishes brought to ArtSpace Herndon. These dishes included potato salad, collard greens, cornbread, sweet potato pie, and chicken wings. Dresser welcomed the opportunity to collaborate with Arrington on this project. “I am always interested involving my students in local activities,” said Dresser. “Next year we are hoping we can continue the tradition, there is so much more we



Herndon High School junior Melanie Martire speaks at the ArtSpace Herndon on the history of African-American cuisine at ArtSpace Herndon.



Herndon resident Elise Abby Arrington helped coordinate this year’s presentation on the history of African-American cuisine held at ArtSpace Herndon. This event was open to the public.

can do with it.”

To learn more about the ArtSpace Herndon, visit www.artspaceherndon.com.

High Five



By KENNETH B. LOURIE

I made it. It's five years after receiving a terminal diagnosis on February 27, 2009 from my oncologist: stage IV non-small cell lung cancer, accompanied by a "13-month to two-year" prognosis. Let's be honest, medical professionals don't toss around the word "terminal" because you're going to be treated at an airport. Presumably, they know their facts and figures as well as the patient's present condition, confirmed by a variety of diagnostic results from X-Rays, CT Scans, P.E.T. Scans, lab work and of course the ever-popular biopsy, so their diagnosis/prognosis is a bit more than an educated guess. Nevertheless, there are exceptions to every rule and until proven otherwise, I was not about to succumb to their statistics. Still, based on the best medical knowledge available at the time, this patient (yours truly) was given a limited life expectancy and encouraged to take the vacation I had always dreamed of – for obvious you're-life-is-now-shorter-than-you-ever-imagined-type reasons, and yet, five years hence, here I am.

I have to admit, surviving, at least from my perspective, is indeed all it's cracked up to be. Aside from beating the alternatives, it has been, for me, empowering in a way. Not that I think I wrote the book on what one need do to fend off the ravages of this insidious disease – though I have made my share of changes and accommodations, but I have persevered. And for those closest to me who knew me when (pre-diagnosis), I have switched and fought – I have occasionally looked back. And even though I never was a smoker and rarely exposed to second-hand smoke, I may very well have been a victim of some of my own circumstances. Although I didn't/don't drink much or consume drugs to any extreme degree, my eating habits may have contributed to a weakened immune system which in some way kick-started the cancer cells in my body (which we all have, by the way); and if you believe any of the like-minded literature coming out of Johns Hopkins and other respected medical institutions: we all may very well be what we eat – or don't eat. And apparently, there may be consequences – both good and unfortunately, bad.

For the past nearly five years (beginning in June, 2009), I have chronicled my life as a cancer patient. Every week, save for a few non-cancer columns as we call them, I have written about cancer and the range of emotions I've experienced. I don't think I've not shared one emotion with you that I've felt. Not that it was ever important that it was me doing the talking, because it wasn't/isn't, it's simply that I had a forum/space and the support of my publisher and editor to unburden myself in this very public way. And since writing with such honesty came easy to me (I had been writing non-cancer columns in the Connection since December 1999), having such a juicy and compelling subject on which to write was not particularly challenging to me. Moreover, given the incredibly appreciative and super-positive feedback I have received from readers over the years, I have felt encouraged to continue.

Some weeks however, especially after chemotherapy, the words don't exactly flow, but for now, life is going on. I have another CT Scan on the day this column publishes, 2/26/2014. Within a day or two, my oncologist will e-mail the results to me. Within a day or two after that, I will likely write my next column. I hope the news is good. It might not be though. When you've so far outlived your original prognosis as I have, it's hard not to think you're borrowing time – and as most of us will readily admit, pay-backs are hell.

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

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Bell Nursery, a nationally recognized grower/vendor is looking for hardworking people to work at a garden center near you. Must be flexible for weekend work. For job descriptions and locations go to www.bellnursery.com/jobs.

Membership Associate

Career Opportunity with a Great Company

The YMCA Fairfax county Reston branch has an immediate FT employment opportunity for a Membership Associate. If you have exceptional customer service and sales skills, forward your resume to resumes@ymcadc.org for consideration.

MUST LOVE CATS

Volunteers needed for cat caretaker shifts with Lost Dog & Cat Rescue Foundation at 7 Corners/Falls Church, Tysons Corner, Reston or Leesburg PetSmart locations. Morning, mid-day or evening shifts available, need varies by location. Shifts are generally 60-90 minutes, training provided. Great opportunity for student service hours. Also opportunities for transport volunteers and fostering. Email cats@lostdogrescue.org with questions or interest.

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-St. Francis
de Sales

21 Announcements

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21 Announcements

In the Ninth Judicial District Court of the
State of Nevada
In and for Douglas County

LAURA JEAN BEARCE

Plaintiff,

vs

SONER CAPAN

Defendant,

THE STATE OF NEVADA SENDS GREETINGS TO THE
ABOVE NAMED DEFENDANT:

You are hereby **SUMMONED** and required to serve upon
plaintiff, LAURA JEAN BEARCE, whose address is 1314 10TH
ST., W. APT 2, WILLISTON, ND 58801,
an **ANSWER** to the Complaint which is herewith served upon
you, within 20 days after service of this Summons upon you,
exclusive of the day of service. In addition, you must file with
the Clerk of this Court, whose address is shown below, a for-
mal written answer to the complaint, along with the appropriate
filing fees, in accordance with the rules of the Court. If you fail
to do so, judgment by default will be taken against you for the
relief demanded in the Complaint. This action is brought to re-
cover a judgment dissolving the contract of marriage existing
between you and the Plaintiff.
The filer certifies that this document does not contain the social
security number of any person.
Dated this 13th day of January, 2014.
Ted Thran, Clerk of Court
Ninth Judicial District Court, PO Box 218, Minden, NV 89423

If tomorrow were never to come,
it would not be worth living today.
-Dagobert Runes

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News

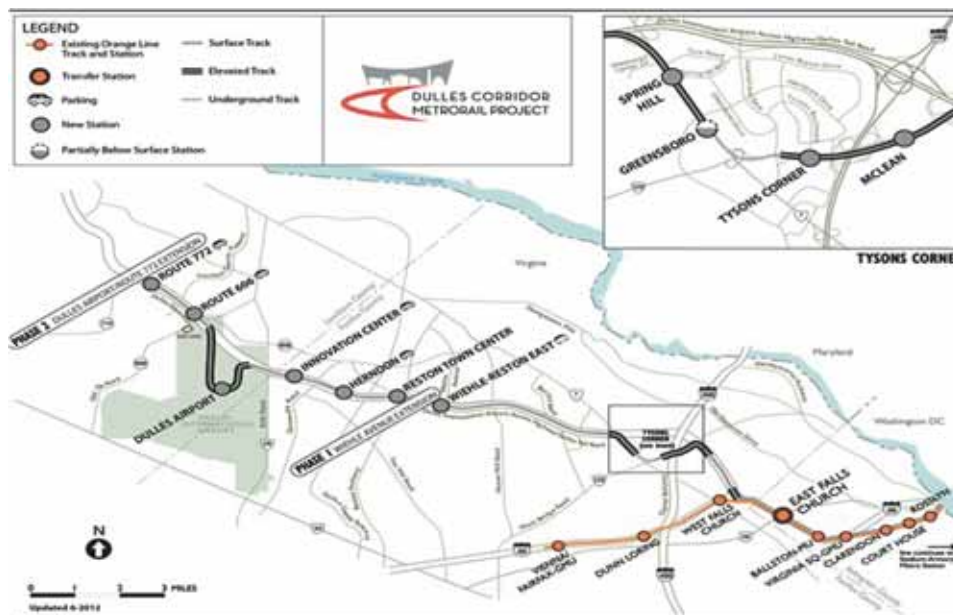


PHOTO COURTESY OF METROPOLITAN WASHINGTON AIRPORTS AUTHORITY

A map of the entire planned 23-mile extension from West Falls Church
Metro to Route 772 in Loudoun County.

MWAA Prepares To Break Ground on Phase II

FROM PAGE 3

project,” said Carnaggio to a room of de-
velopment and contracting industry em-
ployees. Carnaggio, an engineer who has
worked on the project for over ten years,
pointed out that the planned 23-mile ex-
tension edging out to Loudoun County will
increase the size of the Metro system by 25
percent, a nearly unparalleled increase in
size in American transit systems.

In addition to five new Metro stations in
Tysons Corner and Reston, Phase I contrac-
tor Dulles Transit Partners also built a re-
designed West Falls Church station with a
new inspections facility and sound box, as
well as a parking garage at Wiehle-Reston
Station.

Speaking on potential risks in handing the
system over for final testing, Carnaggio ex-
pressed the importance of creating a “safe
and reliable system.”

“During Phase I our job was to do our
due diligence and make sure that the con-
tractor built a safe and reliable system,” said
Carnaggio. “In Phase II, it’s just as impor-
tant to get off to a good start. We’ve got
some good partners, and that’s our expecta-
tion.”

Just as DTP, a partnership between de-
velopers Bechtel and URS, was put in charge
of Phase I construction, Capital Rail Con-
structors, composed of Clark Construction
Group and Kiewit Infrastructure South, will
be responsible for the next 12 miles of rail
in Phase II.

Capital Rail’s assigned task list includes
six more stations, beginning at Reston Town
Center and ending at Route 772 in Loudoun
County. Along with those new stops, the
contractor is also tasked with procuring five
new parking garages and a railyard and
maintenance facility built from the ground
up at Dulles Airport.

In Dec. 2013, MWAA began geotechnical
work near Dulles Airport that involves us-



PHOTO BY ETHAN MCLEOD/THE CONNECTION

**MWAA Project Director Sam
Carnaggio presented Silver Line
Phase I progress and Phase II
plans on Tuesday, Feb. 18.**

ing soil boring equipment to test the ground
as deep as 30 feet below the earth, accord-
ing to Carnaggio. More than 1,300 boring
tests will be completed in western Fairfax
and Loudoun counties before Phase II con-
struction begins.

Though Herndon and Reston residents
are clearly anxious for their brand new
Metro stations, it’s easy to forget that all
parts of Northern Virginia will be affected
by the arrival of the Silver Line.

“I’m very excited about the Metro com-
ing out West,” said Katie Rundquist, a
Purcellville resident who works for contrac-
tor Hensel Phelps, prior to Carnaggio’s
presentation Tuesday. “Living in Purcellville
we don’t have many transportation options
other than the Loudoun County Connector,
so this will make getting into D.C. a little
bit easier.”

PET CONNECTION



Spirit II (rescued mare) and Mira.

PHOTOS CONTRIBUTED

Loving Horses at Frying Pan Farm Park provides a riding experience for children.

Children of all ages love horses. But keeping a horse is difficult when pasture and riding land are scarce. Here in Herndon, Frying Pan Farm Park and Spirit Open Equestrian have joined together so that children can ride and, for a short time, pretend the horses are their very own.

Spirit's horses all have very special dispositions. Students pull manes, kick ribs, yank reins, squirm around in the saddle, yell loudly, and give incorrect cues. Yet, these horses carry their young riders carefully, calmly, and patiently. The horses' movements help kids stretch and strengthen muscles, improve their coordination, and gain confidence as they master new skills. But if you ask the kids, they're just having fun. As for the horses, they look forward to treats and hugs from "their" kids and visits from the "official" Spirit mascot.

Spirit Open Equestrian Program is located at 2709 West Ox Road, Herndon.



Milton (former racehorse) and Kathleen.



Glory (former barrel racer) and Tommy.



Our dog JT, a 15-year-old Golden Retriever/Chesapeake Retriever mix. JT was rescued in 2001; he is still active and walks two miles per day, sleeps as much as he wants, dreams often of squirrels that got away, and still loves to hold multiple tennis balls in his mouth. He befriends both humans and other animals and serves as a goodwill ambassador in our neighborhood.

—BARB AND MARK LABRECQUE, OAK HILL



Our daughter, Mary, stopped by for a quick cup of coffee, dropping her fur trimmed coat on the living room sofa. After a short visit, Mary left the kitchen to retrieve her coat. What she found was our Yorkie, Daisy Mae, proudly surveying her "kill"...Mary's coat hood no longer had a fur trim.

—DEE HOBSON, OAK HILL



The king of the house, "Tufitu," a 17-pound Maine Coon cat, surveys his kingdom from his throne.

—DOMENICK AND PEARL DIPASQUALE, RESTON