

Mosaic Harmony Sings at Herndon Senior Center

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Suzanne Reynolds and Reggie Ott, members of the choir group Mosaic Harmony sang a duet at the Herndon Senior Center. The concert event was sponsored by the Council for the Arts of Herndon.

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PHOTO BY RYAN DUNN/THE CONNECTION

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FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@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-reston.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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources.

Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391 or www.epiphanypreschool.com.

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Bulova: 'This Will Be a Challenging Budget'

Fairfax County average homeowner will see tax bill increase \$330 under County Executive's proposed \$7 billion budget.

BY VICTORIA ROSS
THE CONNECTION

Fairfax County Executive Edward Long, Jr. unveiled a \$7 billion budget proposal Tuesday that reflects his "cautious and deliberative approach to budgeting," a result, Long said, of continuing uncertainty over federal spending and sluggish commercial tax revenues.

While Long's budget does not include an increase in the real estate tax rate from FY 2014, steady gains in the county's residential housing market mean the average homeowner will see a \$330 increase in their tax bill, or a 6.5 percent increase over last year's bill.

"The one area that is experiencing an upward tick is the assessed value of residential property in the county," said Board of Supervisors Chairman Sharon Bulova (D-At-Large), which will lead to the increase in homeowner's property taxes even if the tax rate remains steady, as proposed by Long.

Supervisor Pat Herrity (R-Springfield) said "there's a lot of work to be done" before the final budget is approved in April, and the county needs to "eliminate barriers to the growth of our commercial tax base."

"While spending increased by 3 percent, the cost to our taxpayers is increasing over 6.5 percent due primarily to the reduction in our commercial tax base," Herrity said. "I am most concerned that this increase will hurt those in townhomes, condos and apartments the hardest — the citizens that can least afford it."

"This will be a very challenging budget," Bulova said, citing disappointing projected revenues from business taxes.

Among those disappointed with the proposed budget is Fairfax County Public Schools Superintendent Karen Garza, who last month requested supervisors send \$2.5 billion to the schools, an increase of 5.7 percent in annual taxpayer funding and \$98 million more than the schools requested last year.

SUPERVISORS have said they were willing to increase their transfer by only 2 percent, which accounts for 52.1 percent of the proposed county budget expenditures.

Garza's request is about \$64 million more than Long's budget recommendation of \$1.93 billion, a 2.07 percent increase (or \$39 million) over the current fiscal year.

Garza's budget proposal would have increased school funding, but also called for \$96 million in cuts, including classroom testing fees for high school students, large class sizes and staffing cuts.

Long's proposal also includes \$72.6 million in additional support for school services including Head Start, school health, resource officers and crossing guards, after-school programming, field maintenance and recreational programs, among others.

To show support for Fairfax County schools and teachers, the Alliance for Fairfax Public Schools held a "Fund Our Schools" rally at the Fairfax County Government Center before Long's budget announcement. The Alliance is a partnership of parents, stu-



PHOTO COURTESY OF FAIRFAX COUNTY

Sharon Bulova, chairman of the Board of Supervisors and Ed Long, county executive, answer questions during a news briefing held after the proposed budget presentation.

dents, and civic organizations including the Fairfax Education Association, Fairfax County Council of PTAs, and Fairfax County Federation of Teachers.

"Our schools are bursting at the seams, talented teachers are leaving, and already large class sizes could get even bigger. The supervisors must make our schools the priority," the FCCPTA said in an online petition addressed to the Board of Supervisors.

"It's absolutely stunning that supervisors put forth a budget that shortchanges students," said Kevin Hickerson, an FCPS teacher and parent-advocate who supported the rally. "Two percent is not enough."

To close that gap and fund other priorities, Bulova said she will consider advertising an increase in property tax rates, which would add about \$150 to the average homeowner's tax bill, on top of the \$330 jump resulting from higher assessed values this year.

Bulova said the board will set the advertised real estate tax rate on March 4; the advertised rate represents the maximum potential tax rate for FY2015.

"Through the budget process, the board may adopt a rate lower than the advertised rate, but cannot adopt a higher rate," Bulova said.

According to the County Executive's proposed budget, one penny of the tax rate is equal to roughly \$21.9 million in the general fund and \$50 for the average Fairfax County residential tax bill.

"As the county continues to face fiscal challenges, we must persist in our cautious and deliberative approach to budgeting, only funding items that are sustainable," Long said Tuesday, adding that almost all of the budget increase in his proposal will be earmarked for capital investment and employee compensation.

"These are two critical elements of our continued success," Long said.

But members of the County's Government Employees Union — SEUI Virginia 512 — called Long's proposed budget disappointing.

"We are disappointed that the county executive's proposed budget fails to meet the needs of our community, and we call on the Board of Supervisors to do more to invest in our future success," SEIU Virginia 512 Secretary-Treasurer Karen Conchar said.

SEE COUNTY, PAGE 5



PHOTO CONTRIBUTED

To show support for Fairfax County schools and teachers, the Alliance for Fairfax Public Schools held a "Fund Our Schools" rally at the Fairfax County Government Center before Long's budget announcement.

Average Homeowner's Taxes, 2008-2015

❖ FISCAL YEAR 2008

Assessed Value of Residential Property - \$542,409
Real Estate Tax Rate Per \$100 - \$0.89
Tax Per Household - \$4,827.44

❖ FISCAL YEAR 2009

Assessed Value of Residential Property - \$525,132
Real Estate Tax Rate Per \$100 - \$0.92
Tax Per Household - \$4,831.21

❖ FISCAL YEAR 2010

Assessed Value of Residential Property - \$457,898
Real Estate Tax Per \$100 - \$1.04
Tax Per Household - \$4,762.14

❖ FISCAL YEAR 2011

Assessed Value of Residential Property - \$433,409
Real Estate Tax Per \$100 - \$1.09
Tax Per Household - \$4,724.16

❖ FISCAL YEAR 2012

Assessed Value of Residential Property - \$445,533
Real Estate Tax Per \$100 - \$1.07
Tax Per Household - \$4,767.20

❖ FISCAL YEAR 2013

Assessed Value of Residential Property - \$449,964
Real Estate Tax Per \$100 - \$1.075
Tax Per Household - \$4,837.11

❖ FISCAL YEAR 2014

Assessed Value of Residential Property - \$467,394
Real Estate Tax Per \$100 - \$1.085
Tax Per Household - \$5,071.22

❖ FISCAL YEAR 2015

Assessed Value of Residential Property - \$497,962
Real Estate Tax Per \$100 - \$1.085
Tax Per Household - \$5,402.89

* Source - Fairfax County Department of Management and Budget

Budget Event Schedule

FEB. 25

Release of the County Executive's FY 2015 Advertised Budget Plan (including Multi-Year Budget: FY 2015 and FY 2016) - 10:40 a.m.

FEB. 28

Ask Fairfax: Online Chat with County Executive - 2 - 3 p.m.

MARCH 4

Board of Supervisors' Meeting: Advertisement for FY 2015 Tax Rate and FY 2015 Third Quarter - 10:30 a.m.

MARCH 18

Budget Committee Meeting - Govt. Center (CR 9/10) - 1- 3 p.m.

APRIL 1

Budget Committee Meeting - Govt. Center (CR 9/10)

APRIL 8

Effective Tax Rate Hearing (FY 2015 Budget) - Board Auditorium - Govt. Center - 3 p.m. *

APRIL 8

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 6 p.m. *

APRIL 9

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 3 p.m. *

APRIL 10

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 3 p.m. *

APRIL 18

Budget Committee Meeting - pre-Mark-Up on FY 2015 Budget - Govt. Center (CR 9/10) - 1 p.m.

APRIL 22

FY 2015 Board Budget Mark-up and Approval of FY 2015 Third Quarter - 10 a.m.

APRIL 29

Formal Adoption of the FY 2015 Budget Plan - 10:30 a.m.

JULY 1

Beginning of FY 2015

* Opportunities for public comment

OAK HILL/HERNDON CONNECTION ❖ MARCH 5-11, 2014 ❖ 3

Led by David North, the choir group Mosaic Harmony gave a morning concert at the Herndon Senior Center. This event was sponsored by the Council for the Arts of Herndon.



PHOTOS BY RYAN DUNN/THE CONNECTION

Mosaic Harmony Sings at Herndon Senior Center

Community choir performs inspirational music.

BY RYAN DUNN
THE CONNECTION

“Feel free to please sing along with us,” said David K. North, director of Mosaic Harmony Community Choir since 1996. North drove to the Herndon Senior Center from Maryland to direct the Feb. 28 concert performance. Twenty-five members of Mosaic Harmony performed in the show, which was also attended by Herndon town council member Sheila Olem. The concert was sponsored by the Council for the Arts of Herndon.

“The Council for the Arts was delighted to be able to sponsor this concert in honor of Black History Month,” stated Signe Friedrichs, executive director for the Council for the Arts of Herndon. “So much of the music we listen to in America and the world today was profoundly influenced by the gospel and spirituals tradition. It was our pleasure to bring the music of that tradition to the seniors and other attendees at Herndon Senior Center.”

A nonprofit organization, this was the first time Mosaic Harmony had sung at the Herndon Senior Center. The choir group sang 10 songs, and was energetically led by North throughout the show. Several of the songs the choir sang included an arrangement of “Kumbaya” and “The Lord Is Blessing Me Right Now”.

While Mosaic Harmony appears throughout the Washington area (and has even performed in Europe), many concerts are in Fairfax County. Playing the piano was Christian Davis, and on the keyboard was Allen Caesar. Between songs North would address the audience and tell about the history of the song and its application. “Thank you, I heard you singing, that is what we want,” said North to one member of the audience. At several points North coaxed the audience into clapping their hands or singing along to the music.

“I have been singing with this group for 12 years, and we have sung all over the metropolitan D.C. area,” said tenor Suzanne Reynolds. “The music is great and David [North] is a gem.” Reggie Ott, a tenor and resident of Silver Spring also sung at the event. “It has been really great to be part of this group,” said Ott, who joined last September.

“I arranged the songs to celebrate life,” said North.



Signe Friedrichs, executive director for the Council for the Arts of Herndon introduces the choir group Mosaic Harmony during their February show at Herndon Senior Center.

“We are a choir that wants to share a message that we have more in common than we have differences.”

“To have the choir group here was a pleasure,” said Ruth Junkin, director of the Herndon Senior Center. Many of the seniors who attended the show were pleased with the performance. “It was great, we really enjoyed it,” said Meraf Mitchell. “The songs were beautiful and it made you feel you were part of it,” said Bernadine Brown.

Mosaic Harmony holds rehearsals every other Tuesday at 7:30 p.m. in the sanctuary at the Unitarian Universalist Congregation of Fairfax located in the Vienna/Tyson’s Corner area, just off Route 66 at 2709 Hunter Mill Road, Oakton. Their next upcoming event will be the April 27 Annual Fundraising Concert to celebrate the 20th anniversary of Mosaic Harmony.

To learn more about Mosaic Harmony, visit www.mosaicchord.com/index.htm



PHOTO COURTESY OF ANDREW RHODES/ARTSPACE HERNDON

“Herndon in the Fog” by Herndon photographer Andrew Rhodes, a finalist in this year’s juried photography competition.

ArtSpace to Announce Competition Winners

The competition pool features photographers from the DMV area.

BY ETHAN MCLEOD
THE CONNECTION

Those who turn out to ArtSpace Herndon on Saturday, March 8 from 7-9 p.m., will have a chance to see a colorful exhibition of images by 37 photographers from Virginia, Maryland, and Washington, D.C. In addition to the exhibition, longtime photographer and competition juror D.B. Stovall will announce the first, second, and third place winners of ArtSpace’s 2014 Fine Art Photography Competition during an awards ceremony.

Stovall narrowed down the competition pool of 400 submissions by 87 photographers to 37 finalists in a difficult process of elimination that he described as a “series of difficult cuts.”

“I’ve been in a lot of shows, so it was interesting to see things from the other side,” said Stovall about his first experience judging a competitive photography exhibition. “It was difficult. People try to put their best work into these exhibitions and this one was no exception.”

Stovall, an engineer by trade, has been a photographer on and off since he was about 15. After taking a hiatus to focus on his career, he came back to it in 2006 and began submitting to ArtSpace’s annual competition three years later taking home second place in 2011 and third place in 2013.

“They have a great gallery space. I’ve seen some community art centers that are really scraping by, but they really have a great gallery space and are doing good work,” said Stovall.

Several of the 37 finalists are familiar faces in ArtSpace’s competitive juried show.

Local finalists include Reston-based photographer Jim Schlett, whose work “Beyond the Planets” remains on display on the outside wall of the gallery facing the Council Chamber, and Herndon resident Andrew Rhodes.

Rhodes has only lived in Herndon since 2012, but residents with a copy of the Town of Herndon Calendar hanging in their homes may have already seen his work. Rhodes’ “Herndon in the Fog,” a colorful rainy day photo he captured while walking near the bike trail last year, is featured for the month of November 2014. His picture depicting a sunset over the Town Hall is also on the cover of the calendar.

“It’s neat to be able to do something with your work in a way that other people can see it,” said Rhodes. “Locally, it’s been a huge thing for me to get to know some of the art community in and around D.C.”

The reception and awards ceremony for the 2014 Fine Art Photography competition will begin at 7 p.m. on Saturday, March 8 at ArtSpace Herndon, located at 750 Center Street.

News

PHOTO CONTRIBUTED



Rep. Gerry Connolly (D-11) at Free File tax event in Herndon.

Connolly, Local Officials Highlight Free Tax Advice & Help Available

With April 15 fast approaching, local Herndon officials joined Congressman Gerry Connolly and others Saturday at an event highlighting free tax advice and assistance for qualified taxpayers offered at the Herndon Neighborhood Resource Center.

IRS-certified volunteers are available to provide qualified individuals with free basic income tax return preparation with electronic filing under the VITA (Volunteer Income Tax Assistance) and Free File programs at the Herndon location and 6,000 other VITA sites in communities around Virginia and the nation. They can also advise citizens on various tax credits available to them.

"I applaud the volunteers who are willing to devote their time

and expertise to assist their fellow citizens in preparing and submitting their income tax returns," Connolly said. "The services they provide can help dispel some of the confusion and stress of tax season."

The VITA and Free File programs are a partnership between community leaders, government, and industry to provide needed tax services to seniors and moderate and low-income individuals and families. Cornerstones (formerly Reston Interfaith) is a partner in Herndon.

Herndon Mayor Lisa Merkel and Council members Sheila Olem and Charles Waddell joined other officials, taxpayers seeking assistance, and representatives from the IRS, the technology industry, and Cornerstones at the event.

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County Faces a Budget Challenge

FROM PAGE 3

"The county executive's proposed budget falls short in protecting the county's jobs and services," said Joe Wilhelm, president of SEIU Virginia 512.

Wilhelm said Fairfax County employees have fallen behind peers in neighboring jurisdictions when it comes to pay, and Long's budget proposal fails to help employees catch up.

"As a result, the best librarians, social workers, engineers and more will continue to leave Fairfax County to serve in other jurisdictions, hurting the services residents depend on," Wilhelm said.

OTHER HIGHLIGHTS of Long's budget proposal include:

♦ A 1.29 percent compensation increase for county employees based on a Market Rate Adjustment, effective July 1, 2014, as well as an increase in funding of health insurance and other benefits.

♦ Increase in capital construction funding, including capital renewal (planned replacement of aging roofs, electrical systems, HVAC systems, plumbing systems, etc. in county facilities), compliance with the Americans With Dis-

abilities Act (ADA) and athletic field maintenance.

♦ Increase in public safety funding, including 9-1-1 support and requirements, and full year funding of operations at the Wolftrap Fire Station.

♦ Increase in human services funding including behavioral health services for youth, school readiness for preschoolers and domestic violence services.

Public hearings on the proposed FY 2015 Budget are held in the Government Center Board Auditorium:

- ♦ April 8, 6 p.m.
- ♦ April 9, 3 p.m.
- ♦ April 10, 3 p.m.

Those wishing to speak at a public hearing can sign up online to place their name on the speakers list or contact the Office of the Clerk to the Board at 703-324-3151, TTY 703-324-3903. The public hearings will be held in the Board Auditorium, Fairfax County Government Center and will be shown live on Fairfax County Government Channel 16.

Residents can also provide feedback and comments on the proposed budget through mid-April at dmbinfo@fairfaxcounty.gov.

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No downside to gaining health care for 200,000 or more; 30,000 jobs and millions of dollars for hospitals from expansion of Medicaid.

Gov. Terry McAuliffe is right to make expansion of health coverage part of the budget process. Any measure that would create 30,000 jobs, that could save \$1 billion in the state budget over 12 years, that could provide health insurance for 35,000 people who don't have it in Fairfax County alone, that is supported overwhelmingly by the business community and hospitals, actually deserves to be a part of the budget. As many as 400,000 people in Virginia currently without health insurance could be covered.

Under the Affordable Care Act, if states opt in to the expansion of Medicaid, Federal dollars would pay the costs for five years to cover people with incomes up to 138 percent of pov-

erty, \$15,856 for an individual or \$26,951 for a family of three in 2013. After five years, federal dollars would still cover 90 percent.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. The amount of the subsidy, provided via tax credit, is based on income and the cost of insurance, and are only available to people who are not eligible for other coverage, such as Medicaid/CHIP, Medicare, or employer coverage, and who are citizens or lawfully-present immigrants. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are

not eligible for Marketplace subsidies. At least 190,000, and as many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies. [Source: Kaiser Family Foundation]

Elections have consequences. McAuliffe made expansion of Medicaid a key element of his campaign, and Virginia voters chose McAuliffe. The Virginia Senate approved a plan to expand health coverage using Medicaid dollars to purchase private health insurance.

There must be a way forward that doesn't involve stifling economic growth and the health of poor Virginians.

EDITORIAL

LETTERS TO THE EDITOR

Common Sense Law Obstructed

To the Editor:
Keeping guns out of the hands of dangerous people is just common sense – but sadly, in Virginia, our system is backwards and works to protect criminal access to guns.

Recently, some of our lawmakers tried to fix this conundrum with the Women and Family Protection bill, SB510. This bill would have prohibited individuals convicted of violent misdemeanors including stalking, sexual battery, or assault and battery of a family member, from possessing a firearm for a period of five years following their conviction. It passed out of the Senate with strong bipartisan support – but was killed in the House by a handful of Committee

Members who sit on the Courts of Justice.

The fact that some of our elected delegates obstructed passage of common sense gun laws is terrifying. It is easy to ignore issues that do not affect us personally and gun violence always seems to affect others – but this is an issue that all Virginians should care about.

I used to be oblivious to gun violence. My eyes – like so many others – were opened to gun violence through the unspeakable tragedy of the Sandy Hook shooting. As a parent of elementary school-aged children, I was finally paying attention. My daughter's school held a meeting to reassure parents that they were taking every precaution to keep our children safe – and at

this meeting the principal explained that children at my daughter's school are at greater risk of domestic violence than a mass shooting.

What should have brought parents comfort is actually quite alarming. Domestic violence and guns are a lethal combination. Most victims of intimate partner homicide are killed with a gun, and the presence of a gun in a domestic violence situation makes it five times more likely that the woman will be killed. A bill like SB510 would have helped keep guns away from abusers and save lives in Virginia.

That's why it is so disappointing that some of our delegates chose to preserve the gun rights

of criminals over the safety of Virginia's women, children and families.

In the wake of Sandy Hook, Virginia mothers are paying attention to the epidemic of gun violence in our country – we know its not just mass shootings but every day gun violence that harms our communities.

And when it comes our turn to vote, we will remember who voted on the side of public safety and who did not – we will hold our political leaders accountable.

Ruth Hoffman
McLean

Ruth Hoffman, is the membership lead for Moms Demand Action for Gun Sense in America.

BULLETIN BOARD

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

WEDNESDAY/MARCH 5

Free Dual Seminar. 7 - 8:30 PM, 12700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031Tax-Free Property Exchanges. 703-969-4966.

SUNDAY/MARCH 9

Friends of Runnymede Park Annual Meeting. 7-9 p.m., ArtSpace Herndon, 750 Center Street, Herndon. The program, "Chimney Swifts: America's Mysterious Birds above the Fireplace," takes a close look at the chimney swift tower that was recently constructed in Runnymede Park; refreshments provided. friendsofrp@yahoo.com or 703-437-7451.

Sue Rosenberg
Vienna

Race to Watch

To the Editor:
Thanks for the well-documented article on the political trends in Virginia's 10th Congressional District ("How Red is the 10th District?" February 19-25, 2014). The conventional wisdom among political prognosticators is that the District leans Republican. However, recent voting patterns suggest that a strong Democratic candidate could be well within striking

distance for a win. Consider the following: first, in the past two gubernatorial elections, the Republican nominee won the 10th District by only 1 percent. Second, the seat is now open, and retiring Congressman Frank Wolf's name recognition and constituent service record are not in play.

The front running Republican nominee, Barbara Comstock, spent \$1.4 to defend her seat in the Virginia House of Delegates last year, winning with less than 52 percent of the vote. Another candidate for the Republican nomination, longtime Delegate Bob Marshall of Loudoun County, won

re-election by about 400 votes. On the other hand, Fairfax Supervisor John Foust, the likely Democratic nominee for the 10th District Congressional seat, carried every precinct in his contested campaign for re-election in 2011, winning more than 60 percent of the vote.

Democrats are gaining ground in northern Virginia because the issues are working in their favor.

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Creating a Harmonious Family Life

Local experts offer tips for keeping your family happy.

BY MARILYN CAMPBELL
THE CONNECTION

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am ab-



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

solutely preaching to myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make creating

balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in

helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and ac-

complishments that it's hard sometimes to live in the moment," she said. "Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

"Parents might consider the importance of quality time versus quantity of time spent together and prioritize what they value most," said Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University. "Be purposeful. Children will likely re-

SEE WELLBEING, PAGE 11

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SPORTS

Herndon Loses to Woodson in OT in Region Semifinals

Hornets shoot 13-for-29 from free-throw line.

BY JON ROETMAN
THE CONNECTION

Jimmy McLaughlin leaped, snatched the ball out of the air and seemingly secured a state tournament berth for the Woodson boys' basketball team.

The Woodson student section, nicknamed the "Cavalry," stormed the court at Robinson Secondary School in celebration of what they thought was dramatic region semifinal victory over Herndon. In reality, the Cavalry arrived early and could have cost the Cavaliers the game.

As it turned out, Herndon failed to capitalize on its gift of an opportunity and Woodson was indeed moving on.

The Cavaliers defeated the Hornets 63-62 in overtime on Feb. 28 in the semifinals of the 6A North region tournament. With the victory, Woodson earned a berth in the state tournament and went on to beat Lake Braddock in the region championship game. Herndon, the Conference 5 champion, which entered the contest with a 23-2 record, went home empty-handed.

THE WIN was an emotional one for the Cavaliers, as two Woodson students died during the week.

"We're doing this for the community," Woodson senior Michael Szabo said. "We feel like this can bring it together in a positive manner in a negative time."

Woodson head coach Doug Craig praised the Cavaliers for responding well to tough times.

"It's been a really difficult week in the community and I thought our kids really showed their character," Craig said. "To fight through and play that well on a big stage

against a great team ... and for our kids to fight through all the adversity and find a way at the end to pull out the game [was big]."

Woodson led 62-59 in overtime when Herndon's Brandon Alston was fouled while attempting a 3-point shot with 1.3 seconds remaining, resulting in three free-throw attempts. Alston made the first two but missed the third. McLaughlin grabbed the rebound and was fouled with 0.4 seconds on the clock and Woodson leading 62-61. With the Cavaliers in the double bonus, the game should have been all but over with McLaughlin shooting two free throws at the other end and Herndon needing a miracle with less than a second remaining. Instead, Woodson fans rushed the court, thinking time had expired.

Officials gathered and discussed how to handle the situation. After a few moments, officials issued Woodson a technical foul, which would give Herndon two free-throw attempts.

"That was a little stressful out there," Szabo said. "It was a little bit overwhelming thinking that [Cavalier fans] could have cost us the game when they've been there for us all year."

McLaughlin went to the line first and made one of two, extending Woodson's lead to 63-61. Herndon then sent Dorian Johnson to the line for the two technical foul shots. Johnson made the first attempt but missed the second, leaving the Hornets



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon senior DeAndre Thomas goes up for a shot against Woodson in the 6A North region semifinals on Feb. 28.

trailing 63-62 with 0.4 seconds on the clock. Herndon had the final possession, but the Hornets' inbound pass was swatted away and Woodson secured the win.

"You can't really plan for something like that and it's a shame," Craig said. "Our kids

were just excited. I'll take our Cavalry anytime. They've bailed us out a couple times, we figure we can bail them out."

Herndon led 26-22 at half-time. Woodson trailed by just four points despite standout point guard Eric Bowles sitting on the bench for more than 12 minutes of the first half after picking up his second foul with 4:25 remaining in the first quarter.

The Hornets opened the second half with an 8-2 run, taking a 32-24 with a Kent Auslander putback with 5:17 remaining in the third. Woodson countered with a 10-0 run to take a 34-32 lead. The teams went back-and-forth from there, with neither leading by more than five points for the remainder of the contest.

BACK-TO-BACK 3-POINT-ERS by Szabo gave Woodson a 50-45 lead with 3:07 remaining. The Cavaliers led 54-52 late in the fourth quarter, but Alston scored with 5.5 seconds left to force overtime.

Bowles led Woodson with 14 points. Szabo scored a career-high 13 points and went 4 of 6 from 3-point range. Tre Johnson finished with 11 points. Andy Stynchula scored nine points and grabbed 13 rebounds, and McLaughlin finished with four points and 13 rebounds and Tyler Wilson totaled eight points and seven rebounds.

Alston led Herndon with 23 points. Kent Auslander scored 12 points and DeAndre Thomas and Johnson each had 11.

Herndon made just 13 of 29 free-throw attempts.

South Lakes Ends Season One Win Shy of States

The South Lakes boys' basketball team's strong second half of the season came to an end on Feb. 28.

The Seahawks lost to Lake Braddock 78-61 in the 6A North region semifinals at Robinson Secondary School. South Lakes finished one win shy of reaching the region championship game and earning a state berth.

Lake Braddock led 40-22 when freshman Corey Pelham buried a 3-pointer with 4:42 remaining in the third quarter. South Lakes countered with a 9-0 run to cut the Bruins' lead to 40-31, but Lake Braddock eventually pulled away and led by as many as 19 in the second half.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes junior Brandon Kamga goes up against three Lake Braddock defenders during the 6A North region semifinals on Feb. 28 at Robinson Secondary School.

Dre Puryear led South Lakes with 18 points and was named to the all-tournament team. Brandon Kamga finished with 12 points, Clayton O'Neill scored nine and Zach Pearl added eight.

Will Gregorits had 22 points and 15 rebounds for Lake Braddock. Reagan Jones scored 20 points and A.J. Alexander finished with eight points and nine rebounds.

"We have three bigs, and [South Lakes] had a situation where they tried to play two bigs and the problem is one [of ours] is open," Lake Braddock head coach Brian Metress said. "The problem we were having was trying to diagnose which guy was open. I thought early in the game it was A.J., middle of the game it was Reagan, and the end of the game

it was Will. You just have to pick your poison."

South Lakes lost its first three games of the season and dropped to 6-7 with a loss to Woodson on Jan. 15. From that point, the Seahawks won their next six games and 13 of their final 15. South Lakes finished with a 19-9 record, including a 60-59 victory over Hayfield in the Conference 6 championship game on Feb. 22 at Fairfax High School.

The Seahawks beat West Potomac in the opening round of regionals on Feb. 24 and defeated Robinson in the quarterfinals the following night.

— JON ROETMAN

CALENDAR

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

MONDAY/MARCH 3- 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.

FRIDAY/MARCH 7

Nature Game Night. 7 - 8:30 p.m., Walker Nature Center, 11450 Glade Drive, Reston. Bring the whole family for a game night with a nature spin; refreshments included, reservations required by March 4. Reston Association members: \$6; Non-members: \$8. naturecenter@reston.org, or 703-476-9689 and press 5.

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.

"An Evening At the Movies" with The Rainier Trio. 7 p.m., Herndon United Methodist Church, 701 Bennett Street, Herndon. Themes from classic big-screen favorites such as Schindler's List, The Mission, and more will be played on violin, viola, and piano. (703) 707-6271. www.herndonumc.org.

SATURDAY/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 Barnyard 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.

FRIDAY/MARCH 14

1st Annual Casino Night and Silent Auction. 7-11 p.m. South Lakes High School, Reston. Gaming, raffles, great prizes, Silent Auction, food, dancing and Cash Bar. All proceeds goes directly to support South Lakes High School Athletic Boosters Club. Get your tickets now as space is limited and there is no guarantee of admission at the door. <http://www.seahawkboosters.com/casinonight.htm>

SUNDAY/MARCH 16

Slipping into Spring. 2 - 3 p.m., Walker Nature Center, 11450 Glade Drive, Reston. Test your nature observation skills and see if you can recognize the call of spring; reservations required by March 13. Reston Association members: \$5; Non-members: \$7. naturecenter@reston.org, or 703-476-9689 and press 5.

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.



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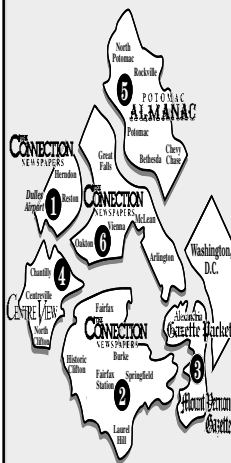
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LAURA JEAN BEARCE

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SUMMONS

VS

SONER CAPAN

Defendant,

**THE STATE OF NEVADA SENDS GREETINGS TO THE
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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 formal 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 recover 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.
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walk back.
-Abraham Lincoln

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FAITH

Be a Hero! A Purim message.

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD OF RESTON-
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Close your eyes and imagine the Jewish nation in Persian times (519-465 BC), unwanted guests of an frosty host. An exiled nation still licking its wounds following Nebuchadnezzar - King of Babylons sacking of Jerusalem, and the destruction of Solomon's Temple a mere fifty years prior.

As though matters were not bleak enough, Haman, a powerful man in the Persian Empire, and a sworn enemy of the Jewish People, seeks to destroy them.

Why does Haman seek to destroy the Jewish People? Very simple, the Jews were different! As he is quoted in the Scroll of Esther petitioning the king, "There is one nation scattered and dispersed among the peoples, their customs are different from those of all other people... and it is not to the benefit of the king to tolerate them".

Men, woman and children would be annihilated in one day. There would be no survivors.

Then, wonder of wonders, the tables are turned. Through G-d's kindness. Queen

Esther, and her cousin Mordechai become heroes, while Haman suffers an ignominious defeat, hanged on the very same tree he had prepared to hang Moredechai.

Purim is the story of goodness and decency in a world gone mad. When simply being different is a cause for suspicion and worse. The Jewish People know the story well. In a Diaspora for Two thousand years it has seen its share of ups and downs.

At times the spirit of goodness and brotherhood shines bright. At other times, the situation looks bleak and dire. But in the end goodness prevails, for in the battle between good and wicked, goodness will always prevail. Such is its nature.

The question we must ask ourselves is this, in the fight to bring goodness and G-dliness into our world, in our own fight against evil and injustice, will we be the heroes? The Mordechai and Esther? Or will we relegate ourselves to be mere spectators?

For all Purim related questions and information visit www.chabadrh.org/purim

Join us Sunday, March 16 at 5 p.m. for Purim in the Wild West at the Coomber Hall 1521 Dranesville Road, Herndon. A fantastic celebration of the holiday of Purim.

WELLBEING

FROM PAGE 7

member quality time spent with a parent who was fully present than whether the house was perfect or the laundry folded."

Rees encourages stressed parents to give themselves time alone as well. "I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and one's family members is also vital to family harmony. "We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in

family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Letiecq said, "With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest."

Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer. "Sometimes the best growth can be gained by resilience after a disappointment."

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that's when
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