Oak Hill students were eager to answer the questions being asked by 'Mr. Einstein' Marc Spiegel, and just as eager to ask questions of their own.

Harris Corp. Opens New Herndon Facility
News, Page 3

Groundbreaking Held For Vinehaven Homes
News, Page 3
T here’s going to be music and dancing and more music this weekend at Floris UMC, as the church hosts two fundraising events to support the 2014 Feed A Child campaign. The campaign is a youth initiative by area students under 25 years old to raise $20,000 in support of the children of the Child Rescue Centre and patients of Mercy Hospital, both located in Bo, Sierra Leone. The campaign, which is taking place through a partnership with the non-profit organization Helping Children Worldwide, kicked off on Feb. 16, and will conclude on March 30. All of the money raised will go directly to feeding, educating, clothing and attending to the medical needs of children in Bo.

“A Dancing Through the Decades” Dance-A-Thon will be held on Friday, March 28, from 7 p.m. to midnight, in the church’s Fellowship Hall. Dancing enthusiasts of all ages will participate, both in teams and individually. There will be a 15 minute break every 45 minutes for dancers to rest and rejuvenate and for everyone to enjoy several planned activities, including a magic show. At the end of the night, prizes will be awarded. For more information or to find out how to support this event, go to www.crowdrise.com/Feedachilddanceathon or call the church office at 703-793-0026.

Continuing the music theme, the church will host an A Cappella concert on Saturday, March 29, from 7 to 9 p.m., in the Fellowship Hall. A group from South Lakes High School, as well as a gospel men’s group from George Mason University, will perform. Tickets are $8 and can be purchased at the door. For more information, go to http://www.crowdrise.com/Feedachild2014/fundraiser/acappella or call the church office at 703-793-0026.

For additional information, visit www.florisumc.org.

THE FAIRFAX GREEN ENERGY PARK WILL REDUCE GREENHOUSE GAS EMISSIONS BY 3.6 MILLION TONS.

Take Action! Before It’s Too Late!

Go to www.FairfaxGreenEnergy.com/take-action/ Ask the Board of Supervisors to support the Green Energy Park

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 26
Giving Circle of HOPE Quarterly Meeting. 7-9 p.m. Cornerstones, 11150 Sunset Hills Road, Suite 210, Reston. Meetings are informal and open to all.

SATURDAY/MARCH 29
Researching Your Veteran’s Story. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Commander Victor “Tory” Failmezger, US Navy Retired, will provide an hour-long presentation for family genealogists and others interested in military history who want to begin researching the military service of their relatives but may not know how to get started. A question and answer session will follow. Free. Call 703-689-2700 or visit www.fairfaxcounty.gov/library to register.

MONDAY/MARCH 31
Walk in Registration Session. Crossfield Elementary, 2791 Fox Mill Road, Herndon. 2-7 p.m. Crossfield Elementary School is accepting registrations for the 2014-2015 school year.

THURSDAY/APRIL 3
Walk in Registration Session. Crossfield Elementary, 2791 Fox Mill Road, Herndon. 4-7 p.m. Crossfield Elementary School is accepting registrations for the 2014-2015 school year.

SUNDAY/APRIL 6
Cat Adoption Event. 1-4 p.m. Reston Petsmart, 11860 Spectrum Center, Reston. www.lostdogrescue.org

WEDNESDAY/APRIL 9
MOMS Club of Reston. 10 a.m. YMCA, 12196 Sunset Hills Rd, Reston. MOMS Club of Reston is a social and support group for mothers who primarily stay at home with their children, including those with home-based businesses or who work part-time. Our only membership requirements are for you to be a mom or dad living in Reston. Learn more at momschobreston@yahoo.com.

SATURDAY/ APRIL 12
Take Control of Your Blood Sugar. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Health Coach and Pre-diabetes Educator Anita Capizzi, R.N. will present ways to lower your blood sugar levels naturally through diet and exercise. Free.
Harris Corp. Opens New Herndon Facility

Harris consolidates seven offices into one Herndon location.

By Ryan Dunn
The Connection

In July 2013, Harris Corporation signed an 11-year lease to consolidate several of its divisions into the 161,000-square-foot Arboretum II office building at 2235 Monroe St. in Herndon. Offices from Chantilly, Dulles, Falls Church, Fairfax and Reston were relocated to the 161,000-square-foot Arboretum II office building.

“It was a seamless transition from the Dulles office to our Herndon office,” said Terry Thornton, a vice president and general manager of Intel and Civil Programs. He and many other members of Harris Corp. attended the grand opening ceremony and reception of the Herndon office on March 19. Approximately 500 Harris Corp. employees will be working from the Herndon office.

Federal contractor Harris Corp. (NYSE:HRS) is an international communications and information technology company serving government and commercial markets in more than 125 countries. The building was originally built for BAE Systems, which moved out in 2012. It is also situated near the planned future Herndon-Monroe Metro station.

Fairfax County is the second largest suburban office market in the U.S. and has 32 percent of all the commercial office space in Virginia. At the end of 2013 the commercial real estate market for Fairfax County had an office vacancy rate of 14.9 percent, the highest on record since 1991 according to the FY 2013 Fairfax County Advertised Budget Plan.

“We moved in a month ago in stages,” said Rebecca Goodsell, a marketing and communications manager for Harris Corp. “We are now in a much more collaborative environment.” Harris employs close to 100,000 people worldwide. In Northern Virginia, the company employs close to 1,700 people.

Harris consolidates seven offices into one Herndon location.
Oak Hill Elementary Gets Energized By Einstein

By Andrea Worker / The Connection

How do you get a cafeteria full of kids wildly engrossed in and energized about some pretty complex scientific subject matters? You call in Albert Einstein to explain and demonstrate— that’s how. OK, Not the Albert Einstein, of course. But Marc Spiegel’s performance of Einstein Alive! did the trick.

The fourth, fifth and sixth graders of Oak Hill Elementary School were treated to an hour long program by Spiegel in his Albert Einstein character on Thursday, March 20. It only took the first few minutes of ‘Mr. Einstein’s’ presentation before students, teachers, staff and visitors alike all forgot they weren’t interacting with the real creator of the famous “E=MC2” formula.

Oak Hill ES is an X-STEM school, registered as such with the USA Science and Engineering Festival organization. That means that the school creates opportunities to promote Science, Technology, Engineering, and Mathematics (STEM) in the school and the community, especially via an X-STEM Student Ambassador Team. The Oak Hill X-STEM Team is gearing up to attend the X-STEM Extreme Symposium on April 24 at the Walter E. Washington Convention Center in D.C.

THE ALL-DAY EVENT, presented by Northrop Grumman Foundation and MedImmune, features interactive presentations and workshops by top STEM authorities and industry leaders for children from elementary through high school. Oak Hill’s team will then be exhibiting their project on renewable energy sources with the help of other Oak Hill students at the free USA Science and Engineering Festival and Expo on April 26 and 27 at the Washington Convention Center. The combined group pose with Oak Hill Principal Amy Goodloe and guest speaker ‘Albert Einstein’ (aka Marc Spiegel).

While only six students comprise the official Oak Hill X-STEM Ambassador Team, the EcoSTEM Preservers, there are a number of other budding STEM’ers at the school. They will help exhibit the team’s project on creating renewable energy from organic waste at the free USA Science and Engineering Festival and Expo on April 26 and 27 at the Washington Convention Center. The combined group pose with Oak Hill Principal Amy Goodloe and guest speaker ‘Albert Einstein’ (aka Marc Spiegel).

The Oak Hill X-STEM Ambassador Team demonstrates the “pull” part of the push/pull of objects in relative motion. Malavika Pillai, Medha Gupta, Sohan Sudheer, Marc Spiegel as Einstein, Pranava Nidumolu, Jordan Lee, and Aditya Kumar.

OAK HILL TEACHERS, from left, Kevin Monaghan, Kelly Hood, Martha Cosgrove and David Hitchcock laughed at themselves when ‘Mr. Einstein’ had them participate in the song “Physics with a ‘PH’ not an ‘E’”

Mark Spiegel presents Einstein Alive!

Today, in one minute Spiegel had the crowd in giggles with his songs – “Physics with a ‘PH’ not an ‘F’” and “Relative, Relative, Relative” – and his antics with a rolling platform with which he demonstrated many of the principles of energy, matter, time, space and relativity. The next moment, hands were being raised high with answers to his questions, and for asking questions of their own. At least to the lay person, it certainly seemed as if Spiegel was able to respond to those questions with the confidence and clarity of the real Einstein. Just as important, it was evident that the Oak Hill students knew a lot about the subject matter themselves. Impressive ideas and thought-provoking questions came from dozens of the youngsters.

Throughout his presentation, Spiegel encouraged the students to never stop exploring, always be excited, and “never let confusion or other people stop you. On the other side of confusion lies the truth,” he declared. He also reminded the youngsters that success requires perseverance and hard work, and the ability to work through, rather than succumb to discouragement. “Einstein” told his gathering that when he was a student he often struggled. “Even though I was to be called a genius in my life, when I was in school I hated tests,” said “Einstein,” “and I failed the college entrance exam the first time I took it.” “But you just try again and keep going.” Spiegel ended the event by telling the audience that the real crisis in America today was “not enough people going into the sciences. That’s why I am here today.”

AFTER THE ASSEMBLY, Spiegel remained in character. “Einstein” was surrounded by students in the lobby area with questions about space, time, matter, energy and more. The “famous scientist” answered their questions with enthusiasm and a lively discussion ensued, before “Mr. Einstein” posed for pictures and then joined some of his student fans for lunch.

Oak Hill Elementary encourages the community at large to join in the fun and learning by visiting their X-STEM Team and exploring all of the exhibits at the USA Science and Engineering Festival and Expo next month. “Einstein,” well-represented by Marc Spiegel, will be on hand at the event. As he put it during his presentation, to be relative requires connection and a frame of reference. “You have to participate. You have to encourage your curiosity and imagination.”

More information about the USA Science and Engineering Festival and Expo, how to more fully explore STEM topics and careers, and how to register as a STEM school is available on www.usasciencefestival.org.
Spring Community Open House

Put yourself in this picture • Come Live Your Dream!
Sunday, April 6, 2014, Noon – 5:00 p.m.
Active Adult Community (55+ or 20% between 50-54)

- Take a short tour of our golf course (Non-resident Memberships Available)
- Meet a volunteer resident, tour the facilities, ask questions, relaxed environment!
- Enjoy the Dining Room Brunch (9:30 a.m.–1:30 p.m.) Cost Range $10-$17 (Credit Card/Check Only)
- Reservations required by COB Wednesday 4/2. Contact Joan 703-743-1325 B Limited Seating)
- Realtor Open Houses 1–4 p.m. (Independent of Community Open House)

www.heritagehunt.net  www.heritagehuntgolf.com
6901 Arthur Hills Drive • Gainesville, VA 20155 • 703-743-5490 • NewBuyers@heritagehunt.net
Local Governments should be able to access income taxes to give relief on real estate taxes.

Northern Virginia governments are facing shortfalls in the classic budget sense: projected revenues are less than last year’s expenditures plus increases in costs.

Alexandria City Manager Rashad Young said: “This is the seventh straight year of budgetary challenges, where the cost of current services and previous commitments exceeds our revenue growth.” His proposed budget includes $190.6 million for Alexandria City Public Schools, a 2.62 percent increase over FY2014 but $2.5 million less than requested by the Alexandria School Board.

Fairfax County Chairman of the Board of Supervisors Sharon Bulova: “This will be a very challenging budget.” Fairfax County Public Schools Superintendent Karen Garza proposed an increase of 5.7 percent, $98 million more than the schools requested last year, but supervisors have said to expect an increase of 2 percent.

Fairfax County, along with Arlington and Alexandria, is wrestling with how to fund increasing financial requests from schools, increasing needs for human services and providing a safety net, and many other areas of local budgets. In Virginia, localities are allowed few areas of revenue, and local budgets are funded primarily through real estate property taxes. Property values have increased this year, and local governments are also considering increases in the property tax rate, meaning homeowners will pay more in taxes.

Fairfax County Real Estate Assessments increased 5.8 percent for single family homes, 8.4 percent for townhouses and 10.5 percent for condos. In Arlington, property values grew about 5.8 percent this year. That includes single-family houses and townhouses, which went up 6.2 percent, as well as condominiums, which went up 5.9 percent. In Alexandria, residential assessments increased 4.8 percent.

But just because a home is worth more this year than last year doesn’t actually put any more money in anyone’s pocket. The increases are mostly modest and necessary in an area that prides itself on providing an exceptional quality of life and thriving business environment.

Employment and jobs are also strong in Northern Virginia, with unemployment at 3.7 percent in Fairfax, 4.1 percent in Alexandria and 3.2 percent in Arlington. Northern Virginia is the economic engine of Virginia. The overall unemployment rate in Virginia is 5 percent, with these statistics from the Bureau of Labor Statistics. These rates are far below the national rate.

But state income tax, paid disproportionately by workers in Northern Virginia, are collected by the state for the state budget. The exact percentage of money that returns to Northern Virginia is debated, but it is definitely small. Localities should have the ability to add a piggyback tax to the state income tax in order to provide needed and expected services while giving relief to homeowners.

Anyone familiar with the political process in Virginia knows that this is a pipe dream with essentially zero chance. It would have to pass the Virginia General Assembly. Nevertheless, it makes no sense for Northern Virginia to pay income taxes to the state without being able to benefit.

Meanwhile, Arlington FY 2015 tax rate public hearing is March 27 at 7 p.m. More on Arlington’s budget: http://countyboard.arlingtonva.us/budget/

Fairfax County’s public hearings, all in the auditorium at the government center: Effective Tax Rate Hearing 3 p.m., April 8, 2014; Budget Public Hearing 6 p.m., April 8; 3 p.m., April 9; 3 p.m., April 10. More on Fairfax County Budget, http://www.fairfaxcounty.gov/dmb/


A favorite guideline on testimony at budget hearings comes in Arlington: “Repetitious testimony is discouraged.” Good luck with that.

— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

Small Farmers Need Clean Water

By Mariette Hu Newcomb

And Kimberly Williams

Northern Virginia’s small farmers know the importance of the water that we all depend on. They worry that polluted water could contaminate their crops — the fruits and vegetables that are important to keep people nourished and healthy. Local farmers are doing their part to reduce runoff into the streams that feed into the Potomac River.

But the Potomac River and other waterways across Virginia remain at risk.

The Clean Water Act has been helping protect waterways across the country from pollution for the past 40 years. Through its protections, we’ve made huge progress in cleaning up Virginia’s waterways, giving even more Virginians the opportunity to fish and swim in rivers like the Potomac. But if polluters like Big Ag and Big Oil have their way, that progress will stop here.

Pollutant loads have opened up huge loopholes in the Clean Water Act. These loopholes leave 57 percent of Virginia’s streams and many of its wetlands at risk of uncontrolled pollution. To make matters worse, these are the same waterways that feed and filter waterways like the Potomac River and, on their own, provide the drinking water for 2 million Virginians.

The effects of these loopholes on Virginia could be huge. The health of our families, our local economy and the ecosystem depend on our waterways being clean and safe. And our farms need clean water to grow healthy food for our communities.

No one should be allowed to dump waste into the waterways that provide our communities with drinking water and a place to visit and enjoy. We all have a stake in clean water, and we know from the days before the Clean Water Act that when polluters dump into our streams and paves over our wetlands, we all suffer.

Virginia’s small farmers have a particularly large stake in clean water and would feel the impacts of an impaired water source. And because of that, many small farmers in Virginia take great care to be stewards of their land and our waterways. But without adequate protections to all our waterways, we can’t ensure that our water will remain clean enough for drinking, swimming, or watering our crops.

Fortunately, the U.S. Environmental Protection Agency has the power to close these loopholes and help ensure that all Virginia’s waterways are safe for future generations to enjoy just like we do today.

For over a decade, the nation’s biggest polluters have been fighting tooth and nail to keep the EPA from fixing these loopholes and letting the cops on the environmental beat protect waterways like the Potomac River. But this fall, the EPA took the first big step toward protecting all of Virginia’s waterways when it initiated the process to finally close these loopholes.

This is great news for people across Virginia, especially small farmers. If the EPA continues to move forward and fixes the Clean Water Act, our waterways could soon again have the protections they deserve.

Whether we’re fishing, swimming, watering crops, or just turning on the tap, the health of our waterways is critical to our way of life. All our waterways should be clean enough that we can swim in them without risking getting sick and fish from them without fearing the catch is too contaminated to eat. And the water that farmers give to their livestock should come from protected sources.

Whether we’re farmers, entrepreneurs, local officials, or ordinary families, we all need the EPA to move forward and fix the Clean Water Act now to ensure that places like the Potomac River are protected now and for future generations.

Mariette Hu Newcomb is the owner of Potomac Vegetable Farms, a local farm in Northern Virginia that specializes in growing crops without synthetic fertilizers or pesticides. Their vegetables, herbs, and cut flowers are available at farmers markets, our own-on-farm roadside stands, and through their CSA program. Kimberly Williams is the Clean Water Associate with Environment Virginia, a citizen based advocacy organization.
Requiem by John Rutter

SUNDAY/MARCH 30
Blue Moon Girls.

SATURDAY/MARCH 29
League of Reston Artists Exhibit.

TUESDAY/MARCH 25-MONDAY/MARCH 31
2014 Fine Art Photography Exhibit showcases the work of thirty-seven regional photographers. This photography exhibit delivers photographs of astounding color, extraordinary textures, remarkable faces and breathtaking places, images from a wide variety of artists. www.artspaceherndon.org.

TUESDAY/MARCH 25-SUNDAY/APRIL 6
Artists Honored at LRA’s “Winter Dreams” Exhibit. See them on March 29 at Holy Cross Lutheran Church.

TUESDAY/APRIL 1
Ruston Garden Club. 1 p.m. 9750 Meadowlark Gardens Court, Vienna. Guests are invited to hear the speaker, Renatta Holt from Merrifield Garden Center, talk about the “Well Behaved Garden.” Her talk will include the use of new cultivars to minimize maintenance, plants that are bred to be smaller, the right plants for the right space, plants that do well in shady gardens, and plants that are deer resistant.

FRIDAY/APRIL 4
First Fridays Art House Cinema and Brew. 7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. April’s movie, Pan’s Labyrinth (2006), the tale of 11-year-old Ofelia’s dark fantasies set against the reality of The Spanish Civil War. Rated R. Advance reservations are required, made through our website, www.artspaceherndon.org.

SATURDAY/APRIL 5
Ruston 50/100 Founder’s Day Celebration. 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston “home.” Join the Reston Historic Trust and Museum for Founder’s Day as they celebrate Reston’s 50th anniversary.

Watch Classical Ballet Theater's performance of “The Sleeping Beauty,” on Sunday, March 30, 1 & 3:30 p.m. 320 Victory Drive, Herndon.

COMMUNITIES OF WORSHIP

ST. ANNE’S EPISCOPAL CHURCH•Reston
7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school: preschool - grade 2
Music: grades 1 - 2
10:25 a.m. Sunday School Grades 3 to 12
Music: 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite III
5:00 p.m. Come Just As You Are Contemporary Service
Nursery care provided at 4:00 p.m. service
The Rev. James Pugh, Rector
The Rev. Laura Coe from
703-457-6330
www.stannes-reston.org
1700 Wootenworth Dr., Reston

To Highlight your Faith Community, Call Karen at 703-917-6468

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Support Your Local Businesses

What Are You Looking Forward to this Spring in Herndon?

Sean Petersen, employee at the Great Harvest Bread at Herndon
“I look forward going outside and hiking.”

David Meyer, co-owner of Green Lizard Cycling at 718 Lynn St, Herndon
“With spring we look forward for more people being outdoors and using the bike train which is right outside the store. People enjoy our store’s services.”

Ivan Ramiscal, engineer
“I look forward to building out on the W&OD trail and riding my bike.”

Aimée Brillhart, producer and writer at Sirens Media
“I look forward to reading the paper on a hammock.”

Ed MacDonald, software engineer
“I am looking forward to more bicycle rides so I can commute back and forth from work.”

Mike Faul, owner of Potter’s Fire located at 797-B Center Street in downtown Herndon.
“I look forwards to no more snow, and I have some garden projects for the front lawn of our store location.”

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

COMMUNITIES OF WORSHIP

Welcome, Diverse, Progressive

ST. ANNE’S EPISCOPAL CHURCH•Reston
7:45 a.m. Holy Eucharist, Rite I
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South Lakes senior and West all-star Abby Rendle, right, reaches for a loose ball during the 10th Suburban Classic on March 23 at Oakton High School.

East All-Stars Beat West in Suburban Classic

McLean’s Prock named East MVP; South Lakes’ Jensen scores 22.

By Jon Roetman
The Connection

McLean senior guard Cami Prock “took a couple emotional days off” following the Highlanders’ season-ending loss to T.C. Williams in the opening round of the 6A North regional tournament on Feb. 24.

Following her decompresion session, Prock returned to the gym to work on her game. While her time with the McLean girls’ basketball team was over, Prock’s hard work paid off a month down the road with a strong performance in the all-star game at Oakton High School.

As a member of the East all-stars, Prock scored a team-high 12 points and earned team MVP honors. The East defeated the West 78-64 on March 23.

THE SUBURBAN CLASSIC featured some of the top seniors from the 6A North and 5A North regions. The Northern Virginia Women's Basketball Coaches Association sponsored the event and helped raise scholarship money for athletes.

The East all-stars, coached by Edison’s Dianne Lewis, led the West squad, coached by Madison’s Kirsten Stone, 34-30 late in the second quarter. Prock helped the East pull away, though, scoring six points in the final 90 seconds of the first half as the team built a 41-30 halftime advantage.

Prock agreed that the environment was a combination of competitiveness and enjoyment.

“It was definitely a great mixture of both,” she said. “I know when I’m competing and having fun at the same time, it’s a great feeling.”

Prock will attend the College of William & Mary next year and is debating whether to attempt to join the university’s basketball team as a walk on.

South Lakes guard Caitlin Jensen, a member of the West all-stars, was another athlete who didn’t take long to return to the gym after her high school season had ended. Jensen said she went back to work the following day after the Seahawks lost to Centreville in the regional quarterfinals on Feb. 25.

On Sunday, Jensen led all scorers with 22 points, including four 3-pointers.

“I’ve been working really hard since the season ended,” Jensen said. “It’s a great feeling.”

Jensen will continue her basketball career next season at the University of Mary Washington. On this afternoon, she got to play once again with South Lakes teammate Abby Rendle, and with girls she had competed against during her high school career.

“It was a good experience,” Jensen said. “It was nice because I’ve played against these people forever and now playing on the same team with [Centreville point guard] Jenna [Green] and all them, it’s a new feel, but I liked it.”

Madison senior Katie Kerrigan has also been working hard, but in a different sport. After the Madison girls’ basketball team lost to Stonewall Jackson in the region semifinals on Feb. 27, Kerrigan transitioned to her primary sport of lacrosse, which she will play at Ohio State University. On Sunday, she was back on the hardwood as a member of the West all-stars.

“It was definitely a lot of fun playing with the best players in the region,” Kerrigan said. “It’s definitely a little hard because I haven’t touched a basketball in three weeks. It was fun. It was a great experience. I got to play with a lot of my close friends. It was a great way to end my high school career.”

Kerrigan scored six points, played aggressive defense and got to play for Coach Stone one more time.

“It was fun,” Stone said of coaching Kerrigan in the all-star game.

“She’s just a workhorse. You don’t really see many of those, … I turned to the girls on the bench and I’m like, ‘I would hate for her to have to guard me.’ And they were like, ‘it’s awful.’”

THE EAST ALL-STARS led by as many as 22 points, when West Springfield’s Amy Berglund scored to give the team a 76-54 advantage in the fourth quarter. Berglund finished with 10 points. She was one of four East players to reach double figures, and one of seven to score at least eight points.

Samantha Porter (Mount Vernon/Christopher Newport) and Amber Bryson (Lee) each scored 10 points for the East all-stars. Tykera Carter (T.C. Williams) finished with nine points, while Michelle Noel (Wakefield) and Tatianna Torres (Edison) each had eight.

Caitlyn Mandela (Lake Braddock) and DeJa Jeamprelle (Mount Vernon/Barton College) each had four points for the East, and Angie Schedler (T.C. Williams) had three.

For the West all-stars, Centreville’s Green finished with 13 points and earned team MVP honors. Arnelle Collins (Freedom) scored 12 points and Alexia Johnson (Broad Run) had nine. Kayla Hix (Stonewall Jackson) and Bailey Dufrene (Osborn) each had one point. Freedom’s Nicole Lubovich also competed for the West team. Centreville’s Katie Blumer was a member of the West all-stars but sat out due to injury.

Lewis, who coached Edison to its second consecutive region championship this season, said allowing players to have fun was a priority, but she takes pride in winning.

“Absolutely,” she said, “I hate to lose.”

There was a 3-point shootout prior to the main event, which Berglund won with nine points in the final round. Dufrene produced a final-round score of eight, while Prock and Green each had a score of seven.

Berglund put up 19 points in the first round.

“My heart was racing, I don’t know why,” Berglund said. “I was pretty nervous. It was fun. I felt like I was in the NBA all-star [shootout].

My legs got tired in the second round, that’s why my score dropped so much, but it was fun.”

Photos by Craig Sterbutzel/The Connection

March 26 - April 1, 2014 www.ConnectionNewspapers.com
SUNDAY/APRIL 6
Mr. Vaudeville and Friends with Mark Brutsché.  3 p.m., at The Centerstage, Reston Community Center. Hunter 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 703-476-6300.

Dry Branch Fire Squad  3 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Dry Branch Fire Squad brings you traditional bluegrass music “on the ragged edge” with soaring vocals and creative work on wood and strings. They are known almost as much for their humor as for their music. $15. http://www.drybranchfiresquad.com.

THURSDAY/APRIL 10
Mind, Heart, Vision Exhibit
Opening Reception.  6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. This exhibit is an annual exhibition at ArtSpace Herndon featuring selected artwork created by Herndon High School seniors. The reception is free and open to the public. 703-956-6590. www.artspaceherndon.org.

FRIDAY/APRIL 11
Joe Mullins & Radio Ramblers.  8 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Joe Mullins & Radio Ramblers provide some of the very finest in traditional bluegrass as well as contemporary style bluegrass available today. Tremendous vocal harmony and absolutely magnificent instruments are their hallmark. $15 admission. http://www.radioramblers.com

SUNDAY/APRIL 13
Book Look: Child of the Civil Rights Movement.  3 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, Child of the Civil Rights Movement is an intimate look at the birth of the Civil Rights Movement. 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 for more information and to register.

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Another Milestone

By KENNETH H. LOURIE

March 30, 2014. My age 59 and a half (9/30/54 is my date of birth). The age at which money deposited into an Individual Retirement Account (IRA) can be withdrawn without incurring a 10 percent early-withdrawal penalty from the Internal Revenue Service (IRS). Not that I’m retiring, I am remembering though when this cancer-centric life of mine began.

I was diagnosed – in person – on February 27, 2009. Coincidentally around the time of the year when I contribute to my/our previous calendar year’s IRA. On that fateful February day, I was 59 and nearly five years away from having penalty-free access to my own “qualified” money. Having just received a diagnosis, I was banking on the prognosis by my oncologist, decision-making on subjects A-Z and/or everything in between – from the time to the timeline ofterminal stage IV, non-small cell lung cancer, NSCLC (and you have inaction, inattention and insecurity overwhelming you at every stop – and at every age, too, physically and emotionally).

As awkward and unfamiliar as this experience was at the time, I recall pondering the merit of investing money then that I would have limited access to until later, five years later in fact (without penalty that is). My mean, who knew/who knows what expenses I might incur during my treatment? Fortunately I had health insurance, but considering co-pays, deductibles, “reasonable and customary” type reimbursements leaving a balance to be borne by you truly, alternative medicines/treatment options available (likely a total out-of-pocket cost), home health care, cancer/terminal employment/income and miscellaneous expenses I was too clueless and uneducated to estimate, planning, and topy-turvy becomes turvy-toppy.

Now complete the process further by introducing financial issues – past, present and future – with the incredible uncertainty of a totally unexpected terminal diagnosis stage IV, non-small cell lung cancer, NSCLC (and you have inaction, inattention and insecurity overwhelming you at every stop – and at every age, too, physically and emotionally).

As awkward and unfamiliar as this experience was at the time, I recall pondering the merit of investing money then that I would have limited access to until later, five years later in fact (without penalty that is). My mean, who knew/who knows what expenses I might incur during my treatment? Fortunately I had health insurance, but considering co-pays, deductibles, “reasonable and customary” type reimbursements leaving a balance to be borne by you truly, alternative medicines/treatment options available (likely a total out-of-pocket cost), home health care, cancer/terminal employment/income and miscellaneous expenses I was too clueless and uneducated to estimate, planning, and topy-turvy becomes turvy-toppy.

I am remembering though when this cancer-centric life of mine began.

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