

Tax Burden  
Targets  
Low-Income  
in Northern  
Virginia  
NEWS, PAGE 4

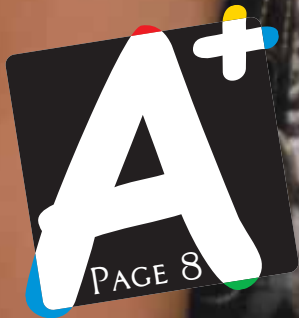
Herndon High seniors Brandilynn  
Breeding and Briana Bui both  
have artworks on display in the  
Mind, Heart, Vision art exhibit at  
ArtSpace Herndon. The exhibit  
continues until April 27.

# Mind Heart Vision Exhibit Opens at ArtSpace

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PHOTO BY RYAN DUNN/THE CONNECTION







## Traumatic brain injury. Not the opponent Connor was expecting.

Two years ago a simple game of catch ended with a trip to the emergency room. A baseball had struck Connor above the eyebrow and blood was pooling dangerously between his brain and skull. Watch how our experts responded at [JustRightForChildren.com/Connor](http://JustRightForChildren.com/Connor).



“ You gotta be prepared for any kind of shot hit your way. ”

Connor McCormick  
Future tennis phenom



## Herndon High Students Perform with All-State Band

Herndon High School All State Band Students pictured while participating in the performance on April 5 at Virginia Tech in Blacksburg, Va. — Lewis Morgan (senior), trombone first chair; Dasha Bradfield, (senior), clarinet; Jacob Reeves (sophomore), percussion; Trevor Little, (senior) trumpet, and Aimee Toner, (sophomore) flute.



PHOTO CONTRIBUTED

Herndon High Business Management Virtual Enterprise class represented Virginia in the National Business Plan competition in New York City.

## Herndon High in National Business Plan Competition

The Business Management Virtual Enterprise class at Herndon High recently placed first in best sales presentation, first in website design, second in company business card, and fifth in human resource case study during a trade show at Virginia Wesleyan College. The students created the company V-LO Chip, Inc. Their chip is the size of a stamp and can be placed on any item which would allow one to locate a lost, stolen, or misplaced object using a smartphone, laptop, or tablet. It can also be used for medical purposes to locate

disoriented loved ones suffering from dementia or Alzheimer's Disease. Team members include Paria Ahmadi, Daniel Cozza, Eduardo Delgado, Bobby Emmons, Bailey Hubble, Anthony Lieu, Stephanie Paendong, Nathan Petrelli, and Sam Sepassi. Team officers also played a part in the success of the competition but did not attend; they traveled to New York City on March 31, to represent Virginia in the National Business Plan competition. Officers are Steven Barbaro, Andrew Ipinza, Robert Koss, Travis Langtry, Andrew Maccini, Sara Pena, and Han Phan.

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The ribbon cutting for the Snap Fitness location at Herndon Kmart Shopping Center on Elden Street. From left — Glenn Ulick, Sean Boyd with wife Schatem and daughter Brynn, Delegate Tom Rust, Town of Herndon Mayor Lisa Merkel, and Town of Herndon councilmembers Sheila Olem and Grace H. Wolf.

## Snap Fitness Holds Grand Opening

24/7 fitness center looks forward to serving community.

BY RYAN DUNN  
THE CONNECTION

After more than three years of successful operation of a fitness location on Franklin Farm Road, in Herndon, business owner Sean Boyd decided to open a new Snap Fitness location at the Herndon Kmart Shopping Center on Elden Street. Several martial arts studios are located in the area, but there has been no fitness center serving the neighborhood since Gold's Gym closed its location in 2008. Boyd had previously considered opening a site at the Kmart Shopping Center location. "They revamped the shopping center, and it is much more appealing," said Boyd. Snap Fitness is a privately owned and operated health and fitness club founded in 2003 by Peter Taunton. Headquartered in Chanhassen, Minn., the company specializes in smaller fitness gyms than bigger competitors.

The health and fitness industry has not been heavily affected by the recession, and Snap Fitness offers to service customers at all hours. This is to the company's advantage as some people refrain from joining a gym because they feel they lack time to fit in their workouts. At Snap Fitness locations there



David Jordan Snap Fitness club manager for the Herndon Kmart Shopping Center on Elden Street demonstrates the correct use of gym equipment.

are no pools or tennis courts, but there are staff to provide members with equipment, guidance, and value-added services to achieve results.

"I live up the street and was one of the first ones here," said Nelson Borrero, a resident of Reston. Borrero, a patron of Snap Fitness, previously used the location at Franklin Farms Road before the Elden Street location opened. "This one is my favorite," said Borrero. The Elden Street Snap Fitness location also offers a kiosk fitness program, "Fitness on Demand."

With this program, gym members can choose from hundreds of exercise videos including kickboxing, dance, cycling, yoga, and more. A member uses a touch-screen to check for workouts with a live trainer, or if there are no scheduled workouts at the time, they can exercise with a video, projected on a large screen.

Boyd and club manager David Jordan look forward to associating and interacting with other local business. Chiropractor David Ingram with NOVA Family Chiropractic and local podiatrist Stanley Idiculla of NoVa Foot and Ankle also attended the opening ceremony. "We are glad there is a fitness center we can work in collaboration with for people who have feet injuries," said Idiculla.

Also attending the Saturday opening ceremony were Town of Herndon mayor Lisa Merkel, Town of Herndon councilmembers Sheila Olem and Grace H. Wolf, and Del. Tom Rust (R-86). "Once again a unique, wellness-centered business has chosen Herndon as its home," stated Town of Herndon Mayor Lisa Merkel. "This 24 hour gym will be a great addition to our community, especially for residents who work unconventional hours. We are thrilled to welcome them to town!"

To learn more about Snap Fitness, visit [www.snapfitness.com](http://www.snapfitness.com).

**Snap Fitness staff Sean Boyd, Assiatou Kama, Sean Boyd, Jackie Le, Andrea Wallenhorst, and David Jordan at the Snap Fitness at Herndon Kmart Shopping Center on Elden Street.**



PHOTOS BY RYAN DUNN/ THE CONNECTION



Jordan Daly, 3, gives the Easter Bunny a hug.

PHOTOS BY REENA SINGH/ THE CONNECTION

## Eggs-ellent Pre-Easter Swim

Herndon Community Center hosts third annual Aqua Egg Hunt.

BY REENA SINGH  
THE CONNECTION

Energetic children splashed about in a pool, frantically grabbing colorful plastic eggs bobbing in the water before time ran out.

Herndon Community Center's Third Annual Aqua Egg Hunt attracted about 80 swim-suit-clad children on Saturday. "I think it's an opportunity for both the child and parent to do something together," said Aquatic Services Manager Kerstin Severin.

Many of the younger children hung on to their parent's back as they swam the deeper end of the pool - where many of the ungathered Easter eggs were.

Each wave began with the Easter Bunny hopping enthusiastically by the pool, dropping his arm to signal the group of children to splash into the pool and grab as many eggs as they could. Because the suited-up bunny was in a very humid room, he took breaks while the children were in the pool to cool down. "He can only stand a couple minutes at a time," said pool manager Drew Kreutter. "We're making sure he hydrates really well." He said 100 children were registered last year, but as long as every child was safe in the water, he considered the event a success. Several lifeguards watched the pool carefully to make sure the children were able to handle the Easter-themed swim.

After each wave, children high-fived and took pictures with the Easter Bunny on the way to get their plastic eggs counted. The child with the



Dads help their kids gather Easter eggs in the deep end of the pool.

most eggs got a big prize, but all of the participants received a goody bag filled with candy and pastel-colored trinkets.

Joe Daly, of Herndon, brought his daughters to the event. He helped 3-year-old Jordan Daly fill her mesh bag with eggs.

"It's something fun for the kids to do," he said. "They enjoy being in the water."

Katherine Burnett drove from Shirlington to see her grandsons Cooper, 3, and Charlie, 1, bubble with excitement as they waited for their wave.

"I'd say he's ready," she said. "He won't take his eyes off the eggs. They're anxious."

Herndon is hosting a more traditional egg hunt on Saturday, April 19 from 9 to 11:30 a.m. at the municipal lawn at 777 Lynn Street. Children ages 5 to 7 will start at 9:30 a.m. Children ages 3 to 4 will start at 10:15 a.m. Those who can walk to the age of 2 will start at 11 a.m. On-site registration is \$9 per child.



# Tax Burden Targets Low-Income in Northern Virginia

Average tax burden for low-income workers is highest in Arlington, Alexandria and Fairfax.

BY MICHAEL LEE POPE  
THE CONNECTION

Families that are struggling to make ends meet in Northern Virginia are the target of local governments in Northern Virginia, which has the highest tax burden in the region for low-income workers. Wealthy people face the highest tax burden in Prince George's County and Montgomery County. But here in Virginia, poor people face the biggest tax burden in Arlington, according to a new study by the Office of Revenue Analysis in the District of Columbia. Alexandria ranked second, and Fairfax County ranked third.

"People of color and low-income people are being pushed farther and farther out," said Jon Liss, founder of Tenants and Workers United. "The whole anti-immigrant backlash from 2006 to the present in Prince William was against the influx of people of color, particularly immigrants, being priced out and taxed out of this area and moving down there."

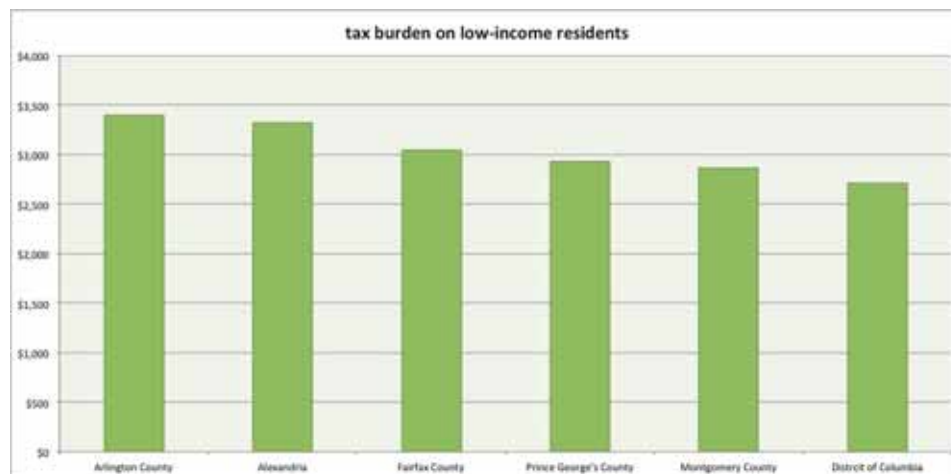
The study included the average tax burdens for five different income levels, starting at a family that earns \$25,000 a year and ending with a family that earns \$150,000 a year. The families at each income level are assumed to own a single family home, although those in the \$25,000 are assumed to live in rental housing and own a vehicle. The combination of income tax, sales tax and automobile tax hit people at the bottom end of the scale hardest.

"There is no deliberate policy to impose a disproportionate tax burden on the lowest income residents," said Frank Shafroth, director of the Center of State and Local Leadership at George Mason University. "Rather, it's a lack of state-delegated authority to use other kinds of taxes, which would provide greater options to create a more

MAJOR STATE AND LOCAL TAX BURDENS FOR A FAMILY OF THREE RESIDING IN SELECTED WASHINGTON METROPOLITAN AREA JURISDICTIONS CALENDAR YEAR 2012

TAX	DISTRICT OF COLUMBIA	MONTGOMERY COUNTY	PRINCE GEORGE'S COUNTY	ALEXANDRIA	ARLINGTON COUNTY	FAIRFAX COUNTY
<b>\$25,000 INCOME LEVEL</b>						
Income	(319) 1/	(172) 1/	(172) 1/	144	144	144
Real Estate	2,095	2,095	2,095	2,095	2,095	2,095
Sales and Use	721	554	558	661	657	592
Automobile	213	394	456	428	503	212
<b>TOTAL</b>	<b>2,710</b>	<b>2,871</b>	<b>2,937</b>	<b>3,328</b>	<b>3,399</b>	<b>3,043</b>
<b>RANK</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>3</b>
<b>\$50,000 INCOME LEVEL</b>						
Income	1,179	1,349	1,301	1,123	1,130	1,103
Real Estate	1,197	1,739	2,229	2,079	1,969	2,239
Sales and Use	945	731	743	801	797	710
Automobile	257	502	584	554	697	264
<b>TOTAL</b>	<b>3,579</b>	<b>4,321</b>	<b>4,857</b>	<b>4,557</b>	<b>4,593</b>	<b>4,316</b>
<b>RANK</b>	<b>6</b>	<b>4</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>5</b>
<b>\$75,000 INCOME LEVEL</b>						
Income	2,410	2,540	2,807	2,200	2,210	2,181
Real Estate	2,082	2,609	3,343	3,118	2,953	3,359
Sales and Use	1,434	1,138	1,159	1,244	1,236	1,095
Automobile	458	931	991	1,035	1,320	810
<b>TOTAL</b>	<b>6,384</b>	<b>7,219</b>	<b>8,406</b>	<b>7,597</b>	<b>7,719</b>	<b>7,445</b>
<b>RANK</b>	<b>6</b>	<b>5</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>4</b>
<b>\$100,000 INCOME LEVEL</b>						
Income	4,157	4,518	4,426	3,393	3,389	3,352
Real Estate	2,968	3,479	4,458	4,158	3,937	4,479
Sales and Use	1,589	1,255	1,277	1,351	1,343	1,184
Automobile	551	1,012	1,178	1,087	1,377	825
<b>TOTAL</b>	<b>9,265</b>	<b>10,263</b>	<b>11,339</b>	<b>9,989</b>	<b>10,046</b>	<b>9,840</b>
<b>RANK</b>	<b>6</b>	<b>2</b>	<b>1</b>	<b>4</b>	<b>3</b>	<b>5</b>
<b>\$150,000 INCOME LEVEL</b>						
Income	7,534	8,027	7,888	5,624	5,595	5,553
Real Estate	4,738	5,218	6,687	6,237	5,906	6,718
Sales and Use	2,340	1,889	1,925	1,968	1,949	1,719
Automobile	543	1,405	1,702	1,692	2,517	1,433
<b>TOTAL</b>	<b>15,155</b>	<b>16,539</b>	<b>18,201</b>	<b>15,521</b>	<b>15,967</b>	<b>15,423</b>
<b>RANK</b>	<b>6</b>	<b>2</b>	<b>1</b>	<b>4</b>	<b>3</b>	<b>5</b>

Note: Numbers may not add to totals due to rounding.  
1/ Negative numbers result from a refundable Earned Income Tax Credit.



responsive tax policy in each of these two booming jurisdictions."

**ARLINGTON RANKS** the highest for families that earn \$25,000 — a very low income for families who live inside the Beltway. The median household income in Arlington is about \$103,000, which means the study was looking at families who are struggling to make ends meet in a county where most families pull down salaries that are about four times larger. County officials say the

tax burden tells only part of the story. Arlington leaders say the county offers a number of significant services to low-income residents, including public education and housing support.

"I believe we are the only Northern Virginia locality still providing housing grants to lower income families and seniors," said Jay Fisette, chairman of the Arlington County Board. "We provide four to five times the level of support to help make housing affordable as do our closest North-

ern Virginia neighbors."

As people earn more money, the tax burden decreased on Arlington residents. The same is true of people who live in Alexandria, which ranks second overall for people who are at the bottom end of the earnings scale. Alexandria also has the third highest tax burden among families with a \$50,000 and \$75,000 income level, and the fourth highest tax burden among families with a \$100,000 or \$150,000 income level. Residents in the District of Columbia have the lowest tax burden in all five of the income brackets.

"Talk to people in D.C., and they wish they had better services — EMS service, for instance, better police response times, more recreation centers," said Alexandria Mayor Bill Euille. "So it's what you invest in and reinvest in in terms of providing outreach and services to your taxpayers."

**VIRGINIA HAS A** reputation as a low-tax state, so the relatively high tax burden on low-income people is counter-intuitive. For example, the Washington-based Tax Foundation ranks Virginia as the 25th lowest among states levying an individual income tax. When the organization looked at state and local income tax collections, though, it ranked Virginia as the 11th highest nationally.

"We reside in a low-tax state," said Shafroth. "So there is both a greater burden on local governments to raise taxes than in Maryland, but limited state authority on what kinds of taxes may be levied."

Among the Northern Virginia jurisdictions that were part of the D.C. government study on tax burdens, Fairfax County had the lowest tax burden in all income brackets. That means that Arlington and Alexandria impose a greater tax burden on their residents than in Fairfax County. But as families earn more money, the tax burden decreases in Fairfax County.

"Saying that Fairfax has a lower tax burden than Arlington is like saying that Mount McKinley is not as high as Mount Everest," said Arthur Purves, president of the Fairfax County Taxpayers Alliance. "Fairfax County's tax burden and spending is still way too high."

## BULLETIN BOARD

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

### THURSDAY/APRIL 17

**Women's Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The guest speaker for the April meeting will be Linda Fuller, owner of Lake Anne Florist, Virginia Wine & Gourmet. Linda will demonstrate the art of flower arranging. Come prepared to be entertained and learn from one of the best. Free and open to the public. (No need to be a Reston

resident.) Refreshments provided. For more information, please visit [www.restonnewcomers.org](http://www.restonnewcomers.org) or call Sharon at 571-201-8719.

**Meditations for Kind Heart.** 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships through learning to cherish others. [www.meditation-dc.org](http://www.meditation-dc.org). Cost: \$10.

**Seder Hosted by United Parish Christian.** 6:30 p.m. United Parish Christian Church, 11508 North Shore Drive, Reston. For more information call the church office at 703-620-3065 or see [www.unitedchristianparish.org](http://www.unitedchristianparish.org).

### WEDNESDAY/APRIL 30

**Reston Friends Spring Book Sale.** 5-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### 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](http://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](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto: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 [hbrock@reston.org](mailto:hbrock@reston.org) or 703-435-7986.

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

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

**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.



## Herndon Town Council Holds Budget Hearings

A \$48,827,100 budget was presented to residents to discuss at the April 8 Herndon Town Council meeting.

The meeting provided residents the opportunity to gather information about the 2014-15 budget. A second hearing will be held April 22, at 7 p.m. at 765 Lynn Street.

"In this climate, my proposed FY 2015 budget takes a conservative approach to allocation of town resources while continuing our focus on redevelopment of the downtown, planning for transit-oriented development near Metrorail's Herndon station and maintenance of the quality of our public facilities and infrastructure," stated Herndon Town Manager Arthur Anselene in a press release. The total budget shows a 1.6 percent decrease from the current year's budget. The biggest cuts were for interfund transfers and capital. Budget expenditures can be found at [https://www.herndon-va.gov/Content/Government/Town\\_Budget/FY2015ProposedBudget.pdf](https://www.herndon-va.gov/Content/Government/Town_Budget/FY2015ProposedBudget.pdf)

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



Helping Animals Find Their Way Since 2001

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

**Adopt/Donate/Volunteer**  
[www.lostdogandcatrescue.org](http://www.lostdogandcatrescue.org)

# Turn your House into a Home

## How can you help?

- Adopt** one of our lovable cats or dogs.
- Volunteer** your time or services.
- Donate** money or supplies for the Shelter.

FRIENDS OF HOMELESS ANIMALS  
[www.foha.org](http://www.foha.org)

## Green Lizard Fun Ride Bike-A-Thon on May 10

The 2nd Annual Green Lizard Half-Century Fun Ride Bike-A-Thon, held in conjunction with Herndon Rotary Club, is Saturday, May 10. All proceeds will be utilized to support the Herndon Middle School's Orchestra and Herndon High School's Chorus, Band and All Night Grad Party.

Green Lizard Cycling will provide pre-ride bike checks and the Herndon Rotary will host the post-ride party 12:30-3 p.m. at the Green Lizard tent, free to all participating cyclists. Registration forms may be obtained in person at Green Lizard Cycling, across from the depot in downtown Herndon, 718 Lynn Street, Herndon or may be downloaded from the Green Lizard website [www.greenlizardcycling.com](http://www.greenlizardcycling.com)

Advance registration, now through May 1, is \$40; May 2-May 10 registration is \$50. Payment can be made by mail or in person. Cash, check, debit or credit card accepted. For debit and credit card payment contact the Green Lizard at 703-707-BIKE (2453).

All riders may participate by securing a minimum of \$50.00 in pledges in lieu of registration fee.

# It's the SPIN SALE!

During the month of April, visit Van Metre Homes and SPIN for the hottest selection of accessory packages + enhanced EXTRAS that will be included with your new home purchase! Making your favorite space in your new place COMPLETE!

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\*Offer valid on contracts written between 4/1 - 4/30/14. This is a limited time offer, subject to change and may be withdrawn at the discretion of Van Metre Homes without prior notice and may not be used in conjunction with any other discount. Prices subject to change without notice. Certain restrictions apply. For more details, see Sales Manager. 4/2014. ©American Express Bank, FSB. All rights reserved.



# OPINION

## Celebrate Earth Day

Get outside with your family, participate in group activities, or just walk in your favorite park.

**E**arth Day is April 22, observed April 19-27 and beyond. Fairfax County offers many useful and educational ways to enjoy the day. Don't miss the chance to get outside, observe the developing spring weather, flora and fauna. Here are some of the opportunities:

**Environmental Film Festival**, Sunday, April 20 through Thursday, April 24, Cinema Arts Theatres: 9650-14 Main Street, Fairfax. Each day, networking will begin at 3:30 p.m. and films begin at 4 p.m. The public is welcome to join in discussion on film topics and how they relate to Fairfax County. Students throughout the County have been encouraged to submit 2-5 minute films which will be shown throughout the Festival in between feature films and will be rebroadcast on Cox Communications local Channel 74 following the Festival. Environmental nonprofit organizations like the Audubon Society, Lands and Waters, Northern Virginia Soil and Water Conservation District will be at Cinema Arts for the daily networking sessions at 3.30 p.m.

[http://www.fcrrp3.org/wp-content/uploads/green\\_inspirations.pdf](http://www.fcrrp3.org/wp-content/uploads/green_inspirations.pdf)

**Cub Run RECenter for Earth Day**, Saturday, April 19, 9 a.m.-noon, 4630 Stonecroft Blvd, Chantilly: "Nike Reuse-a-Shoe Program," bring old, worn-out athletic shoes to Earth Day. Nike Reuse-a-Shoe will grind them down to create a new material called Nike Grind which is used to make sports courts, turf fields, tracks and more. Activities include: planting, weeding, mulching, watershed clean-up, crafts for kids and bring questions for Master Gardeners. What to bring: water bottle, sunscreen, hat, garden gloves and bug repellent. Age: 5 - adult (ages 12 and under must be accompanied by an adult).

**Springfest**, April 26, 10 a.m.-4 p.m. The Workhouse Arts Center, 9601 Ox Road, Lorton: pony rides, plant sales, climbing wall, bounce house, petting zoo, face painting, two shows by Billy B, Reptiles Alive!, Under The Sea. 9-11 a.m. Stream Cleanup and Tree Planting with Occoquan Regional Park. Donate toothpaste, toothbrushes, cereal and rice to Lorton Community Action.

**Invasive Management Area Volunteer Program** is a community-based project designed to reduce invasive plants on our parklands. This volunteer-led program gives residents an opportunity to protect plants and wildlife of Fairfax County's forests while spending time outdoors, meeting new people and restoring natural habitats. Key components of this program are habitat restoration and a long-term commitment to the park. Many workdays planned during Earth Week, April 19-26, including in Vienna, McLean, Springfield and Burke. Virginia's Annual Invasive Plant Removal Day is May 3. To sign up, contact IMA Coordinator Erin Stocksclaeder at 703-324-8681

**Fairfax County Biological Stream Monitoring:** Aquatic forms of insects (called "benthic macroinvertebrates") live on the bottom of rocks and debris lying in the streambed. These small organisms play a big role in helping Fairfax County staff monitor the health of a stream. Data collected by volunteers is incorporated into a number of different water quality reports, including the Stream Protection Strategy Baseline Study. Join the hundreds of existing volunteers in collecting this important information and make a difference in the health of Fairfax County's streams! If you are interested in becoming a monitor, email the coordinator or call 703-324-1422, TTY 711.

## Mother's Day Photos

Mother's Day is May 11, 2014, and every year at this time, we call for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to our website at [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

**Household Hazardous Waste Collection**, April 26, Reston South Park & Ride Lot, 2531 Reston Parkway, Reston. <http://www.fairfaxcounty.gov/dpwes/trash/disphhw.htm>

**Electric Sunday**, April 27 and May 18, I-66 Transfer Station, 4618 West Ox Road, Fairfax 22030: Fairfax County residents can recycle televisions, computers and peripheral devices — including keyboards, speakers, printers, external drives and other such materials — and unbroken fluorescent light bulbs and tubes on Electric Sundays. There is no charge for Fairfax County residents to participate in Electric Sunday; however, you may be required to show proof of residency.

**Help Create A Bee-Friendly Landscape, seedling sale:** The trees and shrubs in this year's seedling sale will help provide habitat for bees and add beauty to your landscape. The 2014 Shrub and Small Tree Package includes 10 seedlings for \$16.95. The Tree Package includes six seedlings sold for \$11.95. A full, nonrefundable payment must accompany your order by Monday, April 28. Orders may be picked up on Friday, May 2, 9 a.m.-4 p.m., or Saturday, May 3, 9 a.m.-noon. <http://www.fairfaxcounty.gov/nvswcd/seedlingsale.htm>

## High-quality Preschool Helps Children Succeed

Fairfax County must expand access to Virginia Preschool Initiative.

**A**s a retired general and the husband of an educator, I would like to highlight the importance of quality preschool as the Fairfax County Board of Supervisors makes final decisions about the county budget.

I am alarmed that 75 percent of all young Americans ages 17-24 are not able to serve in the military, primarily because they are too poorly educated, too overweight or have a criminal record.

In Virginia, 18 percent of young people do not graduate from high school on time. In addition, one in four of Virginia's high school

graduates who try to join the military cannot serve because of low scores on the military's exam for math, literacy and problem-solving.

This poses challenges for a 21st century military and a 21st century workforce alike. We have the most technologically advanced military in the world, but we need educated men and women to operate it. And the military isn't alone: businesses in the private sector are seeking many of the same skill sets and running into the same challenging deficits.

Fortunately, we know what

works when it comes to helping more children do well in school and in life. High-quality preschool can help children succeed in school and avoid criminal involvement, opening the doors to college, careers and military service, if they choose to serve.

Early education also provides a safe, nurturing, educational environment for children while their parents work. 66 percent of Virginia children under the age of 6 have all available parents in the workforce, according to KIDS COUNT data from the Annie E. Casey Foundation. The average working parent in America misses five to nine days of work per year because of childcare problems. Research confirms that if parents have quality early care and edu-

cation available in their communities, not only will absenteeism and turnover go down, but productivity will also go up.

Long-term studies following the graduates of preschool programs up to age 40 have shown that early education can produce very strong and lasting results.

Here in Virginia, the Virginia Preschool Initiative (VPI) was established in 1995 to serve at-risk 4-year-olds who do not participate in Head Start. This program is important because it is the only option for a lot of children, and because we know it delivers solid benefits.

VPI graduates are less likely to repeat kindergarten and more

SEE PRESCHOOL, PAGE 7

Oak Hill & Herndon  
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OPINION

# Preschool

FROM PAGE 6

likely to meet or exceed minimum levels of competency in literacy.

VPI's return on investment shows that this is important not only for the children but for taxpayers as well. An analysis by the Economic Policy Institute and The Commonwealth Institute determined that quality early education in Virginia saved taxpayers over \$2 billion dollars over 17 years in special education savings, child welfare savings, decreased grade retention, reductions in juvenile and adult crime, increased earnings by parents, and increased tax contributions.

Unfortunately, quality early education is not equally available to all children who need it in the metropolitan Washington area.

A new report from the nonprofit Mission: Readiness, of which I am a member, shows that Fairfax County lags far behind other

local jurisdictions and the District of Columbia in access to preschool.

Nearly half of the children from low-income families in Fairfax County who are eligible for the Virginia Preschool Initiative are not enrolled and hundreds are on a waiting list while the county sends funding back to Richmond rather than match state dollars.

County leaders in Fairfax must find a way to close this gap and offer high-quality early childhood education to all children who need it.

High-quality early education builds a solid foundation and helps more young people develop in mind, body, and character so they can succeed at whatever career path they choose, including military service.

**Michael E. Ennis**

Major General, U.S. Marine Corps  
(Retired)  
Oakton

**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  
1606 King St., Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail: herndon@connectionnewspapers.com


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# Challenging A Child's Mind Through Reading

Experts say reading is critical to cognitive and emotional development.

By MARILYN CAMPBELL  
THE CONNECTION

Arlington mother Holly Karapetkova reserves time for reading in the schedules of her two young children. It has become such an important part of their daily routine that it is a treasured family activity. It is also vital to her children's development says Karapetkova.

"Reading is an extremely complex mental activity that engages a child's — or adult's — brain much more intensively than television or video games," said Karapetkova, Ph.D., Associate Professor of Literature at Marymount University in Arlington. "When you read, you employ higher-order cognitive skills. You learn to imagine things that you have not yourself experienced."

**CHILD DEVELOPMENT** and literature experts say that reading helps children develop imagination skills and an ability to learn and think in new ways. It also boosts emotional development.

"You learn to empathize with others, and so you are able to grow emotionally as well," said Karapetkova. "Critical thinking, imagination, and empathy are all qualities that are essential to our nature as human beings, and essential to our success in the world."

Fred Bemak, Ed.D., Professor and Academic Program Coordinator, College of Education and Human Development at George Mason University, says that even a few minutes each day can have a significant influence. "Reading to a child 20 minutes a day will increase their ability to read and think above grade level," he said. "That is just a matter of sitting with a child and reading with them, but it has a such profound influence."

A lack of reading time also makes an impact on children. "When a child doesn't have access to books or when a parent doesn't have knowledge about reading to a child, that is where we see an achievement gap," said Bemak.

Mary Catherine Coleman, Lower School Librarian and JK-12 Library Department Chair at St. Stephen's & St. Agnes School in Alexandria, said reading offers children a broad view of the world. "I think, and research shows, reading helps to develop children's thinking because it helps to develop a background knowledge about the world," she said. "Reading also helps children to see the world from a different per-



PHOTO BY KATIE PEEBLES

**Marymount University professor Holly Karapetkova reads with her 4-year-old daughter. Experts say that reading is a complex mental activity that engages a child's brain more intensively than watching television or playing video games.**

**"Reading to a child 20 minutes a day will increase their ability to read and think above grade level. That is just a matter of sitting with a child and reading with them, but it has a such profound influence."**

— Fred Bemak, Ed.D., George Mason University

spective, helping children develop an understanding, empathy and compassion for others and the world. It challenges children to look at events, people and things in a different way."

"When it comes to imagination, books challenge children to create a movie in their minds," said Coleman. "They need to imagine a world, characters and experiences that they are not familiar with."

"Reading challenges children to move beyond what

## Book Suggestions

### THIRD AND FOURTH GRADE:

"Escape from Mr. Lemoncello's Library" by Chris Grabenstein  
"Ophelia and the Marvelous Boy" by Karen Foxlee  
"Capture the Flag" by Kate Messner

### FIFTH AND SIXTH GRADE:

"Doll Bones" by Holly Black  
"Under the Egg" by Laura Marx Fitzgerald  
"Rump: The True Story of Rumpelstiltskin" by Liesl Shurtliff

they see in front of them," said Coleman. "It also teaches children how to be storytellers, how to share experiences and fosters creativity."

Karapetkova said that reading is more open-ended than other media and challenges a child's cognitive abilities. "When you read, even when they are pictures, your brain has to do a great deal of work to process information and piece the story together," she says. "In a movie or video game, everything is predetermined and spelled out for you, and there's a lot less room left to the imagination to make leaps and discover things on its own."

Karapetkova has experienced this in her own life. "I have found with my older child that one book often leads to another," she said. "We might read something that piques his interest and sends him back to the library for more information, and the information he can find in the library is seemingly endless."

The same is not true with television or video games. "When he watches a film or plays a video game, he never says to me, 'I want to find out more about organisms deep under the sea because that's where Spongebob lives,'" said Karapetkova. "But when he reads a book, he asks questions and his curiosity and imagination open up."

Michael Moynihan, Upper School Head, The Heights School in Potomac, Md., believes in eschewing some electronic media and promoting "a renewed culture of reading... [and] conversation".

**SO WHICH BOOKS** do experts recommend? "Really, anything you and your children enjoy reading together will do the trick," said Karapetkova. "My children are several years apart. My daughter is 4 and my son is 9, and I have been amazed by how much each enjoys the books I pick out together for the other. I'll sit down with my daughter to read 'Brown Bear, Brown Bear' or another picture book and my son will stop whatever he is doing to join us."

"And my daughter also enjoys listening to what my son and I are reading aloud together," said Karapetkova. "We've been reading a variety of books this year, including things like Harry Potter and C.S. Lewis, and she listens and grasps part of what is happening. So their interest in each other's books reminds me that children can be drawn to and learn from a great range of books."

## SCHOOL NOTES

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

**Five Fairfax County Public Schools (FCPS) students** have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation." National winners include:

♦ Melissa Halbrook of Woodson High School, Gold Medal for humor, "Kim Jung-Un's New Clothes."

♦ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

♦ Jean Jeon of Herndon High School, Silver Medal for novel writing, "Strain."

♦ Sara Warrington of TJHSST, Silver Medal for Journalism, "Overcoming Intolerance."

winners at a special ceremony at Carnegie Hall in New York City on Friday, June 6.

**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 re-

cently 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.

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PHOTO BY RYAN DUNN/ THE CONNECTION

**Musician Mauricio Salguero and percussionist Martín Zúñiga gave a pre-concert discussion and demonstration on Latin rhythms before a concert with the group Americas Ensemble at ArtSpace Herndon.**

## ArtSpace Herndon Hosts Americas Ensemble Concert

**Audience learns about rhythm and musicians' life journeys.**

**T**his is a perfect example of how the arts in Herndon has both an educational and entertaining mission to bridge cultures in our local community," said Scott Mayhugh. Mayhugh was attending the Saturday evening music performance hosted at ArtSpace Herndon featuring artists of a group named Americas Ensemble.

The performance is the continuation of a musical series called CrossCurrents, and was funded in part by a grant from the Arts Council of Fairfax County. Musician Mauricio Salguero was returning to ArtSpace Herndon for this special event, and held a pre-concert discussion and demonstration on Latin rhythms with percussionist Martín Zúñiga. Topics included the "habanera rhythm" and the cumbia music genre which is popular in Latin America. "I did not realize there are so many different kinds of rhythms," said Susan LeStrange, a resident of Reston. "It pulled me right in," said Mercia Hobson, vice president of the Herndon Foundation for the Cultural Arts. The high-powered performance of salsa and rumba performed on percussion, keyboard, woodwinds, and strings, with vocalist, Laura Sosa, was outstanding and the audience applauded each song. Volunteers from Herndon Community Television (HCTV) were there to tape the event and intend to show it as a future broadcast. Also attending were Town of Herndon council members Charlie Waddell and Sheila Olem. "This group does excellent music," said Olem.

Dr. Mauricio Salguero and his ensemble brought the standing-room only crowd to its feet during the concert performance by Americas Ensemble. "What made tonight's musical performance so unique was the touching stories told by the individual performers, interspersed between sets," said Hobson. Joining in the ensemble were pianist Charles Marston and bass player Jorge Pérez. Marston shared how he gained familiarity with the piano at a school for blind



PHOTO PROVIDED BY THE ARTSPACE HERNDON

**Sought-after vocalist Laura Sosa is originally from Peru. She studied in Europe and joined other musicians in an April show at ArtSpace Herndon.**

children. Sosa shared a song her grandfather still remembered despite memory loss.

"I was really lucky to get into music as child, for me it was a game," said Salguero. The stories the group shared told how their own music, music from their countries of Peru or Columbia, was transformed by bumping into the music of other cultures or countries. "Songs would travel from one place to another and people would make strong cultural attachments to them," said Salguero. As their own lives changed and where they lived changed, so did their music.

ArtSpace Herndon hopes to continue the CrossCurrents Series with the next show focusing on music of the Commonwealth of Virginia. Other upcoming events at ArtSpace include the Book Look series which will meet the second Sunday of the month. On Thursday, April 10, ArtSpace Herndon will be holding a public artists reception for the new exhibit Mind, Heart, Vision which showcases the talent of Herndon High students. For more information on ArtSpace Herndon, visit [www.artspaceherndon.com](http://www.artspaceherndon.com).



PHOTO CONTRIBUTED

**Good Shepherd, based in Herndon, has sent several mission teams to Concordia College over the years.**

## Lutheran Mission Team Feeds the Hungry

**M**embers of the Good Shepherd Lutheran Church missions team, Helping Hands, reached out to the Selma community once again, donating \$7,000 of food to the local food pantry. Concordia students helped shop, deliver and unload the hundreds of pounds of canned food to Christian Outreach Alliance, an organization that gives hundreds of food bags to the hungry each month.

Good Shepherd, based in Herndon has sent several mission teams to Concordia College over the years. Also on the mission trip was Matthew Dickert. The team also painted buildings on campus during their time in Selma.

Funds used to purchase the food were raised through a congregational fundraiser which was partially matched by Thrivent, a Lutheran financial services organization whose

mission is to improve lives, said team member Jean Pacelli.

"We have the joy of partnering with the students of Concordia College Alabama," said Vicki Peter, of Good Shepherd. "We simply wouldn't be able to accomplish this without them!"

"This is a life saving service that will help the pantry provide for Selma families in need," said Peter.

Previously, hungry families were only able to collect from the pantry twice a month due to the small quantity of food on hand, but because of the generous donation from Good Shepherd, families will now be able to collect food three times a month.

"Donations like these are what keep us going," said Nancy Bennett, Christian Outreach Alliance Food Pantry volunteer. "We are extremely grateful."

### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto: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](http://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](http://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](http://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](http://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](http://ShalomDC.org).



# CALENDAR



“Sun up in Reston” is one of Jim Kirby’s storytelling photos of “Reston at 50” at the Reston Center Two building on display through April 30.

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged.

**WEDNESDAY/APRIL 16- WEDNESDAY/APRIL 30**  
**Kirby Celebrates “Reston at Fifty” in Photos.** Monday through Friday, 8:30 a.m.–4 p.m. Reston Center Two Building, 12005 Sunrise Valley Dr., Reston.  
[www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

**WEDNESDAY/APRIL 16- SUNDAY/APRIL 27**  
**Mind, Heart, Vision Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590  
[www.artspaceherndon.org](http://www.artspaceherndon.org).

**MONDAY/APRIL 21- TUESDAY/APRIL 22**  
**Earth Day Explorers.** 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Celebrate Earth Day! Enjoy games and activities that teach us new ways to take care of the earth and the creatures that call it home. Make a recycled craft. Reservations required by April 16. Fee: \$7/child RA members, \$9/child Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**TUESDAY/ APRIL 22**  
**Spring Into Meditation.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Step back and take a little vacation from the stress of your daily life with long-time meditator Gerry Gorman. Learn how meditation can help you experience a more peaceful, enriching and meaningful life. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library> to register.

**THURSDAY/APRIL 24**  
**Taste of the Town: April in Paris.** 5:30-8:30 p.m. Worldgate Centre at the intersection of Elden Street, Centreville Road and Worldgate Drive in Herndon.  
 Enjoy an evening featuring entertainment reminiscent of Paris, delectable food from 20 local restaurants, raffle and auction. Tickets are \$15/person, \$25/couple, \$5 for children 4-12, children 3 and

exhibiting at ArtSpace Herndon

mind heart vision

**View the Mind, Heart, Vision Exhibition from April 9-27 at ArtSpace Herndon.**

under free. Proceeds from Taste of the Town fund arts programming and outreach activities produced by the Foundation at ArtSpace Herndon. [www.artspaceherndon.org](http://www.artspaceherndon.org)

**Amphibian Idol.** 7 - 8 p.m. Sunrise Valley Wetlands - 12700 Sunrise Valley Drive. Park on the left (west) side of the office building. All ages. Frogs and toads sing in the spring hoping to attract mates, providing us with a memorable outdoor experience. Learn which songs belong to which amphibians, and explore Sunrise Valley Wetlands to see which are calling. Reservations required by April 21. Fee: \$5/person RA members, \$7/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**FRIDAY/APRIL 25**  
**Senior Container Gardening.** 1 - 2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults 55 & older. Learn what flowers and herbs grow best in containers and how to arrange them creatively. Listen to a presentation then plant a small container to take home. Reservations required by April 22. Fee: \$8/person RA members, \$12/person Non-members. For more information, contact [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or 703-435-6530 for reservations.

**SATURDAY/APRIL 26**  
**Champions4Children 5K Race and Fun Run.** 9 a.m. Lake Fairfax Park, Reston. Fun for the whole family including performance by children’s magician The Great Zucchini Race proceeds to benefit SafeSpot of

Fairfax, a safe haven for abused children in Fairfax County. [SafeSpotFairfax.org](http://SafeSpotFairfax.org)

**Global Camps Africa Dinner and Auction.** 6:30-9:30 p.m. Oracle Headquarters 1900 Oracle Way, Reston. Global Camps Africa (GCA) is hosting a dinner and auction to raise money to send to HIV-affected children to camp where they learn life skills, health and HIV awareness. GCA, a locally run, internationally active nonprofit provides young people in South Africa a chance to spend two weeks connecting, learning, laughing, and camping, all in hopes of combatting the spread of HIV/AIDS. Tickets: <https://www.globalcampsafrika.org/celebrate-sizano-2014> or call 703-437-0808.

**Bill Emerson & Sweet Dixie.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A phenomenal group of musicians led by Bill Emerson who was a founding member of the Country Gentlemen and also founded the Navy’s Country Current band. Bill surrounds himself with superb musicians and their combined talents are absolutely top notch. \$15 admission. <http://www.bluegrassville.com/billemerson>

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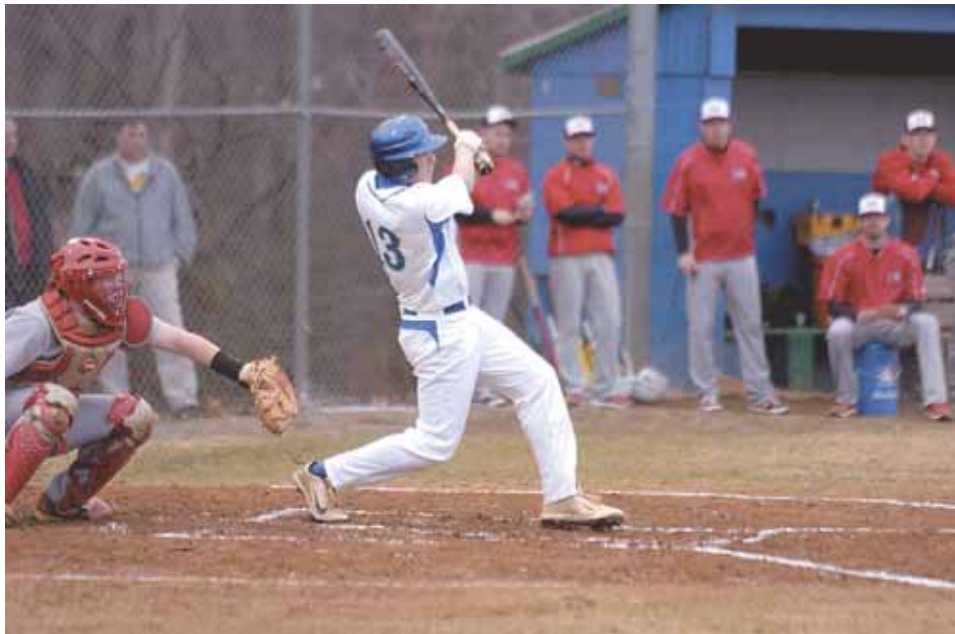
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# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**South Lakes senior Justin Cosing swings and misses during an April 4 contest against McLean.**



**South Lakes senior Zack McIntyre pitches for the South Lakes baseball team against McLean on April 4.**

## South Lakes Baseball Loses Heartbreaker to McLean

**T**he rains held off as the South Lakes Seahawks played their fourth game in as many days against the McLean Highlanders on April 4 in Reston.

The Seahawks struck early, picking up a run in the first inning when Matt Wojciechowski drove in Marty Gryski. The Seahawks struck again in the third inning on another RBI from Wojciechowski, who drove in Jared Abelson with a single. The Highlanders struck in the fourth inning with a home run. The Highlanders picked up two more runs in fifth inning to take a 3-2 lead.

The Seahawks battled back in sixth inning, with one run scored by pinch runner Kevin Bryan to tie the game. The Highlanders picked up two runs in the top of the seventh to seal the Seahawks' fate. The 5-3 loss was a tough one for the Seahawks, who played hard.

Senior pitcher Zack McIntyre started on the mound for South Lakes. He kept the Highlanders off balance for five innings. Ben Darby pitched well in relief. The defensive plays of the game were a couple of double plays and some great catches in the outfield. The first double play came in the third inning on a line drive caught by second baseman Wojciechowski, who relayed the ball to first baseman Kyle King to catch a Highlander off the base. In the fourth inning, Joshua Kobayashi had a spectacular running catch at the fence to rob a Highlander of a hit. The second double play was turned in the sixth inning, when third baseman Marty Gryski relayed to second baseman Wojciechowski, who completed the double play to first baseman Kyle King.

South Lakes lost to Langley 1-0 on April 8, dropping the Seahawks' record to 1-6. The Seahawks will participate in a tournament in Myrtle Beach, S.C., during spring break.

— KEVIN DARBY

### South Lakes Girls' Soccer Suffers First Loss

The South Lakes girls' soccer team lost to Stuart 2-0 on April 9, dropping the team's record to 5-1-1.

South Lakes will travel to face Stone Bridge at 7 p.m. on Tuesday, April 22.

### Herndon's Johnson, Auslander to Play in All-Star Game

Herndon seniors Dorian Johnson and Kent Auslander will compete in the 41st Annual Capital Classic on April 26 at T.C. Williams High School.

The basketball event will consist of three games, starting with the North All-Stars vs. the South All-Stars at 3 p.m. in the first of two metro all-star contests. The East will take on the West at 5 p.m. before the main event — U.S. All-Stars vs. Capital All-Stars — at 7:30.

Johnson and Auslander will compete for the West All-Stars, which will be coached by Woodson's Doug Craig.

### Langley Softball Hands Madison First Loss of Season

The Madison softball team suffered its first loss of the season, losing to the Langley Saxons 5-1 on April 11.

Sophomore pitcher Katie Vannicola took the loss for Madison. The Warhawks fell to 7-1.

The Warhawks head to Myrtle Beach, S.C., to participate in the Grand Strands Spring Break Tournament and will play five games over five days. Upon their return, the Warhawks will take on Hayfield

at Madison High School on Tuesday, April 22.

Langley, which improved to 5-1 with the win, will travel to face McLean at 6:30 p.m. on April 22.

### South Lakes Freshman Headed to Level 9 Eastern Championships

On the weekend of April 5-6, South Lakes freshman Olivia Norman of Herndon, competed at the Region 7 Level 9 Regional Championships held at the Boo Williams Sportsplex in Hampton, Va. Around 370 gymnasts from a six-state region competed for an opportunity to qualify and compete in the Level 9 Junior Olympic (JO) Eastern Championships to be held May 1-4 in Bradenton, Fla. The top six all-around finishers in each age group qualified to compete in the Eastern Championship meet.

Norman finished tied for fourth place in the all-around for the Sr.2 age group. On her individual events she placed sixth on vault (9.350), tied for fifth on uneven bars (9.450), and fourth on floor exercise (9.300). She "stuck" her beam routine, giving her a 9.000 score to round out her 37.100 all-around score. With her top six finish in the all-around, Norman will head to Bradenton, Fla. at the end of the month to represent Region 7 at the USA Gymnastics Level 9 Junior Olympic Eastern Championships. She and the rest of the Region 7 team will compete against teams from Regions 5, 6, and 8, which are all located in the eastern half of the United States. Norman trains at Chantilly Academy gymnastics in Chantilly.



PHOTO BY CINDY NORMAN

**With her top finish in the all-around at the Regional Championships, South Lakes freshman Olivia Norman of Herndon will compete in the Eastern Championship meet in Bradenton, Fla., May 1-4.**



# Mind Heart Vision Exhibit Opens at ArtSpace

Senior students display work at community art gallery.

By RYAN DUNN  
THE CONNECTION

Every spring art teachers at Herndon High School invite senior artists to participate in a juried art show at ArtSpace Herndon, the community art gallery created and supported by art lovers in the greater Herndon area. The exhibit includes paintings, photographs, drawings, and sculpture. "The show is a chance for our art students to show their talents, and they are talented," said Herndon High art teacher Alexa Mamatas, a 2008 graduate of Herndon High.

Students show paintings, photographs, drawings, and digital art.

This show was juried by professional local artist and teacher Melanie Stanley, Jeanette Burkle Galie of Galie photography, and Richard Suib of Richard Suib Images. "I think it is a great opportunity for other people to see our art," said Herndon senior Saif Siraj, who has a computer-generated image on display in the exhibit. "The picture took about a week to make," said Siraj.

"This show is a real honor for the kids to show their work in an art gallery," said Herndon High art teacher Kathleen Adams. "It is wonderful that ArtSpace hosts this." This is the fourth year that ArtSpace Herndon has hosted this exhibit. For some parents and students, this exhibit was an introduction to the community art gallery. "This is my first

time exhibiting at an art gallery," said student Laura Bentley.

"I think it is cool to see my friends works on display," said Herndon senior John Stangfeld. Stangfeld has four drawings on display in the exhibit, three done with charcoal and one composed with graphite. "I really work best in black and white as opposed to painting and colored pencils," said Stangfeld. Although Stangfeld does not see himself taking up art as a profession, he may enroll in art classes when he begins college at the University of Mary Washington. A reception was held at the gallery on April 10, with teachers, family and friends attending. "I did a lot of art back in high school and these guys are phenomenal," said ArtSpace volunteer Liz Zidel. "They are so visually oriented that their design capabilities are better than mine."

"It is a great way to allow the community to see the students as artists and also support that endeavor," said Herndon High art teacher Tammy Morin. The exhibit at ArtSpace Herndon shows the work of 40 Herndon High students and is open to the public.

Located in historic downtown Herndon, ArtSpace Herndon is operated by the Herndon Foundation for the Cultural Arts, and attracts artists and performers at local, national, and international levels. The 2014 exhibit of Mind Heart Vision is on display from April 9 to April 27. To learn more about ArtSpace Herndon, visit [www.artspaceherndon.com](http://www.artspaceherndon.com).



Executive Director of the ArtSpace Herndon Lawrence "Larry" Verbiest at the gallery of the ArtSpace Herndon located on 750 Center Street.



Herndon High art teachers Tammy Morin, Alexa Mamatas, and Kathleen Adams at the ArtSpace Herndon.

PHOTOS BY RYAN DUNN/THE CONNECTION

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# Dying of Curiosity

By KENNETH B. LOURIE



As I was completing last week's column ("I Thought I Was a Goner") and thanking my oncology nurse, Ron, in the process, for the excellent care he has provided me for nearly five years now; a week after I wrote a column thanking my Certified Holistic Health Coach, Rebecca Nenner, for the health and fitness-type knowledge she has given me over those same five years; it dawned on me that perhaps my subconscious mind knew something that my conscious mind didn't: that I should move closer to the undertaker like Radar's Uncle Ernest did two days before he died, in the M\*A\*S\*H episode titled "Novacaine Mutiny" from season four.

I don't want to think that, and I certainly don't want to believe it; nevertheless, I thought it an interesting point to address: as a terminal cancer patient, as much as I fight against it mentally and physically, the presumptive death sentence that a "13-month to two-year prognosis" portends is the kind of news that's difficult – make that impossible – to ignore. And as much as I try to defend myself, as you know, with humor, a positive attitude and a variety of self-preservation, defense-type mechanisms – still, at the end of the day (heck, at the beginning and middle, too), I may talk and write a good game, but one's mind often interferes. The trick is knowing whether that interference (subconscious) is real or imagined. I struggle with that assessment every day, as I presume most characterized-as-terminal patients do as well.

As my struggle enters its sixth year, let me assure you, its familiarity has not bred content (nor contempt, either). Though I certainly know the warning signs, the dos and don'ts, and my responsibility in all of it, that doesn't mask – to me, anyway, the underlying reality: lung cancer kills. The survival rates, especially five years post-diagnosis, are in the low single digits. Fairly grim, I admit. Yet I am extremely happy and fortunate to say that I am one of those low-single-digits (and yes, I have been called worse; not much better though, considering my diagnosis). However, I am not in remission and I'm still receiving chemotherapy. In truth, I am an anomaly, an aberration; and expecting that my life continues without any further cancer-related ado seems naive and from most of what I read, fairly unrealistic. Now as much as I try to compartmentalize all these cancer facts and feelings – successfully for the most part, I'd like to add – the reality of my situation does manifest itself from time to time. This column has attempted to identify a recent example, my last two columns, where these facts and feelings may have collided.

Though nothing in my current health – or recent awareness of it (scans, lab work, physical exam, old symptoms, new symptoms persisting/getting worse, etc.) would indicate a change (a fatal flaw, if you will), there are always things with which I am totally unaware that may have changed and perhaps the way I learn about these changes is through my subconscious. I certainly don't know how or when I'll know when I'm at death's door. Perhaps there will be a knock, perhaps not. Still, I can't help wondering – and wanting to know – sort of.

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

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-William Van Horne

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### OBITUARY

**Mary Jane "Terry" Shannon Carter**, of Reston, VA, passed away at the age of 92 on Monday, April 7, 2014.

Born in Minneapolis, Minnesota, on May 14, 1921, Mary was the oldest of four children to William Raymond Shannon and Mary Catherine Westaway Shannon. After attending the University of Minnesota in the 1940s, Mary became one of the first stewardesses of commercial air travel with North West Airlines.

Mary met William Douglas Carter aboard a plane returning from Alaska. The two were married in St. Paul, Minnesota in 1950. The Carters traveled the globe and lived abroad for a number of years. In 1966, the Carters became original homeowners in Reston. Mrs. Carter was a founding member of the Reston Garden Club, and she stayed active with the club for the rest of her life. In 2001, Mary was widowed after 51 years of marriage. She weathered life's storms with fortitude. Mary was an avid reader, an artist, a Girl Scout troop leader and a cancer survivor. She loved classical music and always enjoyed an adventure. Her favorite place was a cottage on the coast of Maine. Above all else, Mary's family was most dear to her.

Mary is survived by her daughters, Judy Carter Hall and Katherine Carter Pate, her son, William Douglas Carter, Jr., eight grandchildren, and four great-grandchildren (two of whom are still "on-the-way"). Mrs. Carter was preceded in death by her husband, William Douglas Carter, and her daughter, Cindy Carter Buso.

A service to celebrate Mary's life is being planned for early June at The Church of

the Epiphany Episcopal in Herndon. In lieu of flowers, donations may be made to The Reston Garden Club or The American Cancer Society.

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-William Van Horne

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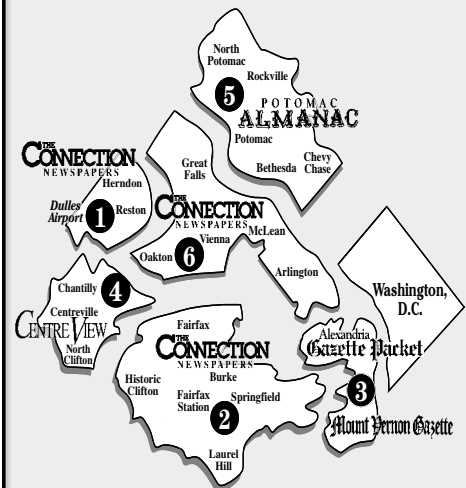
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## Seventeen FCPS Students Named National Achievement Scholarship Winners

Seventeen Fairfax County Public Schools (FCPS) students are among more than 800 students nationwide who have won Achievement Scholarships from the 2014 National Achievement® Scholarship program (NASP). The Achievement Scholarships are awarded to Black American high school seniors to be used for undergraduate study at any regionally accredited United States college or university.

The FCPS students named National Achievement® Scholars, with their probable career fields in parentheses, are:

- Christine Tamir of Annandale High School (undecided).
- Marvel Elisabeth Onga Nana of Centreville High School (biomedical engineering).
- Heather Lawrence of Edison High School (political science).
- Bezawit Yohannes of Hayfield Secondary School (law).
- Ade Samuel of Herndon High School (chemical engineering).
- Sarah Gutema of McLean High School (neuroscience).
- Lani Allen of Marshall High School (writing).
- Suha Suliman of Robinson Secondary School (pediatrics).
- Gelila Yitsege of South County High School (neuroscience).
- Derek Phillips of South Lakes High School (aerospace engineering).
- Anthony Carrington of Thomas Jefferson High School for Science and Technology (TJHSST) (medicine).
- Cheyanne Rivera of TJHSST (psychiatry).
- Comfort Sampong of TJHSST (development economics).
- Shalisa James of Westfield High School (English literature).
- John O'Connell of Westfield High School (computer science).
- Tolunimi Oyeleye of Westfield High School (chemical engineering).
- Tianay Ziegler of Woodson High School (biological engineering).

Each of the students received \$2,500 National Achievement Scholarships supported by the National Merit Scholarship Corporation (NMSC), which conducts the NASP, with the exception of Allen, whose scholarship is underwritten by the Xerox Foundation.

The National Achievement Scholarship program is a privately financed competition founded in 1964 specifically to honor scholastically talented Black American young people and to increase their opportunities for higher education. The program is conducted by NMSC, a not-for-profit organization.

These awards, totaling over \$2 million, are financed by grants from 31 corporate organizations and professional associations, and by National Merit Scholarship Corporation.





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