

Herndon sophomore Alexa Bradley finished first on beam with a score of 8.5 during the Conference 5 gymnastics championships on Feb. 5 at Centreville High School. She also won the all-around title.

All-Around Winner

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Combining Health and Mental Health

Community Services Board provides emergency services, prevention and treatment.

BY KENNETH MOORE
THE CONNECTION

One teenager who attempted suicide revealed that if anyone had asked him before hand whether he was thinking of hurting himself, he would have said yes.

That message rang loud and clear to Teresa Gallahan, school nurse at a Catholic school in Chantilly. The teen was part of a training video for a course on Youth Mental Health First Aid, offered by the Fairfax-Falls Church Community Services Board.

Gallahan, from Herndon, was impressed that the instructor urged her to enter the phone number for the CSB Crisis Hotline into her cell phone on the spot.

"I'm trained to look for resources," said Gallahan, a Herndon resident, who has worked at St. Veronica School for approximately 7 years. Gallahan and her principal have now organized all teachers and staff to take the CSB training.

"Most parents appreciate that we keep an eye on their children," Gallahan said.

Since 2012, 1,750 have taken the CSB First Aid Mental Health Training. More than 10,000 people have taken the CSB online youth suicide prevention program.

Mental Health First Aid is one of the ways the Community Services Board serves all residents in the community.

TRACEY PHILLIPS was 24 weeks pregnant when her labor began.

She had three premature triplets; her second baby didn't survive, and her son and daughter spent five and four months in the neonatal intensive care unit.

"I had to recover from a C-section, we had to plan for my son's funeral, and we had two very sick children in the NICU," she said. "The human spirit finds a way."

Phillips' family was immediately helped by the CSB's Infant and Toddler Connection, which provides evaluations and early intervention services for infants and toddlers who might have developmental or in-



Fairfax County Community Services' Board opened its new facility in Merrifield.

tellectual disabilities or developmental delay.

"We would be looking at a very different picture had my family not been given early intervention," Phillips said. "When my daughter started to walk I was sure she was on the right track."

Phillips' children, now six, both have special needs. Phillips now works for the Infant and Toddler program and is grateful she can give back to other families who are beginning their special needs journeys.

"There's a whole movement of people with lived experience who have something to offer," said CSB Executive Director Tisha Deeghan, of hiring people like Phillips. "That voice is absolutely magical in helping."

"Even with all that happened to us, I have found other families that have been through much worse," Phillips said. "We have been through the worst of it, we can see a future."

During FY 2014, the CSB served 3,164 children through the Infant and Toddler Connection.

THE COMMUNITY Services Board plans, organizes and provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB served 21,249 residents during last year's fiscal year.

Most CSB services are primarily for people whose conditions seriously impact their daily functioning. But anyone with a related concern may contact the CSB for help in finding appropriate treatment and resources.

"We are here for everybody," said Deeghan, who moved to Fairfax for her new job in September. "We are the agency that deals with the most difficult and complex situations."

Deeghan took the helm at the Community Services Board in September 2014, coming from Michigan with 33 years of experience in mental health and substance use disorder treatment and prevention. Most recently, Deeghan was the senior vice president and chief operating officer for Genesee Health System in Michigan for 13 years.

Deeghan replaces George Braunstein who retired in 2014 after serving as executive director since 2008.

"I'm learning the Fairfax way, the Virginia way. There is so much wealth here, but there are two Fairfaxes," said Deeghan of her new home. "There is the wealth and the resources and the tremendous support from the Board of Supervisors. But there's another Fairfax, where people are very vulnerable, people who cannot find jobs, people who can't access services."

CSB'S NEW MERRIFIELD CENTER opened late last month at 8221 Willow Oaks Corporate Drive, and offers an integrated system of care, allowing people who are receiving services for mental health issues, substance abuse to receive other medical care at the same time.

"It's state of the art," Deeghan said. "It's the best example that I know of of an opportunity to bring integrated-care services to people."

Primary health care, pharmacy, dental clinic are available at the same location, as well as emergency services, entry and referral services, and more.

As one example, having a pharmacy onsite so patients are certain to receive their

Sign Up for Mental Health First Aid

www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm



Tisha Deeghan, a Fairfax resident, became executive director of the Fairfax County Community Services Board in September 2014.

What Is the CSB?

The Fairfax-Falls Church Community Services Board is the public agency that provides services for people who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides crisis intervention and suicide prevention services.

The Community Services Board serves three major populations: people with mental illness, people with substance abuse disorder, and people with intellectual disability and/or developmental disability. <http://www.fairfaxcounty.gov/csb/>

medications as soon as they are prescribed is a major advantage.

"It's exciting to me to see this system and all the creative community-based services in place," said Deeghan. "We're seeing much less need for high-end or restrictive services, such as hospitalization or residential placement, because we are getting so good at providing community-based services."

Providing integrated services is a national movement, Deeghan said. She cited a study a few years ago that showed that people with serious mental health issues often die 25 years or more earlier than others from treatable illnesses, because they didn't have access to health care.

Of the people served at the CSB last year, only 40 percent said they had a primary health care provider.

One in every five people live with a mental health problem, according to CSB documents. Two-thirds go without treatment. "Mental illness and substance abuse disorders impact every single layer of economics," said Belinda Buescher, of the CSB.

"The human spirit finds a way."

— Tracey Phillips

Who To Call for Help

- In emergency situations (24/7)
- ❖ CSB Emergency Services, 703-573-5679, TTY 711
- ❖ Fairfax Detoxification Center, 703-502-7000, TTY 703-322-9080
- ❖ CrisisLink suicide hotline, 703-527-4077
- ❖ CrisisLink suicide text hotline, 703-940-0888
- ❖ Call 911 for a life-threatening emergency
- During business hours:
- ❖ CSB Entry & Referral Services, 703-383-8500, TTY 711
- ❖ Infant & Toddler Connection, 703-246-7121, TTY 703-324-4495
- For basic needs: food, housing, medical care, etc., 703-222-0880, TTY 711
- Staff at all of the numbers listed above can take calls in English and Spanish and can access other languages when needed.



The vehicles and equipment has long had a tight fit at Herndon Station #4. Steps are now underway for a renovation process for a new facility which will replace the building on Spring Street.



Herndon Fire Captain Wally Johnson with firefighter Arthur Bruck at Herndon Station #4. Johnson has served as a firefighter for 26 years, and for five years at Herndon Station #4.

Saying Goodbye to Old Fire Station

Herndon firefighters prepare to move to temporary fire station.

BY RYAN DUNN
THE CONNECTION

After years of inquiry and study, preparations have been made to close the building of fire station Herndon Station #4. The Horn Motor's lot on Locust Street, at the intersection of Center Street in Herndon will host a temporary fire station. The land is leased by Fairfax County, and is part of a renovation process for a new facility that will replace the station on Spring Street. Attending a flag lowering ceremony the evening of Tuesday, Feb. 3 were Herndon Mayor Lisa Merkel, and town council members Sheila Olem, Jennifer Baker and Grace Wolf.

"It was a moving, bittersweet ceremony ending our last night here," said Fire Captain Wally Johnson. "We had a real good turnout with representatives of both Herndon and Fairfax County, we are looking forward to our future at the new station." The old station has been recognized repeatedly for its historic years of service, and it was debated whether the new station should be built. The temporary facility for the Herndon Fire Station should provide seamless fire and rescue services in Herndon during the construction of the new station.

"When I took office in 2008, I made it a top priority to assure that Dranesville has adequate public safety facilities," said Supervisor John Foust. "In addition to this new Herndon fire station other public safety facility improvements include the new fire stations in Great Falls, the new Wolftrap fire station on Route 7, and the renovated and



PHOTO BY RYAN DUNN/THE CONNECTION

Herndon Fire Captain Wally Johnson at Herndon Station #4 with the Herndon Station #4 cornerstone. A ceremony for the closing of the fire station was held on Feb. 3.

expanded police station under construction in McLean."

Also attending the evening ceremony were Fairfax County Fire Chief Richard R. Bowers Jr. and Howard Nachman who has long worked with the Herndon volunteer fire department and served as president of Herndon Volunteer Fire Department. Second generation firefighter, technician Jeff Tincer was also present for the ceremony. "I was hoping this day would not come, but now it has," said Tincer. Many of the firefighters stationed at the Herndon station have appreciated the old building, yet recognize with changing times a new facility to allow the firefighters to house more units and equipment is necessary. "I started

"The biggest memory for this station is that you feel you are part of history when you work here.

...The location and design give you a great feeling of service to the community."

— Captain Wally Johnson

out of rookie school at this station and have grown attached to it," said firefighter Sidney Boyd.

THE NEW FIRE STATION will be approximately 14,500 square feet and two stories, and will include larger women's facilities, decontamination facilities, meet all Americans with Disabilities Act standards and will contain fitness facilities for the firefighters. Fire stations are located within the county in relation to other stations, with a seven-minute response time for emergencies to 95 percent of the county's population. There are 38 Fire and Rescue Stations in Fairfax County.

A devastating fire in downtown Herndon in 1917 provided the impetus to create the fire department, and the station was officially recognized in 1929, after a dozen years of fundraising. In 1920, the first fire chief was appointed and the Town Council and the citizens association donated the first fire truck, a Model T, to the fire department. Where the Town Hall now stands, a Fireman's Carnival took place to raise money to pay for the station's construction. The Herndon Volunteer Fire Department was chartered on Oct. 7, 1929, and a new fire station was built next to the Murphy and Ames Lumber Yard behind the train

depot. The Model T had been rebuilt to hold a hose.

The fire station was long a center of service to the community. The Women's Auxiliary presented the fire department with its first ambulance in 1940, and by 1946, the fire department had grown to an organization of 100 members. Three years later, the department was incorporated into the county system, and a new station was built the following year.

Captain Wally Johnson has served as firefighter for 26 years, and for five years at Herndon Station #4. "The biggest memory for this station is that you feel you are part of history when you work here," said Johnson. "The location and design give you a great feeling of service to the community." In 1976, the fire department handed control over to the county. Although the station was incorporated into Fairfax County, the volunteers remained active in the community, conducting fundraisers for Station 4 and participating in many other community events.

COUNTY STAFF has worked closely with the Town of Herndon in planning for the station site. When the construction of the new fire station is complete, the temporary site will be restored to its original condition. The old fire pole will be salvaged and displayed as soon as the new station is complete. "Herndon Station #4 has been a mainstay in our downtown for decades, serving as a community gathering spot, and even hosted our council meetings at one time," said Mayor Merkel. "We appreciate the county working with us to create a new, state of the art facility at the current location in downtown Herndon, and look forward to our continued partnership on this and other projects... We look forward to seeing the construction progress and of course the ribbon-cutting when the new station is complete."

OPINION

Not the First or Only Time

Secrecy around police shootings has been a problem for at least a decade.

The official position of the Fairfax County Board of Supervisors on the need for changes in policy after the shooting of John Geer by police in Springfield in August of 2013 appears to be that this is the first time police policies have been a problem:

"Policies for handling police-involved incidents, which served us well for decades, were inadequate in this complicated situation."

Police-involved shootings have resulted in excruciating obfuscation and delay by Fairfax County Police dating back more than a decade. In this editorial, we refer to two high-profile cases, but these are not the only cases where police secrecy had caused incalculable pain to families while damaging the credibility of the police and other county officials. And this issue is not limited to Fairfax County. Alexandria and Arlington use similar approaches to limit public access to information.

Most Northern Virginia residents think very highly of their police. We are very safe here. People understand that sometimes mistakes happen, that sometimes force is needed, and that sometimes police will exercise deadly force. What they are unlikely to accept is secrecy that shrouds mistakes, and failure to take responsibility for explaining events of deadly force.

We'll quote the father of David Masters who wrote a letter to the Mount Vernon Gazette (a Connection Newspaper) in June, 2013, two months before John Geer was shot:

"I am the father of David Masters. David was shot to death by a Fairfax County police officer on Nov. 13, 2009 while sitting in his truck at a stop at the intersection of Route 1 and Fort Hunt Road. I don't know any more about the circumstances of this grim fatality now than I did then and now, as then, the records of this tragedy are not available to anyone outside the police department. The officer who shot my son was ultimately and I must say secretly fired by the then police chief, David Rohrer. But even that was done without any admission of culpability by anyone in the county. ... I don't understand why the Virginia Freedom of In-

formation Act gives blanket exemption to police matters. ... As it is now, the police department can, and seemingly does, operate in a culture of complete autonomy without fear that its actions will be held up to any kind of scrutiny."

The Connection reported in 2006 about the accidental shooting of an unarmed Salvatore J. "Sal" Culosi Jr. during his arrest on gambling charges:

"With red-rimmed eyes and her voice cracking, Anita Culosi expressed outrage Thursday evening [March 30, 2006] that a Fairfax County police officer will not be charged with a crime for accidentally killing her 37-year-old son. 'My son is laying in a cemetery,' she said, surrounded by family members holding framed pictures of her son. 'That man pulled a trigger and shot my son dead.'"

Anita Culosi's son, Salvatore J. "Sal" Culosi Jr., was accidentally shot to death by a Fairfax County SWAT team officer on Jan. 24 outside his Fair Oaks townhouse. He had been under investigation for illegal sports gambling for the previous three months, accepting at least \$28,000 in bets from an undercover Fairfax County detective.

In July, 2012, more than a year before John Geer was shot and killed, a group of citizens identified four cases, including Masters and Culosi, where police secrecy continued to block questions about shooting deaths. Citizens Coalition for Police Accountability characterized "questionable circumstances" around the shootings, noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases are closed.

CCPA Executive Director Nicholas Beltrante sent letters asking for the release of documents, "to find out what happened in the shooting deaths, why deadly force was used instead of a taser gun or beanbag gun, and to find out if police misconduct took place."

Beltrante said: "Our letters will highlight to the public the importance of amending the Virginia FOIA to require the release of police incident reports, and the value of improving

police accountability by creating an independent police citizen oversight panel made up of Fairfax county citizens Unnecessary use of deadly force by the police, if it is occurring, will undermine the integrity and confidence of the public in our police and our elected officials."

The revelations about the shooting of John Geer as a result of a civil lawsuit seriously undermine the credibility of the investigation process.

Aside from the officer who shot Geer, four other officers on the scene told investigators that same day that they were shocked by the shot that killed Geer and thought the shooting was unnecessary. (One officer described his first reaction: "WTF.") There was no weapon in view, although Geer was a gun owner and had a holstered gun nearby. He made great effort to be predictable in his actions, asking permission to scratch his nose, otherwise keeping his hands up on the doorframe.

But a day after the shooting, police released the following update:

"The preliminary investigation indicates that when officers arrived on the scene, they were met by an individual who displayed what appeared to be a weapon in a threatening manner and was subsequently shot."

And last month, before the statements of the other officers were released, the police released this update with the name of the officer:

"Geer was reported as having multiple firearms inside the home, displaying a firearm that he threatened to use against the police, and refused the officers' requests that he remain outside and speak to them. Officers, including a trained negotiator, attempted to peacefully resolve the situation. They spoke with Geer for more than 30 minutes as he stood in the doorway of his home. When Geer began lowering his hands at one point during the negotiations, PFC Adam Torres fired a single shot that struck Geer."

But investigators knew that the negotiator had not seen Geer holding a weapon.

We don't agree with this statement by Bulova: "The Board of Supervisors has taken the steps needed to ensure its policies allow for justice to be fairly and swiftly served."

This is not an isolated case. The Board of Supervisors must demand transparency from the police.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Virginians Pay Twice

To the Editor:

This past weekend, Feb. 7-8, the Senate Finance Committee and House of Delegates Appropriations Committee chose to exclude Medicaid expansion from the budget. Instead, they want to increase state General Fund dollars needed for free clinics and community health centers. This is analogous to having health coverage avail-

able to cover a surgical procedure but choosing to pay out of one's own pocket for the surgical and associated hospital expenses.

Virginians have already paid the taxes for Medicaid expansion. Now, we will again have our tax money used to fund free clinics and community health centers — Virginians get to pay twice, unfortunately. Instead of taking federal funds to provide health care for 400,000 low income working Virginians and their families, like 28 other states and the District of

Columbia did by expanding Medicaid, we again get to have our tax dollars used for medical and hospital care, and we will still not get what Virginia really needs. The 28 states that expanded Medicaid included nine states with Republican leadership and nearby states like West Virginia, Kentucky, Ohio, Arkansas and Maryland.

Virginia has forfeited and wasted millions of dollars since Jan. 1, 2014 by not closing the coverage gap for thousands of the working poor in our state.

Paying twice for coverage via our tax dollars makes no sense! Their decision to not expand Medicaid is a foolish decision, one that unnecessarily costs taxpayers and fails to cover the thousands in need of health care coverage.

Our legislators obviously are not math smart and are not being wise stewards.

John Horejsi
SALT Coordinator
Vienna

Oak Hill & Herndon
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PHOTO COURTESY OF KATIE AND TONY DE LA PAZ

Classical Ballet Theatre alumna Isabel Robles.

Celebrating Valentine's with Classical Ballet

On Feb. 13, at the Reston Community Center, Classical Ballet Theatre (CBT) will be presenting "An Evening with Classical Ballet Theatre."

For the last 25 years, CBT has been educating and inspiring children through the art of classical ballet in Northern Virginia, thanks to the vision, commitment, and dedication of its founder and Executive Director, Cynthia Donavin. This established organization seeks to strengthen its links with its community by presenting innovative dance outside of the classical repertoire, and, on Friday, Feb. 13, the community can enjoy a taste of this work – just in time to celebrate Valentine's Day.

With a group of volunteers and the addition of Dubraskha Arrivillaga and Gillmer Duran to its faculty, CBT is taking a new turn towards a more relevant and balanced dance experience for young and contemporary adults.

"Going forward, our students not only will learn to love the

classical repertoire, but also they will learn to love, move, and perform different choreographic styles that make them more competitive and in-tune with what is happening in the global dance world today..." said Duran.

Along with other works, "An Evening with Classical Ballet Theatre" will feature pieces created by Meghan Rudorfer and Tara Henderson and performed in Philadelphia for the Youth America Grand Prix (YAGP). The evening also will include the Pas de Deux of Paquita staged by Ballet Mistress Dubraskha Arrivillaga as well as three brand new pieces by Artist in Residence Gillmer Duran.

"We want people to talk about dance while having a good time. Come to see us, ask us questions, tweet about the experience, and grab a cocktail while you're at it."

Complimentary cocktails begin at 6:30 p.m., followed by performances at 7:30 p.m.

For more information, please visit <http://www.cbtnva.org/evening>. Purchase tickets at: <http://purchase.tickets.com/buy/TicketPurchase?orgid=31908&pid=7952578>

Herndon Advances at National Dance Team Competition

The Herndon High School Varsity Dance Team recently returned from Orlando, Fla., where they competed in the Pom and Jazz categories at the 2015 National Dance Team Championship on Jan. 31 - Feb. 1. With over 350 high schools competing, Herndon advanced, for the first time ever, to the final round in the pom category and they are ranked 17th in the Nation. The team is made up of 18 talented young ladies led by Head Coach, Suzanne Mansfield, Assistant Coaches, Krissy Schnebel and Alex Coffelt and Captains, Allie Mank and Shannon Naquin. The dance team performs at every home game of the school's varsity football team and at home for many varsity basketball games as well as pep rally and other school events.



PHOTO BY VERA PLESCIA

Valentine's

DINNER FOR
Two • \$49.95

APPETIZERS

(Choice of 1) Shrimp, Crab Fritters or Egg Rolls

SALADS

(Choice of 2) House Salad, Caesar or Mixed Green

ENTRÉES

(Choice of 2) PRIME RIB
Traditional or blackened served with mashed potatoes and horseradish sauce

SAUTÉED CHICKEN BREAST

Over angel hair pasta, brown sauce & mushrooms topped with dried tomato

CHILEAN SEA BASS

Panko crusted sea bass served with sautéed Bok Choy and asparagus Soy ginger broth and grilled shrimp on top

DESSERTS

(Choice of 1) Strawberry Shortcake or Chocolate Mousse

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BRIGHTVIEW

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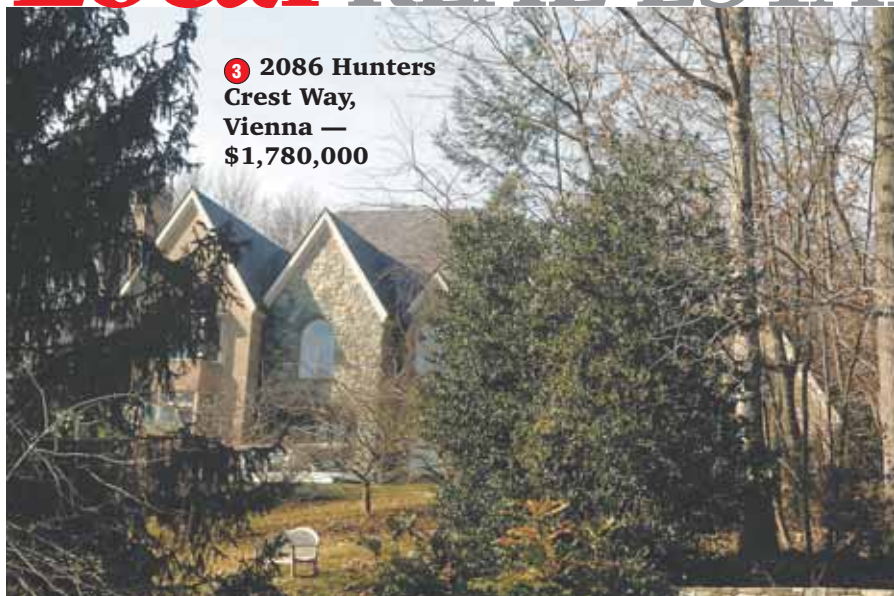
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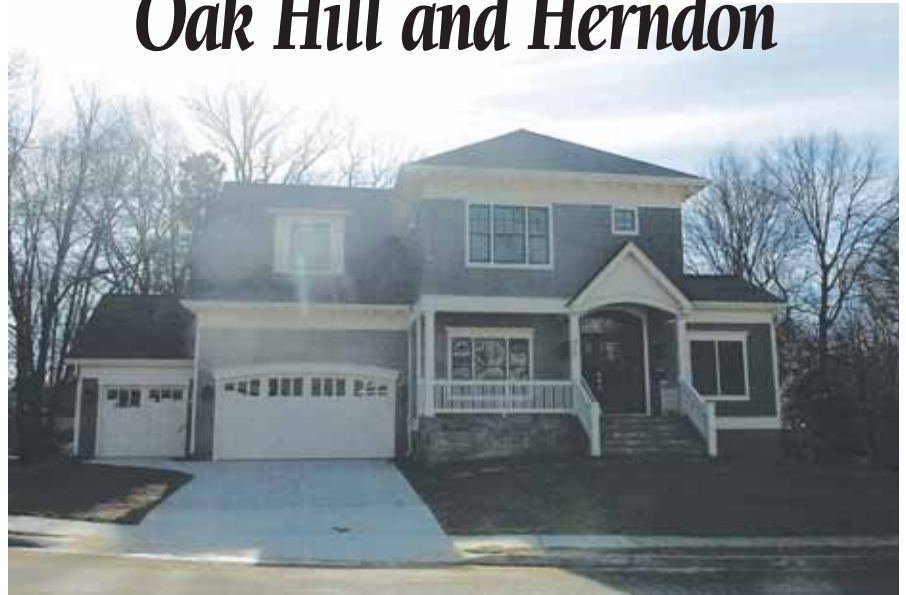
Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



3 2086 Hunters Crest Way, Vienna — \$1,780,000

December, 2014 Top Sales in Vienna, Oakton, Reston, Oak Hill and Herndon



5 906 Olympian Circle SW, Vienna — \$1,542,333

9 11990 Market Street #1002, Reston — \$1,220,000



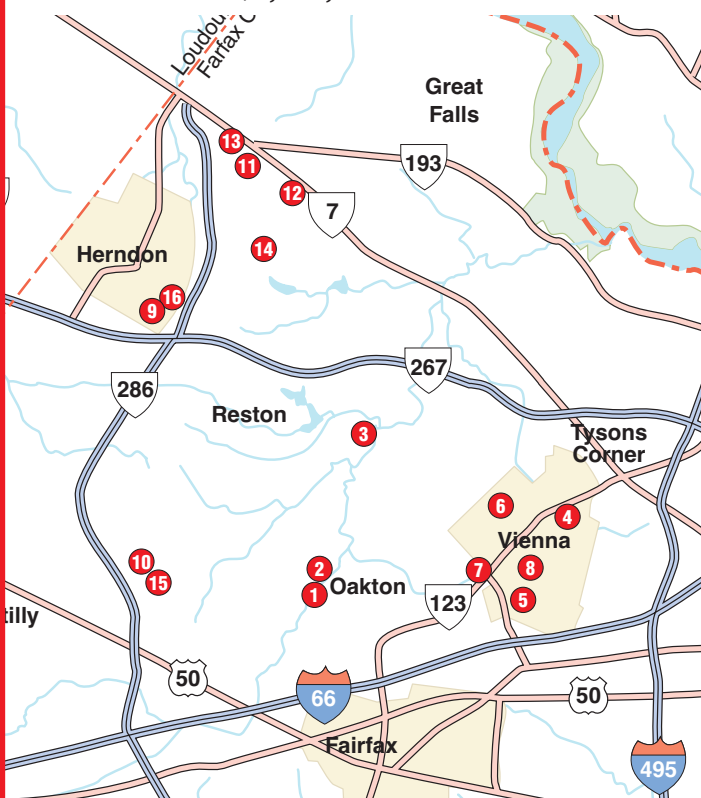
13 11629 Cedar Chase Road, Herndon — \$1,017,000



12 1162 Meadowlook Court, Reston — \$1,032,000



11 11601 Tori Glen Court, Herndon — \$1,175,000



Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 2747 STREAM VISTA CT	4	4	2		OAKTON	\$1,954,870	Detached	1.72	22124	THE RESERVE AT TIMBER LAKE	12/23/14	
2 11591 EMBREE CT	5	4	1		OAKTON	\$1,941,125	Detached	0.88	22124	RESERVE AT WAPLES MILL	12/16/14	
3 2086 HUNTERS CREST WAY	6	7	2		VIENNA	\$1,780,000	Detached	3.82	22181	HUNTERS CREST	12/01/14	
4 303 NIBLICK DR SE	5	5	1		VIENNA	\$1,595,000	Detached	0.37	22180	WESTBRIAR CC MANOR	12/30/14	
5 906 OLYMPIAN CIR SW	5	4	1		VIENNA	\$1,542,333	Detached	0.31	22180	VIENNA WOODS	12/31/14	
6 302 JOHN MARSHALL DR NE	5	4	1		VIENNA	\$1,454,720	Detached	0.31	22180	VIENNA	12/19/14	
7 501 WINDOVER AVE NW	6	6	1		VIENNA	\$1,415,000	Detached	0.41	22180	WINDOVER	12/30/14	
8 112 DOGWOOD ST SW	5	4	1		VIENNA	\$1,407,515	Detached	0.27	22180	WEST VIENNA WOODS	12/02/14	
9 11990 MARKET ST #1002	3	3	0		RESTON	\$1,220,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	12/01/14	
10 12402 ENGLISH GARDEN CT	6	5	2		OAK HILL	\$1,220,000	Detached	0.98	20171	COPPER CREEK	12/11/14	
11 11601 TORI GLEN CT	5	4	1		HERNDON	\$1,175,000	Detached	0.84	20170	OAK CREST ESTATES	12/10/14	
12 1162 MEADOWLOOK CT	5	4	1		RESTON	\$1,032,000	Detached	0.84	20194	PINEY RUN MEADOW	12/11/14	
13 11629 CEDAR CHASE RD	7	4	1		HERNDON	\$1,017,000	Detached	0.40	20170	CEDAR CHASE	12/29/14	
14 1447 WATERFRONT RD	5	4	0		RESTON	\$965,000	Detached	0.16	20194	RESTON	12/10/14	
15 3223 NAVY DR	5	4	1		OAK HILL	\$912,500	Detached	0.76	20171	DARTMOOR WOODS	12/12/14	
16 1830 FOUNTAIN DR #808	3	3	0		RESTON	\$900,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	12/24/14	

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Home LifeStyle

Couples Who Work Together Stay Together

Local couples offer advice about keeping a relationship healthy at home and on the job.

BY MARILYN CAMPBELL
THE CONNECTION

Going into business with one's spouse can bring both joy and challenges. As Valentine's Day approaches, three local husband and wife real estate partners share their experiences and offer advice to other couples.

Min and Jimmy O'Burns of Long and Foster in Reston, have been in business together for 15 years. The two met when they were neighbors with identical condos. They started dating after six months "and have been joined at the hip ever since," according to Min O'Burns.

"I burned out on selling new homes and wanted to join Jimmy," Min O'Burns, who originally worked for a builder, continued. "I had to convince him that I would be an asset rather than a ball and chain. Pretty soon we became what is our motto, 'The power of two.'"

Working as a team allows them to spend a significant amount of time together. "It's not suited for everyone," said Min O'Burns, adding that the nature of real estate makes it ideal for couples, with flexible appointments and the ability to enjoy lunch together. "You both need to be of the same kind of mindset. You have to have the same work ethic and diligence."

Understanding your own personality as well as your spouse's is key to working together successfully as a married couple. "You have to identify each other's strengths and figure out who's good at what," said Min O'Burns. "The two of us together make a pretty good team."

"Jimmy is a strong negotiator and strategist," she continued. "I'm a good writer, I'm organized and I'm good at marketing. I'm also a little bit of a hand holder."



PHOTO COURTESY OF MIN AND JIMMY O'BURNS

Reston-based real estate agents Min and Jimmy O'Burns of Long and Foster have been in business together for 15 years. They say one of the keys to their long-lasting business relationship is understanding each other's strengths.

"We still enjoy it after all the years we've been in business together. In my mind there is no downside," added Jimmy O'Burns. "We're serious about our business and we think that business should come with a little bit of humor."

Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, Realtors, have been married for 10 years. They met through their work in the real estate business. In fact, Deborah, an Alexandria native, has 25 years of experience and Lenny more than 40.

"We tell clients 'You're paying one commission, but you're getting the experience and knowledge of two people,'" said Deborah Manarin.

She added that one big asset of working with a spouse is a shared knowledge of the industry. "We both understand the business and the stresses of dealing with people 24-7. Each of us is a good sounding board for the other on issues you're dealing with," Deborah Manarin.

Debbie and Damon Nicholas of Coldwell Banker Residential Brokerage in Fairfax met as students at the University of Virginia and have been married for 32 years.

Debbie was a real estate agent and Damon

was a full-time federal employee when they had their first child, who was born with severe disabilities. Two other sons quickly followed.

"We found ourselves going to two to three doctor's appointments per week," said Debbie Nicholas.

After a promotion took away all of Damon

Nicholas' flexibility, he switched to real estate full time. The move meant Debbie Nicholas could stay home, Damon could go to doctors' appointments and they could get more involved at school. The couple also developed a Special Olympics program at Willow Springs Elementary School in Fairfax and coached their younger sons in youth leagues.

Working together offers both pleasures and challenges.

"It's difficult and easy at the same time," said Damon Nicholas. "It's difficult to shut off work at times because we have a passion for helping our clients and we love what we do. The good news is that we see each other a lot more than other couples. And we like each other so that's good."

The Nicholas' three sons are now adults. In 2013, their middle son joined their real estate team.

Debbie and Damon Nicholas offer simple advice to other couples considering going into business together.

"It's always important to respect your spouse," said Debbie Nicholas. "Above all we want to demonstrate to people that we love each other and respect each other. Working together is not something that you commit to if you can't respect each other in public and in private."



COURTESY OF DEBORAH AND LENNY MANARIN

Husband and wife real estate team Deborah and Lenny Manarin of the Arlington office of McEneaney Associates Inc, have a combined total of more than 65 years of experience in the real estate industry.



COURTESY OF DEBBIE AND DAMON NICHOLAS

Husband and wife real estate team Debbie and Damon Nicholas met while they were students at the University of Virginia.

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SPORTS

Herndon Gymnast Bradley Wins Conference 5 All-Around Title

Sophomore leads Hornets to second-place finish, regional berth.

BY JON ROETMAN

THE CONNECTION
Herndon gymnast Alexa Bradley won the all-around title by a comfortable margin during the Conference 5 championship meet, finishing more than two points ahead of the competition.

Herndon's place in the team standings wasn't as clear-cut, but the result left the Hornets in a pleasant state of shock.

Bradley's individual effort helped Herndon earn second place and one of the conference's two regional berths on Feb. 5 at Centreville High School. Robinson repeated as conference champs with a score of 136.55. Herndon

finished with a total of 131.925, edging Oakton (130.225) for second place.

"We knew it was going to be close ... but I was shocked," Bradley said. "I thought Oakton was going to beat us."

The top two teams advanced to the 6A North region championship meet to be held at 4 p.m. on Wednesday, Feb. 11 at Lake Braddock Secondary School.

Herndon entered the meet as the conference's No. 3 seed behind Robinson and Oakton, and had finished behind the Cougars at a recent meet. "We showed steady improvement from the first meet to where we are now," Herndon head coach Keith Naquin said. "It was gradual with each meet. Everybody was kind of stepping up and it showed tonight."

Bradley lead the way for Herndon. The sophomore won the all-around with a score of 36.175. Robinson's Caroline Burda finished runner-up with a total of 34.05, followed by Oakton's Natalie Weaver (34) and

"We knew it was going to be close ... but I was shocked. I thought Oakton was going to beat us."

— Herndon sophomore **Alexa Bradley**

Robinson's Bailey Young (33.975). The top four all-around finishers advance to regionals.

"I was surprised by some of my scores," Bradley said. "I thought I was going to get lower than I got."

Bradley won three events, highlighted by a score of 9.575 on floor. She also finished first on bars (9) and beam (8.5).

Bradley tied for third on vault (9.1).

"She's a hard worker and it showed tonight," Naquin said. "... To be that consistent in all four events" is a strong overall performance.

Herndon's Alyse Johnson placed



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon gymnast Alexa Bradley won the all-around at the Conference 5 gymnastics meet on Feb. 5 at Centreville High School.

second on floor (9.25), sixth on beam (8.1) and tied for sixth on vault (8.9). Bailey Hubble finished seventh on bars (7.825). Johnson tied for fifth in the all-around with a score of 32.65.



PHOTO CONTRIBUTED

Herndon sophomore Jessica Keys won the girls' pole vault with a height of 9 feet, 3 inches (a new personal record) at the Conference 5 track meet, which also qualifies her for the state track & field championships. Herndon teammate LeClare Beres earned third place with a height of 8-9. Both girls will compete at the regional championship on Feb. 19 and in the state championship on Feb. 28.

SPORTS ROUNDUPS

Herndon Wrestling Places 5th at Conference 5 Tournament

The Herndon wrestling team finished fifth at the Conference 5 championship tournament on Feb. 6 at Westfield High School.

Robinson won the event with a score of 214.5, followed by Chantilly (185.5), Centreville (162.5), Westfield (158), Herndon (79.5) and Oakton (33).

Herndon had seven grapplers qualify for regionals: Andrew Synnott (4th 113), Bo Shull (4th 120), Jacob Moberly (4th 126), H.T. Elstot (3rd 138), Sam Milligan (3rd 152), Tommy Carnogursky (2nd 170) and Arbaz Hussain (2nd 220).

The 6A North region tournament is scheduled for Friday and Saturday at Centreville High School.

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NEWS

The Herndon High cast in the February one act production of "Murder In The Knife Room." Some of the cast had several roles in this comedic mystery parody. Herndon High will host the 17th Annual Stompfest at the school auditorium on Saturday, Feb. 21 at 6 p.m.



PHOTOS BY RYAN DUNN/THE CONNECTION

Busy February at Herndon High

Students stay active at Herndon HS with extracurricular activities.

BY RYAN DUNN
THE CONNECTION

In addition to sports teams and athletics, Herndon High students have had the opportunity in February to be involved in various school activities. These have ranged from the February science fair to performing arts related groups. On Feb. 4, more than 150 projects were presented in the school science fair in a variety of categories ranging from psychology to biology. "Twenty-two projects were selected to go on to the regional science fair which will be held at Robinson Secondary School on March 20-22," said Allison Roche, AP and Biology 1 Teacher at Herndon High School.

Thursday, Feb. 5, members of the school drama team presented two one act plays at the school auditorium. The plays included Jonathan Rand's murder mystery parody "Murder In The Knife Room" and Don Zolidis' "The Audition." The first play had a cast of seven and included a respected general who consulted a magic 8 ball (Allie Kassraie), a boy band reject (Jordan Rees), and a spooky pirate (Sarah Inge). Making a cameo appearance in the play was Herndon drama director Zoe Dillard. "The Audition" included a cast of most upperclassmen students and was intended to show the emotion and drama of being cast for role. "It is both funny and serious," said parent Marti Taylor whose daughter Annie Taylor played the director Ms. Torrence.

The evening of Monday, Feb. 9, the Michigan based music group The Moxie Strings visited Herndon High to offer a music clinic followed by a concert. The Moxie Strings offer listeners an opportunity to experience known instruments including the violin and old genres through a young, progressive lens. Earlier in February the group had visited other schools including Rachel Carson Middle School and Annandale High School.

Feb. 12 - 14, Herndon High School will host the District XII Chorus. More than 500 students from over 30 schools, both middle and high schools, will arrive at Herndon for a 3 day event. Herndon will host 335 high school students from 16 schools and 220 middle school students from 17 middle schools. Students had the opportunity to audition to be a part of these choirs last Fall. The high schoolers will start



Herndon High drama students break out into a pillow fight during the February production of one act play "Murder In The Knife Room." In February, students at Herndon have had the opportunity to be involved in various after school activities in addition to athletics.

on Thursday night giving juniors and seniors the chance to audition for the All-Virginia Honors Choir.

Friday, Feb. 13, all students will be in rehearsals under the direction of four guest conductors. Four choirs (two middle school and two high school) will perform a public concert on Saturday, Feb. 14 at 1 p.m. and 3 p.m. respectively in the Auditorium of Herndon HS. This could not happen without the support of Herndon United Methodist Church who will host one of the Middle School Choirs on Friday. The staff at Herndon High School and the efforts of the Herndon High School Choir Boosters have been recognized for their support and involvement in this project which will help students explore their musical abilities.

Saturday, Feb. 21 at 6 p.m., the Herndon High School Step Team will host the 17th Annual Stompfest at Herndon High School Auditorium. The event will feature 7-8 middle and high school step teams who will compete for the top cash prize of \$750. The cost of admission is \$10 per person. The HHS Step Team is composed of female steppers (Shades of You) and male steppers (Cold Beast). The Herndon High Step Team was founded in 1994 and has represented Herndon High School in many local competitions.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

FEBRUARY

2/4/2015 Valentine's Dining & Gifts I
2/4/2015 Wellbeing - National Children's Dental Health Month
2/11/2015 HomeLifeStyle
2/11/2015 Valentine's Dining & Gifts II
Valentine's Day is Feb. 14 • Presidents Day is Feb. 16
2/18/2015 A+ Camps & Schools
2/25/2015 Pet Connection Pullout

MARCH

3/4/2015 Wellbeing
3/11/2015 HomeLifeStyle Real Estate Pullout
3/18/2015 A+ Camps & Schools
3/25/2015 Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/30-4/3

APRIL

4/1/2015 Wellbeing - Senior Living Pullout
Easter Sunday is April 5
4/8/2015 HomeLifeStyle
4/15/2015 A+ Camps & Schools
4/22/2015 Real Estate Pullout - New Homes
4/29/2015 A+ Camps & Schools Pullout
4/29/2015 ... Mother's Day Celebrations, Dining & Gifts I

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

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.

THURSDAY/FEB. 12

Meditations for a Meaningful Life. 7:30-8:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org or <http://meditation-dc.org/reston/>

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Sandy's Thursday weekly class.

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join Richard's Thursday conversational group. Adults.

FRIDAY/FEB. 13

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Elayne's Friday conversational group. Adults.

Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Richard's Friday conversational group. Adults.

SATURDAY/FEB. 14

One-to-One Technology Help. 11 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Need help with eBooks, smartphones or tablets? Gather up your devices and login info and come to a Saturday session with a technology volunteer. Call branch for times. Adults.

MONDAY/FEB. 16

ESL for Intermediate Students. 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Juanita's Monday conversational group.

TUESDAY/FEB. 17

ESL for Beginners. 10 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Elayne's Tuesday conversational group. Adults.

ESL for Advanced Students. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Bob's Tuesday conversational group. Adults.

ESL, Speak and Write for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Sandy's Tuesday weekly class.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Meditations for a Meaningful Life. Vajrayogini Buddhist Center offers classes for the general public weekly in Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful.

Weekly on Thursdays 7:30-8:30 p.m. - Feb, 5, 12, 19 and 26. at Unitarian Universalist Church, 1625 Wiehle Ave. Reston. Teacher: Gen Kelsang Varahi, An American Buddhist nun. Cost: \$10 (\$5 unemployed, full time students, 65 and older). More details: www.meditation-dc.org or <http://meditation-dc.org/reston/>

Ash Wednesday at Antioch Christian Church. The public is invited to a free soup supper at 6:30 p.m. and Ash Wednesday worship on Wednesday, Feb. 18, 7:30 p.m. The service is a time of quiet and reflection on how we can prepare ourselves in the next 40 days for the death and resurrection of Jesus. Antioch Christian Church is located at 1860 Beulah Road in Vienna. For more info call 703-938-6753 or go to www.antiochdoc.org

"Scantsy"



By KENNETH B. LOURIE

It's becoming increasingly difficult to characterize the feelings I regularly experience during the final few weeks leading up to my every-three-month CT Scan, and even more so the feelings I experience waiting the following week or so to see my oncologist to discuss the results. "Scanxiety," "scanxious," "ascance," "scanticipation," "scancer," "scantastic," "scanning the horizon," are all descriptions I've made up to try and "humorize" an incredibly difficult set of circumstances. How else should I react to news on which my life depends? If the scan shows growth and/or movement - which it hasn't for 18 months or so - it will be, as they say in Boston, "Katie bar the door," which means: look out, trouble ahead. However, if my luck continues and the scan shows "stable" (a new favorite word), or even better, "shrinkage," then I can semi-relax for the next three months until we scan again.

This is the cyclical axis on which my life churns. And though I've become accustomed to this life cycle, to say it has become easier as well is a bit of an oversimplification. Familiar? Certainly. Regularly scheduled? Of course. Expected? Naturally. Used to? Sort of. Stressful? Need I say? Just because I know the drill doesn't mean I don't fear the bit. Some things are out of one's control. Cancer might be at the top of that list. After all, I was originally given a "terminal" diagnosis: stage IV, non-small cell lung cancer, with a rather discouraging "13-month to two-year" prognosis to boot. And though I've survived nearly six years from that fateful day when Team Lourie first met with my oncologist, I don't feel particularly confident about my future. I know where I've been; still, I don't know where I'm going (figuratively speaking; if only there were a GPS for such problems). At this point, I'm glad to be going anywhere, figuratively or literally. The guarantees have long since left the building.

Wednesday, I'll be driving to Gaithersburg, Maryland for my next CT Scan. And given the excellent results I've been amazingly fortunate to receive these last few years, I am happy return to this same location and hopefully be tended to by the same technicians. They're my good luck charms, and every appointment/scan, I tell them so, and thank them for my above-average results and encourage them as well to keep up the good work.

At the end of the day; heck, at the beginning of the day too, who knows what matters in this fight against cancer? And though I'm sure I've left a few stones unturned, I have turned over a few rocks. I've made some changes, as you regular readers know, and I suppose I'm living proof that all is not as lost as sometimes it might initially appear to be. My life has gone on much longer than I was led to believe, and a great deal more favorably than I had a right to expect.

Every scan reminds me of who I am, what I have and the statistical anomaly which I have become. As much as I'd like to minimize the significance of this quarterly CT Scan, I can't. When one's life might be hanging in the balance, it's difficult to maintain your equilibrium.

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

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NOTICE TO NONCUSTODIAL PARENT OF NAME CHANGE HEARING: In the Matter of the Petition of Sophia Rose Shafi (nka Sophia Rose Arjana) for Minor Child, Saira Rose Shafi, to change the child's name to Saira Rose Arjana. District Court, Boulder County, Colorado Case No. 2014CV31267.

Notice is given that a hearing is scheduled for March 3, 2015 commencing at 1:30 p.m. in Division M of the Boulder County District Court, 1777 Sixth Street, Boulder, Colorado 80302. The purpose of the hearing is to request a change of name for Saira Rose Shafi. At this hearing the Court may enter an order changing the name of the minor child. To support or voice objection to the proposed name change, you must appear at the hearing. ATTORNEY FOR PETITIONER Christopher Tomchuck, Stevens, Littman, Biddison, Tharp & Weinberg, LLC, 250 Arapahoe Ave., Suite 301, Boulder, CO 80302.

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DEADLINES
Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connection newspapers.com or call Andrea @ 703-778-9411

21 Announcements 21 Announcements 21 Announcements

LIFETIME METAL ROOFING
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45 Year Warranty
Financing Available
Licensed & Insured
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12 MONTHS SAME AS CASH!
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Call For Your Free Roof Inspection!

TREE SERVICE TREE SERVICE

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured

Leaf Removal Gutter Cleaning

25 years of experience
Free estimates
703-868-5358
24 Hour Emergency Tree Service

EMPLOYMENT DEADLINES
Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connection newspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

21 Announcements 21 Announcements 21 Announcements

71% of Americans have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Make sure they're reading about you!

Virginia Press Services will run this business card size display ad across Virginia for one low price! For more details, contact Adriane at 804-521-7585.

Virginia PRESS Services

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured.

Fall Cleanup...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

21 Announcements 21 Announcements 21 Announcements

Outer Banks, North Carolina - Vacation Rentals

Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- 2 to 18 bedrooms most with private pool/hot tub
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

CALENDAR

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

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center. 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

THURSDAY/ FEB. 12

Reading Buddies. 4, 4:15, 4:30, 4:45 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Reading buddies encourage children to read in a fun, low-stress environment. Bring your own book or choose a book from the library. Call or sign up online for a 15-minute session. Ages 6-9.

Baby Lapsit. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Enjoy nursery rhymes. Build an early literacy foundation for your child while enjoying time together. Birth to 11 months with adult.

FRIDAY/FEB. 13

Aguado Guitar Concerts. 6:30 p.m. Café Montmartre, 1625 Washington Plaza, Lake Anne Village Center, Reston. The evening will begin with a gourmet dinner in a romantic setting with live background music provided

by AGC members, it will continue with a silent auction, and conclude with a concert of romantic music featuring some of the area's finest classical guitarists, João Figueiró, and the Klasinc&Lonar Guitar Duo. Tickets are \$80/person and can be purchased by contacting Aguado Guitar Concerts by email: concerts1@aguadoguitar.org or by calling Café Montmartre at 703-904-8080. Space is limited, so reserve your tickets today.

Parents' Night Out. 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Parents, get a head start on your Valentine's Day celebration while your children have a fun-filled night at the nature center. Kids: Play nature games and go on a night hike (weather permitting). Design your own Valentine's card and make a yummy red-themed snack. Finish the night watching classic cartoons, starring our favorite animal characters. Drop off begins at 6:45 p.m. Reservations required by February 10. Fee: \$15/child RA members, \$20/child Non-members.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

An Evening with Classical Ballet Theatre. 7:30 p.m. CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Celebrate the joy of movement with Classical Ballet Theatre (CBT) as it presents an exciting evening of classical and cutting-edge contemporary choreography! This tribute to the art of dance includes complimentary cocktails and many audience favorites. Tickets: \$22 per Adult; \$18 per Senior/Student. For more information call 703-471-0750 or

visit www.cbtva.org/evening.

SATURDAY/FEB. 14

Frying Pan Farm at Reston Regional Library. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Learn all about groundhogs and other ways to forecast the weather. Enjoy crafts and games. Co-sponsored by Friends of Reston Regional Library. Ages 6-11.

TUESDAY/FEB. 17

The Folk Club of Reston-Herndon. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Doug Everton looks like a cross between Jackie Gleason and Zero Mostel — and is just as funny. A unique performing act unlike any you've ever seen, Everton not only impersonates a raft of original performers but also mimics an arsenal of orchestral instruments — with his voice no less! Everton and his band, The Hot Buttered Nuggets, play traditional American Roots music and have won more than 25 WAMA Awards.

Tickets: DAHurdSr@cs.com. \$12 Non-Members, \$11 Members

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion. The title this month is *The Orchardist* by Amanda Coplin. Adults.

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join us for fun stories, songs and fingerplays. Age 2 with adult.

WEDNESDAY/FEB. 18

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center St. Herndon. Lullaby and Goodnight. Join us for bedtime and nighttime stories, songs and games. Ages 12-23 months with an adult.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. An informal discussion group for poetry lovers. February's topic is the life times and poetry of Langston Hughes.

THURSDAY/FEB. 19

Kids' Graphic Novel Book Club. 4 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join us for lively discussions of the best in graphic novels. This month's title is "A Sam's Friends Mystery: Dracula Madness" by Mary Labatt. Books are available for checkout at children's desk. Ages 8-10.

Storytime for Threes to Fives. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. An early literacy program with stories and activities. Ages 3-5 with adult.

FRIDAY/FEB. 20

Great Decisions Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. A roundtable discussion on the U.S. foreign policy process. February's topic is Privacy in the Digital Age. Discussion materials will be available two weeks before the event.

SATURDAY/FEB. 21

The Clay Hess Band. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Clay Hess has been a staple at Dollywood as well as

traveling as a member of Ricky Skaggs & Kentucky Thunder for three years before forming his own band. Clay is one of the very best guitar flat-pickers around today with a soulful bluegrass voice to match. Traditional and contemporary bluegrass music as it was meant to be - superb harmony and magic on the strings. Tickets: \$15.

SUNDAY/FEB. 22

Price of Glory: Verdun 1916 Book Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. A book discussion on Sir Alistair Horne's *The Price of Glory: Verdun 1916*. Led by George Mason History Professor Dr. Harry Butowsky.

Worm Composting. 2-3:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Ever thought about composting but just don't have the space? Worm composting is a natural method of recycling food waste. It's so simple and odor free that it can be done anywhere. See an established bin and make one to take home. Learn how to turn your kitchen scraps into rich organic soil and compost tea. Co-sponsored by Reston Community Center. Reservations required by Feb. 19. Fee: \$30/bin RA members, \$35/bin Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

MONDAY/FEB. 23

NARFE Dulles Chapter Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Please call your reservation and choice of entree to Louise Rooney at 703-435-3523 no later than Feb. 19.

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015

The Ritz-Carlton, Tysons Corner



The Boys & Girls Clubs of Greater Washington/Fairfax Region help hundreds of at-risk youth every day right here in Fairfax County.

Casino Night is a fun-filled evening featuring:

- Full complement of staffed gaming tables including Texas Hold 'em, Black Jack and Craps, Roulette
- Fabulous dinner buffet * open bar * amazing raffles, live and silent auction
- Celebrity Emcee with music and dancing.

The Ritz-Carlton, Tysons Corner

1700 Tysons Boulevard, McLean, Virginia 22102 • On the Silver Line

Tickets: www.bgcgw.org/fairfax/casino-night/

Friday, March 6, 2015
6:30-11:30pm

Tickets: \$95.00 per person,
\$175.00 per couple
Special Overnight Guest Room Rate
at the Ritz-Carlton for
Friday March 6, 2015 -- \$119.00



We invite your organization to consider sponsorship opportunities for our 2nd Annual Boys and Girls Clubs of Greater Washington, Fairfax Region Casino Night.

The Boys & Girls Clubs of Greater Washington/Fairfax Region help boys and girls of all backgrounds build confidence, develop character, and acquire skills fundamental to becoming productive, civic-minded, responsible adults. BGCGW provides a safe and positive environment for our youth.

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of The
February
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online form at
herndonconnection.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.

