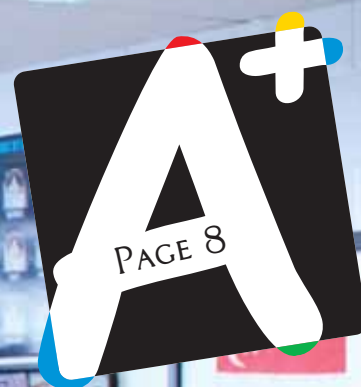


Oak Hill Herndon CONNECTION

Herndon Elementary School Principal Teresa Fennessy stands with a group of girls as they walked in the door for school on Monday, Feb. 13. She started her job in November.



Facing Challenges Of a 'Dream Job'

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Suspects In House
Shooting Apprehended

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News

Kennedy Center Coming to Herndon High

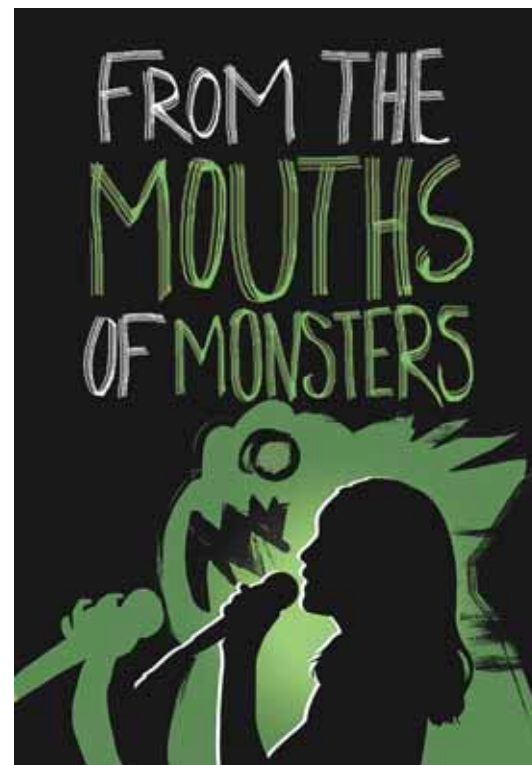
The Kennedy Center brings the world premiere of “From the Mouths of Monsters” to Herndon High School. This theatrical work is commissioned by Idris Goodwin, directed by Douglas Irvine, inspired by Mary Shelley’s classic book “Frankenstein,” which celebrates 200 years in 2018.

Teenager Michelle struggles to find the confidence to speak. A mysterious doctor gives her a mask to help, but the gift possesses supernatural powers that cause her to give words amazing power — and also the potential to cause terrible harm.

For the book’s upcoming special anniversary, award-winning playwright and BreakBeat poet Idris Goodwin, along with director Douglas Irvine (the Kennedy Center’s presentations of “Jason and the Argonauts” and “The Adventures of Robin Hood”), have created a two-actor play that examines the power of words ... and those who wield them. It is most appropriate for students in grades 7-12.

Performances are Friday, March 17 at 7:30 p.m.; Saturday, March 18 at 2 and 7:30 p.m. and Sunday, March 19 at 2 p.m. at the Herndon High School Auditorium, (enter the school through Door #6), 700 Bennett Street. Herndon.

Tickets: Visit herndonhighschool



The Kennedy Center brings the world premiere of “From the Mouths of Monsters” to Herndon High School.

theatre.ticketleap.com/from-the-mouths-of-monsters/ \$5 for students, \$15 for adults.

Visit www.herndondrama.org/home.html



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Longtime Members Remember Era of Democratic Rule

Democrats assigned Republicans to committees that never met, separated them.

BY MICHAEL LEE POPE
THE CONNECTION

Bills killed without consideration in committee. Members in the minority dismissed as irrelevant. Members in the majority lumping dozens of bills into a block vote to dispatch them in one sweeping vote. Those are some of the complaints from Democrats in the minority this year about the Republican majority. But when questioned about those complaints, longtime members in both parties say the same thing.

Democrats were in many ways worse when they were in power, although Republicans have created new tricks of their own.

Until the time Republicans seized power of the House of Delegates after the election of 1999, Democrats had a rock solid lock on control of the oldest continuous legislative bodies in the New World. And the century of unfettered control did not have a positive influence on their leadership style. Sometimes they would kill bills without ever hearing them. Other times, they would lump bills together in a block vote and kill dozens or more in a single vote.

Unlike Republicans, they had a practice of sending bills to committees that never met. Democrats also had a practice of seating Republicans at opposite ends of committee rooms so they were unable to communicate and coordinate during committee meetings. One of the more infamous practices was killing bills that came to the



PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Democrats in the minority raise their hands to support a bill the Republican majority wants to kill.

House floor as a matter of revenge, even memorial resolutions.

“Just because the Democrats ruled with an iron fist, that’s no reason for us to do the same,” said House Speaker Bill Howell. “I’m sure we both have room for improvement.”

Democrats say Republicans are no saints. Since taking power almost 20 years ago, they created a system of killing bills in unrecorded subcommittee votes. As a result, a handful of Republicans can kill bills introduced by Democrats without being on the record. And the subcommittee meetings are often scheduled for 7 a.m., when members of the public are not around to object or testify. The longest serving member in

the House, Del. Ken Plum (D-36), acknowledges that Democrats would kill bills without ever considering them.

“We heard a lot of complaints about that for a lot of years about how bad Democrats were when they were doing that,” said Plum. “Now we find that is happening in many committees across the Capitol, for example most recently the P&E Committee where they dispensed with the redistricting bills in one motion.”

LAST MONTH, the Privileges and Elections Committee dispatched more than two dozen constitutional amendments in a block vote despite objection from Democrats who wanted a recorded vote on each proposal.

“Just because the Democrats ruled with an iron fist, that’s no reason for us to do the same. I’m sure we both have room for improvement.”

— Speaker Bill Howell

A few days later, freshman Del. Jennifer Boysko (D-86) called a press conference to complain that Courts of Justice Chairman Dave Albo (R-42) killed her abortion rights bill without ever scheduling it for a hearing. Longtime members recall that Democrats did the same thing when they were in power. Majority Leader Kirk Cox recalls an experience he had as a freshman Republican in 1990, when he had his first bill before the Courts of Justice.

“I literally waited until 1 o’clock in the morning, then the chairman told me that my bill was going to subcommittee number five,” said Cox. “Everyone is chucking in the audience, and I ask why everyone was chucking, and they tell me there is no subcommittee five.”

Perhaps the most infamous use of power was by longtime Democratic Leader Dickie Cranwell. Longtime Republicans say when Cranwell heard somebody on the other side of the aisle say something he did not like, he would hold up three fingers. When that happened, according to Republi-

SEE DEMOCRACY, PAGE 4

IN SESSION

Ghost of Carter Glass

Meet state Sen. **Carter Glass** of Lynchburg. No, he’s not currently serving in the General Assembly. He was there more than 100 years ago. And is now infamous for creating the poll tax, an addition to the Virginia Constitution specifically designed to prevent blacks from voting. Fast forward more than a century, and Senate Democratic Leader **Dick Saslaw** says a modern-day constitutional amendment on voting rights essentially reinstates the poll tax by preventing people who haven’t paid court costs from voting.

“It’s kind of hard to deal with this topic without thinking about Carter Glass because he did this to keep the blacks from

voting,” said Saslaw. “No other reason. That was it. And he stated that.”

Saslaw was not alone. A handful of Democrats invoked the long-gone senator during a debate on rights restoration. They say Republican-led efforts to prevent former felons from voting has a racial undertone because most former felons are black.

“Don’t invoke what happened in 1902 to try to stir up some emotions on this thing,” responded Republican Leader **Tommy Norment**.

The nod to Virginia history didn’t work. Senators narrowly approved a constitutional amendment that would remove the ability of the governor to restore voting rights for people who have not yet paid court costs. Lawmakers say they should be able to make that decision, not the governor.

Abortifacient Debate

Before the General Assembly session started in January, Democratic Lt. Gov. **Ralph Northam** staged a press conference in Old Town Alexandria to announce a \$6 million pilot program that would use untapped federal funds to buy IUDs for low-income women. Democratic Gov. **Terry McAuliffe** included the funding in his proposed budget.

But then it hit a wall.

House Republicans did not include money for it in their budget, and the Senate’s budget includes \$3 million for an implantable contraceptive device but not IUDs. Some of the opposition say IUDs essentially cause abortions.

That’s not how IUDs work, says Northam, a pediatric neurologist.

“I think they don’t understand the sci-

ence,” said Northam. “They essentially prevent the sperm from ever meeting up with the egg. And so the egg is never fertilized because of the IUD.”

“Some have an abortifacient effect,” said **Jeff Caruso** with the Virginia Catholic Conference. “What that means is that they would work after fertilization to stop a newly conceived embryo from implanting in the uterus.”

Caruso said the abortifacient effect was only one reason for opposition to Northam’s proposal. He said critics are also concerned that the pilot program might make the contraception available to people under the age of 18. He also said free contraception for low-income people is already available at other locations, so he sees no need to increase availability.

— MICHAEL LEE POPE



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NEWS

Police Apprehend Suspects In House Shooting

The Fairfax County Police Department apprehended four suspects who shot at a home on Poener Place in the Herndon area on Sunday, Feb. 12, around 10 p.m.

There were no injuries.

Police officers from the Reston District Station were first to respond after a caller reported several people had shot at his or her home. The unidentified caller also told police that the people, who he or she may have known, were standing outside the door with guns.

The police officers heard shots as they approached and the four suspects fled in a white SUV. They were soon stopped in the town of Herndon and were taken into custody for interviews.

A search of the area by the Police Helicopter Division and Canine Unit did not find any other suspects. Detectives found a bullet at the scene and are continuing the investigation.

The public is asked to call 703-691-2131 with any information about the event.

— FALLON FORBUSH

Synergy Design & Construction Celebrates Grand Opening of New Reston Showroom

Mark and Mina Fies, owners of Synergy Design & Construction, a design-build firm located in Reston, celebrated the grand opening of their new showroom on Jan. 24 with a ribbon-cutting ceremony. The Greater Reston Chamber of Commerce hosted the event with more than 120 local business owners and leaders in attendance.

"It's hard to believe we started in a windowless basement almost 9 years ago and are now celebrating the grand opening of our new showroom. We are about to hire our 12th employee and have garnered national recognition for our design work and customer service experience," said Mark Fies, CEO of Synergy Design & Construction.

Synergy Design & Construction attributes its success to focusing on providing an exceptional client experience with predictable results (on time, on budget but maintaining high quality standards) and staying focused on serving Reston and the immediate surrounding communities. They anticipate hiring an additional 3-4 team mem-



PHOTO CONTRIBUTED

Synergy Design & Construction, a design-build firm located in Reston, celebrated the grand opening of its new showroom on Jan. 24 with a ribbon-cutting ceremony.

bers by the end of 2017 with a projected growth rate of 15 percent over 2016.

"We couldn't be happier to have you as part of our community. Thank you for your involvement with the Reston Home Tour, Reston Association's Home

& Garden Expo, and for being a Helping Homes partner, where you provide exterior home repair for financially challenged neighborhoods in Reston," said Mark Ingrao, president of the Greater Reston Chamber of Commerce.

Nostalgic For Democracy

FROM PAGE 3

cans, the next three Republican bills would die — regardless of what they were about. This would include things like memorial resolutions honoring the lives of people who had recently died.


"That's a fairy tale," said Cranwell, who has now retired from politics. "Now I could be difficult to deal with sometimes, but that three-finger thing never happened."

Speaker Howell and Leader Cox say they saw it happen, and Cranwell's three-finger salute is legend in the halls of the Capitol. But it may also be a myth, depending on who is telling the story. One feature of Democratic rule that everyone agrees on, though, is the late-night meetings. Democrats would often hold committee meetings that would stretch on well past midnight on many occasions. Republicans say they believe that was a trick to wear people down, allowing them to kill bills simply because people wanted to go home and sleep. When they took power, they moved those committee meetings to early in the morning.

"In the early years, the only real difference between the Republicans being in control and the Democrats being in control is that when you had a 7 o'clock meeting it was at a civilized hour of 7 p.m. not 7 a.m.," said Del. Vivian Watts (D-39). "While it may be just a matter of just a different lifestyle approach to things it does freeze out the public."

Watts says nighttime committee meetings allow members of the public to travel to Richmond and testify, and she saw that happen regularly when Democrats were in power. Now that Republicans consider bills in early morning hours and kill bills in unrecorded votes, the public has been excluded from process because it's much more difficult for people to come to Richmond at that hour. But timing is not the only change. Longtime members say there are larger changes in the political culture of both parties.

"On most issues, there was somewhat of a coalition of Republicans and conservative rural Democrats that would basically determine the outcome," said Sen. Emmett Hanger (R-24), who served in the House from 1983 to 1992. "So I think it was not a liberal body at that time. It was actually a more congenial body."



PUBLIC NOTICE

Herndon Parkway Intersection at Van Buren Street

Fairfax County

Pursuant to the requirements of 23 CFR 774.5, notice is hereby given that the Virginia Department of Transportation is accepting written comments for 15 days following the date of this advertisement regarding the Town of Herndon's concurrence with the Federal Highway Administration's Section 4(f) applicability criteria for de minimis impacts on the Haley M. Smith Park as a result of the captioned project.

Information related to the project and this finding is available at VDOT's Northern Virginia District Office (4975 Alliance Drive, Fairfax, VA 22030). Contact Steve Varner, NEPA Specialist, 703 259-2424, Steven.Varner@VDOT.Virginia.gov.

On behalf of the FHWA, VDOT invites public comments related to this Section 4(f) de minimis finding. Comments must be received in writing at meeting-comments@VDOT.virginia.gov or by mail at the District Office (ATTN: Steve Varner) by March 3, 2017. Please reference "Herndon Parkway Intersection at Van Buren Street" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 703-259-1775 or TTY/TDD 711.

VDOT Project: 0606-235-335, P101
 Federal Project: RSTP-5A01(042)
 UPC: 89889

Ending Gerrymandering Important to Region

Efforts appear dead for this session, but elections later this year provide new opportunities.

While three bills that could have reined in the runaway gerrymandering in Virginia made it through the Virginia Senate to crossover, they died on Tuesday morning in a House subcommittee, despite some vocal Republican support.

In Virginia, Democrats have won every statewide election since 2010, and notably Barack Obama won the state in 2008 by more than 52 percent of the vote. Many of these victories have been narrow. In 2009, Republicans won Governor, Lt. Governor and Attorney General by strong margins.

It is reasonable, given these results, to expect that representation at the state level would be approximately even, with either Republicans or Democrats holding a small advantage. Instead, Republicans control the House of Delegates 66 to 34, and the Virginia Senate 21 to 19.

There is little competition for these seats as a result.

According to OneVirginia2021, an advocacy group for ending gerrymandering, 56 candi-

dates in the House of Delegates faced no real competition in the last general election in 2013, with 22 Democrats and 34 Republicans facing no major-party challenger. In the end, only two seats changed parties.

These same lawmakers are set to redraw the the boundaries for state legislative and congressional districts after the 2020 census, and the just-killed proposed constitutional amendments would have required that these not be motivated by partisan politics. By far the best approach would be to turn the process over to a non-partisan commission to draw boundaries in the best interests of Virginia citizens.

One of the proposals, cosponsored by Sen. Jill Vogel (R) and Sen. Janet Howell (D), passed the Senate 31-9, but died in the House subcommittee on a 5-2 vote.

It matters more here in Northern Virginia. Virginia is a Dillon Rule state, which means that localities have only the power specifically given to them by the General Assembly. It means that the economic engines of the state in Northern Virginia provide most of the financial wherewithal but citizens in Alexandria,

Arlington and Fairfax County are often unable to govern themselves as they wish because of control by a far more conservative General Assembly.

Real change starts locally. Anyone seeking change should tune in for this year's elections in Virginia, including all the seats in the General Assembly, plus Governor, Lieutenant Governor and Attorney General. Every voter will choose one Virginia Senator and one member of the Virginia House of Delegates.

Nonpartisan redistricting could support the best interests of the population, not the politicians.

In 2016

Hillary Clinton (D) 1,981,473 (49.75%); Donald Trump (R) 1,769,443 (44.43%)

In 2013:

McAuliffe (D) 1,069,789; Cuccinelli (R) 1,013,389 Northam (D) 1,213,155; Jackson (R) 980,257 Herring (D) 1,103,777; Obenshain (R) 1,103,612

In 2012:

Obama (D) 1,971,820; Romney (R) 1,822,522 Kaine (D) 2,010,067; Allen (R) 1,785,542

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

The Human Cost of Repealing ACA

To the Editor:

Rep. Barbara Comstock (R-10) recently voted to repeal the Affordable Care Act as well as make cuts to Social Security, Medicare and Medicaid. The ACA provides subsidized private health insurance for those who cannot afford the incredibly high prices, including a healthy profit margin, that private providers charge. That is why the ACA came into existence in the first place. People were without health care because they could be turned down for pre-existing conditions and/or charged exorbitant monthly rates with incredibly high deductibles that they could not afford. Many have health care bankruptcy and debt stories to tell. The ACA now provides healthcare for millions who did not have it before. It also provides one-stop shopping for part time workers or freelancers who do not have job provided health care as well as for the self-employed.

What is this magical plan that the Republicans say will cover everyone at a lower cost? The answer, of course, is unsubsidized private, for-profit health insurance since they are vehemently against a logical single payer system. It

would definitely take magic for that to work this time since it didn't before! Remember the "death panel" scare—well that is what you can look forward to if you don't have affordable health insurance. They may try to dupe us with remedies such as Health Savings Accounts, but the catch is that you need money to put into such an account. If you don't have money for insurance how would you have money for an HSA? How would you be able to save enough in an HSA to afford a major operation and hospital stay or pay for extended cancer treatments.

They may say that you could buy health insurance across state lines. With only a few large health insurance providers operating in our country, it would not matter which state you bought a policy in. They say you can shop around for the best price which would lower health care costs. How many doctors must you have on speed dial so you can check prices while you are being rushed to a hospital in an ambulance? What if your appendix just burst or you had a stroke or a heart attack etc., etc. How will you be able to find the best deal if you are unconscious?

Our disjointed system of medical insurance, preventive care and prescription drug costs is the most expensive in the world. Why don't we start treating this subject with some common sense and decency?

Every person needs health insurance. We get sick, have accidents and injuries, give birth, age and die — it is the human condition. We all deserve care and compassion in this life.

In two years, we will be able to use our vote to elect someone who truly wants people to have affordable health insurance as well as someone who does not want to tear Medicare and Social Security apart.

Rebecca Horahan
McLean

Voting Rights Under Attack

To the Editor:

Unsatisfied with the existing identification requirements to vote in Virginia, on Feb. 1 Republicans in Virginia's House of Delegates voted to make it even harder to vote in state elections. If this were to pass, in order to register to vote in Virginia's state elections, Virginians would need to prove citizenship by providing a birth certificate, a passport, or naturalization documents. This is part of the continued Trump-led Republican effort to attack the very soul of our democracy by raising concerns about non-existent voter fraud and then pretending to fight it.

These restrictions will not stop

voter fraud because that fraud does not exist. What the restrictions will do is send Virginians rooting through boxes of decades-old files containing birth certificates and passports. Passports are expensive, and birth certificates are hard to obtain, especially if you were born somewhere outside the U.S. These restrictions will keep ordinary, every day Virginians from voting to choose their representatives.

Republicans are doing their best to keep Virginians from the polls, but they cannot keep us from the phones. Unless you are currently holding your birth certificate or passport in your hands, I recommend picking up your phone and calling your state senator before they try to take that away too.

Kenneth Bledsoe
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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PEOPLE

Facing Challenges of a 'Dream Job'

New Herndon Elementary principal is ready to face new and familiar hurdles.

BY FALLON FORBUSH
THE CONNECTION

Herndon Elementary School Principal Teresa Fennessy wants her school to be the place that everybody wants to send their children.

"That's my aspiration and my dream for this school," she said.

Now that she is here in her dream job, she is here for the long haul.

"I hope I'm here until I retire," she said. "I really want to see the success of this school."

She considered a career in education while she attended college in California, but she initially chose to enlist in the Air Force ROTC. She was a service member for 10 years and a reservist for another 12 years.

Her husband Mike Fennessy was also a member of the military, which required them to live in Germany, England, Spain, Colombia and various states throughout America.

"I've lived everywhere, so I'm not really from anywhere," she said.

But she couldn't escape her true calling. "It wasn't until I had my kids and I took my daughter into her first-grade classroom on the first day of school and I walked in and went, 'This is where I want to be. I love kids. I love working with kids.' It just felt like home for me."

It took her some time to earn her teaching certification, but she completed her training 20 years ago and has been teaching in Fairfax County ever since.

"I've done a lot of different things," she said.

She is fluent in Spanish and taught English as a second language (ESL) at Timber Lane Elementary School in Falls Church.

She then moved on to teach fifth and sixth grades at Oak View Elementary School in Fairfax.

Next, she taught Spanish at South Lakes High School in Reston.

She then worked as assistant principal for seven years at London Towne Elementary School in Centreville.

She has been on the job in Herndon since late November. She has drawn from her previous experience to manage her new school.

London Towne had a high number of ESL students and more than 50 percent of the student body was economically disadvantaged and living below the poverty line, according to Fennessy.

"Herndon is a little bit higher [population living below the poverty line], but not much," she said. "It's similar in both the Hispanic population, English language learners and students who are also struggling financially."

Approximately 58 percent of Herndon

Elementary School's 860 students qualify for free or reduced-price meals, according to Fennessy.

This means that a majority of her students' families earn less than 130 percent of the poverty level (qualify for free meals) or have incomes between 130 and 185 percent of the poverty level (qualify for reduced-price meals).

Because of this, Herndon Elementary School is a Title I school, which means the school qualifies for Part A (Title I) of the federal Elementary and Secondary Education Act. This legislation provides financial assistance to schools with high numbers or high percentages of children from low-income families to help ensure that all children meet challenging state academic standards.

This means that every student at the school is provided with a free breakfast and a free lunch, Fennessy says. However, some of their students are not meeting state academic standards.

The Standards of Learning (SOL) tests for Virginia Public Schools establish minimum expectations for what students should know and can do at the end of each grade or course in English, mathematics, science, history and other subjects.

"In the past, our kids have struggled a little bit with meeting those assessments, but I'm really confident that we're on the right trajectory," she said. "We're moving up and I believe we're going to be meeting those state requirements."

She says the tests can be very stressful for children, especially ESL students because they are only offered in English.

ELEMENTARY AND MIDDLE SCHOOLS are fully accredited if their students achieve 75 percent or higher pass rates in English and 70 percent or higher pass rates in mathematics, science and history, according to the Virginia Department of Education.

Herndon Elementary School did not meet its accreditation benchmarks for the 2015-16 school year in English or science, according to the Virginia Department of Education. It received a 72 percent pass rate in English and a 62 percent pass rate in science.

"I think to teach at a school like this, you have to be a Navy SEAL of teaching," she said. "That's because you've got to be able to make connections with the kids, you have to be able to really know the content area and make learning interesting, and also know how to reach back and help students when they are struggling with a concept."

At London Towne, Fennessy's students could participate in a two-way Spanish immersion program, where they would be taught math and science in Spanish.

Through a lottery admission process,



PHOTO BY FALLON FORBUSH/THE CONNECTION

Herndon Elementary School Principal Teresa Fennessy stands with a group of girls as they walked in the door for school on Monday, Feb. 13. She started her job in November.

Herndon also allows fourth-, fifth- and sixth-grade students to participate in a French immersion program. Most of the students are learning French.

Also through a lottery admission process, kindergarten, first-, second- and third-grade students at Herndon can participate in a two-way Spanish immersion program. This program is balanced with speakers of Spanish and students who are learning the language.

"That's all they hear," she said. "They're spending half of their day being taught in that language."

It helps connect the Spanish-speaking and English-speaking students to each other, she says.

"We're trying to make our kids global citizens," she said. "I think it kind of broadens our kids' thinking."

While people who are living in the country without legal permission worry about the Trump administration ramping up deportation in Spanish-speaking communities, Fennessy is committed to all her students.

"I don't pay attention [to her student's citizenship status]," she said. "I just know I've got English learners who come to school every day and it's my job to help them learn."

She spends her time focusing on the things that she can control.

"My No. 1 goal is to develop a school culture where everyone who walks through the building is a learner who is constantly working to make things better and is never satisfied with the status quo," she said. "The ultimate goal is making our students successful."

She referenced her Navy SEAL metaphor again, noting that they never give up on working or believing that they can do their job.

"It's a never-ending quest for what we can do to just grow ourselves as educators," she said.

She has been looking at adding professional development opportunities for her teachers to help them with their quest.

"[My staff] are learners and want to get better at what they're doing and that's what excites me every day that I walk in," she said. "To be a Navy SEAL, it takes training and dedication and we have dedicated teachers here," she said.

She wants to bring the Literacy Collaborative to the school, a national comprehensive literacy training that was designed by reading experts Irene Fountas and Gay Su Pinnell in collaboration with teachers and university teams at The Ohio State University and Lesley University.

The program trains individuals to be literacy coaches who can better assess students and teach them with the best type of instruction methods that will help them learn and understand the reading and writing process. This coach then passes on the information and skills to other teachers at the school.

She is also open to the concept of flexible seating, which was just beginning to be experimented with at her last school in Centreville.

This is when classrooms have unassigned and flexible seating in shifts where students alternate between seating structures and activities with different teaching styles. This allows students to lie on the floor, sit at low tables on their knees, sit in chairs or wiggle seats (therapy balls or air cushions), or even stand up all in the name of improving student collaboration, communication, critical thinking and concentration.

"The teachers from my old school who are doing it — one was a sixth-grade teacher and the other is a first-grade teacher — love it," she said. "The kids love it."

While it's not high on her agenda, she would let her teachers try it out if they were interested.

What is high on her priority list is updat-

Governor Visits Reston

Gov. McAuliffe makes commitment to hiring more veterans.

BY FALLON FORBUSH
THE CONNECTION

Gov. Terry McAuliffe visited Reston on Wednesday, Feb. 1, to announce a new goal of hiring 25,000 veterans in the state of Virginia through the Virginia Values Veterans (V3) Program by 2018.

He made his announcement at StreetShares, Inc, a national online lending platform that aims to connect investors with veteran-owned small businesses, that is headquartered in Reston off Wiehle Avenue.

"When I took this job back in December 2013, I had never met the governor and he had never met me," said John Harvey, Jr., Virginia's Secretary of Veterans and Defense Affairs, as he was introducing the governor. "But what came through was an extraordinary passion for the veterans and the military in Virginia and what we could do to better their future."

Harvey said the governor's commitment to veterans is a personal commitment.

"His son Jack is a 2nd Lt. in the United States Marine Corps out in California and deploys very soon, likely to Iraq," he said. "This is not something that is an abstract thing to the governor. It's real, it's personal, it's in his gut."

It is also because Virginia has a large veteran population.

"We have more veterans in the labor force than any state in the United States of America," McAuliffe said.

McAuliffe originally gave the V3 Program, which aims to reduce unemployment among veterans by helping businesses attract, hire, train and retain veterans, a goal of hiring 20,000 veterans by the time he left office in 2018.

"They got that done 400 days early," he said. "Let's get 25,000 by the time I leave office, which will be historic."

StreetShares CEO Mark Rockefeller, a U.S. Air Force JAG attorney veteran, dedicated his company to helping the governor reach his new goal by being a part of the V3 Program but also by committing some financial support.

"Because of the businesses that we are funding ... StreetShares wants to commit to funding companies to produce 1,000 of the 25,000 goal in the next 12 months," said Rockefeller.

The governor is also supporting legislation that would start a new state-funded grant program to encourage entrepreneurship within the veteran community.

The governor is supporting legislation that is being deliberated in the General



John Harvey, Jr. Virginia's Secretary of Veterans and Defense Affairs, introduces Gov. Terry McAuliffe by speaking about his commitment to veterans, including his own son who is a 2nd Lt. in the United States Marine Corps.

PHOTOS BY
FALLON FORBUSH
THE CONNECTION



Gov. Terry McAuliffe announced a new goal of hiring 25,000 veterans in Virginia by the time he leaves office in 2018.

Assembly that would establish the Virginia Veteran Entrepreneurship Grant Program and Fund.

The fund would provide grants to eligible providers of educational, training or other services to veterans that help them start their own businesses in the state.

The Virginia Senate passed the legislation on Thursday, Feb. 2. The companion bill in the House of Delegates is currently being deliberated by the Committee on Appropriations.

"I would encourage all of you to get active to call your member of the General Assembly to say, 'Support the

administration's efforts," McAuliffe said.

Rockefeller also encouraged those watching the governor's visit on his company's Facebook Live broadcast to help his company decide which veteran-owned companies would win \$10,000 by going online and voting.

The StreetShares Foundation, which is partnered with JPMorgan Chase, provides three awards of \$5,000, \$3,000 and \$2,000 to three veteran-owned businesses each month.

The 10 finalist companies can be voted on by visiting the foundation's website at streetshares.com/foundation.

"My No. 1 goal is to develop a school culture where everyone who walks through the building is a learner who is constantly working to make things better and is never satisfied with the status quo."

— Herndon Elementary Principal Teresa Fennessy

ing the school's technological capabilities. She hopes of meeting a goal of acquiring enough laptops for every student at the school.

"We're looking for ways to integrate technology into the classroom so that students are using it in ways that will complement what they're learning and make it more interesting," she said.

MAKING THIS GOAL a reality will require working with the town of Herndon and playing with the budget, she says.

"We're going to have to be creative, but that doesn't mean we're going to be giving up on our goal," she said. "That's the way our world is moving. [Our students have] grown up using tablets."

While her generation did not grow up using smartphones and tablets, she is keeping up and started using Twitter last year under the handle, @TeresaFennessy.

"I'm a Twitter novice," she said. "I need to carry my phone around more so I can get pictures and tweet about things. I'm growing too, just like everyone else."

Her latest tweet, as of Monday at 3:30 p.m., was a retweet of a photo of students eating in the cafeteria by one of her sixth-grade teachers, Stefanie Vestal, that said: "The salad bar was a big hit today!"

While she cannot take credit for her school's brand new salad bar, she is glad that FCPS is making it easier for her students to eat fresh fruit and vegetables.

When Fennessy isn't focusing on her students, she likes to unwind with her family at Lake Anna in Spotsylvania.

She lives with her husband and "diva" beagle named Guinness in Burke. Their daughter Kelley and son Grant have graduated from college and are living in the area.

She also likes to get caught up in mystery novels and is a fan of John Grisham, who is known for writing thrillers.

She is currently reading the "Jack Reacher" series by British novelist Lee Child.

Celebrating Black History Month

Educators say these lessons are urgently needed in current racial climate.

BY MARILYN CAMPBELL
THE CONNECTION

Even though Elavie Ndura knows that it is a daunting challenge to help children grasp the entirety of the African American experience in the shortest month of the year, each February she and other educators give it their best effort. This year, they feel it's more important than ever.

"With all of the racial experiences we're having these days, it's critical that children know their history and are not basing their knowledge on only what they see on television or what they hear from their friends," said Elavie Ndura, Ed.D., professor of education at George Mason University in Fairfax. "Research shows that children who understand their histories do better in school and in society, so it's critical that families teach their children about their history."

Ndura believes that the current racial climate in the U.S. gives this year's Black History Month additional significance. A study released last month by the Pew Research Center shows that among Americans, 61 percent of blacks, 58 percent of Hispanics and 45 percent of whites say that race relations in the United States are generally bad. Local educators say Black History Month offers opportunities to address issues of race by allowing the past to inform the present.

"We have seen for more than a year how people from different political viewpoints, but also races, sexes, cultures, religions, sexual orientations, and socioeconomic statuses related to each other in the present political climate, and it was troublesome," said Mika'il A. Petin, Ph.D., associate director of African and African American Studies at George Mason University. "Teaching the history of Black or African-heritage peoples in this month ... is necessary to starting difficult conversations about ... current race relations ... and social inequalities."

Race relations in our society have been deeply strained during the election and as America adjusts to a new presidential ad-

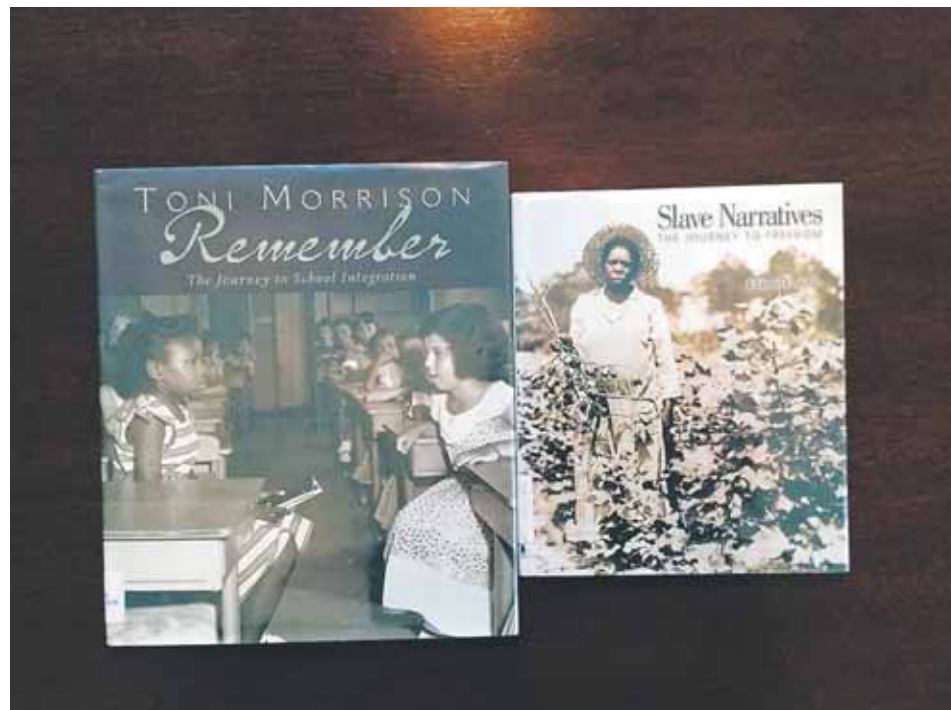


PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Books that explore African American experiences are on display at libraries and bookstores during Black History Month.

ministration. These divisions make African American history lessons critical for all children, but particularly for black children, says Ndura. "As African American parents we have a serious duty to educate our own youth," she said. "Knowing your history grounds and anchors you firmly so that you are not wavered in the wrong direction because of whatever feelings might be caused by what you're seeing on the news."

Black history lessons work best when they're intentional and creative, advises Jessica Lewis, Ed.D., assistant professor of education and human services at Marymount University in Arlington. "Children benefit when they are exposed to a variety of perspectives, ideas and stories because it helps expand their view of the world and people living in it," she said. "The ability to understand and identify with others and their experiences is a powerful, life-long lesson."

Lewis advises making a trip to a local bookstore or library to find books that offer a glimpse of African American history and suggests that parents begin with books on subjects that interest their children. "[Parents] may start with readings on sports, or science, or biographies of the accomplishments and hardships of individuals who persisted throughout history to make a difference," she said. "Parents can ... select books by black authors

and illustrators and then take the time to read the story together, discuss the pictures, and ask questions about what the characters are feeling and experiencing."

Other ideas include exploring music with roots in African American history such as ragtime, jazz, gospel and blues, making a timeline of major events that occurred during the Civil Rights Movement, and reading speeches from civil rights leaders and then helping children write their own speech about what they are inspired to change in the world. Such activities can open a natural discussion and need not be complicated to be effective, says Lewis.

"Parents are their children's first educators," said Lewis. "It is important for parents to help their children understand the experiences of other children who are not like them because it builds empathy and a deeper sense of community."

One roadblock to such honest conversations, cautions Petin, is a discomfort with discussions of racial differences.

"Let's be frank, some white Americans who are politically and socially conservative become noticeably uncomfortable with the topic of race, and therefore find difficulty with Black History Month," he said. "Yet, Black History Month — similar to the Black Lives Matter movement — does not express superiority over others. Both the month of celebration and sociopolitical movement are forms of resistance to deliberate attempts to conceal the worthiness of Black or African-heritage people in this country."

Some people "may attack Black History Month and Black Lives Matter as political correctness and identity politics, but I would argue that they are not seeing the humanity in both efforts," continued Petin. He emphasized the importance of taking a purposeful approach to teaching children about black history. "I think that all parents must intentionally search for, study, and celebrate those who are on the margins, living in the shadows, perceived as voiceless, and regarded as invisible. Too often, black Americans were those marginal, shadowed, voiceless, and invisible people. All parents should be honest about that, and should have confidence in the U.S. only being great when they and their children educate themselves on this country's history in more inclusive terms."

Schools often play a significant role in the month's activities. Students at the Bullis School in Potomac, Md., for example, attend a Black History Month assembly each February. This year's event was led by several students who shared their thoughts, essays and other projects on a variety of topics. "Diverse literature is always a great idea," added Allison Ewing, chair of the social studies department at Bullis.

"Twenty-eight days of teachable moments" is one way that Petin characterizes Black History Month. "It is never too early to start preparing your kids for a world that is increasingly more connected and shrinking," he said. "When all parents teach their children how to develop skill sets to understand, value, empathize, and celebrate those who may be different than them, the children are better prepared to function in the world."



Bullis School fifth graders Elizabeth Martin and Will Simpson look on as their documentaries about the civil rights movement were presented to the school.

PHOTO COURTESY OF BULLIS SCHOOL

CALENDAR

Send entertainment announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

THROUGH MARCH 5

Painted Passion at ArtInsights.

Various times at the ArtInsights Gallery of Film and Contemporary Art, 11921 Market St., Reston Town Center. An exhibit of romantic couples from Disney and Star Wars as created by official studio artists. Call 703-478-0778 for more.

FEB. 17- FEB. 19

All Star Weekend Watch Party at American Tap Room 11 a.m. Feb. 17 through 11 p.m. Feb. 19 American Tap Room, 1811 Library St., Reston Town Center. Watch All Star Weekend festivities each day, including great food and drink features. 703-834-0400 americantaproom.com

Swing Dance. 8:30-midnight, at the Hilton Washington Dulles Airport, 13869 Park Center Road. Beginner swing lesson with Sue and Gary 8:30. \$15. Visit www.gottaswing.com/ for more.

SUNDAY/FEB. 19

Using Adobe Lightroom to Organize, Edit and Share Your Photography with Mary Louise Ravese 1 - 5 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Over the course of two days, Mary Louise Ravese of Bella Vista Photography, will concentrate on the essentials of Adobe Lightroom's main modules: Library, Develop, and the output modules of Print, Web, Slideshow and Book. Participants will learn how to organize their images so they can be easily found, quickly identify and optimize their images for tone, and more! Early Bird Discount: \$199 if registered by February 4, 2017, \$225 if registered after February 4. 703-956-9560. events.r20.constantcontact.com/register/event

Hometown Habitat Film. 2-4 p.m. at the Herndon Community Center, 814 Ferndale Ave. Free. Visit www.herndon-va.gov/ for more.

MONDAY/FEB. 20

Bob Brown Knight Time Puppet Show. 10:30-11:15 a.m. Herndon Community Center, 814 Ferndale Ave. Starring King Oliver and his Queen Elizabeth. \$4 in advance, \$5 at the door. Visit www.herndon-va.gov/ for more.

FRIDAY/FEB. 21

Seamus Kennedy Concert. 6 p.m. at Amphora, 1151 Elden St. Folk club

concert. \$10 Members, \$11 Non-members. Call 703-435-2402 or visit www.restonherndonfolkclub.com for more.

Floral Design Class. 7 p.m. at the Mayflower, 11959 Reston Town Center. Learn the basics of floral design: proper use of floral tools, history on botanicals, flower care, floral and greens identification, color coordination, and design techniques. \$250 includes bouquet. Visit www.mayflowersreston.com or call 703-709-1200 for more.

WEDNESDAY/FEB. 22

Meet Me at the Movies. 10 a.m. at Bow Tie Cinemas, 11940 Market St., Reston Town Center. Senior Movie Day at Bow Tie Cinemas Movie is "Sully." Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org or call 703-435-6530 for more.

FRIDAY/FEB. 24

Family Passport to Fun. 6:30-9 p.m. at the Herndon Community Center, 814 Ferndale Ave. Performance by the Herndon High School Drumline, gym games, arts and crafts projects, bingo or play in the pool. \$2. Visit www.herndon-va.gov/ for more.

SATURDAY/FEB. 25

Cooking Class at Il Fornaio. noon-2 p.m. at Il Fornaio, 11990 Market St., Reston Town Center. Includes three-course luncheon with wine and recipes. \$55. Email banquets.reston@ilfo.com or call 703-437-5544.

FRIDAY/FEB. 28

Floral Design Class. 7 p.m. at the Mayflower, 11959 Reston Town Center. Learn the basics of floral design: proper use of floral tools, history on botanicals, flower care, floral and greens identification, color coordination, and design techniques. \$250 includes bouquet. Visit www.mayflowersreston.com or call 703-709-1200 for more.

FRIDAY/MARCH 3

Songwriter's Competition. 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Luke Brindley, of Reston, made the cut in the Folk/Acoustic category of the the third annual Bernard/Ebb Songwriting competition and is now a finalist to perform in a live concert performed by the competition's finalists. Tickets are \$10 and \$15, at www.bethesda.org.

SUNDAY/MARCH 12

Lucky Leprechaun 5K. 8:30 a.m. at the Fountain Square and Streets

Race, 11900 Market St., Reston Town Center. 3.1 mile race and kid fun run. Register at praces.com/ luckyleprechaun or call 703-689-0999.

ONGOING

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com.

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

"Some Things I Can't Explain" Featuring Artist Rahshia Sawyer. On Exhibit through Sunday, February 11, 2017. My work contrasts a Daedalean journey of figurative photographs, with the subject disconnected from the ground as a signifier of their transforming reality. 703-956-9560. ArtSpace Herndon, 750 Center Street, Herndon, VA 20170. www.artspaceherndon.com/ev/things-cant-explain/

Exercise for Parkinson's Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonsfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30 - 8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send supply list and payment options: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com

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ENTERTAINMENT

St. Patrick Comes Early in Herndon

The Folk Club of Reston/Herndon presents Seamus Kennedy on Feb. 21 during its third Tuesday Spring Concert Series.

BY MERCIA HOBSON
THE CONNECTION

Get ready to get your green on a bit early for St. Patrick's Day as Seamus Kennedy, Irish songwriter, guitarist and comedian, makes a concert stop in Herndon during his East Coast tour.

The Folk Club of Reston/Herndon will present Kennedy's performance on Tuesday, Feb. 21, at Amphora's Diner Delux, 1151 Elden St., Herndon as part of its third Tuesday Concert Series. The show starts at 7:15 p.m. with cash bar and dinner available.

Kennedy is a multi-year recipient of the Washington Area Music Association WAMMIE award for "Best Irish/Celtic Male Vocalist." He is not only a nationally accomplished singer and musician but also a noted

all-around entertainer and veteran of the Irish/Celtic festival circuit.

Kennedy is known for his quick rapport and easy banter.

Ben Hamblin, president of The Folk Club, said, "Kennedy will put on a fun show, and he is a superb musician. Since Kennedy was born in Ireland and plays much Celtic music, it will be something of a St. Patrick's Day warm-up for us."

Steve Potter, The Folk Club booking manager, said that although he receives many booking requests from agents and performers throughout the year, "I had a few club members who had asked for Celtic music this year. I thought it would be kind of cool if we could schedule someone near St. Patrick's Day. We'd heard a lot of good things about Kennedy. And since we book performers for our Tuesday night concerts a year in

advance, we were fortunate to get Kennedy between his weekend performances."

"Reservations are encouraged," Potter said. "Seating is limited to slightly over 100 patrons. During last month's concert, we had to turn away 12 people who tried to buy tickets at the door. The room had reached capacity limit."

For concert reservations contact Dave Hurd, The Folk Club of Reston/Herndon, at DAHurdSR@cs.com. Suggested donation is \$11.

Concerts in the third Tuesday Spring Series showcase various styles of musical entertainment from regional, national, and international talent. This season's lineup includes Mark Elliott & Runaway Home, a Nashville American group, March 21; Jack Willimas, songwriter and acoustic guitarist, April 18, Hicks & Goulbourn, UK folk and acoustic musicians, May 16, and Adam Hurt & Beth Williams Hartness, traditional Appalachian music, June 20.

The Folk Club of Reston/Herndon is an all-volunteer organization offering open mike nights, showcases, and concerts. The organization is dedicated to the appreciation of



PHOTO COURTESY OF RICHARD DORBIN

The Folk Club of Reston/Herndon presents Irish singer Seamus Kennedy

music and the preservation of folk traditions. Membership is open to all. For more information about The Folk Club, visit www.Restonherndonfolkclub.com.

ArtSpace Herndon Kicks Off 2017 Concert Series

Magic created as rock guitar music fuses with classical violin music at Valentine's Day Concert.

BY MERCIA HOBSON
THE CONNECTION

Fans of the 1970s-80s symphonic rock band Electric Light Orchestra gathered with violin aficionados at ArtSpace Herndon, 750 Center St., located within Herndon's arts district, on Saturday, Feb. 11 for a sold-out Valentine's Day Concert. The event showcased Columbia recording artist and guitarist-songwriter Parthenon Huxley accompanied by indie rocker and violinist, Ben Hoyt, graduate of Baltimore's Peabody School of Music.

Huxley is a rock guitarist and a member of THE ORCHESTRA, a band featuring former members of the Electric Light Orchestra and ELO Part II. The band is noted for their combination of electric rock instruments with orchestral instruments resulting in a fusion of Beatles pop and rock with classical overtones. According to Huxley's website, his records as a solo artist and band leader have earned three Album of the Year awards as a No. 1 single on Rolling Stone Magazine's Exclusive Download chart.

During the first half of the Valentine's Day Concert, Huxley performed love songs and hits by ELO including "Evil Woman" and "Showdown." Huxley also performed selections from his second P. Hux album, "Purgatory Falls" that chronicled the two-year



PHOTOS COURTESY OF MICHAEL AARONS

Parthenon Huxley, member of THE ORCHESTRA, performs live at ArtSpace Herndon singing "Buddha, Buddha" which was named by Greensboro Records as one of the top 10 records ever made in North Carolina. Elizabeth Weitzmann of Reston said she thought "Buddha, Buddha" was a great song. It is like Shubert, Smokey Robertson, or Cole Porter.

period after the death of his first wife.

After hearing Huxley play selections from "Purgatory Falls", local music lover Michael Betti described Huxley's voice, "It is a pure, perfect, pop voice." Ben Hoyt, Huxley's first call sideman as a violinist, accompanied Huxley during the second half of the performance. Using the voice of his violin strings, Hoyt brought home a dreamlike, lyrical magic to the duos' music, complementing Huxley's body of work and abilities.



Violinist Ben Hoyt and guitarist Parthenon Huxley perform love songs by ELO and the Beatles during the Valentine's Day Concert presented in the listening room at ArtSpace Herndon. Harlon Reece, former Town Councilmember and his wife of over 60 years, Midge, attended the Saturday event. "We always just take the time each Valentine's Day to remember how much we love each other."

Joanna Simon of Reston sat in the back row. She said, "It's very hard to play the violin and guitar together, but I think this works because the violinist is so talented." She added: "Hoyt adds a high energy, and his playing makes the room even more alive."

Reached for comment after the performance, Signe Friedrich, executive director of Arts Herndon, the nonprofit organization that operates ArtSpace, said it was apparent that the audience had been highly en-

gaged. "Teenagers in the audience like Sophia Skiavo and Elise McCue have posted live videos on Instagram; others like Elise Cosmo posted live Facebook video and photos."

ArtSpace is open 11 a.m.-4 p.m. Tuesday-Saturday and is closed Sundays and Mondays. For more information about events, exhibits, classes, rentals or volunteer opportunities at ArtSpace, 750 Center St, Herndon, visit www.artspaceherndon.org or call 703-956-6590.

"Idiot" No More; Well, Sort Of



By KENNETH B. LOURIE

For over two and a half years now, since June '14 — according to my most recent invoice, "idiot" lights on the dashboard of my model year 2000, Honda Accord have warned me that all was not right with our back-up car. But due to intermittent use, amazing self-discipline on my part and little new evidence to the contrary, the Honda has maintained its performance, if you can even call it that. Soon after this last visit to my local mechanic had cleared the pre-2014 dashboard indicators, the "SRS" (seat belt restraint system) came on suggesting that something was once again rotten in Denmark, and Burtonsville, too. Nevertheless, with the ink barely dry on my credit card receipt, and with our second car not being a priority, I decided to let it live and let live and hope for the best. Approximately 32 months later, my hope has been realized. No repairs have been required in the interim. However, over that same time, multiple additional "warning" lights have come on: "brake lamp," "maintenance due," and just recently, the infamous/scourge "check-engine" light to where four lights are now illuminated. And though, to my credit, I have been able to endure and ignore their constant reminders; but when that fourth light, the "check-engine" light came on, I feared my benign neglect had finally come home to roost. So I bucked up, called my local mechanic, and made the arrangements to drop off the Honda. Then I waited for a more detailed assessment of the damage done. A few days later, I got the call. I'll spare you the details since I can't explain them anyway; but the repairs were going to cost around \$1000, as good as could be expected for a 17 year-old car with 95,000 miles on the odometer.

However, what I am most excited about concerning this outcome is — yes 'excited' is the right word — that for the first time in years I won't have to face down warning lights in my car and alarm bells in my head about what potential car trouble and expense I've been putting off and likely making worse. And most importantly, no longer having to exercise the inordinate self-control required to ignore these warning lights and not to be corrupted by their relentless — literally and figuratively — reminders. It's almost as if I can face reality again, breathe normally and not feel under siege.

Having only driven the car barely two miles home since I picked it up from "Tony's," I can't yet say driving is fun. However, I can admit that driving will be less irritating, will require less mental discipline and when I look down at my car's dashboard, I will not long for a bygone era of dashboard neutrality. Once again, as if the Honda is under dealer warranty, I will not see any indicators/lights of something I've neglected to do or of repairs I'm unable to afford.

As much as I'd like to think I'm fairly well-adjusted and know how to process and prioritize things in my life, having cancer does seem to alter these processes and priorities. And when something simple and/or unexpected happens in your life which allows you to regain your composure and equilibrium, it helps that much more to assimilate the cancer-related conditions, effects and challenges you've come to expect. Not that I thought much about this eventuality when I dropped off the car at "Tony's," but now, having not seen any lights, I feel unburdened, as if a weight has been taken off my shoulders and out of my head. Moreover, when you're living in the cancer bubble, burdens expected — and otherwise — tend to pile up — and on — and when one is able to catch a break/brake along the way, the positive effect is disproportionate to reality. It means so much even though it may seem like so little. Whether it's regaining some control, solving a non-cancer-related problem or crossing an item off a to-do list; living one's life with as few distractions as possible, generally speaking, will likely result in some comfort and joy; not the movie, but the peace of mind.

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

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21 Announcements

21 Announcements

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Storage Line of Virginia, LLC (t/a APT Storage), Box 767, Haymarket, VA 20168, pursuant to the assertion of a lien for rental of a storage unit, will hold a public auction for the sale of all goods in storage unit #407B to take place at 11:30 am on Thursday, February 23, 2017, at storage unit #407B located at Sacramento Square, 5401 Claymont Dr, Alexandria, VA 22309, to satisfy the lien. All terms of the sale are cash. Call 800-217-4280 for questions.

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21 Announcements

21 Announcements



Several hundred people attended the 10th Annual Freezin' for a Reason (Virginia Polar Dip) on Saturday, Feb. 11, at Lake Anne Plaza's waterfront in Reston.



PHOTOS BY STEVE HIBBARD/THE CONNECTION

From left: Virginia Polar Dip's Bill Toth with daughter Julianna and wife Gail, who organized the event.

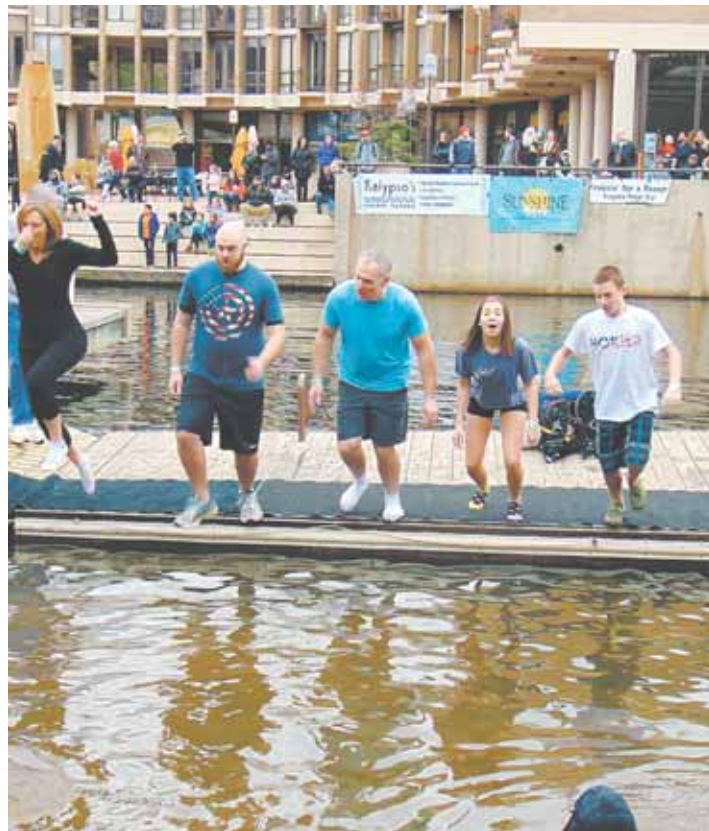
Freezin' for a Reason

Virginia Polar Dip attracts 200 participants; raises \$80,000 for Camp Sunshine.

With water temperature at 38 degrees, more than 200 participants took the plunge in the 10th Annual Freezin' for a Reason (Virginia Polar Dip) on Saturday, Feb. 11, at Lake Anne Plaza's waterfront in Reston. The fundraiser is expected to raise \$80,000 for Camp Sunshine on Lake Sebago in Maine, which benefits children with cancer and their families. Groups came from as far away as Boston, Ohio, and Maine to participate in this year's event. Chilli Amar of 97.1 WASH-FM radio station emceed the event, which included several corporate sponsors, such as Tropical Smoothie Cafe and Eagle Bank, among others. In the past nine years, 1,484 people helped raise \$623,000 for Camp Sunshine through their participation.

"We hope to raise enough money to send families with children with life-threatening illnesses to Camp Sunshine," said organizer Gail Toth. "We thank the community for their generosity in supporting the event every year." Toth's oldest daughter, Jennifer, now 24, had cancer when she was 2 and the family attended Camp Sunshine. She is now healthy and in remission.

— STEVE HIBBARD



The DBA Warriors get ready to jump in the water.



Team Kalypso Sports Tavern takes the plunge.



The Chicken Dippers Team put their feet in the water and did not fully jump in.



Team Kalypso Sports Tavern gets ready for the plunge to begin.