

# Community Builders Honored

NEWS, PAGE 3

**Herndon Vice Mayor  
Connie Hutchinson is  
presented the Herndon  
Masonic Lodge's Commu-  
nity Builder award by  
Louis Campbell, grand  
master of the Grand  
Lodge of Virginia, Mon-  
day, April 1.**

**Helping Provide  
Food for Others**

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**Jewish-Muslim  
Passover Seder  
Commemoration**

NEWS, PAGE 3

### School to Celebrate 10th Anniversary

Children's House Montessori School in Reston will celebrate its 10th anniversary with a reunion for current and alumni families on Friday, April 12. The event will be at the school from 5 to 8 p.m. Families past and present will be able to share a picnic together, enjoy a celebratory cake, and play on the natural playscape playground.

Children's House Montessori School was started in 2003 by Keturah Collins, owner and director, and Karen Disney, assistant director, with one classroom and 10 children. It quickly grew to two classrooms and has stayed a small, family-oriented school throughout the last 10 years. Today there are nearly 40 students, over 90 alumni families, and seven staff members.

The school's program is based on the philosophy of Maria Montessori who believed that that purpose of formal education was to "learn how to learn." Here children are allowed to make choices for their own learning, develop independence through their work in the classrooms, and learn respect for others and all living things.

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## Jewish-Muslim Passover Seder Commemoration

Local multi-religious celebrations and interfaith dialogue inspire communities nationwide.

BY ANDREA WORKER  
THE CONNECTION

With one foot in Fairfax County and the other in Loudoun, (yes, they needed permits from both counties during construction) the All Dulles Area Muslim Society (ADAMS) Center in Sterling couldn't have been a better choice of venue for an interfaith commemoration of Passover, the ancient Jewish holiday celebrating the exodus of the Israelites from Egypt over 3,000 years ago. The building, with its cross-counties placement, symbolizes the bridge building that took place on Saturday, March 30, when members of the ADAMS Center co-sponsored a Passover Seder with the Washington Area Jews for Jewish-Muslim Understanding, led by Andrea Barron. Sitting side-by-side in the small meeting room were Jews and Muslims as well as Christian pastors from Falls Church and Reston.

**THE TRADITIONAL SEDER PLATES** at the tables contained all of the requirements for the ritual: unleavened bread, a green vegetable, a shank bone, roasted egg, bitter herbs, charoset, and a small bowl of salt water representing a bitter vegetable. Grape juice was the beverage utilized in the ceremony, with respect to the Muslim hosts and participants whose religion prohibits alcoholic drinks.

ADAMS board member Rizwan Jaka welcomed the assembly, declaring himself and the ADAMS community "honored" not only to be hosting the event for the fifth time, but also to be part of the celebration itself. "As Muslims," said Jaka, "we commemorate when God freed the children of Israel from Pharaoh, and we believe that the Seder's message is one for all humanity."

Barron led the interfaith group through the prayers, songs and rituals, with members of all represented religions doing their best to join in. Everyone took turns reading from the Haggadah, the book that contains the instructions for the Seder, the blessings and songs, and the Passover story. "This year, our Four Cups of Passover will represent the universal values of Freedom, Justice, Peace and Understanding," said Barron. At different stages throughout the ceremony Barron encouraged the celebrants to offer their thoughts on these and other topics, sparking thoughtful dialogue on how to close the gap between the "aspirations and actions of nations, political parties,



From left, Farhanahz Ellis, the interfaith and outreach director for ADAMS, Andrea Barron, organizer of the Seder for Washington Area Jews for Jewish-Muslim Understanding, ADAMS board member Rizwan Jaka, and his wife Priscilla Martinez, herself a local political and community activist, sit together at the interfaith Passover Seder.



A roomful of faiths, customs and cultures come together to celebrate and to share ideas and prayers for sowing the seeds of peace.

religious communities, organizations and individuals" in bringing about peace, social justice and harmony. Topics ranged far and wide during the discussions, but often came back to concerns over the political situation in Egypt, the post Arab Spring developments, and how to influence a solution where Israel and Palestine can both enjoy peaceful, secure and prosperous futures.

**ACCORDING TO BARRON**, the first Jewish-Arab Seder in D.C. was held 25 years ago, bringing people together to work toward peace in the Middle East. "We are still working," said Barron, "but look how far we've come and how many friendships we have built together." Rizwan Jaka agreed. "Together we are helping to bring people of all faiths and customs closer together," he said, excitedly announcing that after the showing of a mini documentary about their local efforts at the 49th Convention of the Islamic Society of North America, mosques in cities including Detroit, Houston and New York were reaching out to Jewish communities in their area to start their own multi-religious Passover commemorations and interfaith dialogues.



From left, Bill Tirrell, Grand Lodge of Virginia's Grand Master Louis Campbell and Herndon Vice Mayor Connie Hutchinson. Tirrell and Hutchinson were awarded the Herndon Masonic Lodge's Community Builders award Monday, April 1.

## Masonic Lodge Presents Annual Award

Connie Hutchinson, Bill Tirrell recognized with Community Builder award.

BY ALEX MCVEIGH  
THE CONNECTION

The Herndon Masonic Lodge presented their annual Community Builders award Monday, April 1, to Vice Mayor Connie Hutchinson and former councilmember Bill Tirrell. The two were recognized for their contributions to many aspects of the community.

"As Masons, we focus on families and the community, and we want to honor individuals who improve the community by making things better all around us," said Mauricio Carasco, worshipful master of the Herndon lodge. "These two outstanding citizens are responsible for countless contributions to the Town of Herndon."

Hutchinson's father came to Herndon in 1908 when he was 3, and she has lived there most of her life. She is in the midst of her seventh term on the council, and her second as vice mayor. She has also served on the town's Architectural Review Board and Heritage Preservation Review Board, as well as with the Herndon Historical Society and Herndon Youth Soccer.

"My goal was never to receive recognition, it's been a pleasure to serve this community," she said. "I'm very honored, but I feel like it's an opportunity of everyone who's gone before me in making this community what it is today."

Tirrell has served eight terms on the council, being first elected in 1990 and most recently from 2010 to 2012. He has also served on the town's Planning Commission, Board of Zoning Appeals and Architectural Review Board.

"Unlike Connie, I'm a newcomer to the town, I've only lived here 38 years," he said. "The Navy sent me here many years ago, and I stayed ... I'm thankful for the Masons for taking the time to say a couple of nice things about us."

Present at the ceremony was the Grand Lodge of Virginia's Grand Master Louis Campbell. He praised both Tirrell and Hutchinson for their outreach efforts and thanked the Herndon lodge for taking the time to give the Community Builders award.

"I'm so pleased to be here, I'm always encouraging the lodges of Virginia to give the award, but not many of them do," he said. "Sometimes we're good at patting ourselves on the back, but not so good at recognizing the non-Masons in making the community a better place, which these two clearly do."

The lodge presents the award every year to individuals who serve the Herndon community. Past winners include former Mayor Steve DeBenedittis and John Mosesso, who coordinated volunteers for the Herndon Festival and Herndon Homecoming Parade.

## THE COUNTY LINE

# Fairfax County's Homeless Population Declines 12 Percent

Emphasis on rapid re-housing, prevention keys to success.

BY VICTORIA ROSS  
THE CONNECTION

Despite the developing impact of across-the-board sequester cuts, and the rising cost of rental housing, the homeless population in Fairfax County declined 12 percent in the past year, and 26 percent since 2007.

"It's a remarkable achievement," said Michael O'Reilly, chairman of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, who released the figures Monday, April 1, along with Dean Klein, Fairfax County's director of the Office to Prevent and End Homelessness (OPEH).

According to Fairfax County's annual "point-in-time" survey, the number of homeless individuals decreased by 184 people, from 1,534 in 2012 to 1,350 in 2013. Since 2007, the number of homeless individuals decreased by nearly 500 people or 26 percent—from 1,813 in 2007 to 1,350 in 2013.

The U.S. Department of Housing and Urban Development (HUD) requires that jurisdictions across the nation conduct a statistically reliable and unduplicated count of the homeless over the course of one day in January. The survey covers only those who are literally homeless—in shelters, in time-limited transitional housing or those who are unsheltered and living on the street.

**THE GOAL** of the count is to identify the number of homeless people at a given point in time and to collect demographic information about those who are homeless to provide direction for future development of housing and services. It is also a requirement to qualify for state and federal funds.

"When we launched the 10-year plan in 2007, we fully expected to have some success," O'Reilly said. What Fairfax County did



**Fairfax County Board of Supervisors Chairman Sharon Bulova speaks about her experiences interviewing some of the county's homeless population during "Registry Week," which kicked off the 100,000 Homes Campaign on Feb. 23. "This was something I will never forget. It was one of the most powerful experiences of my life," Bulova said.**



**Volunteers, elected officials and representatives from area organizations attended a community debrief on March 4 at the Jubilee Christian Center. The debrief was held to reveal the results of a countywide survey on homelessness held the last week of February.**

not expect were economic hurdles such as the 2008 recession and this year's sequester. "I think with those challenges, if that number [1,813] had remained constant, and we managed to tread water, that would have been seen as a success. But we've managed to reduce those numbers."

Klein said Fairfax County's key initiatives, such as rapid re-housing and expanding the range and availability of prevention services and resources contributed to the decline in homeless individuals.

"These numbers are very encouraging and energizing for our community of nonprofit, government, business and faith community partners who are working day-in and day-out on behalf of some of our most vulnerable citizens," Klein said. "I am pleased to see that the strategies embedded in our 10-year plan are working."

O'Reilly said the OPEH's effective implementation of the Homeless Management Information System (HMIS), which prioritizes transparency and allows the county to analyze data from a number of nonprofit service providers, is an "often overlooked indicator" that provides a valuable big picture of homelessness in the county.

"We also gained momentum from the re-

### Highlights: 2013 Point-in-Time Count of Homeless

The PIT count was conducted on Jan. 30, 2013.

- ❖ Of the 1,350 people who were literally homeless in the Fairfax-Falls Church Community, 747 were people in families (55 percent of all homeless), and 603 were single.
- ❖ Thirty-three percent (452 people) of all persons who were homeless were children under the age of 18, the same percentage as last year.
- ❖ There were 19 fewer families who were homeless in 2013 compared to 2012, with 90 fewer people, including 53 fewer children and 37 fewer adults.
- ❖ Fifty-eight percent of adults in homeless families were employed. In 2012, 59 percent of adults in families were employed.
- ❖ In 2013, 27 percent of all persons in families were homeless due to domestic violence, a decrease from 40 percent in 2012. Thirty percent of families identified domestic violence as the reason for homelessness.
- ❖ Single individuals account for 45 percent of all homeless persons counted, a total of 603 people.
- ❖ Single adults decreased by 13 percent (94 adults) compared to 2012.
- ❖ Fifty-seven percent (341 people) of single adults who were homeless suffered from serious mental illness and/or substance abuse, a decrease from 64 percent in 2012, and many had chronic health problems and/or physical disabilities.
- ❖ Twenty-two percent (134 people) of single adults were employed, and 9 percent (57 people) were identified as veterans.

cent 100,000 Homes Campaign, but we still need new resources, new partners, ideas and affordable housing," Klein said.

"Affordable housing continues to be a challenge," O'Reilly said. "Although we have seen success in the past four years, we have significant challenges ahead with sequestration and the rising rental housing costs."

**A BRIEFING** on point-in-time highlights from around the region is planned for the Metropolitan Washington Council of Governments board meeting on April 10. The highlights will be available next month through Fairfax County's website at <http://www.fairfaxcounty.gov/homeless>.

## Bulova Appoints Mary Cortina, Faisal Khan to Park Authority Board

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) recently appointed two new representatives to the Fairfax County Park Authority Board.

Faisal Khan, the first Pakistani-American member of the Park Authority Board, is a force in Fairfax County cricket circles and has been a strong advocate for the game. He is a founding member and current manager of the DC Metro Area Cricket League and is also the captain of his team, the Comets. Cricket—a bat and ball game—was first played in southern England in the 16th century. The expansion of the British Empire led to cricket being played overseas, and the first in-

ternational cricket match was held in Karachi in 1935. Although field hockey is the national sport of Pakistan, cricket is the most popular sport in the country, according to the National Cricket Association.

Khan's first official park events took place last year when he participated in a ribbon-cutting for two new turf fields at the Oak Marr RecCenter in Vienna. Both fields are striped for multiple sports, including cricket.

Khan, an advocate for all sports, said he believes that sports play a vital role in bringing together diverse communities.

"Mr. Khan is a local business owner and will bring a valuable perspective to the board," Bulova said. "In business, Mr. Khan is a great advocate for product quality and

excellent customer service, two attributes that our excellent park system embraces as well."

Mary Cortina has been an active and engaged member of the Fairfax Community. For nearly a decade, she worked for the National Wildlife Federation supporting their mission of wildlife preservation in a variety of different roles. As a member of the Burke Centre Board of Trustees, she played a leadership role in assisting with the design of a new parking garage in the Burke community.

In 2007, Cortina was appointed to serve on the Chesapeake Bay Preservation Ordinance Exception Review Committee, and continues to make contributions to the

county in this capacity.

"In addition to Mary Cortina's extensive volunteer background," said Bulova, "she also brings business acumen to the table, having served in a variety of positions dedicated to technical support, planning and budget."

Khan and Cortina will take the place of Jan Hedetniemi, who is now at-large planning commissioner and Marie Reinsdorf. Bulova said she is excited that these new appointees will be able to contribute "fresh enthusiasm and perspectives" to the mix of talent already on the Park Authority Board.

—VICTORIA ROSS

# BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

## WEDNESDAY/APRIL 3

### Fiscal Year 2014 Budget

**Presentation.** 7 p.m., at Herndon Town Council Chambers, 765 Lynn St., Herndon. Dranesville Supervisor John Foust holds a town hall meeting to give residents an opportunity to learn about and discuss the proposed FY 2014 budget. [www.fairfaxcounty.gov/dmb](http://www.fairfaxcounty.gov/dmb).

### Herndon Town Calendar

**Competition.** 750 Center St., Herndon. Professional and amateur photographers aged 16 and older may submit photos of subjects taken within the Town of Herndon corporate limits for consideration for the Herndon Town Calendar. Submissions must be made by June

17 at ArtSpace Herndon; (photos depicting people participating in seasonal or community events are given special consideration). 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## SATURDAY/APRIL 20

### Overcoming Anxiety and

**Depression.** 10-11:30 a.m., at Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Practical advice from Buddhist teachings to help reduce the anxiety and depression that can come from living in a fast-paced, high pressure world. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

## ONGOING

### Positive Energy Submissions.

8:30 a.m.-5 p.m., at League of Reston Artists Parkridge 5 Building, 10780 Parkridge Blvd., Reston. The LRA calls for painters and photographers to enter works that interpret "Positive Energy" by April 10; the show opens April 15 and remains through July 12, open Monday through Friday. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### The Object Management Group

(OMG) announces their quarterly technical meeting for members and interested non-members. The week of Mar. 18, at The Hyatt Regency, Reston. Register online or walk-in registration. [www.omg.org/news/meetings/tc/dc-13/info.htm](http://www.omg.org/news/meetings/tc/dc-13/info.htm).

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\* Offered in Spanish and Korean. Translation services available upon request.

**Contact**  
 Lisa Adler  
[lkadler@upcfairfax.org](mailto:lkadler@upcfairfax.org)

*Funded partially by Virginia ABC, Virginia SPF-SIG, and federal STOP and Drug Free Communities grants*

The Unified Prevention Coalition of Fairfax County (UPC) is a nonprofit organization with more than 50 community partners working together to keep youth and young adults safe and drug-free.

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# OPINION

## April Is Poetry Month

Send us your poems, your Mother's Day photos, and even your poems about mothers.

**A**pril is poetry month, and we invite our readers to share their poems with us. Some will appear in the print edition and some will appear online.

We'd love to have a note from you about what inspired your poetry, and an illustration, photo of you, etc., are welcomed as well. Include the text of your poem, your name and address (we will only print your name and town name, not your full address), email address and phone number to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

Here are some poetry happenings from around the area:

Alexandria's new poetry society, based at the Duncan Library, will hold its second meeting at St. Elmo's Coffee Pub on April 8 from 8-10 p.m. and will explore beat poetry. For more, contact the Duncan Library at 703-746-1705.

At presstime, Alexandria was expected to announce the name of the new Alexandria Poet Laureate, replacing Amy Young.

Bernadette Geyer of Vienna was selected for the 2012 Hilary Tham Capital Collection for

her poetry manuscript, "The Scabbard of Her Throat."

The Iota Club and Cafe, 2832 Wilson Blvd., Arlington, holds an annual poetry event on Mother's Day. This year's event, Sunday, May 12, 6-8 p.m., will feature Bernadette Geyer of Vienna and James Arthur. Iota Club and Café is at 2832 Wilson Blvd., Arlington.

Virginia's current Poet Laureate, Sofia M. Starnes, has launched The Nearest Poem Anthology project, which will collect 50-100 poems submitted by Virginia residents "that are most meaningful to us and thus create a testimony to the immediacy of poetry and its closeness to everyday life." Submissions will be accepted through June, and should include the full text of the poem, the name of the poet and the source, including where you encountered the poem, and 200-250 words of persuasive explanation of why you selected the poem. "This should include some information about yourself and why you consider your selected poem 'nearest' to you," Starnes writes. "The compelling nature of your write-up — your story — will play an important role in the se-

### EDITORIAL

### LETTERS TO THE EDITOR

## A Great First Step

To the Editor:

I am sharing my story to let our community know that Delegate Comstock's "Lyme Testing Disclosure," House Bill 1933, is a great first step. It was six years ago when I was first diagnosed with Lyme disease.

It was then that my life took a turn I wasn't expecting. I am writing the editor today because I want to share my story with other members of our McLean community to help spread awareness on this debilitating disease. I also would like to let our community know about issues regarding testing for Lyme disease.

One of the first steps towards a successful treatment is an early diagnosis. This is why Governor McDonnell's signing of this legislation sponsored by our McLean Delegate Barbara Comstock was both critical and necessary. The current Lyme Disease Test conducts an examination of anti-bodies and as a result this test frequently returns a high false negative result rate. This false negative result will delay a patient in receiving the medical treatment necessary to treat this disease.

In my personal experience, it became so difficult for me to get

treatment for Lyme disease here in Virginia. I was given the absolute runaround and had to travel all the way to New Jersey to seek necessary treatment to make a full recovery. I am most grateful to see Virginia's medical climate changing with respect to this serious illness and appreciate the governor's continued support of the Lyme disease community starting with his task force and continuing with his signature to put this law into legislation.

**Nancy B.  
McLean**

## Discussing Internet On Capitol Hill

To the Editor:

The Internet is an engine for significant economic growth and innovation in the United States and around the world, revolutionizing how we communicate with one another and how goods and services are purchased. However, as the Internet becomes a central part of our lives, attempts to regulate it oftentimes have been ill conceived and harmful.

That's why it's crucial for our elected officials to understand how the Internet works and the impor-



PHOTO BY ELIZABETH ENDE  
**Going Green on St. Patrick's Day**  
Chesterbrook ES sixth graders Jennie and Stephanie go green for Saint Patrick's Day.

tance of the free and open Internet.

Last month, the Internet Infrastructure Coalition (i2Coalition) spent time on Capitol Hill discussing with lawmakers, including Rep. Gerry Connolly, the Internet and important cyber issues facing the 113th Congress.

We would like to thank Rep. Connolly for taking the time to meet with us to deepen his understanding of the Internet. It's clear that he is committed to preserv-

## Contrary to Popular Belief

Poem by Bernadette Geyer of Vienna

We are not even  
as solid  
as a pan flute  
carved from a grain of rice  
passed down  
through generations  
in folk tales and dreams.

Information about submitting your favorite poem for a Virginia anthology: <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>

lection of the poems to be included." Visit <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>.

## Mother's Day Photos

Mother's Day is May 12 and every year at this time we call for submissions to our Mother's Day photo gallery. Send photos of you and your mother, grandmothers, great-grandmothers. Please name everyone in the photo, describe what is happening in the photo and include your name, address, email address and phone number. Send photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

You can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>.

## Oak Hill & Herndon CONNECTION

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# FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday.

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**Trinity Presbyterian Church**, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Jewish Federation of Greater Washington** and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

**The Baha'i community of McLean** holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

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

**Hope Fellowship Church** will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or [www.hopefellowshipchurchloudoun.org](http://www.hopefellowshipchurchloudoun.org).

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## 'Beyond the Blue and Grey' at ArtSpace

**ArtSpace Herndon hosts reception for 'Beyond the Blue and Grey' exhibit.**

On Saturday, March 2, ArtSpace Herndon hosted an artist's reception at their location in downtown Herndon. The event was open to the public and provided an opportunity to speak with the artists whose work was on display.

The show, featuring 13 artists, includes work by portrait artist Wendy Allen, and 12 local artists: Michele Frantz, Catherine Hillis, Jim Kirby, Carl Landow, Christine Lashley, Jeffrey Miller, Keith Naquin, Ann Adrianna Null, Catherine Powers, Thomas Segars, David Skibiak and Marie Georgette Wright.

The title of the exhibit is "Beyond the Blue and Grey: The Virginia Home Front." This exhibit focuses on the unique attributes of the Virginia "home front" during the American Civil War era, showcasing a collection of ideas of what it meant to be a Virginian between 1830 and 1880.

Professional painter Wendy Allen has been painting portraits of Abraham Lincoln for 27 years and has completed almost 200 Lincoln paintings.

"I thought that contemporary art had turned its back on history so I decided to rebel against modern art. I picked an icon whom I love, Abraham Lincoln," said Allen. "I just started painting Lincoln and I have not stopped. I paint him in all different styles and techniques. ... To me it's like the American landscape, a uniquely American, fantastic subject for artwork. No matter how abstract I may paint him, people always know it's him."

Photographer Jeffery Miller said he "went to some locations in Fairfax and Herndon with the objective of imitating the look of photographs from the American Civil War time period. The photo of Sully Plantation was made to look like a daguerreotype, and the photo of Dranesville Tavern was made to look like an ambrotype."

Also present at the ArtSpace event were town officials and council members. "The exhibit is an excellent chance for us to glimpse back at that time period," said Vice Mayor Connie Hutchison. "I think the exhibit is awesome. It is a great show," said Sheila A. Olem.

Later in the evening the Herndon Towne Singers sang "Shoo Fly" and "Tenting on the Old Campground," songs traditionally sung by troops during the Civil War. Historian Charles Mauro then gave a brief history of Confederate Cavalry Battalion Commander John S. Mosby and his raid on the town of Herndon.

The exhibit is on display at the ArtSpace Herndon until Sunday, April 7. —RYAN DUNN



Portrait artist Wendy Allen has been painting portraits of Abraham Lincoln for 27 years.



Historian Charles Mauro gave a brief history of Confederate Cavalry Battalion Commander John S. Mosby and his raid on the town of Herndon.

## ENTERTAINMENT

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/APRIL 4

**National Symphony Orchestra Rehearsal.** 8 a.m.-2 p.m. at Hunters Woods Shopping Center, Thoreau Place, Lake Anne Plaza, Reston. Attend an open rehearsal of the National Symphony Orchestra at the Kennedy Center Concert Hall. Reston Association: \$27; non-members: \$30. 55 years or older. 703-435-6577 or [Ashleigh@reston.org](mailto:Ashleigh@reston.org).

**Write your Memories into Memoirs.** 10 a.m.-12:30 p.m., at the Reston Association, 12001 Sunrise Valley Drive, Reston. Whether you are just beginning or already writing your memoirs, this eight-week class focuses on turning life experiences into an engaging story. Reston Association: \$32; non-members: \$42. 55 years or older. 703-435-6577 or [Ashleigh@reston.org](mailto:Ashleigh@reston.org).

**Alli Mushtaq.** 2:15-3:30 p.m., at Center Stage, Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Alli Mushtaq, winner of the 2011 Washington International Piano Artists competition, a forum for all levels of non-professional pianists, plays a concert; the third in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or [www.olligmu.edu](http://www.olligmu.edu).

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too, hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised ever higher. In fact, Sharky may be playing for his very soul; directed by Angie Anderson. \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### FRIDAY/APRIL 5

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too, hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised ever higher. In fact, Sharky may be playing for his very soul; directed by Angie Anderson. \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### SATURDAY/APRIL 6

**Prom Dress Giveaway Boutique.** Noon-6 p.m., at Reston Community Center Lake Anne, 1609 A Washington Plaza, Reston. Teens ages 14 to 18 can shop for a complete prom look at the Jo Ann Rose Gallery boutique event, with hundreds of new and gently used dresses, with top designers pieces in the mix. Accessories, shoes, jewelry, handbags and make-up lessons will be up for grabs as well; enter raffle for restaurant gift cards, flowers and limo service. [restoncommunitycenter.com](http://restoncommunitycenter.com).

**Dance the Blues Away.** 8 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Rhythm & blues, motion, swing and music-to-remember calls to singles and couples in casual or elegant attire for a night to put ladies and gentlemen in the mood to dance; dance demonstrations precede, light refreshments and wine and beer included with admission. \$10. [www.artspaceherndon.org](http://www.artspaceherndon.org).

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too,



Bill Emerson & Sweet Dixie

### Banjo Master's New Band Sweet Dixie Plays at Holy Cross

The world renowned banjo master, founding member of The Country Gentlemen and of the Navy's Country Current band during his 20 years in uniform, just picked up a new band, Sweet Dixie. Playing traditional bluegrass heavy on the harmony, with wood and strings, they will take the stage on Saturday, April 20, at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15; children 12-and-under are admitted free of charge. 703-435-8377 or [kd4ue2@verizon.net](mailto:kd4ue2@verizon.net).

### Jimmy's Old Town Tavern 'Plays it Forward' With Fundraising Party

Council for the Arts of Herndon partners with The Music Loft, LLC, to bring donated musical instruments to Herndon-area schools via a used instrument donative drive. From April 1-30, drop off instruments at 730 Elden St., Herndon, at the Herndon Council for the Arts or at The Music Loft, 1141 Elden St., Suite 212, Herndon. Jimmy's Old Town Tavern will also host a Fundraising Party with a live band and cash bar at 697 Spring St., Herndon, on Thursday, April 18, in support of the instrument drive. For more information: 703-689-9535, [info@herndonarts.org](mailto:info@herndonarts.org) or [www.herndonarts.org](http://www.herndonarts.org).



hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised ever higher. In fact, Sharky may be playing for his very soul; directed by Angie Anderson \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### THURSDAY/APRIL 11

**Brian Quenton Thorne and Francis Conlon.** 2:15-3:30 p.m., at Center Stage, Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. The tenor and pianist collaborate on works of well-known composers and lyricists; the fourth in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or [www.olligmu.edu](http://www.olligmu.edu).

**Used Book Sale.** 9 a.m.-9 p.m., at the Falls Church Community Centre, 223 Little Falls Street, Falls Church. The Falls Church Area American Association of University Women (AAUW) is holding its 37th annual Used Book Sale. More than 40,000 books for browsing and buying. Most books priced at \$3 or less. Proceeds benefit AAUW's scholarship programs. 703-534-5345.

### FRIDAY/APRIL 12

**Empty Bowls Fundraiser.** 5:30-8

p.m., at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. A dinner of soup, bread, beverage and dessert and a bowl handcrafted by a local potter; proceeds go to hunger relief in Northern Virginia. \$20 donation minimum. 703-665-9334 or [emptybowls@givingcircleofhope.org](mailto:emptybowls@givingcircleofhope.org).

### SATURDAY/APRIL 13

**Used Book Sale.** 9 a.m.-4 p.m., at the Falls Church Community Centre, 223 Little Falls Street, Falls Church. The Falls Church Area American Association of University Women (AAUW) is holding its 37th annual Used Book Sale. More than 40,000 books for browsing and buying. Most books priced at \$3 or less. Proceeds benefit AAUW's scholarship programs. 703-534-5345.

**Vinifera's World Tour.** 6-10 p.m., at Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. Guests have the opportunity to sample national treasures such as traditional Spanish tapas, paella cooked in a 3-foot wide paella pan, Portuguese favorite caldo verde and much more; wine to complement each dish and sangria with fresh fruit available. Without wine: \$50; with wine: \$75. <http://www.viniferabistro.com>.

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# Local Researchers Address 'Concussion Culture'

Education and proper health care are keys.

BY MARILYN CAMPBELL  
THE CONNECTION

With the impending warmer weather comes an increased number of children participating in outdoor activities. Some local health care professionals and researchers are issuing words of caution.

"More children will be outside playing with friends, riding bicycles and engaging in contact sports. These activities and others where impact is a possibility place children at risk for a concussion," said Dr. Faith Claman, who holds a doctor of nursing practice and is an assistant professor in the Malek School of Health Professions at Marymount University in Arlington.

Local educators say it is important to know the facts. "A concussion is a brain injury, which often



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

**Researchers in George Mason University's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer concussion education.**

occurs as a result of a fall or blow to the head or body, said Dr. Dalila Birem, associate medical director of Molina Healthcare of Virginia and Fairfax Community Health Care Network. "Normally, the brain is cushioned by fluid, but

when jolted violently, the brain crashes into the skull, resulting in damage to the soft tissue."

Birem says that while some people may lose consciousness, more common symptoms of a concussion include headache, blurred

vision, fatigue or irritability.

"Others may experience no symptoms at all [and] with rest, most people fully recover from a concussion," said Birem. "However, severe concussions or repeated incidents may lead to more serious consequences, such as problems with speech, mobility or learning."

Researchers at George Mason University in Fairfax are taking action. "Concussions are running rampant across the country right now and it seems that no one, from middle school student athletes to professional players, are exempt," said university spokeswoman Catherine J. Probst. "As a result, some states are enacting new laws to change this concussion culture. Virginia's General Assembly [passed legislation] that requires student athletes and their parents to receive annual concussion education. ... The law also states that schools form concussion management teams to provide and document concussion education for students, staff, coaches and parents."

Implementing the legislation

presents challenges, however. "Many Virginia public schools lack the necessary resources to properly deliver concussion education," she continued.

To address the dearth of resources, researchers in Mason's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer effective medical care and concussion education.

"The project has already reached more than 80,000 student athletes, staff, coaches and parents to deliver more effective medical care and concussion education," Probst said.

ACHIEVES offers services that run the gamut from implementing an electronic medical record-keeping program to offering both online and face-to-face sessions. Probst says university researchers hope the ACHIEVES project will serve as a model for other school systems at the local, regional and national levels as more states enact concussion laws.

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## Hundreds of Low Income Residents Receive Free Dental Care

Event was part of The Northern Virginia Dental Society's 10th Annual Mission of Mercy

Several hundred low income and uninsured residents of Arlington, Alexandria and Fairfax County received free dental care recently when the Northern Virginia Dental Society (NVDS) hosted its 10th Annual Mission of Mercy (MOM) project.

During the two-day event, which was held at Northern Virginia Community College's Medical Education Campus in Springfield, area dental care professionals donated their time and expertise to help those in need.

"It really is an incredible initiative and I truly believe in the work that the Northern Virginia Dental Society does. There were so many volunteers, especially dentists helping hundreds and hundreds of patients. This was my second year helping out," said Jenny Del Carpio, of Molina Healthcare, one of the event's sponsors.

A total of 844 low-income and uninsured received den-



PHOTO COURTESY OF MOLINA HEALTHCARE

**A total of 844 low-income and uninsured patients received dental care during the Northern Virginia Dental Society's 10th Annual Mission of Mercy (M.O.M.) project.**

tal care. "The MOM Project ... was a wonderful event," emailed Cathy Griffanti, executive director, Northern Virginia Dental Society. "Many of the area legislators stopped by the Project and witnessed the dedication of the oral health care providers in Northern Virginia and what we do to give back to

the community." Griffanti said that patients were pre-screened and pre-registered for the MOM Project through local social service agencies, and estimated that the value of services provided was approximately \$355,000.

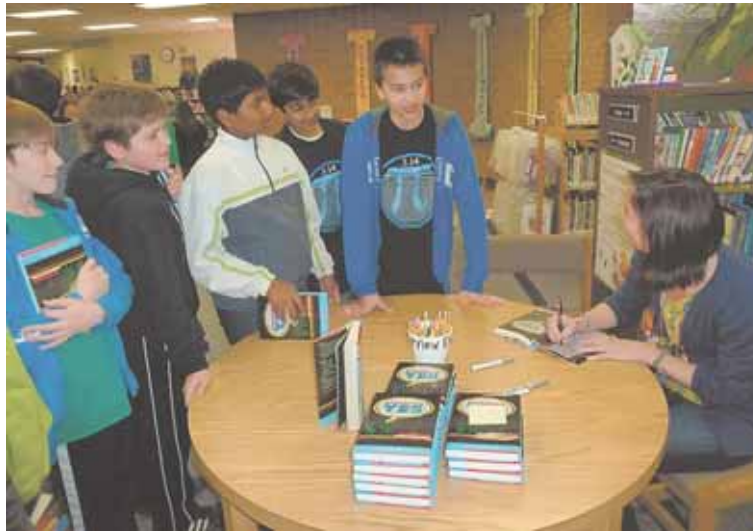
— MARILYN CAMPBELL

# SCHOOLS



Jacqueline Jules signs one of her books for an excited kindergarten student.

PHOTOS BY ROSEMARY BULEY



Sixth grade students enjoy meeting Sara Lewis Holmes.

## Clearview Celebrates National Literacy Month

Clearview Elementary School in Herndon celebrated National Literacy Month, March 2013, by hosting children's books authors Jacqueline Jules and Sara Lewis Holmes.

Author of the Zapato Power series and "No English," a 2012 Forward National First Place Award winner, Jules visited with stu-

dents in kindergarten through third grade on Friday, March 8. She gave a tailored presentation to each grade level, answered questions, autographed books and enjoyed lunch with a small group.

Holmes spent a day the following week with the older students in grades four through six Friday, March 15. Author of the 2012-13

Virginia Readers' Choice selection "Operation Yes," she taught children about the power of saying "yes" to their writing, to each other and to life.

Rosemary Buley, a Clearview parent who runs the after-school writing club, said, "It's powerful for our children to meet real authors and to learn that proofreading and editing are integral parts

of the writing process. Clearview parents are so fortunate to have the Clearview PTA, administration and teachers support visits by acclaimed authors."

For more information on authors Jacqueline Jules and Sara Lewis Holmes and their other published works, visit <http://www.jacquelinejules.com> and <http://www.saralewisholmes.com>.

### SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by Friday.

**Elizabeth Scarry**, of Herndon, has been named to the Dean's List at Waynesburg University for the fall 2012 semester. Scarry is a graduate of Oakton High School and a junior pursuing a degree in psychology.

Forty-four undergraduate researchers at the University of Virginia have been selected for the Harrison Undergraduate Research Awards, which allow them to conduct independent research projects during the summer of 2013. The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. A faculty senate committee selected the winners, who receive up to \$3,000.

Among the award recipients is **Kathryn Kingsbury**, 19, of Herndon, a second-year student in the College who intends to major in biology and biochemistry, who is researching the role of a class of retinal ganglion cells that are similar in some respects to the rods and cones of the mammalian retina, but are largely responsible for non-visual effects, such as pupil constriction and the maintenance of circadian rhythm.

**Emily Kodat** of Herndon, daughter of Betsey and Roger Kodat, was included on the dean's list for the 2012 fall semester at Furman in Greenville, S.C.

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# Saxons Bounce Back

**Langley boys' lax overcomes missing players, loss to Robinson.**

BY JON ROETMAN  
THE CONNECTION

**W**ith its top attackman sidelined due to injury and a standout midfielder out for disciplinary reasons, the Langley boys' lacrosse team took the field hours after losing to Robinson during the Ram Slam spring break tournament.

The Saxons' opponent: Chantilly, which Langley defeated in three of the previous four state championship games.

While the odds were in favor of the Chargers knocking off Langley, the Saxons instead issued a reminder of their standing as four-time defending state champion.

Langley defeated Chantilly 8-5 on March 28 at Robinson Secondary School. The Saxons built a 5-1 halftime lead, survived a Chantilly comeback attempt and held on for the victory.

**THE WIN** came hours after the Saxons lost to Robinson, 9-6. After the game, senior midfielder Luke Salzer was ejected for swearing at an official, forcing him to miss the Chantilly contest. Injured junior attackman J.T. Meyer was also unable to play.

With Salzer and Meyer out, junior attackman Brian Orme stepped up with three goals against Chantilly.

"That was an ugly game the first game," Langley head coach Earl Brewer said about the loss to Robinson. "I'll take some blame for that. I didn't coach a good game [and] we definitely didn't play a good game. ... It said a lot about our kids to be able to bounce back like that. That was some very good lacrosse we played [against Chantilly]. You can't play two lacrosse games in one day — it ain't baseball — but we did and I'm very happy with that."

Nick Guglielmo, Sean Kacur, Jon-Michael Duley, Brian Ochoa and Luke Brugel each scored one goal for Langley. The Saxons also received a strong defensive effort.

"My defense is just outstanding," Brewer said. "They're big — they look like a basketball team. [Brad] Dotson at [6 feet 7], [Robby] Byrne [is] 6-4, the other guy [is] 6-3; that's a front line for some small college."

Langley defeated Chantilly in the 2012, 2011 and 2009 state championship games. The Saxons also beat the Chargers in last year's Northern Region final.

"It's fun to come out and play them," Dotson said. "The target is always on our back and they're always trying to get us. It means a lot to both teams and it's a big game every time."



**Senior defenseman Brad Dotson and the Langley boys' lacrosse team lost to Robinson on March 28, but bounced back hours later with a victory against Chantilly.**



**Langley's Tyler Kovacs defends against Robinson's Chapman Jasien.**

Dotson said the Saxons might have benefited from hanging out together inside Robinson Secondary School between games during the spring break tournament.

"We have a lot of new guys this year and the chemistry is kind of bad, and that leads to us coming out slow a lot of the time," Dotson said. "We definitely came out slow [against Robinson]. We went down early and it's just hard to fight back from that. ... I think [spending time together] actually helped a lot. We haven't really had a time for everybody to come together and pal around. I think that really helped us."

Three consecutive Chantilly goals cut the Langley lead to 5-4 in the fourth quarter, but the Chargers couldn't complete the comeback.

"I don't think that we played good team defense," Chantilly head coach Kevin

Broderick said. "... Langley dictated what they wanted to do. They're a very skilled group of players, they took advantage of it."

Mike Marson led Chantilly with three goals.

**EARLIER IN THE DAY**, the Chargers defeated Highland, 15-10.

Langley improved to 3-3 with the win over Chantilly. The Saxons will travel to face McLean at 6 p.m. on Friday, April 5. Chantilly dropped to 4-1. The Chargers host Yorktown at 7:15 p.m. on Wednesday, April 3, and Hamburg (New York) at 1 p.m. on Saturday, April 6.

"Not having Luke this game and after losing to Robinson," Dotson said, "we definitely had a chip on our shoulder and we wanted to come out and win this game."

## Northern Region Baseball Top 10

The Madison Warhawks held onto the top spot in the latest Northern Region baseball top 10 poll.

Robinson moved up to No. 2, followed by Lake Braddock (3), Oakton (4), Chantilly (5), McLean (6), West Springfield (7), West Potomac (8), Herndon (9) and Langley (10).

McLean, West Potomac, Herndon and Langley each made their first appearance in the top 10.

The Concorde District has the most representatives with four. Three Patriot District and three Liberty District teams were voted in. No teams from the National District made the top 10.

T.C. Williams, South County, Westfield, Stone Bridge and Yorktown each received votes.

## Herndon Baseball Starts 4-1

The Herndon baseball team won its first four games of the season before dropping its final contest in Myrtle Beach, S.C.

The Hornets' 4-1 start includes three shutout victories. During Herndon's trip to Myrtle Beach, pitchers Karsten Highberg and Michael Curcio did not allow a run in their respective starts, according to the Herndon High School athletics website. After beating Gonzaga Prep 4-0 and Normal West 2-0, the Hornets suffered a 5-2 loss to Peters Township.

Herndon will travel to face Park View at 6 p.m. on Wednesday, April 3.

## Herndon Softball Wins 5 of 7

The Herndon softball team defeated Thomas Jefferson 8-0 on April 1, improving the Hornets' record to 5-2.

Herndon has outscored opponents 67-11 during its first seven games.

The Hornets will host Edison at 6 p.m. on Wednesday, April 3, and will travel to face Yorktown at 6:30 p.m. on Thursday, April 4.

## South Lakes Softball To Host Madison

The 2013 season has been feast or famine for the South Lakes softball team.

During a 3-2 start, the Seahawks beat Park View (10-3), Robinson (14-4) and Thomas Jefferson (5-0) by at least five runs. However, South Lakes' two losses were of the lopsided variety — a 9-0 loss to Centreville and a 26-0 defeat against McLean.

South Lakes traveled to face Langley on Tuesday, after The Connection's deadline. The Seahawks will host Madison at 6:30 p.m. on Friday, April 5.

Pottery made by local artists at the Ceramic Shop of the Reston Community Center for Empty Bowls, a fundraiser for Food For Others.



PHOTOS CONTRIBUTED

# Helping Provide Food For Others

The Giving Circle of Hope sponsors Empty Bowls event on April 12.

In an area where the median household income is above \$100,000, how can there be 47,000 students eligible for free and reduced lunches? But this is the case in Fairfax County, where one in six do not have sufficient resources to meet daily expenses. The Giving Circle of HOPE is making a difference by hosting Empty Bowls, an event that raises funds to fight hunger, on Friday, April 12. In its sixth year, it hopes to best the almost \$22,000 raised last year for Food for Others.

Food for Others provides more than 2.4 million pounds of free food to families and individuals in Northern Virginia. According to Roxanne Rice, executive director of Food for Others, located in Fairfax, "The cost of living in this area is enormous and with the tightened economy many of our clients are working but earn too little money to meet basic expenses and unexpected expenses such as health problems."

Cathy Waters, from Reston, chairman of the Empty Bowls event, said she loves the sense of community Empty Bowls provides, "bringing us together to help others in our neighborhood who are facing food emergencies. Fighting hunger with free food provides a basic need of those who are struggling to get out of poverty."

The idea for Empty Bowls came from an art teacher in Michigan in 1982 and the idea has spread across the United States and internationally. "Whether you are one of the potters who makes bowls, one of the restaurants or bakeries that makes soup or bread, one of the sponsors who supports the event financially, one of the Girl Scouts who assists at the event, or a member of The Giving Circle of Hope, we are neighbor helping neighbor," Waters said.

This year Empty Bowls will be at the Floris United Methodist Church, 13600 Frying Pan Road in



Deb Joder, an instructor in the Ceramic Shop of the Reston Community Center, displaying pottery for the fundraiser to benefit Food For Others.

Herndon on Friday, April 12, from 5:30 to 8 p.m. Each individual will pick out a bowl made by a local artist and dine on soup, bread and a dessert that is provided by local restaurants and bakeries. Pre-event tickets are \$20 and can be purchased by mailing a check made out to Food for Others to The Giving Circle of Hope, P.O. Box 8832, Reston, VA 20195. Tickets at the door will be \$25. All proceeds from the sale of tickets go directly to Food for Others because the bowls and food are donated by generous local artists, merchants and individuals. For additional information email at emptybowls@givingcircleofhope.org or call 703-665-9334.

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**Burke**

9502 Harrowhill Ln.....\$599,900.....Sun 1-4.....Diana Khoury.....Long & Foster..703-401-7549  
7023 Veering Ln.....\$559,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808  
6411 Whippany Way.....\$424,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

**Centreville**

5092 Village Fountain Pl.....\$410,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

**Chantilly**

42344 Astors Beachwood.....\$800,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

**Clifton**

12421 Clifton Hunt Dr.....\$945,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812  
6417 Springhouse Cir.....\$614,500.....Sun 1-4.....Robin Jenks Vanderlip.....Keller Williams..703-969-4966

**Fairfax Station**

7713 Stoney Creek Ct.....\$839,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808  
8728 Foxhall Terr.....\$769,900.....Sun 2-4.....Tracy Jones.....Acquire..703-690-1174  
8303 Knotty Pine Ln.....\$749,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812

**Falls Church**

3804 Munson Rd.....\$819,000.....Sun 1-4.....Patrick Kessler.....Keller Williams..703-405-6540

**Great Falls**

974 Millwood Ln.....TBA.....Sun 1-4.....Carol Ellickson.....Weichert..703-862-2135

**Oakton**

2621 Sledding Hill Rd.....\$1,600,000.....Sun 1-4.....Scott Koval.....Samson Props..703-625-3446  
10862 Meadow Pond Ln.....\$849,900.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070

**Reston**

11920 Fieldthorn Ct.....\$334,900.....Sun 1-4.....Cathy Lanni.....Long & Foster..703-615-4237  
11525 Hearthstone Ct.....Call Agent.....Sat/Sun 1-4.....Sloan Wiesen.....Weichert..703-869-4825

**Springfield**

9054 Gavelwood Ct.....\$419,900.....Sun 1-4.....Dave Lloyd & Assoc.....Weichert..703-593-3204  
7255 Beverly Park Dr.....\$389,900.....Sun 1-4.....Fatana Barak.....Samson Props..571-218-2507

**Vienna**

9005 Winding Creek Way..\$1,950,000.....Sun 1-3.....Ginger King.....Prudential..703-281-8500  
2220 Aryness Dr.....\$1,688,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070  
9866 Palace Green Way.....\$1,249,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070  
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## Selfless or Selfish



By KENNETH B. LOURIE

Just in case anybody is paying attention, and my behavior plays some kind of role/ has any effect on my outcome whatsoever, I'd just as soon be one more than the other. However, receiving a terminal cancer diagnosis (stage IV and let me remind you there's no stage V) out of the blue at age 54 and a half, less than three months after burying your widowed mother, tends to upset this delicate balance. If I've heard it once - since my diagnosis - I've heard it multiple times, and from trusted, respected sources: "It's all about you, Ken." And when the oncology nurse sticks that needle in your arm for the first time and then hooks you up to a six-hour I.V. drip containing chemotherapy drugs "cocktailed" to poison you (kill your tumor-carrying white blood cells actually), the decision about whom to care about most, you or someone else, begins to take on a life of its own.

Controlling that other life has become one of my biggest challenges. It's very easy to lose yourself in the midst of a metastatic malignancy when your oncologist gives you "13 months to two years" to live. For all anybody knows, it's your attitude or even your personality that keeps you alive as your treatment ramps up. However, thinking and doing for others is extremely difficult at this time, a time when you can barely get out of bed. Chemotherapy has a way of leveling the playing field: You can't do anything for anybody, least of all for yourself. As you begin to bounce back after your treatment (if there is an interval), you semi-regain your composure in anticipation and preparation for the next infusion. Nevertheless, before too long, the mental demons begin to take hold yet again, attempting to tear down every emotional underpinning you've devised. No one said it was going to be easy. In fact, one of our best friends, Lynne, a recent breast cancer survivor said quite the opposite: "Ken, this is going to be the hardest thing you've done." Of course, she was 100 percent correct.

Over time and over treatment, you begin to assimilate the demands: the infusions, the frequency, the doctors' appointments, the diagnostic scans, the lab work, the side effects, the straight-on effects, the highs, the lows, the hopes, the prayers, the statistics; until it becomes, at least for me it has, sort of mundane and part of a process that takes over your life - for some very unfortunate reasons. You accept it because: it appears there are very few exceptions. Cancer rules and thinking it doesn't is disrespectful almost and incredibly naive.

Giving respect to such a dreaded - but previous to my diagnosis, not a part of my family's history - disease, helped guide me back to becoming more selfless and less selfish; understanding that reclaiming that dignity and integrity in this context anyway, can have a powerful effect on both myself and those around me, which in turn works back to me (the old what goes around comes around-type karma) and ultimately benefits and enhances my life. The longer I've survived with this diagnosis, the more characteristic of the pre-Kenny-with-cancer I've become. That's not to say that I don't occasionally slip and fall - emotionally, but now, getting up is not nearly so difficult. I've been there, and I've done that. Besides, I'm happier being me, and happiness can work miracles.

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

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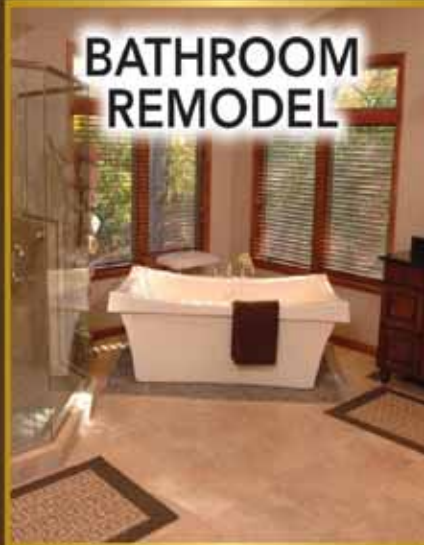
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ALL PACKAGE DEALS ARE BASED ON EXISTING LOCATION OF ELECTRICAL SUPPLY & PLUMBING.

**SILVER PACKAGE**  
**\$9,850**

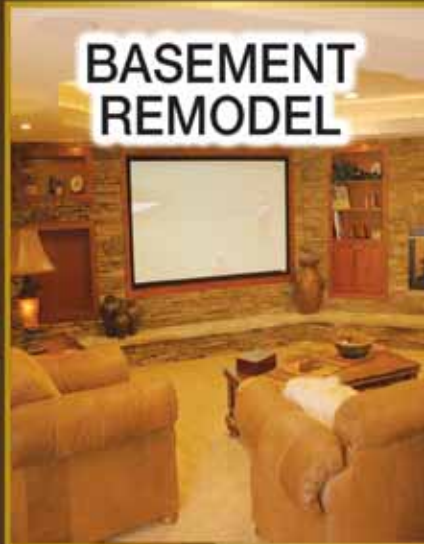
(PRICE BASED ON 5' X 8' BATHROOM)

- 36" VANITY CABINET TILE FLOOR (10 CHOICES AVAILABLE)
- BATH LIGHT AND TOILET
- VANITY SINK, FAUCET AND FIXTURES
- FRAMED GALSS SHOWER ENCLOSURE
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION

**GOLD PACKAGE**  
**\$17,750**

(PRICE BASED ON 8' X 10' BATHROOM)

- 72" VANITY CABINET, TILE FLOOR (15 CHOICES AVAILABLE)
- TILE FOR SHOWER WALLS (UP TO CEILING), TUB SURROUND
- FRAMELESS GLASS SHOWER ENCLOSURE
- 2 BATH AND 4 RECESSED LIGHTS
- TOILET, VANITY SINK, FAUCET, AND FIXTURES
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION



## BASEMENT REMODEL

### BASEMENT REMODEL DOUBLE DEAL

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Contact Designer, Julie, For Consultation (703) 898-2087 [Julie@AbbeyRemodeling.com](mailto:Julie@AbbeyRemodeling.com)

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