

Oak Hill ❖ Herndon CONNECTION

Oakton High Junior Michael Shebat of Herndon says AAPT award-winning physics teacher, Dr. Deborah Roudebush, is 'amazing and nice. She does a lot of labs and hands-on stuff, not boring lectures.' Here, Roudebush works with Shebat on a computer-based problem.

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PHOTO BY DONNA MANZ/THE CONNECTION

Honoring Young Peacemakers

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Jared Comes To Oak Hill

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Teacher Reaps National Award

NEWS, PAGE 3

"This restaurant is one of the best mid-level ones in the area. All the ingredients are fresh. I am a bit of pizza connoisseur and I have to say the ones here are some of the best I've ever had."

- J. O. ~ Herndon

"Outstanding Place!!! Love the atmosphere. Have been going to this place for past two months. Best pizza in the area and stands side by side to any Restaurants."

- M. R. ~ Reston

"I'm a native Italian and this pizza is as close as original homemade Italian pizza could be."

- A. A. ~ Reston

"My family and I have been waiting for a smart pizza owner to open a brick oven pizza shop in our area."

- J. R. ~ Sterling

"Best pizza in Herndon! The crust is crispy. The salads are great also. This place would fit in New York."

- Murrays ~ Herndon

"GREAT PIZZA!! Crispy and fresh ingredients, it was delicious!!!! yum...yum...we tried the white pizza with broccoli and fresh tomato, we really enjoy it!"

- Elizabeth ~ McLean



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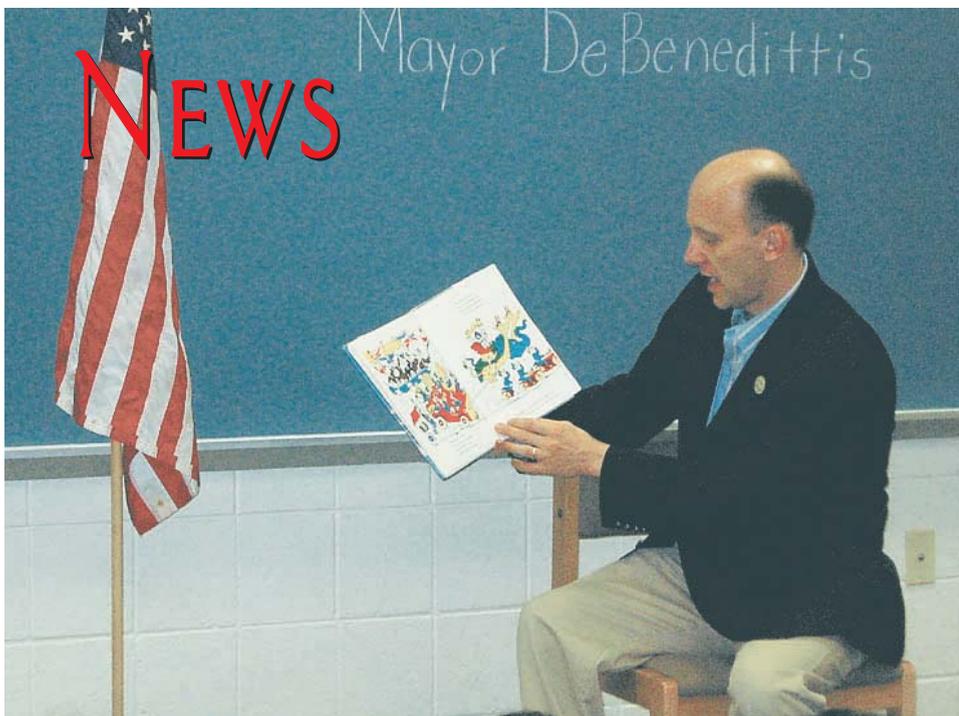
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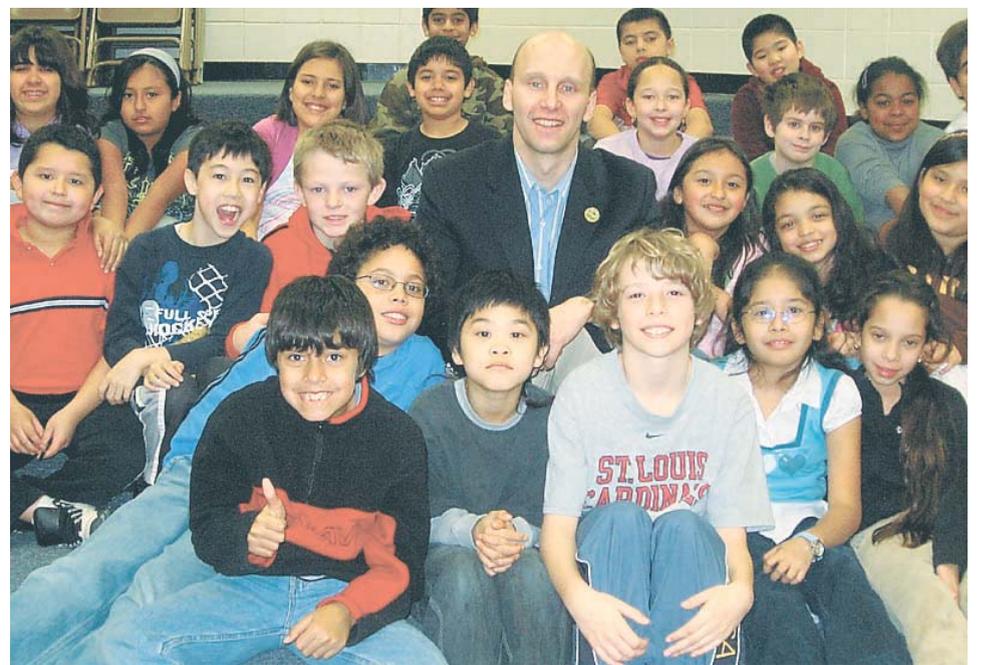
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NEWS



Mayor Steven DeBenedittis visited Clearview Elementary to read to Suzanne Miljenovich's fourth grade class. This was originally scheduled for Read Across America Day, but due to a snow day, the event had to be rescheduled.



Mayor DeBenedittis Reads to Clearview Fourth Graders

DeBenedittis read two Dr. Seuss books to the children, and then answered their questions about being the mayor of Herndon.

Honoring Young Peacemakers

Eight local students are honored for their contributions.

An old axiom states that the young generation is the key to our future, and Sunday night, March 8, a group of accomplished students proved it true yet again.

Gathered in the Northern Virginia Mennonite Church, eight students from the Fairfax County Public School System were honored for their contributions to their communities and for their dedication to the promotion of peace, with Herndon High School senior Freddy Parada among them.

Parada, a student described by his teachers as "an exceptional young man and example to others," was nominated by the Herndon High School Career Center specialists. Parada is known by his peers and teachers as an avid volunteer in various activities at the school, his church, and in his community. Somehow finding free time between his myriad commitments, Parada also graduated from the Herndon Police Academy last year, further demonstrating his dedication to bringing peace to his community.

Parada said that he was surprised when he found out that he won the award, but grew nervous, too, when he realized he



Freddy Parada of Herndon High School, front row, far left, sits with his fellow Peace Award recipients.

would be honored at a ceremony. He said that his next goal is to finish out the year and graduate, and then he hopes to go to college to major in computer technology and find a "good job."

The Peace Awards are made possible each year by a group of local churches and faith groups that pool resources to fund the award. This year, the sponsoring groups were three Quaker Meetings (Langley Hill, Alexandria and Herndon), the host of the event, North-

Support the Peace Awards

Any civic or religiously affiliated group can join in supporting the annual Peace Award. If interested, contact the Herndon Friends Meeting at 703-736-0592.

ern Virginia Mennonite Church and the Accotink Unitarian-Universalist Church.

— JUSTIN FANIZZI



PHOTO BY DONNA MANZ/THE CONNECTION

Junior Michael Shebat of Herndon says AAPT award-winning physics teacher, Dr. Deborah Roudebush, is 'amazing and nice. She does a lot of labs and hands-on stuff, not boring lectures.' Here, Roudebush works with Shebat on a computer-based problem.

Teacher Reaps National Award

Dr. Deborah Roudebush of Oakton High gives life to physics.

BY DONNA MANZ
THE CONNECTION

Dr. Deborah Roudebush's Oakton High School physics students describe her in glowing, respectful terms, one calling her "amazing."

The American Association of Physics Teachers [AAPT] agreed.

In late February, AAPT awarded Roudebush the Excellence in Pre-College

SEE PHYSICS, PAGE 15

Songs, Dances, Skits: It's the TADA Cabaret

School theater directors take the stage.

BY BONNIE HOBBS
THE CONNECTION

When people do something they're especially pleased with, they sometimes stand back and proudly say, "Ta-da." However, TADA also

stands for the Theatre Arts Directors Association, comprised of the middle- and high-school theater teachers and directors in Fairfax County Public Schools.

And on Sunday, March 29, at 7 p.m., this group will present its second annual TADA Cabaret. It will be held in the Russell The-

atre at Robinson Secondary School, 5035 Sideburn road in Fairfax. Tickets are \$5 at the door or at www.fcpsdrama.com.

Directing this year's event is Robinson's theater director, Chip Rome, and he says it's going to be a terrific and entertaining show, sure to please all ages.

"It's not true that those who can, do, and

SEE HERNDON, PAGE 7

Dolores Taylor, 80, Dies

Dolores Taylor, 80, of Chicago, Ill. died on Feb. 28. Loving mother of Jesse and Cheryl Jones of Ashburn, Denise Taylor of Chicago, Ill.; Adrian Taylor and April Taylor of Dallas, Texas; and Gentle Taylor of Chicago, Ill., she was preceded in death by her son Hiram Jones. She is also survived by seven grandchildren; four great-grandchildren and a host of other relatives and friends.

The viewing and funeral services were March 5 at the Heritage Fellowship Church in Herndon and Chestnut Grove Cemetery in Herndon.

Dulles Chamber Presents 50 & Fabulous

The Dulles Regional Chamber of Commerce is presenting 50 & Fabulous, a one stop Information Expo featuring lifestyle resources in Fairfax County, with over 80 information booths, free screenings and door prizes. The event takes place Tuesday, March 24, 3-6:30 p.m. at the Waterford at Fair Oax, 12025 Lee Jackson Memorial Highway in Fairfax. The Expo sponsors include County of Fairfax, Comfort Keepers, Tall Oaks at Reston and Sunrise Senior Living.

Motor Vehicle Decals

All motor vehicles in the Town of Herndon are now required to display 2009 decals. A Town of Herndon motor vehicle decal is required for all motor vehicles, trailers and semi trailers normally garaged, stored or parked within the Town limits for more than 30 days.

The motor vehicle decal fees are as follows:

Passenger cars and trucks 4,000 pounds or less gross weight: \$20.00

Passenger cars and trucks over 4,000 pounds in gross weight: \$25.00

Motorcycles: \$10.00

Small trailer/boat trailer gross weight less than 5,000 pounds: \$6.50

Larger trailer/boat trailer gross weight greater than 5,000 pounds: \$25.00

Military (active duty with current military ID): \$ 1.00

Transfer (sticker or receipts must be presented): \$ 1.00

For additional information, contact the Revenue Division at 703-435-6813 or go to their office, located at 777 Lynn Street, Herndon, VA.

Gypsy Moth Aerial Treatment Program

Fairfax County will begin its aerial spraying program to suppress gypsy moth caterpillars in late April or early May, depending on caterpillar size, weather and leaf development. All treatment areas will be sprayed with the pesticide Bacillus Thuringiensis.

The area in Herndon that will be sprayed is bounded by Herndon Parkway to the north, Monroe Street to the west, Grant Street to the east and Park Avenue to the south.

Written notification will be mailed to all property owners within the treatment areas and within 3000 feet of any treatment area in February and again in early April.

Participation in this program is voluntary. If you receive written notification that your property is located within a treatment area and you wish not to participate, you must notify, in writing, the Forest Pest Branch at 12055 Government Center Parkway, Suite 518, Fairfax, VA 22035.

Contact the Forest Pest Branch at 703-324-5304, TTY 711 or by e-mail at www.fairfaxcounty.gov/contact if you have any questions or concerns.

NEWS

Debating Ethics Dilemmas

West Point cadets lead 108 area juniors' discussion.

BY JACQUELINE LEEKER
PUBLIC AFFAIRS INTERN,
FORT BELVOIR

A recent survey on high school ethics found that within the preceding year, 30 percent of students had stolen from a store and 64 percent had cheated on a test. To confront this problem, 11 West Point cadets lead 108 juniors, chosen for their leadership qualities, from 33 area high schools in the second annual Leadership and Ethics Conference at George Mason University.

In the keynote speech, Lt. Gen. Dave Palmer presented the history of George Washington and Benedict Arnold.

"For two people so similar, why were their legacies so different? One was a traitor, and the other the father of our nation. The answer is character. Your destiny is determined by the strength of your character," said Palmer.

The students then broke off into eight groups, each led by a cadet. "I liked that the cadets led the discussion. They were very engaging, nice, and we could really relate to them because of their age," said



PHOTO BY JACQUELINE LEEKER

Juniors from Northern Virginia high schools practice skits based on ethical dilemmas.

Corinthia Evans from Mount Vernon High School.

Each group discussed four vignettes taken from recent news events or everyday school life. Should you turn in a friend who cheated on a test? "Is someone really your friend if they ask you to jeopardize your morals?" asked Steve Hojnicky, a senior at West Point.

With no "approved solutions," only principles, each group presented a skit based on the vi-

gnettes, showing how to apply what they had learned to make ethical decisions every day.

"Today, I learned sometimes ethical issues go beyond just right and wrong. It's OK to disagree," said Ashley Brigham, of West Springfield High School.

The West Point class of 1979 hosts the event annually. "We want to send seeds out to the schools. These students will be able lead by example," said Carl Cecil, co-chairman of the conference.

VIEWPOINTS

What is the ethical issue of the day, what have you learned today?

— DANIELLE LANDAU & MERRILL ROTH

Elena Bedoya, South Lakes High School

"The economy is a huge issue. There are a lot of people in the area, so it affects the students who have jobs. Companies want more experience, so they fire younger employees."

"I learned how to break down an issue through ethical codes."



Caroline Beury, 16, Oakton High School

"The current drinking laws are a big issue for people in our area. Teenagers are having trouble deciding when to step into difficult situations. Many kids are comfortable going to a party where there is drinking but drinking and driving then becomes an issue. Today's program forced me to question my morals and re-think what I would do in pressure-centered circumstances."



Austin Moore, Herndon High School

"Stealing is really important in our area right now because of the recession. People are cutting corners sometimes where they shouldn't. Their morals are looser because of the economic crisis. I have learned that people have totally different views on morals. It is all about making the right choices."



Andrew Bako, 17, Chantilly High School

"The most relevant ethics issue right now is cheating. A lot of kids feel pressured to cheat due to the competitive college process and parental pressures. Today, I have learned that there are tons of kids out there with ideals similar to mine. When people say everyone is doing something, think for yourself because it is not always true."



PHOTO CONTRIBUTED

Jared Fogle shows Oak Hill students the jeans he once wore.

Jared Comes to Oak Hill

Subway celebrity talks to elementary students about healthy habits.

Jared Fogle, who famously lost more than 200 pounds eating Subway sandwiches and exercising, made an appearance at Oak Hill Elementary Tuesday, March 3. He spoke to fourth-, fifth- and sixth-graders about staying healthy.

Assistant Principal Jesse Kraft said Fogle attributed his massive weight gain to excessive television, video

games, Web surfing and snacking. Growing up, he had been active and healthy, but he let himself go in college and developed sleep apnea as a result. He began to lose weight when he committed himself to diet and exercise.

Among the students, a highlight of the presentation was the moment when Fogle displayed the huge pair of jeans he had once worn, Kraft said.

The appearance came courtesy of "Sol" Solomita, owner of the Subway restaurant at Franklin Farms Shopping Center. Solomita has been a friend to Oak Hill throughout the years and has been looking for ways to support the school.

— MIKE DICICCO

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HERNDON CONNECTION ♦ MARCH 18-24, 2009 ♦ 5

OPINION

Fair Market Value?

Many concerns about assessing properties in Northern Virginia this year.

Less than a month ago, Fairfax, Arlington and Loudoun counties, and the City of Alexandria, like other local governments, mailed each property owner a new assessment of the fair market value of the property.

What is your home's fair market value?

Most homeowners probably believe that the fair market value of their home is what they could sell it for in a reasonable period of time right now — say putting it on the market this week and allowing 30-60 days. How much would that be?

It's a tough question this year, with values dropping by more than 12 percent on average in Fairfax, nearly 15 percent in Loudoun, less than 5 percent in Alexandria and about 2 percent in Arlington.

The tax assessors base their decisions on the sales of "comparable" properties that sold in 2008, sometimes earlier. But with the number of sales down dramatically, there are sometimes very few "comparable" sales. In Fairfax County, the majority of sales are foreclosures.

But the assessors have decided that foreclosures should not be taken into consideration

as a comparable sale.

This is questionable, and the exclusion of foreclosure sales likely inflates the value of many, if not most, properties. If houses in your neighborhood have sold in foreclosure for dramatically reduced prices, does that affect the value of your house? You know it does.

The value on the piece of paper sent to your house will determine the amount of property tax you owe this year, based on the tax rate which in most places will not be precisely set until April.

Local governments' budgets, the amount of money they have to fund schools, public safety, libraries and many other services, depend directly on how much the homes in each jurisdiction are worth, based on the tax rate. This is more so in Virginia than in many other states where localities have more leeway in choosing sources of revenue. Localities in Virginia are more dependent on property taxes because the General Assembly has strictly limited their access to other taxes. In Virginia, because it is a "Dillon Rule" state, localities only have exactly the power that the General Assembly has bestowed on them.

EDITORIAL

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com or call 703-917-6437 with questions. Deadline is Friday.

THURSDAY/MARCH 19

AARP Dulles Chapter. 7 p.m., Lake Anne Professional Building, Suite 140, 1184 Washington Plaza W., Reston. The Dulles Chapter of AARP will meet with special guest speaker author Stephen Miller. Miller will discuss how to get your life story in writing by discussing various approaches to writing your memoirs. Visit www.AARPDulles.org.

Reston Association Newcomers Night. 7-9 p.m., Reston Association, 1930 Isaac Newton Square, Reston. Get to know the Reston Association. Whether you just moved to Reston or you have been here for some time, this is an opportunity to find out about the amenities, services and programs that are available to you through RA. RSVP to Ha Brock, RA Volunteer Coordinator at 703-435-7986 or e-mail habrock@reston.org.

GSA Schedule Contracting. 7:30-9:30 a.m., The Ritz-Carlton, 1700 Tysons Blvd., Plaza Room, McLean. Learn from the General Services Administration about recent trends, contractor challenges and best practices to mitigate compliance risk in this interactive discussion. \$45/non-members, free/NVTC members. Visit www.nvtc.org/events/geteventinfo.php?event=COUNSEL-10.

MONDAY/MARCH 23

NVHC Speaker Series. 8 p.m., Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. The NVHC speaker series continues with guest speaker Dr.

Michael Makovsky, author of the award-winning 2007 book, "Churchill's Promised Land: Zionism and Statecraft." Makovsky will speak on Churchill, Roosevelt and the Jews. Free. Call 703-437-7733.

NARFE Chapter Meeting. 11:30 a.m., Amphora's Diner Deluxe, 1151 Elden St., Herndon. The National Active and Retired Federal Employees Association will have their monthly luncheon. Guest speaker Jeannette Santiago, Technical Expert of the Social Security Administration, will speak on "What Every Federal Employee and Annuitant Should Know About Social Security and Medicare." \$16/lunch entrée. Call 703-435-3523.

SATURDAY/MARCH 28

Weed Warrior Project. 10 a.m.-12 p.m., Brown's Chapel Baseball Fields, 20190 Baron Cameron Ave., Reston. The heavy vines of Oriental Bittersweet are strangling trees and taking over shrubs in the natural area behind Browns Chapel's baseball fields. Help the Reston Association eradicate this aggressive vine. Meet at the end of the parking, near the baseball fields and walk beyond the fields to the natural area. Contact Ha Brock, RA Volunteer Coordinator at 703-435-7986 or habrock@reston.org to volunteer.

SATURDAY/APRIL 4

Watershed Cleanup. 9 a.m.-12 p.m., Potomac Watershed, Reston. Join thousands of volunteers in a multi-state effort to clean up the Potomac Watershed. The group will focus on a number of streams in Reston. Contact Ha Brock, RA Volunteer Coordinator at 703-435-7986 or habrock@reston.org to volunteer.

YOU CAN APPEAL your assessment, but the deadlines are fast approaching and the burden of proof is entirely on the homeowner. You will need to be prepared to cite comparable sales from 2008 that justify your view of your home's fair market value. There are two possible steps to appeal, first to the local department of tax administration, then to each locality's Board of Equalization. The Board of Equalization is independent of the tax assessors office; it is made up of citizens appointed by the governing board.

IN FAIRFAX COUNTY, the deadline to appeal to the Department of Tax Administration is April 3, and appeals to the next level must be postmarked no later than June 1. The second deadline could well roll around before a homeowner gets an answer to the administrative appeal, so it's important to engage in both processes at once.

See <http://www.fairfaxcounty.gov/dta/> for instructions and information.

We want to hear from you; please share your opinion of your assessment, or any experiences you have in appealing your assessment.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMUNITY NOTES

Send information to herndon@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday. Photos/artwork welcome.

Mothers First-Herndon/Reston is a nonprofit support organization helping women transition from careers to at-home motherhood. Meetings are on the **first and second Wednesdays** of each month at 10 a.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Mothers First will go on a field trip to the Udvar Hazy Air and Space Museum Feb. 18, 4:15 p.m. RSVP to 703-467-0391.

Square dances at the Herndon Senior Center, 873 Grace St., Herndon, **every Saturday.** \$5 for 6 classes for seniors, \$10 for non-seniors. Call 703-464-6200.

Latin movement classes at Dance With Me Ballroom Dance Studio. No partner needed. Cuban motion, free style dancing and dance styling taught plus a fun exercise. Drop-in **every Sunday**, 2-3 p.m. Cost is \$20 per person. The studio is located at the border of Reston and Herndon at 251 Sunset Park Drive. Visit www.dancewithme.net or call 703-444-3061.

Senior swim time at the **Herndon Community Center** Pool for a reduced rate of \$2 all day on **Tuesdays.** Pool is at the Herndon Community Center at 814 Ferndale Ave., Herndon. Call 703-787-7300.

Teen Friday Nights for middle school students **every Friday** at the Herndon Community Center, 8-10:30 p.m. Events include exclusive use of the teen room and game room. There will be room to dance and mingle with friends. Tickets will be sold at Herndon Middle School the Thursday and Friday before; students must show school ID or have a parent present when purchasing admission at the door. \$4 in advance and \$5 at the door.

VOLUNTEERING

The **Volunteer Income Tax Assistance Program** is seeking volunteers to deliver free tax preparation services at no cost to working families and individuals. Volunteers contribute a few hours weekly during tax season to help prepare tax returns, or serve as greeters, screeners, site coordinators and interpreters. To register as a volunteer contact James Do at 571-749-7838, TTY 703-533-5316, or james.do@fairfaxcounty.gov.

Write

The Connection welcomes views on any public issue. Send to:

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THE CONNECTION

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Herndon Teacher Presents 'Director's Notes'

FROM PAGE 3

those who can't, teach," he said. "Because those of us who teach can do, too, and people should come see for themselves. It's also going to be lots of fun."

Besides that, the program is a fund-raiser for TADA's "sunshine events" — births, deaths, illnesses, weddings and other important occasions within the theater community.

Said Rome: "It helps us support our colleagues at significant times in their lives."

THE SHOW has eight acts signed up to perform, so far. But, said Rome, "It grew to twice that number last year, so we'll see what happens as time goes on. There'll be skits, songs and dances. Some students will be in it as backup, or to accompany a performer, but the focus is on the teachers."

Fairfax High Theater Director Wendy Knight is the producer, and Westfield High Theater Director Scott Pafumi, assistant producer. The stage manager is Woodson High Theater Director Terri

Hobson.

THIS YEAR'S participants include Tim King, a Washington Irving Middle School teacher, accompanied by musicians from the school, performing the song, "The Origin of Love," from "Hedwig and the Angry Inch." The high-school theater director at Lake Braddock Secondary, R.L. Mirabal, will entertain with Miraband — a band of two students, an alumnus and him playing bass, guitar, piano and drums.

Ariel Baska of Rachel Carson Middle School is doing "Director's Notes," a comic monologue by Victoria Wood; and Philip Lee Clark will perform the song and dance routine, "Mr. Cellophane," from "Chicago." And Stone Middle Theater Director Lois Walsh will sing and be part of a dance number.

Pafumi will sing the Bobby Darin classic, "Beyond the Sea," and Amy Hard, middle-school theater teacher at Robinson, will dance with some other instructors. In ad-

dition, Knight and Fairfax Academy Theater Teacher Mike Replogle will do a two-person, comedy scene.

"We have a good time," said Rome. "It's a very talented group of people, and the opportunity to see them demonstrate their skills for entertainment, and not just education, is certain to be worth one's time and money."

Parking is free — and where else can you go to be entertained for five bucks? And the more, the merrier."



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PROPOSED NEW ISSUE

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Moody's: Aa3
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PHOTO BY CHRISTINE AUSLANDER

Clearview Elementary kindergartners enjoy the Read Across America Assembly.



PHOTO BY CHRISTINE AUSLANDER

Cindy Roeder, director of Herndon Parks & Recreation, reads to second graders.



PHOTO BY KELLY ROTH

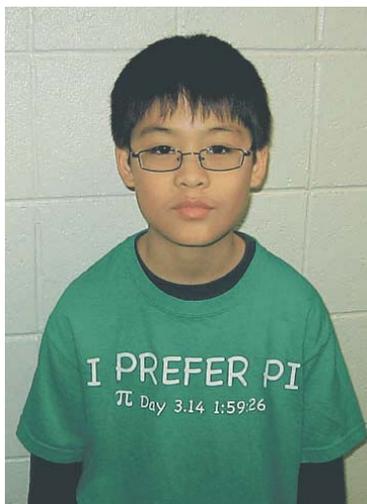
Cats In Hats: Taylor Sitterson, Melanny Fernandez and Karishma Surana led the students in singing 'Happy Birthday' to Dr. Seuss.

Clearview Celebrates Reading

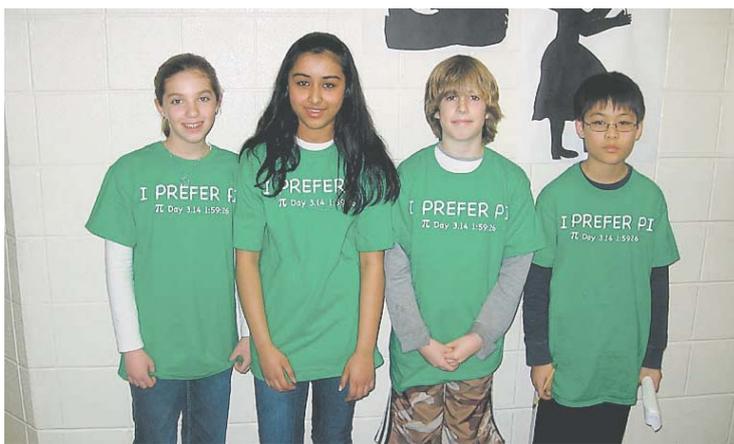
Clearview Elementary School celebrated Read Across America to honor the birth date of the famous children's author, Dr. Seuss. Students learned about this literacy day by reading facts on the interactive white board in the lobby and by watching WBZZ, the school's news show. Principal Elaine Wellner and Chris Lazun began the day by hosting a kick off assembly for K-2. Clearview welcomed guest readers who read to the students, including Cindy Roeder, director of Herndon Parks & Recreation; Ann Curtis, public information officer; and parent volunteers.

Clearview Observes Pi Day

APi Day Roundabout to celebrate the number pi took place at Clearview Elementary School. Sixth grade students traveled to stations to draw circles, compute the area of a circle and calculate and graph the number pi. By the end of the day, a colorful paper chain representing the first 1,000 digits of pi circled the library. The chain shows that no predictable pattern or end to the digits exists in this irrational but well-rounded number. No Pi Day would be complete without a contest to memorize the digits of pi. Students in grades K-6 started memorizing two weeks prior to Pi Day. Pi Day T-shirt for each grade



First place winner Albert Chuang.



PHOTOS BY CHRISTINE AUSLANDER

Pictured, from left, Jordan Golomb, fourth place; Asmita Poudel, third place; Austin Rider, second place; and Albert Chuang, first place.

level winner motivated students to memorize more digits. This year's first place winner, Albert Chuang,

memorized 356 digits of pi. Of course, the students had plenty of pie to eat.

Send announcements to herndon@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/MARCH 18

Project Natalie. 2-3 p.m., Frying Pan Farm Park, 2739 W. Ox Road, Herndon. Enjoy a jazz infusion of funk, rock and R&B. Free. Call 703-437-9101.

Badminton. 9-10:15 p.m., Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. Play badminton every Wednesday. All levels welcome. \$2/session. Call 703-481-5711.

FRIDAY/MARCH 20

Reston Republicans. 7:30 p.m., Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. Del. Tom Rust (R-86) will be the guest speaker at the Reston Republicans' open meeting. Guests are asked to contribute an hors d'oeuvres or dessert. Liquid refreshment provided. All are welcome. Call 703-406-9740.

Falsettos. 8 p.m., Industrial Strength Theater, 269 Sunset Park Drive, Herndon. The Elden Street Players will perform the Tony Award-winning musical "Falsettos." Visit www.EldenStreetPlayers.com or call 703-481-5930 for tickets.

SATURDAY/MARCH 21

Saturday Samplings. 11 a.m.-2 p.m., Lake Anne Florist, 11426 Washington Plaza W., Reston. The Lake Anne Florist will offer free samples of gourmet treats and hand made chocolates in honor of the first day of spring. Call 703-437-8686.

Yoga ad Qi Gong. 12:30-2:30 p.m., Qi Elements, 280 Sunset Park Drive, Herndon. A two-hour health and wellness event for healthy women and for women affected by breast cancer. \$30/person. Call 1888-580-6253, visit www.tigerlilyfoundation.org or e-mail info@tigerlilyfoundation.org.

Homeless Outreach. 2:30 p.m., Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Join the church as they prepare food to take to Washington D.C. for the Salvation Army's Grate Patrol. The Grate Patrol Homeless Outreach Program brings an evening meal, fellowship and the opportunity for professional help to the homeless. Call 703-430-7822.

Falsettos. 8 p.m., Industrial Strength Theater, 269 Sunset Park Drive, Herndon. The Elden Street Players will perform the Tony Award-winning musical "Falsettos." Visit www.EldenStreetPlayers.com or call 703-481-5930 for tickets.

Something Different 2009. 11 a.m. and 2 p.m., Industrial Strength Theater, 269 Sunset Park Drive, Herndon. The Elden Street Players will perform the show "Something Different." Visit www.EldenStreetPlayers.com or call 703-481-5930 for tickets.

Dancin' to the Oldies class starts at the Reston Community Center the Hunters Woods or the Lake Anne facility. This new fitness class for men and women is taught by an original "boomer." The class will improve endurance and muscle tone through aerobic dance movements. Groove to the music of the '60s, '70s, '80s in this low impact class, scheduled to last until June 6.

SUNDAY/MARCH 22

Society of Art Rock Concert. 7 p.m., Jammin Java, 227 Maple Ave. E.,



'Something Different' in Herndon

The Elden Street Players Theater for Young Audiences opens "Something Different 2009" beginning March 21 at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon.

"Something Different 2009" will bring to life fairytales and folklore from around the world. Something Different plays Saturday, March 21, 28 and April 4 at 11 a.m. and 2 p.m., Sunday, March 22 at Noon and Sunday, March 29 and April 5 at 2 p.m. Tickets: \$7. Go to www.eldenstreetplayers.org or call 703-481-5930, box 3 for tickets.



Singer/songwriter Wil Maring, pictured, will team with Robert Bowlin to perform original bluegrass material live Friday, March 20, 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Tickets: \$12/person. Call 703-435-8377 for tickets.

Vienna. Todesbonden, Ephemeral Sun and Origin Theory will perform live. \$10/person. Visit www.jamminjava.com.

Falsettos. 3 p.m., Industrial Strength Theater, 269 Sunset Park Drive, Herndon. The Elden Street Players will perform the Tony Award-winning musical "Falsettos." Visit www.eldenstreetplayers.com or call 703-481-5930 for tickets.

Something Different 2009. 12 p.m., Industrial Strength Theater, 269 Sunset Park Drive, Herndon. The Elden Street Players will perform the

show "Something Different." Visit www.eldenstreetplayers.com or call 703-481-5930 for tickets.

MONDAY/MARCH 23

Cut and Taste Dinner. 6 p.m., Morton's Steakhouse, 11956 Market St., Reston. Enjoy a luxurious cigar dinner complete with four courses of Morton's signature cuisine paired with fine wines and premium Davidoff Cigars. \$189/person. Call Kate Tourville at 703-796-0611 or visit www.mortons.com to RSVP.

THEATER

"The Full Monty," Reston Community Players at CenterStage of the Reston Community Center, 8 p.m., Friday, **March 20**, and 8 p.m., Saturday, **March 21**; 2:30 p.m., Sunday, **March 22**; 8 p.m., Friday, **March 27**, and 8 p.m., Saturday, **March 28**. See www.restonplayers.org.

"Falsettos," Elden Street Players at the Industrial Strength Theatre, through **April 4**. See eldenstreetplayers.org.

"Something Different 2009," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, **March 21-April 5**. See eldenstreetplayers.org.

"Laughing Stock," Reston Community Players at CenterStage

of the Reston Community Center, 8 p.m., Friday, **May 1**; 8 p.m. Saturday, **May 2**; 8 p.m., Friday, **May 8**; 8 p.m., Saturday, **May 9** (sign interpretation); 2:30 p.m., Sunday, **May 10**; 8 p.m., Friday, **May 15**, and 8 p.m., Saturday, **May 16**. See www.restonplayers.org.

"The History Boys," Elden Street Players at the Industrial Strength Theatre, **June 5-27**. See eldenstreetplayers.org.

"Fairytales in Training," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, **June 13-28**. See eldenstreetplayers.org.

"Amour," Elden Street Players at the Industrial Strength Theatre, **July 31-Aug. 22**. See eldenstreetplayers.org.

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- 505 Wolfe Ct., SW.....\$549,900.....Sun 1-4.....Deborah Melia.....RE/MAX.....703-547-1444

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- 24689 Clock Tower Sq.....\$398,765.....Sat 1-4.....Thomas Merical.....Keller Williams.....703-585-8240

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All listings due by Monday at 3 pm.**



CONTRIBUTED

Herndon Student Goes to Meeting of the Minds

Jon Crain of Herndon is one of the seven Virginia Tech undergraduate students whose projects will be presented at the fourth annual Atlantic Coast Conference (ACC) Meeting of the Minds undergraduate research conference in at North Carolina State University on April 2-4. An international studies major focusing on world politics and policy, with a minor in Spanish, Crain critiques the near universal application of civil society theory to African civic development literature.

Civil society theory, as a body of literature, has provided the most generally accepted framework through which academics view

African politics. The problem is the focus on the dynamics and flows of power between the state and the general society when, in many geographic regions of Africa, such as Darfur, Somalia and the Eastern Democratic Republic of Congo, the state has no influence or capacity, Crain writes.

He urges "an evolution of sovereignty literature to reflect the realities of globalization, which have resulted in a shifting of power from states to individuals and non-state elements." Crain uses the Democratic Republic of Congo as an example of why civil society literature fails to alleviate civic development. He says he

Virginia Tech students who will present their research at the fourth annual Atlantic Coast Conference Meeting of the Minds undergraduate research conference in at North Carolina State University on April 2-4 are, from left, Michelle Klassen, Sara Lu, Aaron Kroll, Jon Crain of Herndon, Garrett Smith and Sandra Hobsen.

became interested in the academic field of African politics and development in the summer of 2007, when he worked as an intern in the Bureau of Central African Affairs at the State Department.

His paper for the ACC competition reflects two years of research for his University Honors [www.univhonors.vt.edu/] thesis, which he aims to publish with his advisor, Ioannis Stivachtis [www.psci.vt.edu/internationalstudies/Faculty_Staff.htm], associate professor of political science. Crain expects to graduate in May and plans to study international law.

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Robotics Team Goes to Richmond Regional

Herndon High School's FIRST Team 116, Epsilon Delta, is getting ready for its second Regional competition this year, in Richmond. During this transition period between two events, the team has time to look back on the previous Regional and prepare for the next one. This will be a return to old territory for the team, after its first Regional, which took place in Washington, D.C.

The second competition the team is going to attend will be at Virginia Commonwealth University (VCU) in Richmond this upcoming weekend. The students have been preparing for this since their last regional and are ready to take the competition by storm. This year, the NASA/VCU Regional celebrates its 10th anniversary as a competition. This event is free and open to the public at the VCU Siegel Center. More information about FIRST and the VCU event, including a link to a Web cast, can be found at www.usfirst.org

Team 116 Epsilon Delta, is a FIRST (For Inspiration and Recognition of Science and Technology) robotics team from Herndon High School sponsored by NASA Headquarters and Herndon High School. The FIRST mission statement is "to inspire young people to be science and technology leaders, by engaging them in exciting mentor-based programs that build science, engineering and technology skills, that inspire innovation, and that foster well-rounded life capabilities including self confidence, communication and leadership." Herndon's Team 116 ranges from freshmen to seniors from many different backgrounds. Some play in the band, some pursue art and drama while others play sports. Yet, each week, all of these students join together for the sole purpose of designing, building, testing, fixing and showing off their robot.

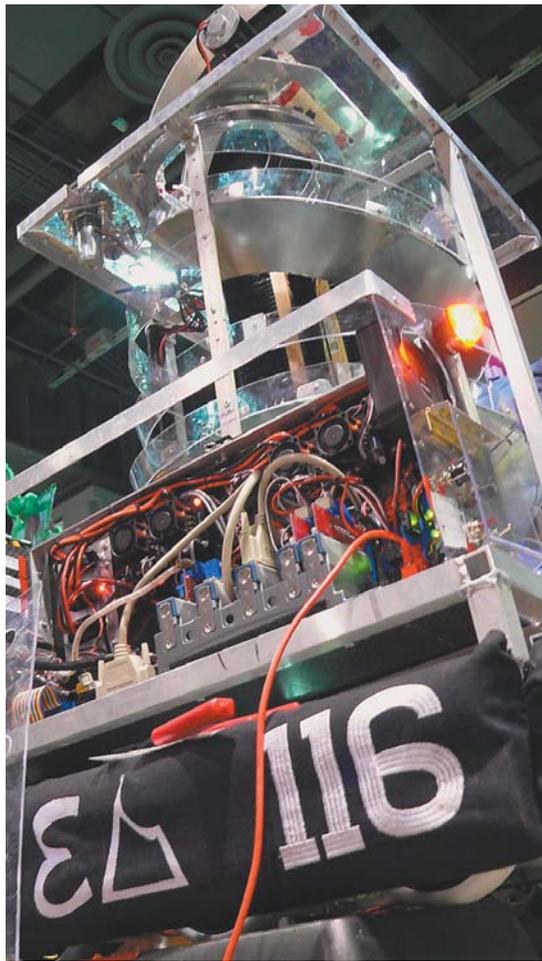


PHOTO BY HEIDI FOSTER

The team is going to compete at Virginia Commonwealth University (VCU) in Richmond this upcoming weekend.

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SPORTS

Almost Perfect: Oakton Girls Fall in State Finals

Cougars finish spectacular season at 30-1.

By RICH SANDERS
THE CONNECTION

A moment occurred during Oakton's 71-61 state AAA championship game loss to Princess Anne (Virginia Beach) Friday night, March 13, when it seemed almost inevitable that the Cougars would find a way to win and complete their remarkable season unbeaten.

In the end, it wasn't to be. But the never-say-die Cougars, in the title game played at Virginia Commonwealth University's Siegel Center in Richmond, gave the Cavaliers a fourth-quarter scare. Oakton, trailing by 11 points early in the second half, had fought back and, to the delight of its frenzied fan base, tied the game at 47-47 on a three-point shot by freshmen backup guard Katherine Coyer with seven minutes, 12 seconds remaining in the final quarter.

A few minutes later, Oakton nearly brought the house down when senior shooting guard Sasha Borojeni, with her team trailing 49-47, pumped in a three-pointer from the left wing to give the Cougars their first lead, 50-49, since early in the game when senior star Erin McGartland had opened the contest's scoring with a trey of her own.

When Borojeni's shot landed, the Cougars' faithful erupted. Oakton, which over the course of the postseason had come back from large deficits to defeat both Mount Vernon (19-point deficit) and T.C. Williams (11-points down) in the Northern Region semifinals and finals, respectively, appeared to perhaps be on way to another come-from-behind win in the final and most important game of the season.

"Being down before [in prior games] made us believe we could come back," said McGartland, a team tri-captain along with Borojeni and Brianna Johnson. "But once we got the lead, I didn't think we had them. We had to keep it going."

But the Cougars could not sustain the momentum following Borojeni's big shot. Princess Anne, following that basket, scored the game's next five points and never lost the lead thereafter. The Cougars did draw within 54-53 on sophomore Zora Stephenson's trey from the right wing with 3:50 remaining. Later, after the Cavaliers had scored four consecutive points to increase their lead to 58-53, Oakton freshmen sensation Caroline Coyer pulled the Cougars within 58-55 with a pair of free throws with 2:46 left. But Oakton could get no closer as Princess Anne finished the game with a 13-6 streak to win.

During post-game ceremonies, the Oakton players gracefully accepted runner-up medals, and head coach Fred Priester was called out to take possession of the sec-



Oakton's Erin McGartland looks for an open teammate during the Cougars' championship game versus Princess Anne last Friday night. The senior nailed five, 3-pointers in the loss.

ond place team trophy.

"Congratulations to the Oakton Cougars for a tremendous season, with a record of 30-1," the public address announcer told the crowd.

Naturally, the loss, the Cougars' only one of the season, was a blow. But it was hardly devastating.

"Everybody doubted them except themselves and me," said Priester, of the region rumblings throughout the season that the Cougars were bound to fall back to earth as the wins kept piling up. "They didn't disappoint anybody tonight. People said we're too small and too slow. But we're 30-1 and people should remember that."

OAKTON LOST the finals game, but it did so in style. The Cougars, through three-quarters, had already broken a state championship game record by converting 10, three-pointers. They would finish the game with 14 treys.

"Our hats off to Oakton," said Princess Anne coach Darnell Dozier. "They played very well. I've never seen a team shoot like that."

Oakton made 14-of-27 shots from three-point territory. Princess Anne (31-1) converted five-of-12 from long range. Oakton's

McGartland (team-high 18 points), the team's emotional leader, made five treys, four coming in the first half. Borojeni (14 points, 8 rebounds) nailed four treys, while Stephenson (11 points) had two. The other three-pointers came from Caroline Coyer (8 total points, all in the second half), Katherine Coyer (5 points) and senior backup guard Jenna Cahill, who closed the game with a trey.

Oakton utilized the three-point shot all season long, but the 14 treys made in the championship game were the most for the Cougars all winter.

"It's definitely a big strategy for us - to knock down our three's," said Borojeni. "It's a big part of our game."

"You have to play 32 minutes of solid defense because all five of [Oakton's starters] can really shoot," said Dozier. "We had hands in their faces and they still made their shots. Fred's a great coach and had those kids ready to play."

While the Cougars were outstanding in their long range shooting, they could not convert their other shots, making just 3-of-32 tries from inside the three-point line. Princess Anne 6-foot-3 inch sophomore center Elizabeth Williams (17 points, 7 rebounds, 2 blocked shots) was an intimidat-

"Our hats off to Oakton. They played very well. I've never seen a team shoot like that."

— Princess Anne coach
Darnell Dozier

ing defensive presence inside the paint. When Oakton players went to the hoop or got the ball inside, Williams forced awkward shots.

Oakton's outside shooting prowess nearly was enough to make up for the poor shooting from inside the stripe.

"I think they knew they were going to try to win the game on three's. It got kind of frustrating," said Williams, of Oakton's scorching outside touch. "But we kept our composure."

WHILE WILLIAMS was a key factor in her team's win, Princess Anne junior guard Samisha Powell was her team's best player. She finished the night with 34 points, including four, three-pointers, all in the first half. Her buzzer-beater, three-pointer off an inbound pass to close the first half gave Princess Anne a rush of momentum and a 38-29 halftime lead.

"I don't really shoot threes, so when I kept making them I was kind of excited," said Powell.

Oakton, in the latter minutes of the third quarter, trailed 45-35 following a conventional three-point play by Williams with 2:41 left in the stanza. But the Cougars scored the final nine points of the quarter, highlighted on three-point shots by both McGartland and Caroline Coyer, to pull within 45-44 going into the fourth quarter.

Oakton continued to play well before faltering in the game's final minutes.

"We were probably rushing a little bit," said Priester, of his team's struggles in the final minutes. "We were excited and played with unbridled enthusiasm the whole game."

"Princess Anne is a very talented team and I thought we did real well," said Priester. "We had to come back a few times and the kids kept coming back. We knew we were going to shoot threes [throughout the night]. Our tallest kid is 5-8. It's the way we wanted to play. Miss Powell played a great game [for them]."

McGartland said playing in a state finals game in front of the feverish Oakton crowd was a lifetime memory. The fans encouraged their heroes at game's end.

"To see so many fans out there chanting, 'We still love you,' that meant a lot," said McGartland. "I'll never forget [the season]. It was real fun."

PHOTO BY ROBBIE HAMMER/THE CONNECTION

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Time Out Of Mind



By KENNETH B. LOURIE

Time Out Of Mind
 After my mother's death, it took me over two months to finally write and send thank you notes to the friends who remembered my mother by making charitable donations in her name. And though I'm not particularly proud of the lack of initiative I showed in taking as long as I did to properly respond, I am still most appreciative of the extra effort and thoughtfulness these friends exhibited. As I wrote in the thank yous that I sent, it seemed like the loss of a second parent in two years sort of knocked the initiative right out of me (or maybe that was simply my mother not being around to remind me to do something). I remember experiencing a similar malaise after my father died in Dec., 2006. And though my mother was most definitely alive and well back then, I recall feeling a little unmotivated, a little empty, and not really seeing the point and/or significance in much as I tried to find a new routine now that my father was gone.

Moreover, given the fact that our mother was now widowed, without my father as her companion for the first time in over 65 years, my brother and I knew we still had major responsibilities, not exactly care and feeding since my father's caregiver, Maria, stayed on, but life full-filling nevertheless. And not that we were the least bit put off — or put upon, quite frankly — by the task at hand, it was more that we were fulfilling a role that, unbeknownst to us, we had been preparing for — and prepared for, our whole lives.

And for most of these past two years, we had fun doing it. As difficult as I know it was for my mother to live on without my father alive and in her life, it was really quite remarkable how she adjusted to the loss. Not exactly ambulatory and almost totally hearing impaired, she persevered, and almost always with good humor. Surrounded by pictures of my father as well as pictures of the two of them at various stops in their life, she was never far removed, physically, from reminders of what, for her, had been the most important responsibility in her life: her husband (my father) and her family. Yet, she was rarely morose; sad of course, in tears occasionally, but overall, happy to be alive and not "woeing" at all about her loss or physical limitations.

Mentally, she was as sharp at the end as she had been her entire life (so far as we ever saw) and as concerned about others (my brother and I) even as she lay in the bed in which she would eventually die, as she had ever been; still concerned about my brother's comfort (sitting vs. standing by the side of her bed) and whether or not we had eaten or were hungry. Amazing!

This was the second time that my brother and I have been witness to acts of love and unselfishness by our parents as they lie dying. Whatever lessons they sought to impart to us while they were alive pale in comparison to the lessons they taught us while they were dying.

My parents both died with dignity, class and concern for their family. At a time in their lives when it most assuredly should have been about them, they continued to try and make it about us. No wonder we miss them so much.

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

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Physics Teacher Receives National Honor

FROM PAGE 3

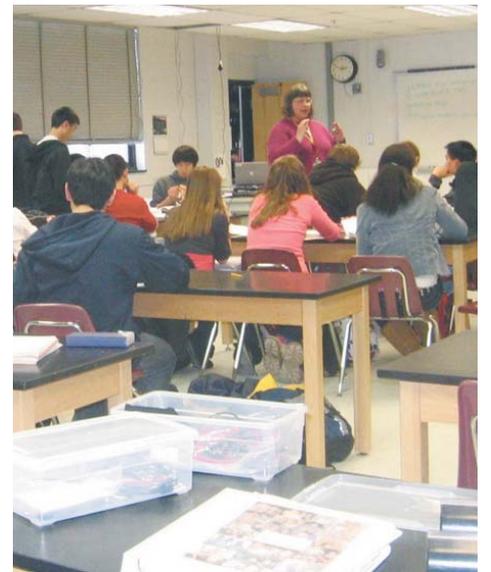


PHOTO BY DONNA MANZ/THE CONNECTION

Three or four days a week after school, Dr. Roudebush offers study sessions for her Honors and AP physics students.

to get work done is a good idea."

Scott Miller of Herndon, another of Roudebush's AP students, said he was not at all surprised that Roudebush received this award. "She does a good job of relating to the kids and finding ways of relating the material so we can understand it," he said.

Lila Adair, Awards Committee Chair, said Roudebush, one of five finalists, was chosen for many reasons. "Deborah is an outstanding high school teacher who has demonstrated her excellent skills in the classroom as well as outside. She has been providing teacher workshops and making presentations for many years." Adair includes, as notable examples of Roudebush's achievements, Roudebush's role as an AAPT Physics Teaching Resource Agent since 1992, participation in National Academy of Sciences since 2004 and the College Board AP Physics Redesign Commission, and she has been recognized as a Presidential Awardee for Excellence in Science Teaching in 2001.

"I have known Deborah personally for many years and have even been in some of her workshops," said Adair. "She is personable, enthusiastic, motivating and, obviously, loves physics. She is a great role model for all physics teachers, especially women. She embodies the spirit of AAPT."

Roudebush is modest about her accomplishments and accolades. "I don't think what I do is special," she said. "I think one of the most important things is that I truly enjoy teenagers and I think of them all as individuals. I challenge the kids to take responsibility for their own learning."

"To me, physics in high school is learning the process of developing models for how the physical world works, based on the evidence."

THE AMERICAN ASSOCIATION of Physics Teachers [AAPT] is an international organization of 11,000 members: physicists, physics teachers and industrial scientists. AAPT is dedicated to enhancing the understanding and appreciation of physics through teaching. See <http://aapt.org/>

Physics Teaching Award, which recognizes outstanding achievement in teaching pre-college physics. She will accept the award in July at the summer 2009 meeting in Ann Arbor where she will present a paper and accept a \$3,000 monetary award.

"She has a real passion for what she teaches," said AP physics student, Megan Stangeby of Herndon. "And she really cares about each student as an individual. She goes further than basic understanding and helps us to see the big picture and how it relates to the real world."

Roudebush has taught physics for 25 years, the past two at Oakton High School. Three or four afternoons a week, she offers voluntary study sessions in her classroom, always full, in which students may review homework, do lab work, study for tests, take tests, work on computer-based assignments or simply ask for help from peers and Roudebush. The room is full of chatter as students work independently or with others. They raise their hands as Roudebush works the room, waiting for her help or instruction.

"**EVERYBODY SHOULD HAVE** a year of physics, at least," said Roudebush. "Our society is getting more technological."

"We are facing challenging decisions, such as global climate change and the impending energy crisis when fossil fuels run out. As citizens in a democracy, we need to have a basic understanding of physics principles in order to understand the political choices we'll have to make."

"I want my government leaders, my corporate leaders and my local business people to understand the choices to make informed decisions."

A professional colleague contacted Roudebush with a request for her curriculum vitae and references, telling her he wanted to submit her for an award. The documentation was submitted to AAPT last fall, and Roudebush said she had "no idea" what "tier" she was being nominated for. "I was very surprised when I received the highest award they give to a high school teacher," she said.

Oakton High School Principal John Banbury was not surprised. He called Roudebush a "brilliant and gifted educator who makes physics come alive for any student lucky-enough to be in one of her classes."

Dianne Goins, assistant principal in charge of science department, noted that Roudebush is nationally recognized.

"We're really lucky to have her in our science department," she said.

SENIOR Raturaj Choudhari plans to major in science in college and finds the environment in the study sessions helpful to his learning process. "Prior to a test, I come here to do my problems," Raturaj said. "They're the ones I probably wouldn't be able to get at home."

"I consult with a friend here first, and a lot of times, that works. But when it doesn't, I go to Dr. Roudebush. Using this work space

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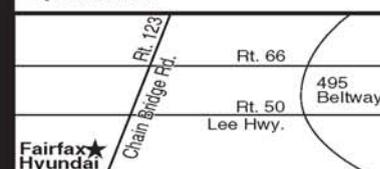
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