

Nonprofits Connect for Hope

NEWS, PAGE 3

PHOTO BY MIKE DICICCO/THE CONNECTION OPINION, PAGE 4 ♦ CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 9 ♦ SPORTS, PAGE 8

From left, Jeanie Schmidt Free Clinic Executive Director Meagan Ulrich poses with volunteers Khenry Min, Carolina Chavez and Jane Storey in what will be the clinic's medical center at its new location in the Connections for Hope center. Several nonprofit organizations will be housed in the new center off Dulles Technology Drive.

Students
Spearhead Haiti
Fundraiser

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Residents Protest
Proposed School Cuts

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**WEEK IN
HERNDON**

**NVTC's Titans
Event Focuses
on Space
Programs**

The Northern Virginia Technology Council (NVTC) announced that Orbital Sciences Corporation's (NYSE: ORB) Chairman & CEO David Thompson will keynote a Titans series event on Tuesday, Feb. 9 at The Ritz-Carlton in Tysons Corner. In his speech, "Commercial and Governmental Space Programs: Current Status and Future Prospects," Thompson will highlight the many ways satellite and space-based technologies drive the local economy, employing thousands of workers in Northern Virginia.

The registration is 7-7:45 a.m. and the program featuring David Thompson is 7:45-9:15 a.m.

**Public Input
Sought on
Town Budget**

The Herndon Town Council is seeking citizens' input on programs and services to be included in the town's FY 2011 Budget.

On Feb. 9, the council will conduct a public hearing to solicit citizens' guidance on the budget. Additionally, for the first time this year, citizens may provide comments and ideas directly via an online form posted on the town's Web site, www.herndon-va.gov. (See the budget icon at "Featured this Month" on the homepage.)

According to Mayor Steve DeBenedittis, this early input from citizens is an important part of the budget development process. "We encourage citizens to share with us their views on programs and services that are most important to them," he said.

By April 1, Town Manager Art Anselene will deliver to the council a proposed FY 2011 budget. The council will then conduct two public hearings on the proposed budget, at its April 13 and April 27 meetings. The town's FY 2011 budget must be adopted by June 30.

All public hearings begin at 7 p.m. and meet in the Mary Ingram Council Chambers, 765 Lynn St.

Information on the town's FY 2011 budget will be posted throughout its development on the budget page at www.herndon-va.gov.

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NEWS

PHOTOS BY MIKE DICICCO/THE CONNECTION



Bill Threlkeld, director of neighborhood resources for Reston Interfaith, and Sarah Newman, Helping Children Worldwide Executive Director, pose in the Connection for Hope center's future computer lab.

Nonprofits Connect for Hope

New center in Herndon groups several services under one roof.

BY MIKE DICICCO
THE CONNECTION

In its old space on Grove Street, the Jeanie Schmidt Free Clinic was “elbow to elbow with patients,” said Executive Director Meagan Ulrich. Fortunately, the clinic had planned to move out of the space before it even moved in three years ago.

Connections for Hope, a cooperative nonprofit service center that is scheduled to open in the coming days, has been in the works for nearly five years. Now, the clinic, which offers medical care for children from low-income families, as well as uninsured, low-income adults with high blood pressure or diabetes, is the center's largest tenant. With six exam rooms and close to 40 percent more floor space, Ulrich said, “We're going to have a lot more room for all our patients and activities.”

BETTER YET, she said, patients will have ready access to a variety of other services under the same roof. Also sharing 13525 Dulles Technology Drive, one of three buildings across the street from Dulles Executive Plaza, are six other nonprofit groups — Just Neighbors, which provides immigration legal services; the Literacy Council of Northern Virginia; the Housing Opportunity Support Team (HOST) and Homelessness Prevention and Rapid Re-Housing programs of Reston Interfaith; Vecinos Unidos (Neighbors United), which offers homework assistance and other enrichment activities for children in grades one



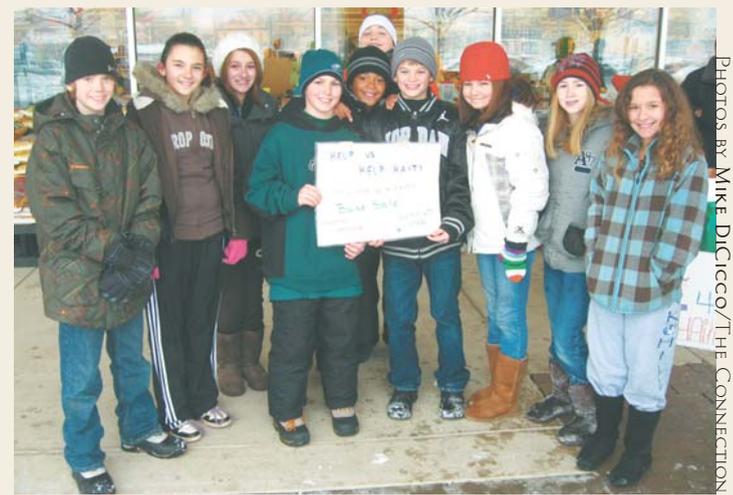
Emily Broadus, administrative assistant for Helping Children Worldwide, and her brother Matt, a seventh-grader at Franklin Middle School, take a moment's pause from unpacking chairs in what will be one of the center's training rooms.

through eight; the Fairfax-Falls Church Community Services Board, which provides support for people with intellectual disabilities, mental illness and alcohol and drug addictions; and Helping Children Worldwide, which is providing the center.

“The idea is, it's kind of a one-stop shop,” Ulrich said.

Helping Children Worldwide, which was created at Floris United Methodist Church, started out with programs to help impoverished children in the African nation of Sierra Leone. However, the group decided several years ago that it also wanted to launch a program to assist local people in need, said Executive Director Sarah Newman. Connections for Hope became that program. “We are enabling the center,”

SEE SERVICE CENTER, PAGE 11



PHOTOS BY MIKE DICICCO/THE CONNECTION

A group of about a dozen sixth-graders from Oak Hill Elementary School braves the elements to hold a bake sale they organized themselves to raise money for Haiti.

Students Spearhead Haiti Fundraiser

Oak Hill Elementary sixth-graders hold bake sale in spite of cruel weather.

A group of about a dozen sixth-graders from Oak Hill Elementary School, apparently unprompted by parental or otherwise adult influence, organized and staged a bake sale in front of the Franklin Farm Giant last Saturday, Jan. 30 to raise money to help the nation of Haiti recover from last month's devastating earthquake.

“We were just bored in social studies,” said Alex Naughton. Rather than tossing paper airplanes, he, Jake Pasquale and Clay Morgan tossed around the idea of doing something to help quake survivors in Haiti. Meanwhile, Taryn Hannam-Zatz and Lilly Pishvaian were thinking along the same lines, and they decided to combine their efforts.

However, they may have realized what they were getting themselves into.

When the bake sale got underway at 3 p.m., the latest weather forecast was reporting current temperatures of about 18 degrees, with a wind chill of five degrees. A winter storm warning remained in effect, as snow continued to fall. The bread-and-toilet paper rush had passed, but occasional customers still hurried through the cold and into the supermarket.

Clay had contacted the Giant to see about holding a bake sale on the property, and a few of the students had visited the store and discussed the idea with management. “They said it would be a good cause,” Clay said.

The Red Cross was settled upon as a suitable executor for any funds raised. “That's what's on TV,” Alex said of Red Cross donations.

The students had found their way onto the school's closed-circuit television program to solicit donated confections from their peers and had also placed flyers around the school and their neighborhoods. They had baked some of the treats themselves.

Initially, they had set a fundraising goal of \$300, but after several employees from the office that employs Jake's mother, Kim, happened by the bake sale, they upped their target to \$500.

As the day grew colder, some supervising parents were free to rotate on and off duty, but the students had set up three stations that had to be manned and had to keep themselves warm by scurrying from one table to the next and waving signs advertising the sale.

— MIKE DICICCO

Adding More Painful Cuts

With talk of cutting programs that make it bearable to go to school for students, pay cuts should also be on the table.

Some of the cuts proposed by Fairfax County Public Schools might sound like they will not affect learning very much.

Freshman sports, for instance, involves 2,200 students across the county who are engaged in the delicate transition from middle school to high school. Why would it matter?

How about the 5,000 students who participate in indoor track?

Or the thousands of students who find their love of learning through music.

Or the students getting a second chance on success at Pimmit Hills Alternative School.

Succeeding in school is all about finding a niche, a reason to go, particularly in high school. For some students, this is band. For others it is the chance to run track. For some,

it's an art class. For others it might be a connection to friends made through freshman sports.

Education succeeds for many different reasons. It is a huge mistake to cut off the very things that help students engage.

Nevertheless, schools across the area will have less money per student this year, and they will have to make cuts. Before they cut the life out of the school day for some many children, parents

and the rest of local taxpayers deserve to see administration and staff over a certain level willing to share the pain.

No doubt many administrative cuts are not receiving as much publicity as cuts that impact students. But what administrative departments will face cuts similar to those proposed

for music or some sports programs?

Pay cuts for staff with salaries more than \$75,000 should also be on the table, holding classroom teachers harmless. Here are some suggested guidelines, more moderate than many of the cuts in many private companies with revenue shortfall in the past two years:

- ❖ 5 percent for employees who make \$75,000-\$90,000

- ❖ 10 percent for employees who make \$90,000-\$115,000

- ❖ 15 percent for employees who make \$115,000-\$140,000

- ❖ 20 percent for employees who make \$140,000-\$200,000

- ❖ 30 percent for employees who make more than \$200,000

This budget crisis is different than in the past. Right now for the first time, taxpayers are looking at drastically lower home values, and many are underwater. Tens of thousands of taxpayers in Northern Virginia are unemployed. For the public to press for more money for schools, schools will have to demonstrate that they "get it."

EDITORIAL

LETTERS TO THE EDITOR

Hush Won't Seek Ninth Term on Council

To the Editor:

After serious consideration, I have decided not to seek a ninth term on the Herndon Town Council. I am extremely thankful for the opportunity given me by the citizens of Herndon to serve as a member of council for the past 16 years. Herndon's spirit of volunteerism has provided me with 25 years of very positive memories as a scout leader, Optimist Club president, youth sports coach, basketball referee, baseball umpire, Herndon Community Television board member and Town Council member. I have experienced and learned many things I would have missed if it not for the inclusiveness and opportunities provided by the Herndon community. I am also grateful for the opportunity to not only serve the Herndon community but also to serve the citizens of Fairfax County on the Economic Advisory Commission and the Commonwealth on the Underground Utility Advisory Committee. Thank you to everyone that made that possible; especially to my Cyber Committee for keeping me on my toes and for those great debates.

Sixteen years of public service to Herndon is a long time and it is my hope that my service repays a small part of my obligation for having the good-fortune to live

and raise a family in such a wonderful community. I have striven in the spirit of our Republic to represent the wishes of all of our citizens, to maintain my principles and values and to always choose what is right over what is politically expedient.

In the short-term, I plan to complete my 16th year on the council with the same enthusiasm and dedication to the community as I did in my first year in office. By June, I will be four months into the University of Virginia's Sorensen Institute Political Leaders Program and, once that is concluded, I may seek additional opportunities for public service.

While I am grateful to the Herndon community for the opportunity to serve, I have to mention two people that without them the past 16 years would have been extremely hard, I am especially grateful to my wife Nancy for her un-yielding support and un-countable sacrifices. The rushed dinners, long meetings, missed conversations, phone calls and my hours alone on the computer were a price she paid that cannot be measured. And to my son Jason, for understanding when I missed his baseball games, wrestling matches and other events. He and his wife Shauntel gave Nancy and me a beautiful granddaughter that I need to spend more time with and my sail boat has been calling me for a couple of years now.

Dennis Husch
Town Council Member

What Price Privacy?

To the Editor:

Sen. Mark Herring (D-33) and Del. Tom Rust (R-86), both in districts covering a substantial part of Loudoun County and some of western Fairfax County, have proposed legislation that would allow the Metropolitan Washington Airports Authority to install a "photo-monitoring" or "automatic vehicle identification" system on the Dulles Access road to ticket "backtrackers" using the Access road.

While there may be cases where public safety requires the use of extreme measures such as this, increasing the efficiency of ticket and toll revenue collection is not one of them. It seems our two legislators did not learn the lesson of HB 3202 — the Transportation Bill associated with "Abusive Driver Fees" and setting up the un-elected taxing authority later thrown out as unconstitutional. Gimmicks such as this, designed to use the power of the state to raise revenues, are not worth instituting the beginnings of a Big Brother state.

Virginians do not want to live in a surveillance society and, when accused of a violation, they want the opportunity to face their accuser. If scofflaw-created congestion on the Dulles Access road requires it, current law provides for traffic enforcement, including ticketing, by the authorities. That ac-

tion reduces infractions without sacrificing anyone's autonomy or privacy. If passed, this bill would, as Del. Rust alluded to, set the precedent for instituting surveillance systems elsewhere in the state to help raise revenues.

A vital principle, freedom from unwarranted governmental intrusion into our private lives, is at stake here. The goal of increasing efficiency in revenue collection should never be allowed to trample the principles that serve as a foundation for our liberty. SB 667 and HB 1295 start us down a perilous road, just to collect more tolls and "fees." It's not worth it.

Patricia Phillips
Sterling

The writer is a small business owner and was the 2007 Republican candidate for the Virginia 33rd Senatorial District.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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Residents Protest Proposed School Cuts

More than 200 people to testify about Fairfax schools budget.

BY JULIA O'DONOGHUE
THE CONNECTION

Nearly 100 Fairfax County residents showed up to complain about schools superintendent Jack Dale's proposed budget for the 2010-11 school year during school hearings Jan. 25 and 26.

The Fairfax County Public School system faces a \$166 million financial shortfall in its annual operating budget of approximately \$2 billion next year. Dale has suggested that the school system ask the Fairfax County Board of Supervisors for an additional \$57.8 million in funding and slash approximately \$108 million in programs and other expenses to close the budget gap.

The cuts proposed by Dale include increasing class size by one student per teacher for the third year in a row and freezing all staff pay. Several popular programs, including elementary music and foreign language classes, would also be eliminated under the superintendent's proposal.

Some members of the Fairfax County School Board called the superintendent's budget cuts untenable. A few have already indicated that they intend to ask the supervisors for school funding above and beyond the \$57.8 million Dale has suggested.

Fairfax County allocates approximately \$1.7 billion, or 54 percent of its total budget, to the public school system already.

In order to give the school system an additional \$57.8 million, the Fairfax County Board of Supervisors would most likely have to raise the local real estate property tax rate at least 3 cents. Fairfax



Shannon Evans, Oak Hill resident

County generates the bulk of its revenue from real estate taxes; the state collects income taxes from county residents and uses most of that money to fund programs in other parts of the state. The state also keeps the county from instituting other taxes.

The following is what residents testifying at the school budget hearing said.

SHANNON EVANS said she has chosen to keep her children at her base school, rather than send them to a gifted and talented center, because of the local Japanese immersion program.

"We feel that being in an immersion program teaches skills and uses parts of the brain that a GT setting wouldn't be able to give them," said Evans, an Oak Hill resident.

Evans' children also have to learn to work independently on their academic projects in Japanese because she and her husband do not understand the material.

"Our kids have to learn that mom and dad won't be there to save them, and so they need to take personal responsibility," said Evans.

While the superintendent's budget current preserves funding for elementary immersion, Dale said



Denise Wertheim, Oak Hill resident and Oakton High School parent

the programs could be cut, particularly if the supervisors do not give the school system the additional funding it has requested.

DENISE WERTHEIM was part of an effort to raise money to commission a piece of music for the 25th anniversary of Oakton High School band last year. They had set a goal of raising \$9,000 over 12 months and were surprised when they were able to raise \$10,000 in just two months.

"I should not have been surprised, since this is typical of our band parents and alumni. Each year, our parents put money aside for the future purchase of marching band uniforms and instrument. They do this with the full knowledge that their children will not be wearing these uniforms or playing these instruments," said Wertheim, who worries about what the elimination of the elementary band and strings program could do to high school band.

Wertheim said 95 percent of Oakton's band began playing an instrument in elementary school.

"My own daughter ... was one of those students who never fit into any group until she found band," said Wertheim.

Fairfax County Department of Public Works and Environmental Services. Contact principal Karen Siple at 703-713-3000 or kfsiple@fcps.edu.

Japanese immersion students at **Fox Mill Elementary** will celebrate the Japanese New Year with their classes during the next few weeks. Activities will include playing the traditional Japanese New Year game Fukuwari, eating mochi balls, folding origami, and writing messages in calligraphy. Contact principal Pat Sheehy at 703-262-2700 or event liaison Nahoko Nakayama at nnakayama@fcps.edu.

Sunday, March 7 at 6:30 p.m. in the Herndon High Auditorium. A Comedic Hypnotist opens the show, followed by teams from HHS and HMS competing in a Family Feud style game show. Tickets are \$8 in advance for students and faculty and \$10 for everyone else and at the door. Go to www.herndonang.org and click on Fundraisers & Events. 703-450-4372

Coates Elementary has been named winner of a Johnnie Forte Environmental Grant from the Clean Fairfax Council to create a pollinator garden. The grants are cosponsored by the

SCHOOL NOTES

Planning has begun for the **Herndon High School Class of 2010 All Night Grad Party**. This event promotes the celebration of high school graduation in a drug and alcohol free environment. It costs only \$40 to sponsor a student to attend the party. The goal is 100% Senior Class attendance. If you would like to become a sponsor, donations are being accepted. Go to www.herndonang.org/ or email HerndonDAFA@gmail.com. 703-450-4372

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Ricky Soto Wins Floris Elementary Geography Bee

Newcomer Ricky Soto won the Floris Elementary National Geographic Bee at the Jan. 20 school level competition. Ricky is a fifth grader who recently moved to Floris from San Diego, Calif.

"I have always loved learning, but especially enjoy learning about history and geography," he said.

According to Ricky's mother, Catherine Soto, he was "very excited to win the Geo Bee because this is his first experience participating in this kind of an event."

The Floris Geo Bee included a preliminary round and an oral competition on geography facts. The competition was open to fourth, fifth and sixth grade students and is the first round in National Geographic's nationwide contest. Ricky will be eligible to compete for the state level award. One hundred students from each state will then be selected to compete for the



Floris principal Gail Porter awards GeoBee winners Meaghan Nally (third place), Ricky Soto (first place) and Pranav Bavanari (second place).

national title.

Fourth grader Pranav Bavanari placed second in the competition with Meaghan Nally, a sixth grader, taking third place. Additional finalists include Shreya Mandava (fifth grade), Shohini Gupta (sixth grade), Ajay Potluri (fifth grade), Sara Ayoub (sixth grade) and Josh Meador (sixth grade).

This is the third year Floris conducted its Geography Bee. "I am so

proud of all of our students who participated in this event," said Principal Gail Porter. "Their knowledge of geography is truly remarkable."

"It brings more excitement every year," said Richard Rosser, assistant principal. Porter awarded the winners with National Geographic Medals. All participants received Barnes and Noble Gift Cards.

CALENDAR

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

THURSDAY/FEB. 4

Open Mic for Bands Night. 9 p.m. at Jimmy's Tavern, 697 Spring St., Old Town Herndon (on the Corner of Elden and Spring Streets). Bands will receive 30 minutes to play, and must pre-sign with Andre' Love at soulcraftmusic@yahoo.com or 703-984-9114. Walk-ins will only be accepted if time permits. All types of music welcomed. 703-435-5467.

Drop-In Story Hour. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Build early literacy skills with this storytime with a focus on books. 703-437-8855.

The Persuasions. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. 703-938-2404 or www.wolftrap.org.

FRIDAY/FEB. 5

'The Violet Hour.' 8 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A mysterious machine is delivered unordered, and within a few minutes begins spewing out pages of information about the future. \$19 adults, \$16 seniors and students. 703-481-5930 or www.elderstreet.com.

'The Trip to Bountiful.' 8 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. Tickets are \$15-\$18, available at www.rcp-tix.com or 703-476-4500 or at the Reston Community Center's box office. 703-435-2707 or www.restonplayers.org.

Pianist Hiromi. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. 703-938-2404 or www.wolftrap.org.



PHOTO BY JEFF BOATRICH

Alana Sharp and Adam Down in the Elden Street Players' production of "The Violet Hour," which runs until Feb. 13 at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon (for dates and times see the Calendar).

Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. 703-938-2404 or www.wolftrap.org.

'The Vagina Monologues.' 8 p.m. at George Mason University Harris Theatre, 4400 University Drive, Fairfax. Tickets \$25. Part of the Vday campaign to end violence against women and girls. sas.gmu.edu.

SATURDAY/FEB. 6

Third Annual Polar Dip. 2 p.m. at the Lake Anne Dock, Reston. Registered plungers will jump into Lake Anne to raise funds for Camp Sunshine. Come to plunge, or come to watch the fun. Information, registration and pledge forms at www.freezinforareason.com.

Father-Daughter Dance. 6:30 p.m. at the Herndon community Center, 814 Ferndale Ave., Herndon. For ages 4-

12. \$50 per couple, \$25 each additional daughter. 703-435-6800 or www.herndon-va.gov.

Jeri Sager. 7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Northern Virginia native and Broadway star Sager debuts at the Barns of Wolf Trap with her solo cabaret show, Broadway by Jeri. Accompanied by a four-piece band, Sager will re-create her roles in Cats, Les Misérables, and Evita. \$25. 703-938-2404 or www.wolftrap.org.

Weekend Bluegrass Concert Series: Mill Run Band. 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$12. 703-435-8377 or www.holycrosslutheranchurch.net.

'Cinderella Wore Combat Boots.' 11 a.m. and 2 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$7. 703-481-5930 or www.elderstreet.com.

'The Violet Hour.' 8 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$19 adults, \$16 seniors and students. 703-481-5930 or www.elderstreet.com.

'The Trip to Bountiful.' 8 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. Tickets are \$15-\$18, available at www.rcp-tix.com or 703-476-4500 or at the Reston Community Center's box office. 703-435-2707 or www.restonplayers.org.

Dancing to the Helmut Light Band. 9 p.m. at Colvin Run Schoolhouse, 10201 Colvin Run Road, Great Falls. Ballroom, latin and swing music, including a Samba lesson at 8 p.m. prior to the dance. Lesson \$5; dancing 9-11:30 p.m. \$12. Sodas, snacks available for purchase. 703-795-2003 or www.colvinrun.org.

'The Vagina Monologues.' 2 p.m. and 8 p.m. at George Mason University Harris Theatre, 4400 University Drive, Fairfax. Tickets \$25. Part of the Vday campaign to end violence against women and girls. sas.gmu.edu.

SUNDAY/FEB. 7

Ensemble Gaudi: Soggiorno Italiano Concert. 4 p.m. at Vienna Presbyterian church, 124 Park St., Vienna. Italian sonatas by Corelli, Vivaldi and more in a benefit concert for New Hope International. Free, the public is invited. Donations accepted. Reception to follow. 703-395-2899 or ensemblegaudi@gmail.com.

'Cinderella Wore Combat Boots.' 2 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$7. 703-481-5930 or www.elderstreet.com.

Early February Bird Walk. 7:30-10:30 a.m. at Walker Nature Education Center, 11450 Glade Drive, Reston. Explore the upper Glade stream valley. Meet at the Nature Center parking lot, walk down to the Glade Stream valley and continue upstream. No reservations required. Free; adults. Enviroed@reston.org or 703-435-6530.

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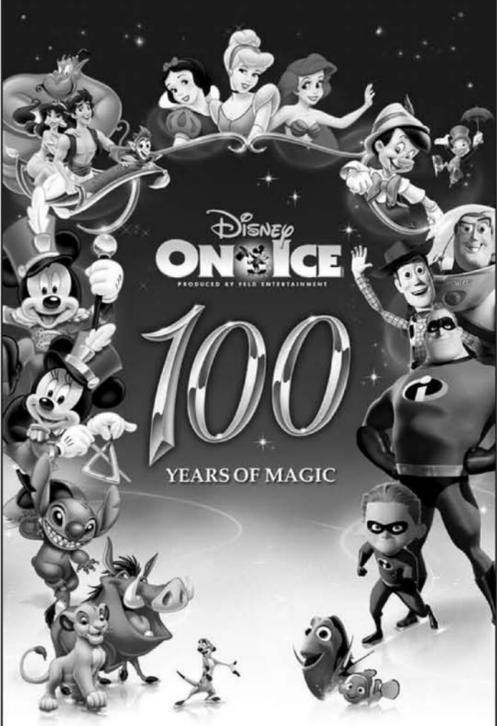
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SPORTS

Hornet Wrestlers Set To Embark on Postseason

Jimmy Thomas, Josh Pike likely to be top seeds at this weekend's Concorde District championships.

BY RICH SANDERS
THE CONNECTION

Following a tough, five-win regular season, the Herndon High wrestling team is looking for better results at the Concorde District Championships this weekend at Chantilly High School.

The six-team tournament will get underway Friday, Feb. 5 at 4 p.m. with preliminary round action throughout the night. It will resume again on Saturday at 11 a.m. The finals are expected to begin between 1 p.m. and 2 p.m.

Herndon, which has been hit hard by injuries this winter, has had a difficult time filling out its entire line-up. But head coach Mike Gonzales has several wrestlers who he believes can put things together at districts and qualify for the following weekend's Northern Region Championships. The top four finishers in each weight class at districts will earn medals and advance to regionals.

"Right now, we only have six guys in the

line-up who are healthy," said Gonzales. "We would like to see them make regionals."

Senior Josh Pike (125 weight class) is likely to be a No. 1 seed at districts. Pike, who began the season in fine form by finishing second at the pre-season Northern Virginia Classic, missed most of the district season as a result of injuries. But he will be rested, healthy and ready to go at districts this weekend.

"He's cleared to wrestle and he has kept in shape," said Gonzales.

Senior Jimmy Thomas (heavyweight) is also expected to be a top seed for Herndon. Thomas, a seasoned wrestler, has been competing in the sport for seven years or so. Herndon practice sessions are almost always tough, but they are especially so for Thomas, who has to face his head coach on the mat almost daily.

"I usually work out with him," said Gonzales, with a chuckle. "I'm a pretty big guy and I'm pretty tough on him in practice, so he goes into matches ready."

Thomas won 20-plus matches last year before his season ended in disappointment



PHOTO COURTESY/HERNDON ICE HOCKEY

Herndon High Ice Hockey Enjoys Outstanding Season

The Herndon High ice hockey team will be participating in the postseason this winter. The team is enjoying an outstanding season. Through nine games, Herndon was 8-1 and showing no signs of slowing down. Back row, from left, are coach Ryan Rya, coach Tarn Jones, JC Daudelin, Paul Hubble, Patrick O'Bryan, Ville Rutanen, Max Kortegast, Jon Jenus, Elisha McIntosh and head coach Robert Hubble. Bottom row, from left, are Alex Jones, Ian Jones, Chris Wolfe, Mac Emery, Andrew Weaver, Sam Stone, Matt Ellison, Michael Horn and Bryan Kadlec. The last regular game of the season is scheduled for this Friday night, Feb. 5 at Skatequest in Reston. Herndon will celebrate its Senior Night. Faceoff time is 9:40 p.m.

at districts where he barely missed the region cut.

"He had started to put it all together last year but just missed placing at districts," said Gonzales, of Thomas. "This year, he's been pinning everybody and is undefeated in the district."

Gabe Pike, a sophomore, will likely enter districts as a No. 3 seed. Highlights for Pike this season include a fifth place finish at

the Northern Virginia Classic, a championship at West Potomac's Christmas Tournament and a third place finish at the Patriot Classic in Maryland.

"He works hard every day," said Gonzales, of the 10th grader. "He's a quick learner and doesn't make the same mistake twice."

Other Herndon wrestlers to keep an eye on this weekend include senior Justin Magerer (145) and Ramon Reyes (112).

Oakton Boys Capture Concorde Boys' Swim Title

Herndon boys', girls' teams have several place finishers.

The Concorde District swim and dive championships took place this past weekend at Cub Run Recreation Center in Chantilly.

It was a big meet for Oakton High, which was champion on the boys' side and runner-up on the girls' side. The Cougar boys scored 492 points to best second place Robinson (404) and third place Herndon (334). Westfield (308.5), Chantilly (270.5) and Centerville (153) finished fourth through, sixth, respectively. On the girls' side, Robinson (515) topped second place Oakton (443) and third place Westfield

(316). Rounding out the girls' field of teams were Chantilly (263), Herndon (219) and Centerville (209).

For the Oakton boys, seniors Phillip Bradley (200 and 500-yard free events) and KJ Park (200-individual Medley, 100-breaststroke) both won two events. Freshman Philip Hu, meanwhile, won the 100-back race. The Oakton boys' 200-medley relay team of Hu, Park, senior Zach Smith and junior Steven Robbins was victorious, as was the 400-free relay team of Hu, Park, sophomore Chris Megaw and Phillips.

Oakton junior Kaitlin Pawlowicz won both the girls' 200-IM and 100-butterfly races. The Cougar girls' 200-free relay team, made up of junior Leanne Hyer, senior Quinn Wilkinson, senior Erin Reynolds and Pawlowicz, finished in first.

Jenna VanCamp, a Herndon High sophomore, won the girls' 100-breaststroke.

The Herndon girls' 200-medley relay team of Molly Cudahy, VanCamp, Robin Brazier and Kat McKinstry finished a strong third place.

Brazier was a third place finisher in the girls' 200-IM, and Cudahy was second in

the girls' 100-back and fourth in the 200-free race.

Herndon boys' swimmers Brian Via, Ryan Williams and Conor Cudahy finished fourth through sixth, respectively, in the 200-free. Via and Cudahy finished third and fourth, respectively, in the 500-free.

Danny Camozzo was a third place finisher in both the boys' 200-IM and 100-fly races. Christian Polito was sixth in both the boys' 50 and 100-free events. Christian Matthews was sixth in the boys' 100-back.

The Herndon boys' 400-free relay team of Camozzo, Ryan Williams, Via and Polito finished second.

— RICH SANDERS

SPORTS ROUNDUPS

The Herndon High NJROTC finished first overall at the Frost Bite NJROTC Field Meet held at Patuxent High School in Lusby Md. on Jan. 9. Herndon competed against 10 other high school teams and placed in all team events. It finished first in both the 8x200 and 16x100 relays, as well as in the team pushups event. Also, the locals were second in team curlup competition. Herndon was anchored in the pushup and curlup competitions by cadets Brianna Lowery and Anna Truong, who earned first and second place finishes, respectively, in the female pushup com-

petition; and cadets Terrell Thigpen and Richard Fronczak, who were second and third in the male competition. Cadet Adam Schalk earned third place in the male curl-up competition. Herndon was missing several key members due to illnesses and a scheduling conflict as a result of the Herndon High track team competing elsewhere. NJROTC instructor Commander Richard Cassara was impressed with his team's performance, stating, "In 15 years of coaching PT teams I have never seen a more courageous effort and flawless execution of fundamentals than was shown by our

cadets today. They set a new standard for performance that we will talk about for years to come."

The Herndon High JV wrestling team competed in the Concorde District JV tournament last week at Westfield High. Each school entered two JV wrestlers in the tournament to form 12-man brackets. Herndon place finishers were: Chris Gaffney (second place at 103-weight class); Jared Nielson (third at 103); Chris Wilson (second at 160); Dustin Prichett (3rd at 160); and Blad Fayne (first place at heavyweight).

Registration is now open for the Spring 2010 season of Herndon-Reston Youth Lacrosse. Registration is open through February to youth in the Herndon and Reston areas, for girls and boys, ages 6-to-15. No experience is needed. There are separate teams for boys and girls in age divisions U-15, U-13, U-11, and U-9. There are various levels of play based on experience and skill level. The teams compete in the Northern Virginia Youth Lacrosse League (www.nvyll.org) against opponents from throughout Northern Virginia. Equipment rental and financial assistance is available. The season begins

in March and runs through the second week of June. For more information on the league and to register, visit www.HRYL.org

Registration is open for Reston Youth Association's Coed-Flag football Spring 2010 season. The league is for boys and girls ages 5-to-16. Visit www.restonseahawks.org to register for the upcoming season. The fee is \$65. Registration deadline is April 1. For any additional information visit the FAQ section on the Web site under Flag Football or contact flag@restonseahawks.org.

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Strength in Numbers



By KENNETH B. LOURIE

My wife, Dina, and I found out the other day that a friend in our social circle was recently diagnosed with lung cancer. It's the first friend/acquaintance of ours so diagnosed since I was similarly informed last February. Naturally I was sorry to hear of another person joining this less-than-exclusive cancer club. However, since I knew this new member, its effect on me was more personal. I called her the next day to offer any insights, answer any questions, share a few anecdotes, some of which hopefully she might find helpful. And in so doing, I felt another sensation, the sensation of not being alone, vis-a-vis the whole honor/camaraderie-amongst-cancer-patients thing.

Initially, upon hearing this friend's news (after she had called and confided in Dina), I again felt the all-too-familiar fear, shock and anxiety I had felt a year earlier when I was told my biopsy confirmed a malignant growth in my lung. And so I could certainly appreciate, although I hadn't yet talked to this friend and learned of the particular set of cancer-related circumstances (X-Ray, scans, biopsy), which lead to this diagnosis, to learn what she had been going through and for how long (it's not exactly share and tell in the beginning, or in the middle or the end, either).

Respecting her privacy and understanding full well the whole private/public, want to talk/need to talk/don't want to talk/don't need to talk cycle, I decided nonetheless to talk the next day (not that previous evening when the initial call to my wife had been made). Our friend was very receptive to my call and eager even (can't really say happy) to discuss her health-related deficiencies of late which ultimately lead to her cancer diagnosis.

Similar in some respects to my experience and different in others, still it was comforting (to me) in some ways to not be the one providing the details and discussing medical matters of such severity and sensitivity. I felt as if in making the call I was providing a public service, almost, to someone in need. And in feeling good I began to feel selfish about feeling good. What was wrong with me? Here I am talking to a friend who is sharing intimate - and very personal - details, and life-changing details at that, that very few others in our group have been privileged/trusted to hear about her tumors, life expectancy, inoperability and so forth, and I'm feeling a kind of serenity and strength, rather than sympathy and sorrow. How, why, do I feel anything other than sadness, especially considering all that I know that lies ahead, for this friend?

I think the explanation has to do with her future now being a part of my present/future, sort of. It's another connection I have in the cancer world. And from what I've read, what I've felt, what I've been encouraged and reminded to pursue during this whole cancer thing is, to find and maintain, connections. And having another member in the club (some club!), a member who so far exhibits all the attributes of a positive force for good/overcoming evil, I feel empowered, emboldened even by her membership. Not that either one of us is particularly interested in fighting this fight. Nevertheless, her attitude and willingness to do so, and her desire to take on all comers in the process, makes me feel stronger, more capable, more determined than ever to win this war.

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



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Third grade Cub Scouts from Pack 913 watch with great anticipation as their cars approach the finish line in this year's annual pinewood derby race at St. Joseph School on Jan. 30. Pictured from left are Christopher Williams, Chris d'Hedouville, Ben Hammett and Charlie Burns.

Cub Scout Pack 913 Hosts Pinewood Derby Race

Herndon's St. Joseph School Cub Scout Pack 913 conducted its annual Pinewood Derby race on Saturday, Jan. 30 at the school. More than 100 scouts and their siblings participated in this year's event. Each scout designed, cut and finished his car from a block of wood. This year marks the 100th anniversary of the founding of Boy Scouts of America.



PHOTOS COURTESY OF STEVE TOOLE
Webelo Scout Danny Jones of Herndon, 10, aligns his pinewood derby car on the track for optimal speed during Pack 913's annual Pinewood Derby race at St. Joseph School on Jan. 30.



Scouts from St. Joseph School Cub Scout Pack 913 display the trophies they received Saturday during the pack's annual Pinewood Derby race at the school. Pictured, from left, are Webelo II Scout Nicholas Gambino, Tiger Scout Kevin Dickson, Webelo I Scout Joseph Dickson, Bear Scout Ben Hammett and Wolf Scout Chase Stabolepszy, who also won the pack championship this year. Each of these scouts took first place within their rank and will continue on to compete against the winners of every other pack throughout the Powhatan District on Feb. 20.

Service Center Opens for Business

FROM PAGE 3

Newman said. Though it won't provide a direct service at the center, Helping Children Worldwide, which is a separate entity from Floris United Methodist, is the lessee on the 10,000-square-foot building and will subsidize the costs of training, hire a receptionist and otherwise manage the center. "The idea of a nonprofit center is it provides space at below-market rent," Newman said. The groups will reduce their overhead costs by sharing common areas such as a conference room, a kitchen and a computer training area, as well as the cost of phones, a copier and other equipment. "Hopefully, we'll have some other services from county agencies move in here," Newman said.

She noted that there was a risk in committing to a three-year lease in this economy, "but we all really believe in it." Bill Threlkeld, director of neighborhood resources for Reston Interfaith, said it made sense to move the group's housing support team to the location, as it was central to the foreclosure "hot spots" of Herndon, Centreville and Chantilly.

WHILE THE HOST TEAM was working with a family on case management,

Newman said, family members could avail themselves of literacy training, tutoring, health care, counseling or other services. "All these services can build up this great synergy around the family," she said.

"The big gap is employment these days," Threlkeld said. "That would be a nice piece to add in." He said Reston Interfaith had funds to assist people in obtaining housing, but they couldn't get leases if they didn't have jobs. In many cases, he said, people laid off due to the economy are not used to unemployment and are unfamiliar with job hunting.

"If there's a group that has a real strength in that area, we would be thrilled to talk to them," Newman said.

Although the move was not planned with a recession in mind, Ulrich said saving overhead and expanding floor space was more necessary now than ever. "We're up by about 64 percent in patient visits," she said. "We're just growing by leaps and bounds because of the economy."

"It's really been a wonderful community effort to make this center happen," Newman said. "It's been a pleasure to see the center take off, and I think we're all excited about it."

Connections for Hope will celebrate its grand opening on Feb. 12.

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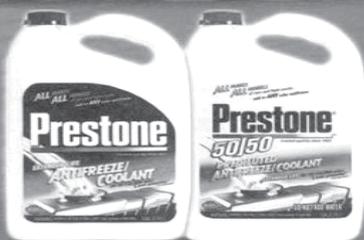
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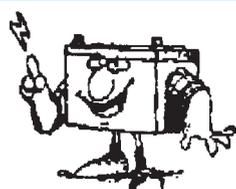
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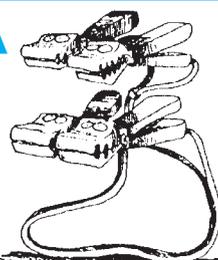
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