

Creating Opportunities In Reston

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Lindsay Trout, assistant principal at South Lakes High School, was named Best of Reston for "inspiring future generations to serve the greater good."

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* By readers of the *Virginia Gazette* 2007-2009



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COMMENTARY

New Legislative Districts

BY KENNETH R. "KEN"
PLUM
STATE DELEGATE (D-36)



By the time you read this column, you will have had an opportunity to see the proposed district boundaries for the House of Delegates, State Senate, and U.S. House of Representatives. I write this column amidst much concern, angst, and fear among incumbents and potential candidates as rumors have been circulating about what the districts will look like and who they will encompass. The official district lines that will be voted on in the legislature were preceded by proposals from college students in a statewide competition and by a commission appointed by the Governor. With a significant shift in population from the rural areas to Northern and Central Virginia, many lines have had to be redrawn to reflect population shifts. Adding to the complexity of having the districts equal in population is the enhancement in political parity that can come from the way the lines are drawn. One of the biggest arguments in favor of an independent redistricting commission has been the inherent conflict of interest that legislators have in redrawing their district boundaries where political survival is likely to be their greatest motivator.

With the *Baker v. Carr* Supreme Court Decision in 1964, states have had to use a "one man-one vote" guide in drawing legislative districts. Subsequent court decisions and the federal Voting Rights Act have defined further the equality that must exist numerically among districts and the fairness that must be reflected in districts to give minorities an opportunity to be elected. These multiple factors together make the process of redistricting a challenge. Add

unofficially on top of these legal requirements for redistricting the political considerations of how regions have historically voted, and the complexities are further magnified. Only the introduction of computer technology has simplified the process to meet the multi-criteria and to permit the consideration of many different alignments.

The outcome of these efforts is controlled in the House of Delegates by the Republicans and in the Senate by the Democrats. Ultimately, the Governor must sign the bills that spell out the district boundaries. The next step in the process is the U.S. Department of Justice because Virginia is still under the federal Voting Rights Act due to past unfair practices in elections and/or the federal courts who can decide if civil rights are violated by the new district lines. All this must be concluded in time for the August primaries and November general elections.

For years the struggle in Virginia has been to get the rural areas that were over-represented to allow a shift of power to the suburbs. The courts have for the most part resolved this issue as they have ensuring that minorities have an opportunity to be elected. The partisan struggle over control of the process and the outcome continues with the courts showing no interest in interjecting itself. Some districts may be shaped like salamanders or other creatures to get like-minded voters who support the majority party together. The lines that were announced earlier this week are likely to be the new districts for the next decade. Maybe if the districts are odd enough or slice and dice communities of interest enough there may be strong public interest in going to an independent commission approach next redistricting in 10 years.

Founder's Day to be Celebrated April 9

Reston Museum presents the 8th Annual Reston Founder's Day on Saturday, April 9, from noon until 3 p.m., honoring the 97th birthday of Reston's founder, Robert E. Simon, Jr. All are invited to enjoy musical entertainment, the annual commemorative brick dedication, and words from local dignitaries at Lake Anne Plaza, located at 1609 Washington Plaza in Reston. The occasion will also mark the official launch of "Looking Back, Moving Forward to a Sustainable Reston", a new community-wide effort initiated by Hunter Mill District Supervisor, Cathy Hudgins, which builds on Reston's long-time commitment to environmental stewardship. Afterwards, birthday cake provided by MallowDrama will be served at Reston Museum, 1639 Washington Plaza. Simon will cut the first piece. Oral histories will be video-

recorded (up to 15 minutes) from 1 p.m. until 3 p.m. – contact Reston Museum in advance to reserve time, restonmuseum@gmail.com or 703-709-7700.

Added to this year's Founder's Day event is the inaugural Amazing Reston Treasure Hunt beginning at Reston Museum at 1:30 p.m. Participants can follow the clues received from volunteers stationed at 12 sites around Reston. Smart phone users can also scan QR codes for the next clue. Those who find all the locations and return to Reston Museum by 3:30 p.m. will receive a medal, and all successful participants will be entered into a drawing to win one of three grand prizes.

Founder's Day is presented with support from Reston Community Center. All welcome.

Lindsay Trout, assistant principal at South Lakes High School, was named Best of Reston for “inspiring future generations to serve the greater good.”



PHOTO BY
ALEX McVEIGH/
THE CONNECTION

Creating Opportunities in Reston

South Lakes assistant principal recognized as Best of Reston.

BY ALEX McVEIGH
THE CONNECTION

Lindsay Trout came to South Lakes High School as a student in 1987, and more than 20 years later, she still walks the hallways, but as assistant principal for the class of 2011. During her time in Reston, she has always felt one burning need.

“I’ve always had a strong feeling that when people are given the opportunity to do good things, they’ll take them,” Trout said. “And I feel like it’s my duty to create those opportunities.”

Trout’s ability to provide those opportunities was recognized this year, as she has been named Best of Reston for “inspiring future generations to serve the greater good.”

Linda Jones, Director of Student Activities at South Lakes, has known Trout for almost 20 years, since she was Trout’s basketball coach at South Lakes.

“She always goes above and beyond anything that is asked of her, she’s self-motivated and just a very nice lady. She gives and gives and gives,” Jones said. “She has a hand in almost any fundraiser at this school.”

Trout says she has always tried to expose students to as many service opportunities as possible. She returned to South Lakes as a teacher in 1995, and has been involved in supporting charitable efforts since.

“When I first started teaching leadership, a lot of the causes we worked for were national and international causes, mostly large sum monetary donations” Trout said. “But in 2006, there was a student fighting cancer, and his family needed money to help cover medical expenses. I got the class involved, and I had never seen a group of students mobilize to help like that. It was the first time we worked for a local cause.”

TROUT AND HER CLASS raised more than \$25,000 for the student, but at personal cost to herself as well. She issued a personal challenge to the students that if they could raise \$20,000, she would

cut her hair into a mohawk.

“I knew how big a number \$20,000 was, and I thought there was a limit to how much money a small group of students could collect,” Trout said.

Bruce Butler, principal at South Lakes, remembers the donation numbers climbing and seeing Trout’s face when she realized the students would hit the number.

“I’ll always remember the look on her face when they got up there, and she realized she would actually have to wear the mohawk,” Butler said. “It was at the South Lakes-Herndon basketball game, and they were about \$1,200 away. The students got on the PA system at halftime, and by the end of the game, they were over the top.”

Trout followed through on her promise, and got her hair cut in front of more than 700 cheering students in the cafeteria.

“I get great joy out of seeing the overwhelming response to events like that, to see people in Reston helping each other out,” Trout said. “Over the last 8-10 years I think we at South Lakes have developed a culture where service is what we’re all about.”

Trout also helped raise almost \$20,000 to help a Reston family pay for a burial service for their son, more than \$10,000 for Habitat for Humanity in New Orleans after Hurricane Katrina and more than \$5,000 for the National Bone Marrow Registry.

“In my more than 30 years of experience in schools, there are only a handful of people whose incredible effort in the classroom and beyond stand at the top, and she is one of them,”

Butler said. “She’s inspirational, and a lot of fun to be around.”

JUDY REDPATH, chair of the Honoree Selection Committee for the Best of Reston, says Trout’s story is inspiring to everyone.

“As a homegrown Restonian, Lindsay provides a phenomenal example,” Redpath said. “Anyone who meets her can tell what she means to this community.”

Trout credits her experience growing up in Reston with her ability to mobilize community support in the way she has.

“I kind of get how high school kids respond, things like turning fundraisers into class competitions,” she said. “Sometimes I have a hard time calling what I do a job, I love it. So many of us have things to share, and it’s the right thing to do.”



Director David Lang chose an audience-pleasing program that resulted in both concerts receiving standing ovations.

Reston Chorale Concerts Sold Out

They had to bring in extra chairs, lots of them at recent Reston Chorale concerts.

The Chorale filled the Reston Community Center to beyond capacity at 6 p.m., and then did it all over again at their 8 p.m. performance. It seemed everybody in Reston decided to come hear a large selection of Broadway popular music that spanned about 80 years. Composers from Cohan to Sondheim were sung by the entire Chorale, but also by a great

numbers of solos, duets and small groups.

Director David Lang chose an audience-pleasing program that resulted in both concerts receiving standing ovations. Assistant Director Luke Frazier helped lead several numbers, Bobby Tartaglia and the Reston Chorale Trio performed throughout the evening and Ralph Cosham was the narrator. The audience included Bob and Cheryl Simon, long time supporters of the Chorale.

— MICHAEL MCKEE



The Reston Chorale Altos.

PHOTOS BY MICHAEL & KATHLEEN DRISCOLL MCKEE



Reston's Sopranos.

Last Week to Vote for RA Board

Time is running out to cast your ballot for the Reston Association Board of Directors, where five candidates are running for one at-large seat and two are vying for the Hunters Woods/Dogwood District seat.

In that race, incumbent Cheryl Beamer is facing Victor Van Rees. In the at-large race, five candidates, Andrew "Andy" Sigle, Jason Carlo, Sridhar Ganesan, John E. George and Donovan D'Souza, are competing for the seat left open when incumbent Richard Chew opted not to run again.

The election period runs until 5 p.m. on April 1, when all mailed ballots are due to the counting agent.

Both renters and property owners can vote in the election and have the option of mailing in their paper ballots or voting online at www.reston.org <<http://www.reston.org/>>.

The nine-member board of directors sets policy for the Reston Association and includes four district and four at-large directors and one representative for the apartment owners. Election results will be made public at the Annual Members' Meeting on Tuesday, April 12 at 7 p.m.

Renovations Close Dogwood Pool

Dogwood Pool, one of Reston Association's 15 popular outdoor facilities, will not open this year. The Reston Association Board of Directors voted to close the pool so that renovations could begin.

Reston Association is working with the Southgate Community Center and other rental groups to ensure they will have access to any of Reston Association's 14 other pools.

RCC to Host Las Vegas Night

The South Lakes High School Theatre Arts Boosters will present Las Vegas Night April 1 from 7 to 11:30 p.m.

This special event is to benefit the cast and crew of "Rumors" by Neil Simon, and their trip to perform and represent the state of Virginia and the United States, at the prestigious International Fringe Festival in Edinburgh, Scotland in August. Tickets include hor d'ourves, one drink, gaming chips. There will also be a cash bar and silent auction. \$45 in advance, \$50 at the door (cash only).

Go to www.southlakesdrama.com/lasvegasnight.htm for more info or to purchase tickets online.

This event is not sponsored by the Reston Community Center, its Board of Governors, or staff.

Spirit of Reston 5K Set for April 9

The Spirit of Reston 5K, sponsored by the South Lakes High School Band Boosters and the DC Road Runners, will take place April 9, starting 9 a.m. The course will go around the South Lakes High School neighborhood

Registration will be available online at www.southlakesband.org until midnight on Thursday, April 7. T-shirt included with registration fee.

The entry fee before April 7 will be \$30 for runner over age 15 and \$25 for under 15. Day of race registration will be \$35 for over 15 and \$30 for under 15, and the T-shirt will not be guaranteed.

Arabic-Speaking Volunteer Sought

Fairfax County needs an Arabic-speaking female volunteer to assist an older Reston resident with grocery shopping and other errands. Contact 703-324-5406, TTY 703-449-1186, DFSAAVolunteer@fairfaxcounty.gov, or visit Volunteer Solutions at www.fairfaxcounty.gov/dfs/olderadultservices/volunteersolutions.htm.

NEWS



South Lakes High School sophomore Alex Vagonis stands next to her completed mural at Forest Edge Elementary School. Vagonis, who went to Forest Edge from third grade on, returned to her school as part of her International Baccalaureate program at South lakes.

PHOTOS CONTRIBUTED

Leaving Something Lasting, Tangible

South Lakes sophomore paints mural at Forest Edge Elementary.

BY ALEX McVEIGH
THE CONNECTION

As a part of the International Baccalaureate program at South Lakes High School, sophomore Alex Vagonis is always looking for ways to express herself. The program requires students to get involved in their community using creativity, action and service and Vagonis came up with a solution that fits her to a T.

"I've been interested in art since I could walk," Vagonis said. "When I was in kindergarten, my teacher knew I would paint anything. I was looking for a project for my IB middle years project, and I did some soul-searching and decided I hadn't done much art in a while and I wanted to go back to the place where I grew up and leave something that will be there for a long time, something visual, tangible."

Vagonis recently completed painting a mural at Forest Edge Elementary School, where she attended starting in third grade. She painted the word "create" in large letters made out of various creative activities, and included a quote from the Dr. Seuss book "Oh the Places You'll Go."

"I wanted to show how you can make your own future, how even in elementary school you're creating the building blocks for your life," Vagonis said.

THE MURAL is near the sixth grade classrooms, and was conceived as a tribute to Gina Rohlf, her sixth grade teacher who passed away from cancer.

"She was a Dr. Seuss fanatic, and just beloved by the Forest Edge community. Students used to come back all the way from college to visit her," Vagonis said.

Vagonis said she wanted to bring a little color back to the walls of Forest Edge, whose walls were a pale blue. She would go to the school in the evenings, often long after everyone but the custodial staff had



South Lakes High School Alex Vagonis works on her mural at Forest Edge Elementary School. The mural contains the word "create" as well as a quote from Dr. Seuss's "Oh the Places You'll Go."

left. She started sketching last July and finished in the middle of March.

"I remember one night there was a band concert going on and a sixth grader came back to the hallway to grab his instrument, and he saw me painting. He said it was really good, and that he would keep watching it as I worked on it," she said. "Teachers said whenever they took their classes by it, the students would look to see if any new details had been added."

Sandy Evans, a sixth grade science teacher at Forest Edge, remembers Vagonis as being a very creative student.

"She was always a leader and had a flair for interesting ideas. She was in all the musicals, and even organized a sixth grade cookbook where students collected recipes," Evans said. "I think it's great what she did to the wall, it's not so sterile, she brought some color back."

Sixth grade science teacher Sara Birkhead said the mural even made an impression on students that they didn't realize.

"We had a Dr. Seuss Day, and when we read 'Oh The Places You'll Go' the kids started saying, 'that's where the words on the wall came from!'" Birkhead said.

"I don't like drawing the human body. I like the abstract, surrealism, things that don't make sense except in my mind," Vagonis said. "

WHILE ART IS HER PASSION, Vagonis's career focus is on the technological. Interested in biomedical engineering, she has participated in engineering seminars across the state. Still, she is able to incorporate elements of her artistic talent into her science projects.

"In one of her projects they created models, and you could tell her artistic sense helped her create them, they looked great," said John Issigonis, a science teacher at South Lakes who taught Vagonis in freshman AP biology. "She's very self-directed and intrinsically motivated. She's always thinking and asks great questions."

SCHOOLS

Elena Yen-Vi Nguyen of Reston was named to the fall 2010 honors list at Mary Baldwin College of Staunton.

Michael Rabinowitz of Reston has been named to the fall 2010 dean's list at the University of the Sciences in Philadelphia, Pa. Rabinowitz is a pharmaceutical and healthcare studies student.

Alex Allotey of Reston has been named to the fall 2010 dean's list at Fairleigh Dickinson University's Metropolitan Campus in Teaneck, N.J.

Kathleen Busch of Reston was named to the fall 2010 president's list at the University of Mary Washington in Fredericksburg.

Savannah Rhodes of Reston was named to the fall 2010 dean's list at Randolph-Macon Academy of Front Royal. She is the daughter of Richard and Sheryl Rhodes.

Daniella Haene of Reston has been named to the fall 2010 dean's list at Marymount University.

Reston residents **Catherine R. Sheppard** and **Kulmeet Singh** have received master of science in computer information systems degrees from Boston University.

Victoria Ellithorpe of Reston has been named to the fall 2010 dean's list at Ithaca College's Roy H. Park School of Communications. She is the daughter of Gerald and Susan Ellithorpe.

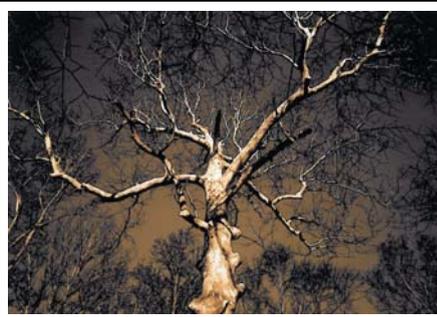
Herndon High School students **Patrick Miller** and **Zach Ward** made the All Virginia Orchestra and **Matt Larson**, **Ryan Little**, **Kat Lopes**, and **Caitlin Williams** made the All-Virginia Band and Orchestras. **Kevin Hopkins** is an alternate on English horn. These students will perform at Charlottesville HS on April 9.

Robert Snow of Herndon received a bachelor of science in recreation and parks management from Frostburg State University, Frostburg, Md.

Oak Hill residents **John Thomas Palmisano**, **Alison Virginia Silkworth** and **Molly Caitlin McKee** have been named to the fall 2010 dean's list at Miami University of Oxford, Ohio.

Lila Herk Rieber of Herndon was named to the fall 2010 honors list at Mary Baldwin College of Staunton, Va.

Herndon residents **Nicholas Jacobs** and **Yoshinori Takeda** have been named to the fall 2010 president's list at the University of Mary Washington in Fredericksburg.



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In Praise of Workforce Housing

County needs more affordable housing of all varieties.

After a recent vote to approve 270 apartments that would be rented to families with a variety of income levels, the three members who voted against it — John Cook (R-Braddock), Michael Frey (R-Sully) and Pat Herry (R-Springfield) — called the project “subsidized luxury housing” which would compete with the private sector.

Fairfax County desperately needs a mix of affordable housing. The county offers a wide variety of options, from tiny efficiency apartments for a single person that can cost less than \$400 a month including utilities, to three-bedroom apartments that cost \$1,100 a month for families of four or more who could earn \$100,000 a year.

But there is not nearly enough such housing available. There are more than 12,000 families or individuals languishing on a waiting list that could take three years or more. Some families are waiting in homeless shelters.

This isn't a case of wanting to spread the wealth around. This is a serious economic development issue.

“Businesses today are seeking young creative professionals with state-of-the-art technology skills,” said Gerald Gordon, of the Fairfax County Economic Development Authority, call-

ing workforce housing and this project in particular “fuel for the growth of our technology and other businesses.” These workers often cannot, at the beginning of their careers, afford to live in Fairfax County.

“Opportunities to live close to where they work helps employees reduce commute time and improve their quality of life. And that translates into a business advantage,” said Douglas Koelemay of Science Applications International Corporation (SAIC).

More than 70,000 households in Fairfax County have income of less than \$50,000 per year, less than half the area median income for a family of four, \$102,700, according to the 2008 US Census Bureau's American Community Survey.

More than 26,000 households in Fairfax County have income of less than \$25,000 per year.

EDITORIALS

Think about it for a minute. If you're reading the Connection in newsprint, chances are that your household has

annual income of more than \$200,000 a year. How can any family survive on less than \$25,000 here?

Fairfax County has the largest number of renters with what is described as “worst case housing” in Virginia: More than 12,000 Fairfax County renter households pay more than 50 percent of their income for housing costs, have incomplete plumbing facilities and/or live in severe overcrowding.

Fairfax County is smart to take underused county-owned property, like the land around Government Center and other “surplus” property to help create more opportunities to expand lower cost rental apartments.

The biggest boom in the county will come in the next few years in Tysons Corner, where the county must engage every creative mechanism to boost housing opportunities for every income of Tysons worker.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Redistricting Maps To Be Released Just after Presstime

Don't miss your only opportunity to comment locally in Northern Virginia on newly drawn state district lines for Virginia Senate, House of Delegates and U.S. Congress. The public hearing is Saturday, April 2, 10:30 a.m. at the Fairfax County Government Center, Board of Supervisors Auditorium.

Or travel to Loudoun, the only other Northern Virginia hearing, on Thursday, March 31, 7:30 p.m. in the Loudoun County Board Room,

Leesburg.

New districts are on a fast track to approval in time for summer primary elections.

For more, see <http://www.vpap.org/updates/redistricting>, and <http://redistricting.dls.virginia.gov> and www.connectionnewspapers.com.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Drawing Political Boundaries: Public vs. Personal Interest

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Our Congressional and state Senate and Delegate districts are about to be re-drawn to reflect the 2010 census. Usually this once in a decade event is an exercise in politicians' drawing maps to insure their own re-election and, if one party controls the legislature, to assure that party gains seats by, e.g., eliminating districts occupied by members of the other party.

But, this year Virginia has a unique opportunity for outcomes serving the public interest, i.e., compact election districts keeping communities together as well as meeting the letter of the law requiring equality in population among districts. The opportunity exists thanks to: 1) the creation of a bipartisan redistricting advisory commission by Gov. Bob

McDonnell and, 2) the advent of computer software capable of mapping districts meeting broad public interest goals. Dr. Michael McDonald of George Mason University deserves much credit both for recommending bipartisan or nonpartisan redistricting bodies and for development of mapping software (see www.publicmapping.org).

Regrettably, the Governor's commission, which will make its recommendations known April 1st (egad!), is only advisory. However, if the commission should make recommendations based on proposals by 13 Virginia university groups using the new district-drawing software and IF the Virginia Senate, House and Governor agree, new political boundaries would actually serve the public interest rather than having politicians pick their own voters. A key player in deciding the out-

come is our own Senator Janet Howell, Chair of the Privileges and Elections Committee. But, if she follows her mentor, Majority Leader Dick Saslaw, it'll be politics as usual serving incumbent interest, not the public interest. Saslaw says publicly he will protect Democrats' seats by drawing boundaries so as to preserve a slim Senate majority and he will agree to the Republicans doing the same in the House. Damn the public interest!

Meanwhile, sources, including Congressman Jim Moran, confirm that incumbent Virginia congressmen have cut the deals necessary to assure their districts are re-drawn to insure re-election for all. Until 2010, the Democrats held a 6 to 5 advantage in Va. congressional seats. The 2010 election



INDEPENDENT
PROGRESSIVE

resulted in a swing to 8 to 3 Republican. Now, in order to protect Rep. Gerry Connolly's seat after his close re-election fight, the three

Democrats — Connolly, Moran and Scott — appear agreed to let Republicans' favorably redraw their 8 districts in exchange for “gerry” mandering Connolly's district—a deal to sell out not only the public interest but also to surrender Democrats' competitive position by insuring an 8 to 3 Republican majority for a decade—for personal benefit.

However, if Reston's Senator Howell were to step up and accept the Bipartisan Commission's technically based recommendations, she can reassert the public interest over contemptible private interest and politics as usual.

THE CONNECTION

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Keith J. Wilson

Reston Dentist Returns From Afghanistan

Keith J. Wilson, D.D.S., resumes his fulltime position this week at Fusion Dental, formerly the Dental Arts Center, in Reston. From October through January Dr. Wilson provided emergency and essential dental care and support to the soldiers and civilians located on Forward Operating Base Salerno in Afghanistan.

"I consider it a great honor and my duty to have been afforded the opportunity to provide dental care for the men and women serving in Afghanistan. My goal in the last few months was to take what I have learned and provide the best possible care for them while they are away from home. Having spent six years in the United States Army Dental Corps, followed by a one-year stint at Fort Campbell Kentucky, I feel strongly about finding ways to extend my service to my country, and this was certainly one of those ways," said Dr. Wilson.

FOB Salerno is located on the eastern side of Afghanistan in the Khost Province very near to the Pakistan border. The military unit that Dr. Wilson attended to there was the Rakassans of the 3rd Brigade of the 101st Airborne Division from Fort Campbell, Ky.

The deployment to Afghanistan was Wilson's third deployment overseas but his first to an area of conflict, for which he was awarded the Army Commendation Medal for meritorious service. Wilson holds the rank of Major in the District of Columbia Army National Guard.

"We're pleased to have Keith back safe and sound. We're honored to have him in our practice and commend his spirit and willingness to go into harm's way for the benefit of our country's troops," said Dr. Gregory Bob, President of Fusion Dental.

Complete information about Fusion Dental is available at www.FusionDentalGroup.com.

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VOTE RESTON ASSOCIATION 2011 BOARD ELECTIONS

Reston Association members, including renters, can vote in the 2011 Board of Directors' election.

Five candidates are running for one At-Large seat. Two candidates are seeking the seat for the Hunters Woods/Dogwood District.

VOTE NOW THROUGH APRIL 1 AT 5 P.M.

Vote online at www.reston.org or by mail via the ballot sent to your home.

If you have questions about the election, contact Cate Fulkerson, 703-435-6512 or via e-mail at cate@reston.org



ANNUAL MEMBERS' MEETING

Live, Work, Play and Get Involved™

Tuesday, April 12, 2011
7 - 9 p.m.

Reston Association
12001 Sunrise Valley Drive

Come meet your neighbors.
Light refreshments will be served.



Attend the 2011 Annual Meeting of members. Hear the results of the board of directors' election and learn about the services and projects underway to add more value to your membership.

Please RSVP by April 4, 2011
annualmeeting@reston.org • 703-435-6539



www.reston.org

ENTERTAINMENT

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/MARCH 31

Entry deadline for the "At Home in Herndon" Town Calendar. 5 p.m. The competition is open to professional and amateur photographers aged 16 or older. Go to www.artspaceherndon.org and click on the Classes, Workshops, and Calls for Art link.

John McCutcheon. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Folk singer/songwriter. \$20. www.wolftrap.org.

FRIDAY/APRIL 1

The Virginia Opera: Puccini's "Madama Butterfly." 8 p.m. at George Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or www.tickets.com.

"Thrill Me: the Leopold and Loeb Story." 8 p.m. The Elden Street Players at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The story of Leopold and Loeb, the Chicago "Thrill Killers" of 1924. 703-481-5930 or www.eldenstreetplayers.org.

Las Vegas Night. 7 p.m. Reston Community Center 2310 Colts Neck Road, Reston. South Lakes High School Theatre Arts Boosters benefit for the cast and crew of "Rumors," and their trip to perform at the International Fringe Festival in Scotland in August. Tickets include hor d'oures, one drink, gaming chips. Cash bar and silent auction. \$45 in advance, \$50 at the door. www.southlakesdrama.com/lasvegashnight.htm.

Roger McGuinn. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The former front man of the Byrds. \$27. www.wolftrap.org.

SATURDAY/APRIL 2

"Thrill Me: the Leopold and Loeb Story." 8 p.m. The Elden Street Players at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The story of Leopold and Loeb, the Chicago "Thrill Killers" of 1924. 703-481-5930 or www.eldenstreetplayers.org.

Something Different 2011. 11 a.m. and 2 p.m. The Elden Street Players, Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Four short improvised plays for young audiences, including The Gingerbread Man, The Cracked Pot, The Pied Piper and The Rabbit's Judgment. Written and directed by Holly Harrington. \$7. 703-481-5930 or www.eldenstreetplayers.org.

Artist Christine Lashley. ArtSpace Herndon, 750 Center St., Herndon. Art demonstration 2-3 p.m., opening reception and gallery talk 3-5 p.m. for the "Artist in the Garden" exhibit. Free and open to the public. 703-956-6590 or www.artspaceherndon.org.

Civil War Earthworks in Reston. 12 p.m. Reston Museum, 1639 Washington Plaza, Reston. View the Fairfax County certified Civil War earthworks on the edge of Reston with tour guides Jim Lewis and Bob Eldridge from the Hunter Mill Defense League. The earthworks include trenches, rifle pits, and an artillery location. Learn who built these earthworks, when, and why. For ages 12 and older. 703-709-7700 or www.restonmuseum.org.

Cravin' Dogs 25th Anniversary Celebration with The Michael Clem Trio. 7:30 p.m. Wolf Trap Foundation for the Performing Arts,



The Weekend Bluegrass Concert Series presents the Blue Moon Cowgirls on Saturday, April 2 at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road in Herndon. Vocal harmonies and solid instrumentals that harken back to when country music was really "country". Tickets are \$12. www.bluemooncowgirls.com.

1624 Trap Road, Vienna. Folk/trout-rock. \$16. www.wolftrap.org.

Weekend Bluegrass Concert Series: Blue Moon Cowgirls. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Vocal harmonies and solid instrumentals. \$12. www.bluemooncowgirls.com.

FISH Fling Gala and Fundraiser. 6-11 p.m. Crowne Plaza Hotel, Elden St. near Dulles Toll Road intersection, Herndon. Seated dinner, auctions, raffles, dancing and games. Proceeds benefit Herndon-Reston FISH (For Immediate Sympathetic Help). fish@herndonrestonfish.org.

Cravin' Dogs and The Michael Clem Trio. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Folk music. \$16. www.wolftrap.org.

SUNDAY/APRIL 3

The Virginia Opera: Puccini's "Madama Butterfly." 2:30 p.m. at George Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or www.tickets.com.

Northern Virginia Kidney Walk. Registration 2 p.m., Walk begins 3 p.m. Reston Town Center, 11900 Market St., Reston. 5K or 1K, family friendly with a Kids Corner, wellness area and more. Honorary chairman, Reed Doughty of the Washington Redskins Proceeds benefit the National Kidney Foundation of the National Capital Area. www.kidneywdc.org or 202-244-7900.

"Thrill Me: the Leopold and Loeb Story." 3 p.m. The Elden Street Players at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The story of Leopold and Loeb, the Chicago "Thrill Killers" of 1924. 703-481-5930 or www.eldenstreetplayers.org.

Something Different 2011. 12 p.m. The Elden Street Players, Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Four short improvised plays for young audiences, including The Gingerbread Man, The Cracked Pot, The Pied Piper and The Rabbit's Judgment. Written and directed by Holly Harrington. \$7. 703-481-5930 or www.eldenstreetplayers.org.

MONDAY/APRIL 4

American Red Cross Class Registration. 8:30 a.m. Reston Association, 12001 Sunrise Valley Drive, Reston. www.reston.org or aquaticsinfo@reston.org.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com. Deadline is Friday.

THURSDAY/MARCH 31

Newcomers Night. 7 p.m. Reston Association Conference Center, 12001 Sunrise Valley Drive, Reston. Learn about the amenities, services and programs available through the Reston Association. Meet members of the RA Board and staff and find out about volunteer opportunities. Light refreshments and door prizes. Reserve at 703-435-7986 or habrock@reston.org.

MONDAY/APRIL 4

American Red Cross Class Registration. 8:30 a.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Classes include lifeguard training (initial certification), lifeguard training review (recertification) and CPR/AED for lifeguards (recertification). www.reston.org or aquaticsinfo@reston.org.

TUESDAY/APRIL 5

Reston Garden Club Meeting. 1 p.m. Walker Nature Center, 11050 Glade Drive, Reston. "Historic Garden Restoration," presented by Charlotte Benjamin. www.restongardenclub.org.

FRIDAY/APRIL 8

Casino Royale Evening and Fundraiser. 8 p.m. Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Includes two cocktails, heavy appetizers, casino chips, dancing and a D.J. Silent auction includes over 70 items ranging in value from \$30-\$7000. \$85 per person. Sponsored by Oakton Elementary School PTA.

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11:15 a.m. Holy Eucharist, Rite II
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6:30 PM Wednesdays: Chapel, Prayer Service

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SCHOOLS

Pictured, from left: Front row-Julia Morris, Chloe Braganza, Maya Loehr, Anna Koozmin, Danielle Essig, Blair Brake, Ellen Lee. Back Row: Osman Aijazi, Miles Sollinger, Ben Moody, Nathan Pool, Austin Chutz, Scott Reed, and Skyler Fetter.



South Lakes High Band Named Virginia Honor Band

The award winning South Lakes High School Symphonic Band and the Wind Ensemble were awarded Superior Ratings at the Virginia Band and Orchestra Directors' Association District XII Concert Band Festival held March 11 - 12. As a result of Superior Ratings during the USSBA Marching Band competition in the fall of this current school year and this most recent success, the South Lakes High School Band now has the title of Virginia Honor Band. This is the first time the band has won this rating. These bands are under the direction of Grayson Fore, who is in his twelfth year as Director of Bands at South Lakes High School.

The band also set new marks as 17 students earned All-District Band honors. The Seahawks set another bench mark by having six students earn All-State Band honors: Chloe Braganza, Julia Morris, Ellen Lee, Osman Aijazi, Miles Sollinger and Ellen Lee.

On May 12, they will present their annual Pyra-

mid Concert in an evening program that will include the South Lakes High School Wind Ensemble, Langston Hughes Middle School Band, and the Reston Area Elementary Honor Band. On May 26, the Symphonic Band and the Wind Ensemble will present their Spring Concert. The last public performance for the school year will be the 13th Annual Jazz Concert held June 3.

At the end of March the South Lakes High School Band is heading to Orlando, Fla. They have a packed schedule, which includes performing, touring, and attending cultural events. When they return the band will host the Spirit of Reston 5K to be held on April 9 at 9 a.m. at South Lakes High School.

The band is still raising money for their goal of purchasing new instruments. For further information, visit the South Lakes High School Band website at www.southlakesband.org.

SCHOOL NOTES

Elena Yen-Vi Nguyen of Reston was named to the fall 2010 honors list at Mary Baldwin College of Staunton.

Michael Rabinowitz of Reston has been named to the fall 2010 dean's list at the University of the Sciences in Philadelphia, Pa. Rabinowitz is a pharmaceutical and healthcare studies student.

Alex Allotey of Reston has been named to the fall 2010 dean's list at Fairleigh Dickinson University's Metropolitan Campus in Teaneck, N.J.

Kathleen Busch of Reston was named to the fall 2010 president's list at the University of Mary Washington in Fredericksburg.

Savannah Rhodes of Reston was named to the fall 2010 dean's list at Randolph-Macon Academy of Front Royal. She is the daughter of Richard and Sheryl Rhodes.

Daniella Haene of Reston has been named to the fall 2010 dean's list at Marymount University.

Reston residents **Catherine R. Sheppard** and **Kulmeet Singh** have received master of science in computer information systems degrees from Boston University.

Victoria Ellithorpe of Reston has been named to the fall 2010 dean's list at Ithaca College's Roy H. Park School of Communications. She is the daughter of Gerald and Susan Ellithorpe.



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The Parent Education Committee of the Board of Directors of Oakcrest School invites you to come for a talk by

Professor Susan Hanssen, Oakcrest Alumna '92

Thursday, April 7 at 7:30 p.m. and
Friday, April 8 at 8:00 a.m.

At
Oakcrest School
850 Balls Hill Road
McLean, Virginia

Professor Hanssen is currently on sabbatical as the Garwood Visiting Fellow (2010-11) for the James Madison Program in American Ideals and Institutions at Princeton University. She is a professor in the University of Dallas History Department.

This event is free and open to the public.

For complete details please visit our website at www.oakcrest.org (703) 790-5450

HOME SALES

In February 2011, 50 Reston homes sold between \$875,000-\$125,000. This week's list represents those homes sold in the \$345,000-\$125,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
1504 FARSTA CT	4	3	1	RESTON	\$345,000	Townhouse	0.06	RESTON		
11016 GRANBY CT	3	2	1	RESTON	\$335,000	Townhouse	0.03	RESTON		
1616 SIERRA WOODS DR	3	1	2	RESTON	\$332,960	Townhouse	0.03	RESTON		
2300 MIDDLE CREEK LN	3	2	2	RESTON	\$329,200	Townhouse	0.05	RESTON		
655 ERIC CT	4	3	1	HERNDON	\$320,000	Detached	0.14	COURTS OF CHANDON		
11608 IVYSTONE CT #6A1	3	2	1	RESTON	\$305,000	Townhouse		RESTON		
12000 MARKET ST #T70	2	2	0	RESTON	\$300,000	Mid-Rise 5-8 Floors		SAVOY AT RESTON TWN CNTR		
1651 POPLAR GROVE DR	2	1	1	RESTON	\$295,000	Townhouse	0.04	RESTON		
1712 LAKE SHORE CREST DR #15	2	2	0	RESTON	\$288,000	Garden 1-4 Floors		EDGEWATER AT TOWN CNTR		
2306 WHITETAIL CT	4	1	1	RESTON	\$287,000	Detached	0.14	RESTON		
11800 SUNSET HILLS RD #505	2	1	0	RESTON	\$284,000	Hi-Rise 9+ Floors		CARLTON HOUSE		
1921 BELMONT RIDGE CT	2	2	0	RESTON	\$280,000	Townhouse	0.02	RESTON		
2222 HUNTERS RUN DR	2	2	0	RESTON	\$255,000	Garden 1-4 Floors		HUNTERS CROSSING		
2178 CARTWRIGHT PL	3	1	1	RESTON	\$250,000	Townhouse	0.04	RESTON		
12124 PURPLE SAGE CT	2	1	1	RESTON	\$249,000	Townhouse	0.04	RESTON		
12000 MARKET ST #440	1	1	0	RESTON	\$244,000	Garden 1-4 Floors		SAVOY AT RESTON TWN CNTR		
12000 MARKET ST #346	1	1	0	RESTON	\$229,000	Mid-Rise 5-8 Floors		SAVOY AT RESTON TWN CNTR		
11416 WASHINGTON PLZ	2	1	0	RESTON	\$218,000	Over Storefront		LAKE ANNE OF RESTON		
12277 TURKEY WING CT	3	1	1	RESTON	\$209,400	Detached	0.09	RESTON		
1727 ASCOT WAY #1727J	2	2	0	RESTON	\$208,000	Garden 1-4 Floors		PARCRESTON		
2217 WHITE CORNUS LN	2	1	1	RESTON	\$195,000	Townhouse	0.03	RESTON		
2031 ROYAL FERN CT #50/1C	3	2	0	RESTON	\$190,000	Garden 1-4 Floors		SOUTHGATE		
11600C VANTAGE HILL RD #C	3	2	0	RESTON	\$185,000	Garden 1-4 Floors		VANTAGE HILL		
1556 NORTHGATE SQ #56/12B	2	1	0	RESTON	\$184,500	Garden 1-4 Floors		NORTHGATE		
1641 PARKCREST CIR #7B/200	2	2	0	RESTON	\$180,000	Garden 1-4 Floors		BENTANA PARK		
11657B CHESTERFIELD CT #B	2	1	0	RESTON	\$164,000	Garden 1-4 Floors		PARCRESTON		
11400 WASHINGTON PLZ #604	1	1	0	RESTON	\$162,000	Hi-Rise 9+ Floors		LAKE ANNE OF RESTON		
11737 LEDURA CT #101	2	2	0	RESTON	\$160,000	Garden 1-4 Floors		SPRINGWOOD		
11627 STONEVIEW SQ #78/11C	3	2	0	RESTON	\$153,000	Garden 1-4 Floors		SHADOWWOOD		
11653 GAS LIGHT CT #11653D	1	1	0	RESTON	\$150,000	Garden 1-4 Floors		PARCRESTON		
2247 CASTLE ROCK SQ #21C	3	2	0	RESTON	\$126,100	Garden 1-4 Floors		SHADOWWOOD		
11604 STONEVIEW SQ #64/12C	3	2	0	RESTON	\$125,000	Garden 1-4 Floors		SHADOWWOOD		

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REAL ESTATE NOTES

Send announcements to reston@connectionnewspapers.com. Deadline is Friday for the next week's paper.

Coldwell Banker Residential Brokerage in Reston supported the American Heart Association's national "Go Red for Women" campaign in February. "Go Red for Women" draws attention to the fact that heart disease is the number one killer of women in the United States and encourages healthier habits. For more information about buying or selling a home in the Fairfax County area, contact Coldwell Banker Residential Brokerage in Reston at (703) 471-7220 or visit www.cbmove.com/Reston.

Coldwell Banker Residential Brokerage in Reston has announced its sales associates, and teams who have earned the company's International President's awards. The winners include: Individual Achievements - President's Club

Bonnie Harrison, Shelley Lawrence, Alexis Norton, Suzanne Parisi, Deborah Pestronk and Vicky Robertson.

Group and Team Achievements - International President's Circle: The Scoggin Home Team; President's Club - Lilyan Dickerson and Heather Watson.

Jim Weichert, founder and president of Weichert, Realtors®,



Wearing red are (left to right) Coldwell Banker Reston Branch Vice President Mark Pergerson, agents Deb Pestronk, Alexis Norton and Mary Ellen Rubenstein, and receptionist Leonela Clavijo-Guevara.

has been selected for the Inman News list of the 100 Most Influential Real Estate Leaders for 2010. This year's selection is the fourth consecutive year that Weichert was honored with this distinction. Jim Weichert was recognized in the Brokerage category, which is reserved for company leaders who

command the attention of real estate professionals through their words and actions. During his more than 40 years of sales experience, Weichert has led the development of Weichert, Realtors from a single office in 1969 to one of the largest privately held real estate companies in the nation.

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com & click the Real Estate links on the right side.
Call Specific Agents to Confirm Dates & Times.

Reston

11406 Fairway Dr.....\$539,999.....Sun 1-4...Starr Ibach.....Century 21.....540-349-1221
10816 Oldfield Dr.....\$529,900.....Sun 1-4...Stan Goldberg.....Weichert.....703-941-0100

Oak Hill

13441 Muirkirk Lane.....\$499,900.....Sun 1-4...Bernie Kagan.....Samson Properties..703-216-0985
13120 Rounding Run Circle..Call Realtor...Sun 1-4...Bernie Kagan.....Samson Properties..703-216-0985

Herndon

12308 Myterra Way.....\$569,900.....Sun 1-4...Clark Smith.....RE/MAX.....703-626-6445
705 Ferndale Ave.....\$550,000.....Sun 1-4...Bonnie Haukness..Long & Foster.....703-437-3800

Vienna

1929 Beulah Road.....\$1,349,900.....Sun 1-4...Marie Gallagher...Weichert.....703-795-5458
2620 Lemontree Lane.....\$644,000.....Sun 1-4...Barbara Voorheis..Weichert.....703-938-6070
9204 Bois Ave.....\$545,000.....Sun 1-4...Larry Lessin.....Homes by Owner.....301-356-6104
2019 Spring Branch Dr.....\$1,174,000.....Sun 1-5...Ann Romer.....Weichert.....703-597-4280
10431 Lawyers Rd.....\$899,900.....Sun 1-4...Irene Schiffman...Weichert.....703-593-7848
9705 Meadowmere Dr.....\$1,250,000.....Sun 1-4...Casey Samson.....Samson Properties..703-508-2535

Oakton

10306 Greenwood Pl.....\$890,000.....Sun 1-4...Bobbie Cardillo....Coldwell Banker.....703-598-5534

McLean

1008 Eaton Dr.....\$1,545,000.....Sun 1-4...Jane Price.....Weichert.....703-628-0470

Ashburn

21925 Gullane Way.....\$539,900.....Sun 1-4...Olga Aste.....Century 21.....703-624-4199

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PHOTOS COURTESY/SOUTH LAKES BOYS' LACROSSE



South Lakes midfielder Nolan Boyle, an All-District Honorable-Mention selection last year, played an outstanding game in the Seahawks' recent victory over Stone Bridge.

The South Lakes team celebrates following last year's dramatic victory over Fairfax - a win that put the Seahawks into the Northern Region playoffs for the first time ever.

Seahawks Hungry for More Lacrosse Success

Lunde's squad, coming off last year's breakout campaign, opens season with a pair of wins.

BY RICH SANDERS
THE CONNECTION

The South Lakes High boys' lacrosse team entered this current season with the mindset that it can play with and compete with any team it faces. The fact that the Seahawks made it to the Northern Region playoffs for the first time in the program's history last year was ample evidence that the team is headed in the right direction under head coach Craig Lunde. The success it enjoyed in the 2010 season has given the team momentum and confidence for this season.

Last year saw the Seahawks learn how to win. It was an exciting season as the team played in four overtime games and won them all in dramatic fashion. A late season, 9-8 overtime triumph over Fairfax High clinched a region playoff spot for South Lakes.

Sustaining the momentum from last year, the team opened the 2011 season with two impressive victories in its first two games. The season opener, on March 15, was away against non-region opponent George Mason High (Falls Church), a team that took South Lakes to overtime last season. Behind the solid play of senior goalie Gerald Goodwin, the Seahawks won by a large margin this time, 16-4. The season-opener victory provided a solid warm up for a South Lakes team many believe can be among the best in the region this spring.

Next up, in a home game on March 17, was a matchup versus Liberty District opponent Stone Bridge. Few pundits favored the Seahawks in this game, but the Reston team emerged victorious, winning by a narrow margin of 8-7.

Seahawk senior attack man Alex Clough,

a two-year captain and last year's leading scorer, scored the game-winner. Clough is on schedule to break the program's all-time career points and goals records this season at South Lakes.

"Alex is a winner," said coach Lunde, who led South Lakes to a 7-5 record last year. "Last season, he had the overtime goal to put us in the regional playoff tournament and he already added another game-winner to his resume this season. If Alex keeps it up he has Player of the Year and All American Potential."

Also back on the team this season is senior captain Harrison Hughes, who a year ago was the second leading scorer for the Seahawks and one of the team's top shooters, scoring on 70 percent of his shots.

Coming back from an injury in 2010 is another attackman, Dan Stromecki, who in the first two games has an impressive five goals and two assists.

The midfield is full of starters from the 2010 campaign.

"The fantastic news about these starters is that they were sophomores last season and are juniors this season," said Lunde, of his middies. "We have a ton of great junior and sophomore midfielders and all of them are back for [next year's] 2012 season!"

Returning from 2010 is Peter Moran, an All-Liberty District Honorable-Mention midfielder as a freshman. Moran is one of the leading face-off specialists in the state and has been doing a fantastic job in 2011.

Nolan Boyle, another Honorable-Mention midfielder from last year's team, had a spectacular game against Stone Bridge.

"Nolan played practically every minute of the Stone Bridge game," said Lunde. "He played 'man-down and man-up,' cleared the ball for us, and won key ground balls and scored a clutch goal. I was exhausted

just watching him play."

Also back on the team is John Oakes, a top Division 1 college lacrosse recruit. Oakes was a First Team All-District selection last year and has been chosen as a team captain as a junior this season.

Rounding out the midfield units are sophomore Alex Rofail, who netted an unassisted goal to open up the scoring in the Stone Bridge game, along with Najee Lewis, Kyle Savage, Jeff Church, Tony Dickerson, Alex Graves, Reed Wheeler, Sam Campbell and Tim Johnson.

THE SEAHAWKS' DEFENSE seems to be the big key for the Seahawks this season. Freddy Lehner was an Honorable Mention All-District midfielder in 2010. But over the summer, he picked up a defensive long pole and has not looked back.

Nick Tucker started on the defense last season as a sophomore and also earned Honorable Mention All-District honors. Harrison Drier played a ton of long stick middle as a sophomore. In the recent Stone Bridge game, he drew the assignment of playing and shutting down the Bulldogs' top offensive player.

Last, but not least, is Armani Williams, who rounds out this spectacular, yet young, defensive unit. Off the bench, the Seahawks turn to Clayton Dobry, a man-down specialist, and Michael McHugh, a long stick middle.

"Again, what is amazing about the defense is all of these guys are juniors," said Lunde. "They all have special talents; Freddy is big and strong, Harrison Drier is playing super smart, Nick Tucker has been playing great and when Armani gets in you get the sense that something special is going to happen because he is our takeaway specialist and our whole team anticipates a turnover by the opposition and for our transition offense to kick into gear."

South Lakes' goalies also have been stellar. Alex Tucker, recovering from an injury,

got the start at the net-minder position against Stone Bridge and recorded the victory, making five clutch fourth quarter saves against a top-ranked Stone Bridge offense.

"Both of our goalies are special players," said Lunde. "[Gerald] Goodwin is absolutely fearless when facing shots and is considered a 'stopper.' Alex Tucker, a junior goalie, converted from attack as a sophomore and is already is a two-year varsity letter winner. Alex adds a completely different dimension when playing goalie for us. He is super athletic, plays out of the cage and has a frenetic pace to his game. His intensity is contagious to the whole team."

THE SEAHAWKS had their best season to date in 2010 but seem to have all the pieces to having a bigger season in 2011 and will return most of the same players for 2012. This season, South Lakes had over 80 athletes come out for the JV and varsity teams.

"We love that so many guys came out for the team and they are all unique," said Lunde. "We don't believe in making cuts. As long as our guys are doing well academically, and being good citizens in school and in the community, we want them as part of our lacrosse family."

"With so many guys, it is almost impossible to be on top of everything as a coach," said Lunde. "It amazes me how much these guys do on their own. I constantly see the older guys 'looking out' and teaching the younger guys moves or talking about what kind of equipment to use. Each member of the team is integral to our success."

In 2010, the Seahawks had four seniors participate in the Northern Region All Star game. They were: Yoan N'komba (Harvard), Daniel Reineberg (Boston University, six-year medical program), Evan Cox (Villanova) and Reza Moghaddasnia (University of Virginia).

This Thursday night, March 31, South Lakes will play a district game at McLean High. Game time is 7:15 p.m.

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What It Is I Do Know



By KENNETH B. LOURIE

I'm having a problem of late (Oh really, just one?) concerning the fact – and the feelings I have – about having cancer. Specifically, talking about it with people I know. Let me amend that: talking about it with people with whom I'm familiar but who, for a million reasons, are currently out of my cancer loop (and thus, don't have the latest information). It seems that it's easier for me to talk to people I don't know who know about my having cancer; readers, people I've met over the last two years and/or people with whom I've remained in touch, than it is to talk with people I do know who don't know about my diagnosis. Do you know what I mean? If so, that probably makes one of us who does.

Not that I want to – or need to – avoid the subject, but other than writing about it as frequently as I do, I am not exactly looking to spread the Gospel of Kenny-has-cancer. So when conversations begin with people I know from my pre-diagnosed-with-cancer life, I have very little to say. I mean, how do you have a "normal-type" conversation with someone when the most important and dominant part of your life, your 24-7 life (cancer) is a subject which, for a variety of reasons, you're extremely uncomfortable discussing – with that particular person. It's not so much personal, as it is poor timing.

Let me try and explain that. With anybody who knows me and knows I have cancer – and I know they know, I am not uncomfortable discussing any of the cancer-related aspects of my life. I am an open book, as you regular readers know. "Discussing" I don't mind. However, dredging up all the sordid details from the past two years, where conversations invariably go when you haven't seen or talked to someone in those few years – and they're the least bit curious about you, causes me great consternation; anticipating their questions and in turn deciding on my answers.

I never know how much or how little to say. I never know if I can be totally honest or must I be totally sensitive – to their feelings, in the event they have some personal/family-type history. I never know exactly how to behave; to be self-effacing and self-confident concerning my own health status – and/or try not to not make them feel bad/awkward for having asked, and then try to delude myself by making light of the situation – so they won't feel sorry for me, or lie to them and not say anything of cancer substance. And if I choose the latter strategy and say nothing about the cancer, can you imagine how on guard I have to be to not let anything slip out about the last two years, two years which have been consumed by my having cancer? It's like pretending to be someone else just so you don't have to deal with/re-visit all the history that has preceded this conversation (much of which you'd like to forget, anyway) and placed you in this real-life predicament of truth or dare.

I have enough difficulty dealing with my own reactions to having cancer, along with the reactions of family and friends who know, to have to spend any time sorting through and processing the emotions of people who now know but previously didn't know. It's not being selfish as much as it is self-preservation. I really don't want to use my precious time bringing people up to speed and reinforcing the morbid and terminal nature of my diagnosis. I don't want to have to convince anybody of anything – about me. It's difficult enough keeping myself on the straight and narrow. I can't waste any additional mental energy on people I know who don't know. I want – need, actually – to spend it on people in the know. I don't know if I have enough time to spend it on people who don't know, well-meaning though they may be. Sometimes, it's just easier this way, although not always; and that's the problem I'm having.

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

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COMMUNITY

Herndon-Reston FISH Receives \$10,000 from RealNetworks Foundation

Herndon-Reston FISH is pleased to announce that it was presented with a Community Enhancement grant for \$10,000 from RealNetworks Foundation for FISH's Emergency Family Assistance Program. Based in Seattle, RealNetworks, Inc., has an office in Reston.

Marcia DiTrapani, former president of Herndon-Reston FISH and now community development volunteer said, "I am thrilled and very thankful for the grant FISH received from RealNetworks Founda-

tion. It will truly make a difference in the lives of Herndon and Reston residents in crisis."

The check was presented to DiTrapani, Sherri Longhill, executive director, and Darlene Palmer, president of FISH, on Feb. 18 by RealNetworks' General Manager of Business Development Adrian McAloon.

For more information visit www.HerndonRestonFISH.org or call 703-391-0105.



RealNetworks' General Manager of Business Development Adrian McAloon presents Herndon-Reston FISH President Darlene Palmer with a \$10,000 donation.

Reston Lions to Deliver Mulch on April 16

The Reston Lions Club has been around since 1967 and have been delivering mulch to Reston and Herndon gardeners since 1993. All proceeds go to charity. As the club has grown and become more diverse, so have those who unload the trucks.

"It takes all of our members, young, old, petite or brawny, to deliver dozens of pallets, each with 45 bags and last year it was cold and rainy. We're exhausted at the end of the day, but it's worth it to raise funds for vision, hearing, diabetes and other projects," said Sue Porter Beffel, mulch chair.

"Fortunately, many loyal clients order year after year. Some have large yards and order two or more pallets. In some clusters, townhouse owners combine to order enough for their spring clean-up. Orders can be for as small as 10 bags. Now we are reaching out to new neighbors who may not know about the service we offer."

Lions were called "Knights of the Blind" by Helen Keller. They serve their communities and the world in many ways. Local Lions collect eyeglasses from the familiar recycling boxes located in libraries and opticians and send them to needy communities around the globe. As part of their support of research to eliminate major causes of



PHOTO BY SUE BEFFEL

Lion Anne Ryan stands by one of the trucks that will deliver mulch in Reston, Oak Hill and Herndon again this Spring, just in time for Earth Day gardening.

blindness, they will form teams this spring to march in walks sponsored by The Juvenile Diabetes Research Foundation and the Foundation Fighting Blindness.

Lions International has 1.35 million mem-

bers in 206 countries. See www.restonlions.org and their Facebook page for more activities as well as details on the mulch sale and membership.

FAITH NOTES

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

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, holds worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

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

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at **St. Timothy's Episcopal Church**, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing

shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational **Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and 12 p.m. Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or

www.meditation-dc.org.

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

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

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

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Carolyn.Murray@longandfooster.com
www.CallCarolynFirst.com



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