

Home Life Style

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Herndon High School junior Megan Labery examines the school robotics team's robot from last year. The team gathered at Herndon High Saturday, Jan. 7 for the kickoff of this year's robotics challenge, which requires the students to build a robot that can shoot small foam basketballs into hoops.

Inspiring Experience

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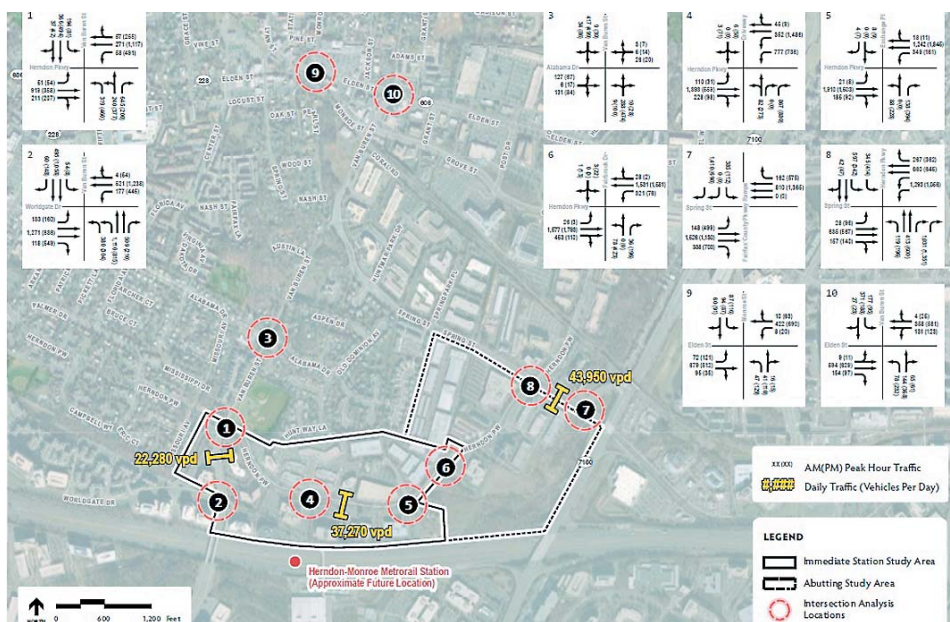
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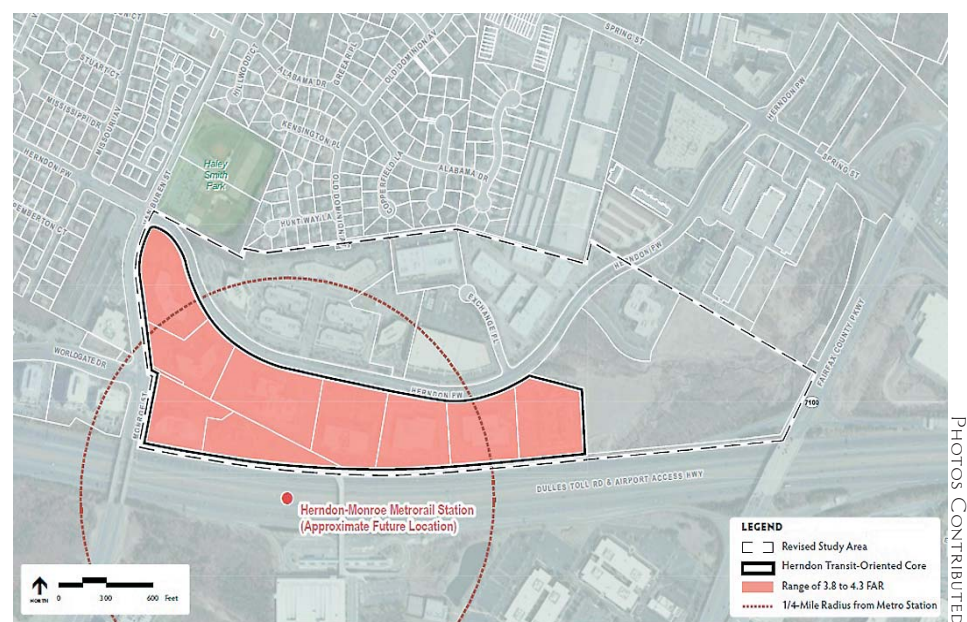
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PHOTO BY ALEX McVEIGH/THE CONNECTION

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A map containing the proposed layout of intersections throughout the Town of Herndon as a result of Metrorail development.



A map of the revised Herndon Metro Study Area, which is the subject of a possible Comprehensive Plan Amendment.

Planning Commission Examines Metro Changes

Commission holds public hearing on Metro Comprehensive Plan Amendment.

BY ALEX MCVEIGH
THE CONNECTION

Members of the Town of Herndon Planning Commission considered an amendment to the town's comprehensive plan at their meeting Monday, Jan. 9. The amendment would incorporate by reference a Herndon Metro Station Area Plan, add a small area land use map and make minor changes in the appropriate plan text.

The town updates its comprehensive plan every five years, it was last adopted Aug. 12, 2008. The 2008 plan calls for a Metro area plan to "address the appropriate long range land use plan and detailed policies regarding transit-oriented development at the North side of the Herndon Metrorail Station vicinity."

OVER THE LAST MONTH, the study area, which is located just north of the proposed Herndon-Monroe station, has been reduced from around 110 acres to 38 acres. The land north of Herndon Parkway has been taken out of the study area, as well as an area just west of Fairfax County Parkway.

Kay Robertson, senior project planner for the Town, said that the area currently is permitted to have a 0.7 Floor Area Ratio, which is a measure of density, but that the average building there is built out to about half that. She said that the future plans recommend a FAR of 3.8 to 4.3 closest to the station.

"If there is no change made, if the Floor Area Ratio is less than that, our economic

experts tell us that the buildings would simply remain the way they are," she said. "There would not be enough money or developers to demolish existing buildings and to create new buildings, and certainly not to create transit-oriented development as desired by the Town Council when they adopted the Comprehensive Plan in 2008."

Robertson said that a balance of density, traffic and fiscal impact could be found with about seven million square feet of new space by 2035. Such a scenario would result in around \$11.5 million in new tax revenues and about \$4.8 million in cost of services, leading to around \$6.7 million in net revenue.

"Of that seven million square feet of development, not all of that is new, we have about 900,000 existing square feet, and that development would be demolished and rebuilt," she said. "The additional square footage would be new."

Planning Commissioner George Burke said that the numbers presented sounded "rosy," but he worried about what might happen should the town fail to meet the seven million square feet.

"As the seven million goes down, it becomes less rosy, and I suspect that the total tax revenues fall at a much faster pace if that number is not achieved than the theoretical cost of service," he said. "I would hope those numbers are accurate, because if they predict more development than might come by a substantial measure, that changes the picture quite a bit."

THE STUDY was re-done over the last

month by the consultants after an error was found in the math behind the traffic study. Some citizens said that the error was enough to cast doubt on the entire process.

Doug Shuster said that the consultant has done work that is "not acceptable," and that they took the easy way out when it came to fixing their error.

"What we have here is a little bit better

"I would hope those numbers are accurate, because if they predict more development than might come by a substantial measure, that changes the picture quite a bit."

— Planning Commissioner George Burke

than what we had last time, but it really demonstrates the sloppy work of VHB," said Doug Shuster. "We need to start over, we need to get our money back and we need to start over. This isn't the way to start one of the biggest projects the town has conceived."

Thomas Kellner, another resident, said he is opposed to the plan for many reasons.

"The question that should be asked is this: will the quality of living of both the current and future residents be better or worse by the adoption of this plan? In everything I've read, it's down," said Thomas Kellner. "If the answer is worse, than the plan should be rejected until something positive is developed."

Barbara Glakas said she was in full sup-

port of the plan.

"The recent adjustments of square footage, FAR range, and levels of service of traffic I find to be very acceptable," she said. "This plan will give us a reasonable amount of density that will attract developers, spur economic development in Herndon and create the type of synergy that we need to have an active and successfully transit-oriented development node."

Planning Commission Chair Kevin East says that since the town revises the Comprehensive Plan every five years, they will have a chance to change it as the next few years unfold.

"If we revisit this plan in 2013, we'll also be revisiting in 2018, which could be the year Metro is knocking on the door," he said. "We have the opportunity over the next seven years, with at least two iterations of the plan, to take a step back and see what this may do, and tweak, amend, add more knowledge to it."

The Town of Herndon and its consultants will host a public meeting on the latest Metro developments Monday, Jan. 23 at 7 p.m. in the lobby of the Town Municipal Center, 777 Lynn Street.

The Planning Commission will consider certifying the revised comprehensive plan amendment at their Feb. 7 public hearing, with the goal to have the Town Council discuss the adoption at their Feb. 14 public hearing.

More information can be found at www.herndon-va.gov.

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to your community

Julia Jones reminds elected officials to the Virginia General Assembly from Fairfax County of the importance that all residents, including those that may need extra assistance, have access to polling stations, access to registration and other services related to voting, especially for those living in assisted living communities. Jones is a representative of the League of Women Voters of the Fairfax area.



PHOTO BY ROBBIE HAMMER/THE CONNECTION

Citizens Appeal for Human Services

Residents share personal stories of recovery and survival.

BY VICTORIA ROSS
THE CONNECTION

Fretful about the impact of Governor Robert McDonnell's proposed budget cuts to social services, representatives from numerous Northern Virginia advocacy groups voiced their opinions to Fairfax County's state legislative delegation.

More than 60 residents gathered at the Fairfax County Government Center on Saturday, Jan. 7 to champion a number of causes. For nearly five hours, speakers touched on a wide range of issues - from education and the environment to transportation and no-excuse absentee voting. Many shared personal stories of survival and recovery, and the need to continue funding streams for Medicaid waivers and community-based social and mental health services.

THE ANNUAL PUBLIC HEARING gives citizens an opportunity to speak directly with their legislative representatives before each legislative session.

Lu Ann McNabb of Centreville spoke movingly on behalf of the VTV Family Outreach Foundation, created by families and survivors directly impacted by the 2007 shooting at Virginia Tech. She urged lawmakers to fight for mental health services for college students. "In the wake of the largest massacre on a college campus in United States history, the Commonwealth implemented much-needed legislative reforms," McNabb said, pointing out that funding for state mental health services has been cut to pre-2007 levels.

"We have seen the devastating impact of ignoring mental health issues of our young people, from the gunning down of two police officers at the Sully District Police Station...to the five beautiful young women who died on April 16, 2007," McNabb said. "Each and every day, families are devastated by men-

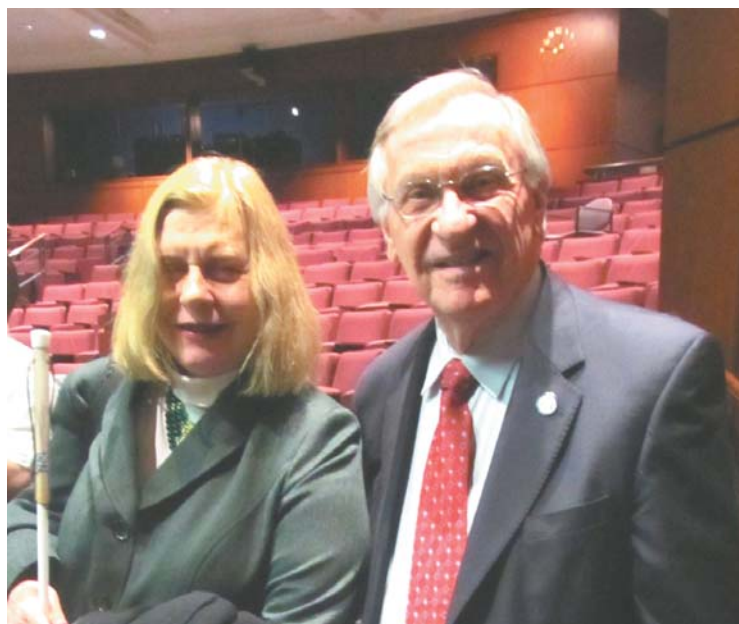


PHOTO BY VICTORIA ROSS/THE CONNECTION

Del. Ken Plum (D-36) with Doris Ray, who spoke on behalf of the ENDependence Center of Northern Virginia, a community-based resource and advocacy center that promotes the independent living philosophy and equal access for all people with disabilities. Plum said there were fewer people this year than in previous years, but there was a strong emphasis on restoring proposed cuts to social services. "It's critically important that government has to be, in part, about helping the most vulnerable," Plum said.

tal illness. We can no longer bury our head in the sand..."

Carmen Clark and Daniel Ing talked about the mental health and addiction services they received from the Fairfax-Falls Church County Community Services Board (CSB).

"Frankly, without these services, I would be dead," Clark said to the panel. "Using and abusing drugs and alcohol is a way to cope with mental illness, so we need to have services that get to the core issues."

"People with mental illness can be productive," Ing testified "But only if we have access to these services. As a community, we are only as strong as our weakest points," Ing said.

Del. Vivian Watts (D-39) said she noticed more people willing to talk about mental health issues. "That's a shift from previous years," Watts said. "We've heard more from those advocating for the mentally ill, not only substance abuse or autism, but a wide range of needed services."

She said it was encouraging that more people are willing to acknowledge the impact that mental ill-

SEE LEGISLATORS, PAGE 12



PHOTO BY ALEX MCVEIGH/THE CONNECTION

Students from the Herndon High School Robotics Team gather Saturday, Jan. 7 for the kickoff of this year's For Inspiration and Recognition of Science and Technology Robotics Competition.

Inspiring Experience

Herndon High School's robotics team kick off 2012 FIRST Robotics Competition.

BY ALEX MCVEIGH
THE CONNECTION

Members of the Herndon High School Robotics Team 116 gathered at the school Saturday, Jan. 7 to find out their objective for the next six weeks. Saturday marked the kickoff of this year's For Inspiration and Recognition of Science and Technology (FIRST) Robotics Competition, where the project was unveiled.

This year, the students will be creating a robot that can pick up and shoot small foam basketballs into a variety of hoops at different heights. The students have six weeks to build their robot until competition season begins, with a regional event in Washington, D.C. and what the team hopes will be a spot in the national championships in St. Louis.

"It will be pretty interesting this year with the basketballs, usually they don't build the challenge off of a known game," said team member Matthew Lee, a sophomore.

The team got right to work, meeting the next day (like they will almost every day for the next six weeks) to start planning out their robot. The team

has about 40 members, but Lee said they usually work as a democracy.

"We'll have a big meeting where everyone can get their ideas out, and then we'll just vote on how we'll approach the challenge," he said. "We split into six different sub-teams to handle the different aspects."

THIS YEAR, the students will be able to incorporate a Microsoft Kinect for one phase of their robot, allowing a user to use his or her body to control the robot.

Junior Abigail Ackerman says she is looking forward to introducing the Kinect to the robot.

"I think it adds a cool element, a little more autonomy to our robot," said Ackerman, who was one of the drivers for last year's robot.

"Once we spend some time for preliminary design and review, we'll really be prepared to take advantage of it."

The Herndon High School team is well-known in FIRST Robotics circles, they have participated for years, and they even came up with some innovations that are now standard for all teams.

"We came up with the idea to have a removable control box

I went in thinking I could inspire them, but they really inspire me."

— Heidi Foster, team mentor

SEE ROBOTICS, PAGE 5

Exploring the Culture

BY AMIEE FREEMAN
THE CONNECTION

George Mason psychology major and Herndon resident, Ram Das Khalsa, was awarded a Taiwan Studies Research Travel Grant. This grant provides a \$2,500 stipend for Khalsa to travel to Taiwan and conduct an independent research project during his winter break. Khalsa's research project will focus on the role of Longshan Temple as a center for social and religious interaction within the community.

Longshan Temple is the oldest temple in Taipei, the capital of Taiwan. Like most temples in Taiwan, a mixture of Buddhist, Taoist and folk deities, such as Matsu, is worshiped at the temple. Khalsa is interested in exploring how this mixture of religions blend together and how religious preference influences social activities within the community. As part of his research, Khalsa plans to visit the temple every day to get a feel for how this temple functions as a center of the community. With three worship times per day, Khalsa feels he will have ample opportunity to observe and come to understand the traditions of the temple.

"Many people visit the Taj Mahal in India, but never really get a feel for the real India. My goal is to visit this temple and really observe how the community works. I hope to participate in as many events at the temple as possible. I also hope to see how the different belief groups work together," said Khalsa.



PHOTO BY AMIEE FREEMAN

Ram Das Khalsa, a George Mason psychology major and Herndon resident, was recently awarded a Taiwan Studies Research Travel Grant to conduct a research project on Longshan Temple in Taipei.

Khalsa anticipates that his trip to Taiwan will change his perspectives about the country. "I expect to learn a lot about cultural beliefs at the temple. However, I have learned that usually what you expect to happen is not what happens," said Khalsa.

LEARNING A FOREIGN CULTURE is nothing new to Khalsa. At eight years old, he left his family in the U.S. and went to live at an Indian boarding school.

Khalsa describes his family as "hippie-esque." His parents started practicing kundalini yoga in the mid-1970s. From practicing yoga, his parents learned about Sikhism and eventually converted to that religion. Over the years a community of U.S. Sikhs came together

and purchased land in northern India. These families then sent their children there for nine months out of the year to study in India, "away from distractions," said Khalsa.

"The first two weeks were very difficult," said Khalsa of his first time away from his family. "There were only 100 kids. We knew each other from other events. During our time at school, we were able to create a little family. I now have very close friends all over the world. It was a pretty amazing experience and a great way to learn about a culture."

It was this experience abroad that attracted Khalsa to George Mason's Global Proficiency Certificate program, which is a co-curricular certificate program that emphasizes international and multicultural experiential learning. As part of the program, students learn a language, complete an intercultural communications class, and participate in a study abroad activity or community-based multicultural work.

"This program allows any student to have a more global experience," said Khalsa.

Khalsa's trip to Taiwan will fulfill his requirements for the Global Proficiency Certificate and he plans to graduate in May. Following graduation, Khalsa hopes to enter the management field and eventually earn a Master's degree in business administration. Khalsa admits that his route to earning an MBA is non-traditional. "Right now I'm a confused psychology student, but I feel I know where I want to go."

Herndon Student Wins Local Poster Competition

Ahmad Amin, a 7th grade student at Herndon Middle School, won a poster competition sponsored by the Reston Lions Club.

Amin's poster was among more than 350,000 entries submitted worldwide in the annual Lions International Peace Poster Contest. Lions Clubs International is sponsoring the program to emphasize the importance of world peace to young people everywhere.

The poster was selected by the Reston Lions Club for its originality, artistic merit and portrayal of the contest theme, "Children Know Peace."

Steve Reber, Reston Lions Club President said he was impressed by the expression and creativity of the students at Herndon Middle School. Locally, Amin and other students will be recognized for their participation by the Reston Lions Club in January 2012 at Herndon Middle School.

One international grand prize winner and 23



Ahmad Amin's winning poster for the Reston Lions Club.

merit award winners will be selected. The grand prize includes a cash award of \$2,500, plus a trip for the winner and two family members to an awards ceremony at Lions Day with the United Nations in March 2012.

View past international grand prize winners at www.lionsclubs.org. Lions Clubs International is the world's largest service club with about 45,000 clubs in 205 countries around the world.

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Herndon High Robotics Compete

FROM PAGE 3

that is part of the robot, but is in its own separate case, and can be taken out as a unit to be worked on," said junior Megan Labery. "Since then, a lot of other teams have copied the idea."

One of the program's alumni went on to bring the program to school in Israel, another went on to intern and later work at NASA.

"This program really provides the students with a lot of different skills and it really helps everyone become more well rounded," said Heidi Foster, who has mentored the team for the past 11 years. "They're learning that you can't run the world on just math and science, it takes leadership and organization to put ideas into action."

Labery says one of the most rewarding parts of being involved with the team is visiting schools in low-income areas who are also in the competitions.

"We're gotten a chance to help some schools and students that otherwise wouldn't be able to compete, and it's really rewarding to be able to help them," she said.

Foster says she's seen firsthand how some troubled students have thrown themselves into the robotics team and found their motivation.

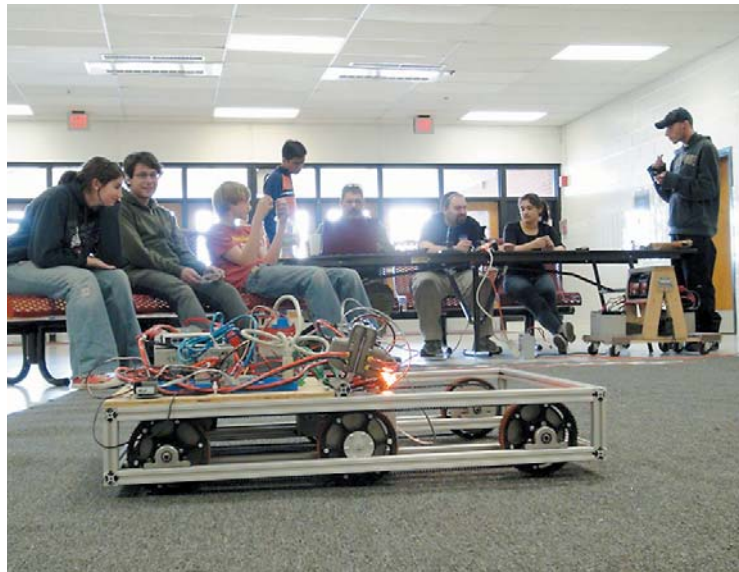


PHOTO CONTRIBUTED

Members of the Herndon High School Robotics team work on their robot for last year's For Inspiration and Recognition of Science and Technology Robotics Competition. This year's competition kicked off Saturday, Jan. 7.

"It has changed the lives of a lot of these students, really shown them how they can change the world," she said. "That's why I'm still here, I came thinking it would be a few years, but here I still am. I went in thinking I could inspire them, but they really inspire me."

HERNDON is one of six schools in the county with a robotics team. More information on the progress of the team can be found at www.team116.org.

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DELEGATE
Tom Rust

Representing Herndon and parts of Sterling, Oak Hill, Chantilly, and Fox Mill

**Delegate Rust's
Town Hall Meetings
Saturday, January 14, 2012**

10:00 am

Ingram Town Council Chambers
765 Lynn Street, Herndon

1:00 pm

Fox Mill Elementary School
2611 Viking Drive, Herndon

3:00 pm

Sterling Library
120 Enterprise Street, Sterling

**Delegate Tom Rust would like your
thoughts on issues affecting Virginia.**

The public is welcomed and encouraged to attend
these meetings to hear about the 2012
General Assembly session and to provide comments.

Please visit www.tomrust.org to fill out Tom's District survey.

Authorized by Tom Rust. Paid for by Friends of Tom Rust

OPINION

Tune in to General Assembly

Republicans control House of Delegates and Senate; Senate has served as roadblock to many things passed by the House in the past.

The newly configured Virginia General Assembly has begun its work in Richmond, convening on Jan. 11.

By Valentine's Day, the Senate and the House will be done with their own legislation and will be considering only legislation already passed by the other chamber. In previous years, this is where the legislation passed by the Republican-controlled House often met its demise in the committees of the Democratic-controlled Senate, but this year is different.

With 20 Democrats and 20 Republicans making up the Senate, and Republican Lt. Gov. Bill Bolling able to cast the tie-breaking vote on

many issues, plus a Republican governor to sign bills passed, this year is likely to have a somewhat different flavor and outcome than sessions past.

If everything goes smoothly passing the budget and Congressional redistricting (what could go wrong?), the session will adjourn on March 10.

Some things to watch: As the Governor seeks to increase money for transportation without raising taxes, the proposed budget will reduce money for K-12 education and social services. More conservative legislation, including concerning abortion and guns, is likely to emerge. The Governor's proposals to reduce regulation will likely move freely through the assembly.

Northern Virginia residents expressed their concerns at a hearing before the Fairfax County delegation to the General Assembly last Saturday, Jan. 7. About 60 people spoke, many about the need for continuing funding for social services, help for people with disabilities, treatment for people struggling with substance abuse, and more.

Chances are excellent that the senator and delegate representing you have changed since last year because of redistricting, elections and

the retirements of several long-time representatives. New districts snake, rattle and roll around Northern Virginia in a way that makes it impossible to say simple things, like, if you live in Arlington, your senator is so-and-so. Unfortunately, if you live in Arlington or Alexandria, your senator could be one of three people. If you live in Fairfax County, it's also impossible to describe simply. You need to look it up.

The good news is that the General Assembly website is relatively user-friendly. Visit http://legis.virginia.gov/1_cit_guide/contacting_my.html to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic.

General Assembly website: <http://legis.state.va.us/>

Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter @vahouse

- MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM. ON TWITTER, @MARYKIMM OR @FOLLOWFAIRFAX

A License To Kill?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Since its creation in 1940, Fairfax County police officers have killed many people in the line of duty. In most cases, the deaths seemed justified, but other killings have raised questions. The circumstances of the killings were investigated only by the police themselves and, consistent with FCPD's lack of transparency discussed in a previous column, little information about them was made public. Over 71 years, no officer has been charged with wrongdoing.

Most U.S. jurisdictions have set up civilian review boards to conduct independent reviews of killings and other complaints about police behavior. Over the years, there have been calls for creation of an independent civilian review board here by the media, the NAACP and groups such as the Vir-

ginia Citizens Coalition for Police Accountability (see www.virginiaccpa.org).

Civilian review not only protects the public, but also can help to restore confidence in the police. Despite suspicious deaths over the years, including several recently, the Fairfax County Board of Supervisors maintains a hands-off approach to managing this armed force of over 1,400 with a strong union.

Recent killings convinced the timid Supervisors to ask for an internal audit of police operations. The audit will be completed in a couple of months. But, it seems unlikely it will lead to the creation of a civilian review function or that it will even be made public. I fear the code of silence will prevail.

The parents of Salvatore Culosi,



INDEPENDENT
PROGRESSIVE

a well-liked young optometrist shot dead in front of his home while amicably talking with an undercover officer, are "convinced...that an independent Civilian Review Board is necessary so that those victimized by questionable FCPD ...cases such as those seen in

this county over the last several years may be afforded a forum where such incidents may be acknowledged, discussed, and hopefully properly remedied." The Culosis sued the county and the officer involved. Rather than go to trial, the county settled out of court for \$2 million. The officer remains on duty.

The family of David A. Masters recently filed suit after fruitless efforts to break the code of silence surrounding the investigation of the killing of the 52-year-old

former Army Green Beret. The unarmed Masters was shot and killed by an FCPD officer during a traffic stop after he allegedly took some flowers from a roadside business. David Masters had no history of violence.

Randall Rollins, a 28-year-old black man, was shot 11 times as he sat in the back seat of a car in front of a motel where police had been conducting a drug raid before Rollins and his white female companion arrived. The woman was pulled from the car by police before they opened fire, killing Rollins. A gun was found in the car but according to witnesses it had not been fired.

In all three cases, police delayed hours before informing family who were not allowed to see the bodies for days. FCPD refused to identify the officers involved. No officers were charged. Investigations were internal, by fellow police, with no review. I think it is time to end this kind of impunity.

organization. northernvirginia.assistanceleague.org or 703-591-2312.

MONDAY/JAN. 16

Assistance League of Northern Virginia. 11 a.m. Fairfax County Police Department-Sully District Station, 4900 Stonecroft Blvd., Chantilly. Martin Luther King, Jr. day of service Operation School Bell Weekend Food for Kids, packing 1,000 food bags for 3 Title one schools in Northern Virginia. Preceded by the regular monthly meeting at 9:30 a.m. for members and those interested in joining the

THURSDAY/JAN. 19

Herndon MOMS Club Open House. 10 a.m. ArtSpace, 750 Center Street, Herndon. With representatives from Fairfax County Fire and Rescue, National Poison Control Center, a Child ID Kit organization, and Veterinarian Hospital/Clinic on home safety advice. info@momsclubofherndon.org.

www.RestonMuseum.org.

FRIDAY/JAN. 13

Friday Forum Business Networking. 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

BULLETIN BOARD

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

THURSDAY/JAN. 12

Reston Historic Trust Annual Meeting, Art Show and Sale. 6-8 p.m. Reston Museum, Reston Historic Trust, 1639 Washington Plaza, Lake Anne Village Center, Reston. Review of the past year and election of board members. Art show and sale exhibit reception will follow the meeting.

Oak Hill & Herndon CONNECTION

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor
703-224-3031
rsanders@connectionnewspapers.com

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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
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Laurence Foong, John Heinly,
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Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
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WEEK IN HERNDON

Wolf to Kick Off Campaign & Birthday Party

Rep. Frank Wolf (R-10th) will kick off his 2012 re-election campaign at his biennial "Birthday Party" celebration on Jan. 26 at the Washington Dulles Airport Hilton.

The event starts at 7 p.m. and tickets are \$30 each. To make reservations, contact the Wolf for Congress Committee at 703-817-9691.


Wolf, the most senior of Virginia's 11 members of Congress, has been involved in nearly every major transportation initiative in northern Virginia over the last 30 years, including reducing HOV restrictions on I-66 and getting the full funding to complete the original 103-mile Metrorail system. He played a key role in securing the funding to replace the Woodrow Wilson Bridge and has been the driving force behind the effort to extend rail to Dulles airport and Loudoun County. He also pushed for the additional westbound lane on I-66 inside the Capital Beltway, which is now open, and worked to permanently open the Monument Avenue and Stringfellow Road slip ramps on I-66. In addition, he continues to draw attention to the high tolls on the Dulles Greenway and is a vocal proponent for distance pricing on the road.

Wolf was re-elected in 2010 with nearly 63 percent of the vote.

Metro Area Study - Community Meeting Jan. 23

As Metrorail's new Silver Line progresses westward, the Town of Herndon Planning Commission continues its preparations for the opening of Herndon's Metrorail station by hosting a community meeting on Monday, Jan. 23 at 7 p.m. in the lobby of the Herndon Municipal Center, 777 Lynn Street, Herndon. For more information on the project, including the Jan. 23 community meeting, visit the town's website at www.herndon-va.gov or contact the Department of Community Development at (703) 787-7830 or metro.plan@herndon-va.gov. Additionally, VHB has developed a Website - www.vhb.com/HerndonMetrorail - that provides a project overview and updated information.

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Home Organization for the New Year

Simple solutions for achieving and maintaining an organized home.

BY MARILYN CAMPBELL
THE CONNECTION

The holiday season is now a festive memory, and Yuletide decorations are packed away. The New Year offers an opportunity for a fresh start and a chance to get organized.

For some, the thought of sifting through unruly closets, disheveled desk drawers and messy cabinets is overwhelming. But experts say clearing out a clutter conundrum can actually bring serenity.

"Organizing is good for the mind and emotions," said Margaret Bucu, owner of Organizing-by-Margaret in Potomac. "When a home is organized, stress and chaos are lessened and are replaced by efficiency and freedom."

When faced with linen closets that hold everything from batteries to extensions cords, and kitchen drawers that are home to items ranging from hammers to toothpaste, it is difficult to know where to start. Local professional organizers say there are simple steps to home organization and believe it is wise to work incrementally.

"The best thing to do is begin with your most difficult area and break your project down into small pieces so it is not overwhelming," said Sally Reinholdt of Closets 911 in Alexandria.

DECIDE which organizational hotspots cause the most angst and tackle those first. "Let's say it is the closet," said Potomac-based organizer Nancy Atkinson Patch of Not-A-Problem. "Pull everything out and then take a good look at the space."

Once the space is empty, start to visualize the possibilities.

"Go into a room or space and really daydream about what you want that room to be," said Eileen LaGreca, owner of Sensational Spaces in Fairfax. "What is its function? How do you use it? Then plan what you want to have happen in that space."

Next, divide the contents of the room into categories. "Set up a sorting station," said Atkinson Patch. "Get everything in one spot,



Susan Unger, a Vienna-based organizer, says that an organized home creates serenity.

and then start grouping so you can get a handle on what it is you're dealing with."

Belongings should fall into three categories: those to keep, those to donate and those to discard. Experts say be ruthless. "This is an excellent quality to have when you are organizing," said Atkinson Patch. "Look at the items and ask, 'Have I used this in five years?' If the answer is no, it is time for the item to go bye-bye. Hang trash bags on the door knobs while you're organizing."

Create specific spaces for each object. "There is a saying: 'A place for everything and everything in its place.' Buy appropriate storage containers and label them," said Atkinson Patch. "Then think in departments. Group similar items in one place, put them in a container and call it a department. For example, the extension cords go in the electrical department. Hammers go in the tool department. Needles and thread go in the sewing department."

As you sort, you might find multiples. "Once I had a client who started organizing and discovered that she had 12 staplers because when she couldn't find one she would go out and buy another one," said Susan Unger, an organizer and owner of Clutter SOS in Vienna.

Work gradually until a home or space is organized. "Do it in small, manageable chunks," said Jody Al-Saigh, owner of Picture Perfect Organizing in Arlington. "Perhaps 15 or 20 minutes per day and perhaps one day out of the week. Make manageable goals that you can achieve because you are going to get frustrated if you don't. If you can't do a whole room in one day, maybe do a drawer one day and another one the next day until the room is finished."

ORGANIZERS say resist the urge to purchase organizing tools until you assess your needs. "First start by using things you already own before buying new things," said Bucu.

Drawer dividers, non-slip hangers and clear plastic containers are among organizers' top weapons in the battle against chaos.

"[One] client had a lot of necklaces and bracelets that she never wore because they were in a drawer and she couldn't see them,"

said Unger. "I found these great Lucite jewelry hangers that we attached to her closet, and now she sees them and wears them all the time."

"One main organizational problem is a lot of junk drawers," said Atkinson Patch. "Everybody has them. They hold everything from bills to throat lozenges. You're allowed to have one junk drawer in your house. Put everything else in the proper place."

Another source of clutter is unsorted mail. "Stand next to the mail when you first get it," said Atkinson Patch. "Throw out or recycle things you know you don't want or need. Ask yourself, 'Do I have money to give to this charity right now?' If the answer is no, throw it in the trash. You don't need to save these things. You can go online to give to charity and order from catalogs."

To help eliminate excess paper, scan documents and store them electronically whenever possible. "For important things like passports and birth certificates get a fireproof box so you can keep them safe and access them quickly," said Bucu.

With the proper organizational gadgets, crowded closets become more spacious. "One way to make more room in closets [is to buy] hangers with several clips so you can hang multiple clothing items on one hanger and use your lateral space more efficiently," said Reinholdt. "You can piggyback your hangers and hang maybe four or five things in the same space. I am also big on using over-the-door shoe pockets for not only shoes but

for storing all kinds of things like scarves, jewelry [and] small items like socks and underwear."

When organizing a child's space, techniques such as labeling containers with pictures instead of words makes it easier for young children to put belongings in the proper space. "If there is a bin for blocks, put a picture of blocks on the front," said Bucu. "Keep like items together. Dolls with dolls, crayons with crayons."

Bucu organized the playroom in her grandchildren's Centreville home using the same tools that she uses for adult spaces. "What is important for children is that they can see everything clearly and that everything is in arms reach," she said.

Take inventory of children's spaces quarterly. "Go through playrooms and children's bedrooms four times each year to organize and assess toys and clothing," said Bucu.

Once a home is tidy and everything is in its proper place, what is the secret for keeping it that way? Experts say it takes discipline. "There is a maintenance routine where for 10 minutes every day you go around your house and put things back where they belong," said LaGreca.

The "one in, one out" rule is golden in the world of organization. "If you're buying something new, that might mean getting rid of something else to make room for it," said Al-Saigh. "When you buy something, you need to be thinking first about where it is going to go in your home. If an item doesn't have a home, it should not be coming into your home."



PHOTO COURTESY OF SUSAN UNGER
Vienna-based organizer Susan Unger says drawer dividers, clear plastic bins and non-slip hangers are tools for creating and maintaining an organized home.



PHOTO BY EILEEN LAGRECA
Eileen LaGreca, an organizer based in Fairfax, says that once you clear out a closet, visualize how the space will be used before re-stocking it.

"Go into a room or space and really daydream about what you want that room to be."

- Eileen LaGreca, Sensational Spaces, Fairfax



PHOTOS BY MARILYN CAMPBELL/THE CONNECTION



One of the keys to organization is creating specific spaces for household items.



Applying organizational strategies puts these tools in easy — and visible — reach for this workbench.



Some shelving and clean bins transform a basement.

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1014 Aponi Rd. SE	\$1,359,000	Sat 1-4	Fariba Ferdowsi...Weichert...703-893-1500
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Fairfax County REAL ESTATE

Top Sales of 2011

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



3 903 Turkey Run Road, McLean — \$7,501,310



9 540 Innsbruck Avenue, Great Falls — \$3,800,000



13 3423 Tilton Valley Drive, Fairfax — \$1,547,850



16 3178 Mary Etta Lane, Herndon — \$1,620,000



19 2555 Vale Ridge Court, Oakton — \$3,200,000

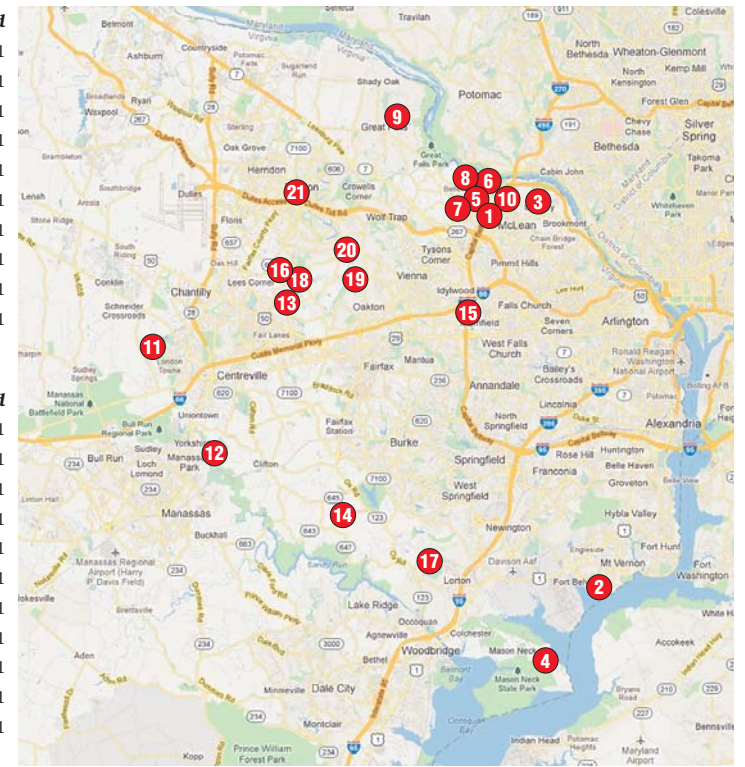
THE TOP TEN

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1210 MOTTROM DR	6	7	0	MCLEAN	\$8,600,000	Detached	2.00	22101	ELMWOOD ESTATES	11/01/11
9500 FERRY LANDING CT	6	5	1	MOUNT VERNON	\$8,260,000	Detached	11.75	22309	FERRY LANDING	08/04/11
903 TURKEY RUN RD	6	7	2	MCLEAN	\$7,501,310	Detached	1.00	22101	TURKEY RUN	10/27/11
11201 GUNSTON RD	6	8	2	MASON NECK	\$6,100,000	Detached	5.13	22079	STONE MANOR ON THE POTOMAC	09/01/11
1012 FOUNDERS RIDGE LN	6	8	3	MCLEAN	\$5,975,000	Detached	0.85	22102	THE RESERVE	06/06/11
7712 GEORGETOWN PIKE	6	8	2	MCLEAN	\$5,004,000	Detached	2.61	22102	RIVINUS	06/01/11
1043 FOUNDERS RIDGE LN	6	6	3	MCLEAN	\$4,950,000	Detached	1.08	22102	THE RESERVE	06/23/11
7853 LANGLEY RIDGE RD	8	10	2	MCLEAN	\$4,250,000	Detached	5.21	22102	8000 GEORGETOWN PIKE	04/28/11
540 INNSBRUCK AVE	5	6	1	GREAT FALLS	\$3,800,000	Detached	6.17	22066	INNSBRUCK	06/01/11
7017 BENJAMIN ST	5	5	2	MCLEAN	\$3,518,814	Detached	1.26	22101	LANGLEY FOREST	01/12/11

SOME OTHER TOP SALES IN FAIRFAX COUNTY

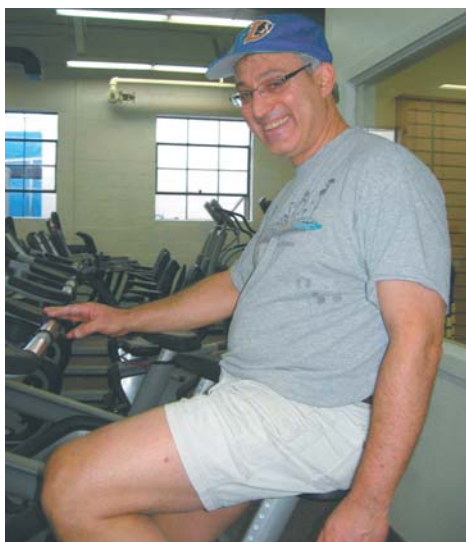
Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
6140 RIDGEMONT DR	4	5	1	CENTREVILLE	\$1,235,000	Detached	4.87	20120	VIRGINIA RUN THE ESTATES	09/30/11
13761 BALMORAL GREENS AVE	5	4	1	CLIFTON	\$2,225,000	Detached	7.98	20124	BALMORAL GREENS	05/25/11
3423 TILTON VALLEY DR	5	5	1	FAIRFAX	\$1,547,850	Detached	2.04	22033	TADDEO ESTATES	07/22/11
11102 DEVEREUX STATION LN	7	7	2	FAIRFAX STATION	\$1,600,000	Detached	5.00	22039	DEVEREUX STATION	09/16/11
7927 SHREVE RD	0	0	0	FALLS CHURCH	\$1,625,000	Detached	2.10	22043	FALLS PLACE	07/15/11
3178 MARY ETTA LN	4	5	2	HERNDON	\$1,620,000	Detached	0.85	20171	SHADETREE ESTATES	08/03/11
8932 KHALSA CT	5	4	1	LORTON	\$1,095,574	Detached	0.83	22079	YORKSHIRE	11/09/11
3182 MARY ETTA LN	7	7	2	OAK HILL	\$1,682,000	Detached	0.83	20171	SHADETREE ESTATES	08/22/11
2555 VALE RIDGE CT	5	7	2	OAKTON	\$3,200,000	Detached	1.74	22124	BLACKSTONE AT VALE RIDGE	06/30/11
11990 MARKET ST #2112	2	3	1	RESTON	\$2,700,000	Hi-Rise 9+ Floors	20190	20190	MIDTOWN AT RESTON TOWN	10/04/11
2124 POLO POINTE DR	7	6	1	VIENNA	\$2,585,000	Detached	5.00	22181	POLO PLACE	08/15/11

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HEALTH



Vic Serveiss, Vienna, joined Evolution Health and Fitness club shortly after the club opened 12 years ago. His wife says Vic loves food and needs to exercise to stay fit.



Vienna Registered dietician Judy Caplan counsels clients, most of whom are physician-referred, on healthier eating habits.



Mark Lander, whose degrees are in exercise science, owns and operates Evolution Health and Fitness in Vienna.

Tips for a Healthier Lifestyle

Mark Lander offers these suggestions for introducing a healthier lifestyle into your life:

- ❖ Identify your roadblocks, your barriers. What has stopped you from succeeding before? Once we know your roadblocks, we can help you get around them. I'm not one about cutting things out. I'm about finding acceptable alternatives to your unhealthy habits.

- ❖ You need to invest enough time in yourself to be successful, and two to three times a week won't do it. The frequency of exercise, activity, is very important. As we age, we lose our conditioning at a much faster rate.

- ❖ Treat exercise like brushing your teeth. Do something active daily.

- ❖ If you're trying to lose weight, don't drink your calories. Liquids don't fill you up. Eat something that stays with you.

- ❖ Eat in reverse. It's more effective to eat your biggest meal in the morning when the body needs the food to be active for the day.

- ❖ Try to limit or reduce the type of foods that have no value to them. It's a balancing act.

- ❖ Know what your healthy snack options are before the hunger bug hits you and you go for the bad things or whatever is available.

Kicking Off a Healthy New Year

Local experts weigh in on fitness and better health.

BY DONNA MANZ
THE CONNECTION

It's that time of year when people make resolutions ... not necessarily plans, mind you, but resolutions. And Vienna experts say that a resolution without a plan, without a strategy to succeed, is not likely to work well. You want to lose weight? Well, then, what are your behavior changes? You might want to drop double-cheeseburgers from your daily diet. High blood pressure? Salty potato chips don't rate as an acceptable snack for you, in that case.

Area specialists give suggestions to help you kick-start a healthier new year.

"Everyone who wants to improve their health has to find his 'purpose' first," said Evolution Health and Fitness owner, Mark Lander.

When a prospective Evolution member walks into the fitness club on Dominion Road, the first thing Lander asks that client is, "Why now? Why do you believe today is the day to improve?"

"I can't motivate you to do something about your health," Lander said. "I can give you the tools. I can support your efforts. I can make you want to show up here. But if you really want to change your lifestyle, you are going to have to make a lifetime commitment to taking care of yourself."

Accordingly, Lander stressed the importance of identifying one's goals and motivation. "It's not enough to say, 'I want to lose weight,' or 'I want to run a marathon,'" said Lander. "What are you willing to do to achieve your goals?"

Lander himself is a role model for Evolution members. He's 50 and is performing

his 25th Ironman Triathlon this year.

Lander got his undergraduate and master's degrees in kinesiology, inspired to dedicate his professional and personal life to better health through exercise after the early death of his father from heart disease.

A GYMNAST in college, Lander weighs the same weight today as he did in his twenties. He knew as a young man, when his father died while Lander was in college, that heart disease was a killer problem in his family. His father's brothers died of cardiac disease at middle age themselves. Lander's graduate degree emphasized cardiac rehabilitation and many of his clients are referred to Lander by their doctors. Evolution has members who have been with the club since its beginning 12 years ago this past December.

"I like to work out," said Evolution member Vic Serveiss, who joined the club a month after it opened. "You feel better when you work out, exercise. It's good for your health."

Serveiss's wife adds her own opinion of Vic's exercise program. "He likes food, he loves to eat, so he needs to exercise," said Betsy Serveiss.

The club has everything Serveiss needs, including proximity to his home, making his visits there convenient. "They're very nice, very friendly. It's fun seeing other members."

As a health club owner, a kinesiologist and professionally qualified trainer, Lander has met with clients and patients with a myriad of health issues, and he knows when to refer clients for specialty resources.

Members who need detailed nutrition direction are referred to Vienna registered dietician Judy Caplan.

Caplan, spokesperson for the Academy of Nutrition and Dietetics, and married to a cardiologist, practices from her office on Park Street.

Approximately 70 percent of Caplan's clients are physician-referred.

About half of Caplan's clients consult her about losing weight and getting healthier. Usually, the goals go hand-in-hand. "They want to get the weight off in a healthy way," said Caplan. "They want to adopt a healthier lifestyle."

Caplan and Lander share common perspectives on good health, fitness and nutrition.

"If you don't have the commitment and desire, the motivation, nothing is going to work," said Caplan.

AN OPTIMAL DIET includes three servings of fruit and five servings of vegetables daily. A serving of vegetables is one half cup raw, one cup cooked. A serving of banana is a half of banana.

Contending that Americans tend to eat too much protein, Caplan explained that you do not need a large quantity of protein at every meal to ensure healthy consumption. She recommends eating animal protein no more than three to four times a week with no processed meats included. The remainder of protein consumption should be in the form of beans, tofu, seeds and nuts. "You want some healthy fats in your diet," said Caplan. She notes that a "serving" of nuts, such as almonds, is about six nuts.

Whole fruit is preferable to fruit juices, unless the juice is part of a healthful breakfast smoothie.

"Start your healthy eating plan by eating more wholesome natural foods, but not eating too much. Eat until you're satiated but not beyond that. And exercise regularly."

Licensed clinical psychologist Dr. Julie Galton, practicing with the Women's Center in Vienna, and in private practice in Oakton, agrees that "small" steps are a foundation for achieving long-term goals that enhance our physical and mental states.

"First, we start off by accepting that where we are is where we are," said Galton. "No sense imagining or believing we're somewhere else. We're starting from here and

now."

Galton described three steps that promote acceptance of condition or circumstances. "We get to acceptance by practicing being mindful, mindfulness itself is a three-legged stool," said Galton. The first part of mindfulness is focusing, paying attention intentionally. The second part is paying attention to the present moment, which, for most people is a mere three seconds. The final element of the triad is not to judge ourselves.

"Where do we go from here," is where the action plan takes root. "What do I want in my life is what you ask yourself, not what you don't want. Think of it in positive terms."

Rather than setting absolute goals, set relative goals, Galton said. Instead of telling yourself you will stop smoking, tell yourself you will reduce the number of cigarettes you smoke. Instead of an inactive person setting a goal of running a marathon, start off by setting a goal to run more than he does currently.

Galton recommends asking yourself if what you are about to do is consistent with what you want in your life. "It's about a change of attitude, intention."

Meditation and yoga are effective tools for creating mindfulness. And meditation need not involve sitting on a mountaintop, chanting, Galton said. Just like physical health, reconditioning mental health starts with small steps. Be mindful, focused, for a few minutes, at first. "What people need to understand is you have to start somewhere. Be accepting of your effort."

"Sometimes, we struggle to do even the baby steps," said Galton. "Sometimes, then, it's appropriate to seek the help of a professional whose job it is to help you figure out where you want to go and how to get there."

WHOLE FOODS OF VIENNA presents workshops throughout the year on nutrition and healthy cooking, many aimed at

SEE EXPERTS, PAGE 16

Legislators Urged to Restore Funding for Human Services

FROM PAGE 3

ness has on families and the community. "We need to support and fund these services, because many of these programs, as we've heard today, are critical in helping people with mental illness to be functional," Watts said.

Kari Warren of Mount Vernon brought her two young daughters with her to the podium. "We are here to put a face on domestic violence, because we are survivors." Speaking on behalf of the Commission for Women, she thanked the delegation for passing anti-stalking legislation last year, and urged lawmakers to support more shelters for victims of domestic violence.

"Everyone has the right to be heard," said Sen. Richard Saslaw (D-35), who presided over the annual forum. "These are people who don't have high-powered lob-

bysts to speak for them in Richmond. I never get tired of hearing from them."

SPRINGFIELD MOTHER Carrin Brandt, whose 10-year-old daughter, Bailey, has profound intellectual and developmental disabilities with uncontrolled seizures, which resulted in the removal of half her brain, told lawmakers how important continued funding of Medicaid waivers is to her family. In addition to Bailey's anti-seizure medications, which can cost thousands each month, Medicaid helps pay for a full-time aide, allowing Bailey to live in the community with her family and friends instead of being institutionalized.

"These are not frivolous things we're asking for," Brandt said. "If we lost Medicaid, it would jeopardize her life and health; my husband and I would not be able to

work or maintain our community relationships." Brandt is also president of the ARC of Northern Virginia, and said there are 7,000 families "who live in daily crisis because they receive no services as they remain on the waiting list for a Medicaid waiver."

Brandt, who is a licensed marriage and family therapist, said that while Bailey's medical and developmental challenges can be overwhelming, the joys of raising her are also great.

"Bailey is a human being, and she adds value to this world. Bailey is our greatest teacher. ...I don't want you all and our community to miss out on the opportunity to learn from Bailey."

Marta Conner of Centreville also spoke about the challenges of raising a child with disabilities, and the critical support and intervention services she received from The Infant & Toddler Connection of Fairfax-Falls Church (ITC), a program under the umbrella of the CSB. Conner told lawmakers that her daughter, Caroline, was diagnosed with severe developmental delays at 10 months, and her pediatrician suggested she contact the ITC.

"They helped us determine that she had significant delays in all areas of development, and gave us strategies to help her," Conner said. "We are learning that we can expand our child's horizons through therapies and individualized education." She urged legislators to ensure sustainable funding to continue services "for all Virginia families who need them."

"This is a tough budget environment with difficult decisions, and, unfortunately, most of the cost-cutting comes from social services," said Del. Mark Sickles (D-43), who was elected caucus chairman in November. "One thing that stuck out today was hearing that CSB lost 19 acute care beds. We need to work to get those back."

Greg Brandon of McLean said he supported the parental notification of school investigations and beginning school before Labor Day. He also asked legislators to support the Child Care Assistance and Referral program, "a gateway into education for our most vulnerable children." Brandon said the program plays a crucial role in preparing at-risk children for kindergarten.

"Unfortunately, people in Richmond are fiddling with the CCAR program that will increase the waiting list for families most in need of child-care help," Brandon said.

David Baldacci of Arlington and

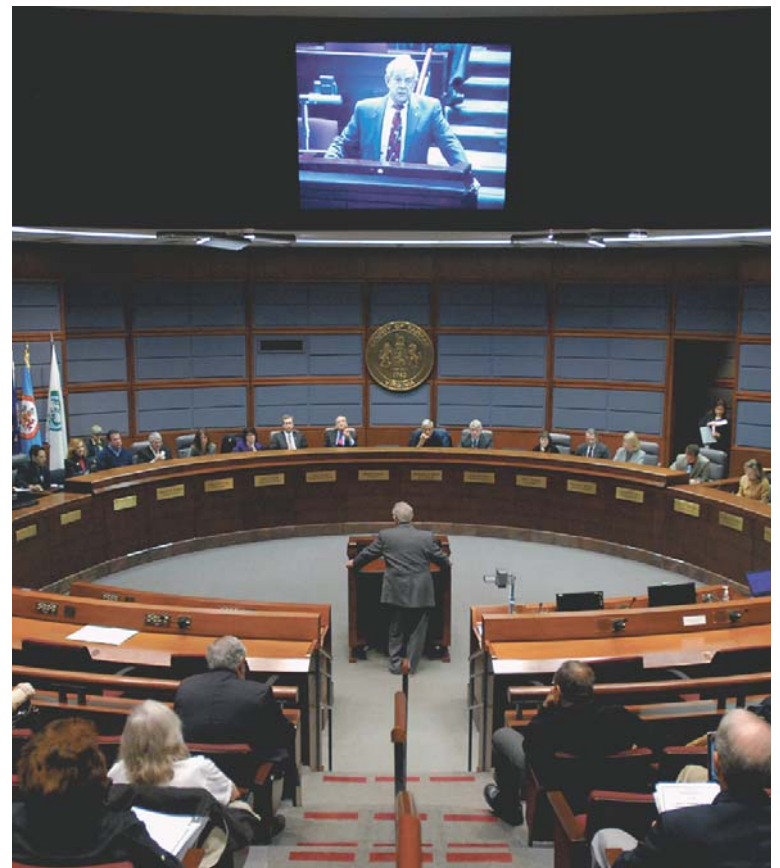


PHOTO BY ROBBIE HAMMER/THE CONNECTION

Topics of discussion ranged from funding for social and welfare services to environmental concerns, and more. The public hearing is held each year and gives residents an opportunity to have a direct connection to their elected officials.

Bob Stewart of Chantilly testified for SALT – Social Action Linking Together - in support of a number of social justice issues, from increasing welfare payments to Virginia families, banning the practice of shackling pregnant women in Virginia's prisons and promoting work-sharing, which enables businesses to avoid layoffs.

Del. Ken Plum (D-36) said the hearings give legislators a chance to hear from the most vulnerable citizens. "What we see are the real lives of people impacted by issues beyond their own capacities and beyond their own blame...It's critically important that government has to be in part about helping the most vulnerable. It sends a message to the delegation that we need to step back and remember the people who are hurting, aged, intellectually disabled, or suffering from a mental illness."

Del. David Bulova (D-37) said prioritizing the state's limited resources will be the most important task facing legislators this session.

"The big take away is how important the budget is in terms of reflecting our community's values," Bulova said. "It also highlights why it is so important to develop new, sustainable sources of revenue for transportation, rather than simply taking money


from our already stressed general fund that supports public education, safety, health and human services, environmental protection, etc."

THE GOVERNOR'S BUDGET - a two-year \$85 billion plan - is weighted in favor of transportation and higher education. But many of the speakers said they are concerned about the hundreds of millions of dollars in proposed cuts to social services. For example, McDonnell's budget proposes slashing \$81 million from the Virginia Preschool Initiative (VPI), which pays for preschool programs for low-income families in Northern Virginia.

Plum said he and other members of the Fairfax delegation will be pressing the governor to take crucial "incremental" step in providing funding for social services. "There are still 5,000 people on waiting lists. The governor's budget does not progress us on that need. We need to step it forward," Plum said.

The Virginia General Assembly will meet for its 2012 session on Wednesday, Jan. 11. "We predict that over 2,000 bills will be introduced. There's a lot to watch, especially on human services," said John Horejsi of Vienna, founder of SALT.

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Herndon Boys Basketball Back on Winning Track

South Lakes wins consecutive Liberty District contests.

BY RICH SANDERS
THE CONNECTION

Following a rough tournament showing over the Christmas winter break at the Lake Braddock Tournament, the Herndon High boys' basketball team came back strong with a pair of wins last week to kick off the New Year in strong fashion.

Herndon, which was 6-6 overall going into this week's play, won games last Friday and Saturday (Jan. 6-7) to reach the .500 mark. On Friday at home, the Hornets won their Concorde District opener over Oakton, 66-53. Then the following day, Herndon played a non-Northern Region game at Franklin County High School in Rocky Mount, Va. There, the Hornets defeated the Northwest Region team, 79-68.

Herndon was scheduled to play district games this week at Centreville on Tuesday, Jan. 10 and home versus Chantilly this Friday night, Jan. 13.

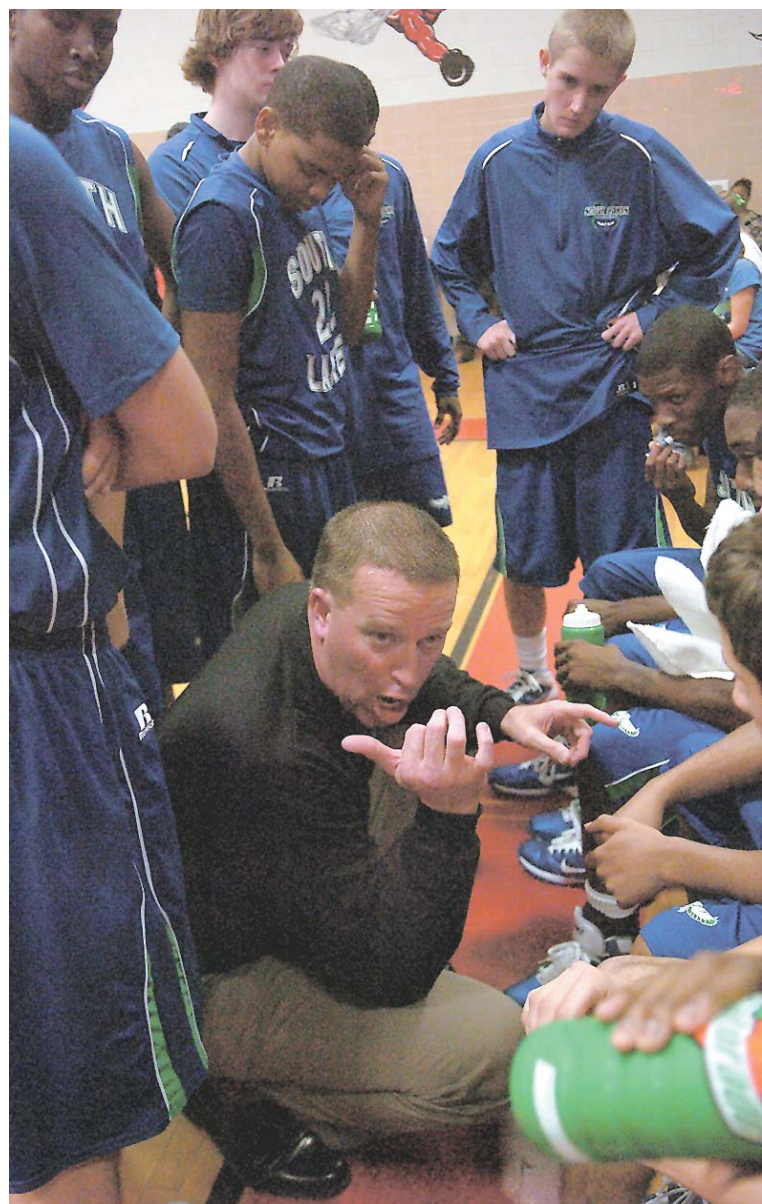
"The district is pretty wide open," said Herndon head coach Chris Whelan. "I think all of the teams are talented and capable of doing good things."

At the Lake Braddock holiday tournament, Herndon played all three of its games without starting players Patrick McLaughlin and Kent Auslander. That was certainly a factor in Herndon losing all three games - 59-45 to Hylton (Woodbridge) on Dec. 27; 71-55 to Concorde District opponent Robinson on Dec. 28; and 53-47 versus Hayfield on Dec. 29.

In the loss to Hylton (Northwest Region), sophomore guard Dorian Johnson was Herndon's leading scorer with 18 points. DeAndre Thomas, another guard, was also in double digits for Herndon with 12 points and fellow backcourt teammate Ashkan Naderi scored eight points.

Herndon trailed the Bulldogs 23-17 after one quarter and 35-26 at the half on way to the setback.

In the 16-point loss to Robinson the following afternoon, Herndon trailed by just 17-16 after one quarter but was outscored by eight points in both the second and third



Andrew Duggan's South Lakes' squad was 7-4 entering this week. The Seahawks will be at Madison this Friday night.

quarters. Johnson again tallied a team-high 18 points while Thomas scored nine. Also for the Hornets, sophomore guard Malcolm McKenzie and Naderi both scored eight points and junior Ryan Griffin contributed seven. For Robinson, Robert Pillow scored 21 points, Tristian Crenshaw had 15, and Nathan Hackett 13.

In Herndon's final game at the tournament, a six-point loss to Hayfield, Johnson scored a game-high 24 points with Thomas netting 13. Hayfield (5-7) had good games from Nate McShay (14 points), Garrick Short (12), and Grant Williams (10).

The Hawks, members of the National District, had also beaten Herndon, 60-54, nearly two weeks earlier on Dec. 16 in Alexandria.

"Over the holidays we were playing without two starters," said Whelan, of his team's showing at the Lake Braddock tournament. "Even without [McLaughlin and

Auslander], we should have played better. But we are getting better."

That was apparent when Herndon, seven days following the tournament loss to Hayfield, came back with the key win over Oakton to start up Concorde District play. In the win over the Cougars, Herndon led 44-38 after three quarters before outscoring Oakton by seven points in the final quarter. Four Hornets scored in double figures - Thomas (17 points), Naderi (16), Johnson, and senior forward McLaughlin, who returned to the line-up with a 12-point effort. (Earlier this season, McLaughlin scored 36 points with 16 rebounds in a loss to South Lakes).

In Saturday's win over Franklin County, the Hornets trailed 58-57 before dominating in the fourth quarter on way to the 11-point win. Johnson had a huge game with 33 points, while Naderi (14

points), Griffin (12), and McLaughlin (8) made good scoring contributions.

THE SOUTH LAKES HIGH BOYS, prior to the holidays, lost their first two Liberty District games - setbacks to McLean and Langley on Dec. 13 and 16, respectively.

The Seahawks' next four games, including three at the George Long Holiday Hoops Tournament at Wakefield High School (Arlington), were all non-district contests. It was not until Jan. 3 that South Lakes resumed its district schedule with a home game versus Jefferson following the holidays. And against the Colonials, South Lakes earned its first district victory of the season, 62-48. The Seahawks, in the win, received a balanced scoring attack with four players - senior guard J.D. Wallace (18 points), senior forward D.J. Christian (15), senior guard Jordan Francis (12), and senior guard Mitch Dempster (11) - all hitting double digits in the scoring department.

South Lakes led Jefferson by just 42-40 before outscoring the visitors in the final quarter, 20-8, to garner the hard fought win.

Three days later on Friday, Jan. 6, South Lakes followed up the win over Jefferson with a district victory at Fairfax High, 63-60, to improve its overall record to 7-4 and district mark to 2-2.

Wallace scored 27 points, tying game-high scoring honors with Fairfax High's Zack Burnett. Christian added 12 points for the Seahawks and Francis nine. Other scoring contributions in the win for South Lakes came from Clayton O'Neill (6 points) and junior center Junior Ebott (5).

"We are digging out of a small hole in district play as we started 0-2," said South Lakes head coach Andrew Duggan. "But I see improvement in many areas - being more consistent at the offensive end of the floor and rebounding the ball on defense. If we can maintain those areas it will go a long way in our success this season."

Over the holidays at the Wakefield tournament, South

Lakes won two of its three games with two of the contests being decided in overtime.

In the Seahawks' first game at the tournament on Dec. 27, they lost in overtime to West Potomac (Patriot District), 58-55. Christian scored 12 points in that game, while Francis and Wallace scored 11 and 10, respectively, and Ebott eight. South Lakes outscored the Wolverines 13-6 in the final quarter to force the extra session. In the OT, West Potomac outscored South Lakes eight to five.

South Lakes came back with a convincing 77-42 win over Washington-Lee (National District) the following day. The Seahawks outscored the Generals 22-4 in the second quarter to gain control of that game.

Then, on Dec. 29, South Lakes

defeated Theodore Roosevelt (Wash., D.C.), 72-66 in overtime, to conclude the tournament on a winning note. Five Seahawks scored 10 or more points - Christian (18), Dempster (17), O'Neill (11), Francis (10), and Wallace (10).

"It was good to go through a little adversity on the court," said Duggan, of playing two overtime games at the tournament. "It provided us with plenty of learning experiences for us to build on."

South Lakes' biggest win of the season came prior to Christmas on Dec. 20 when the Seahawks won at local rival Herndon, 86-82.

The Seahawks never lost control of that game after outscoring the Hornets 30-18 in the first quarter. The Hornets lost despite a career-best game from Patrick McLaughlin, who scored 36 points and pulled down 16 rebounds. Herndon, in the loss, received good games from Dorian Johnson (14 points), Kent Auslander (12), DeAndre Thomas (9), and Ryan Griffin (8).

South Lakes' top scorers were Christian (23 points), Wallace (17), O'Neill (13), Dempster (11), Francis (10), and Brandon Kamga (7).

South Lakes was scheduled to play Liberty District road games this week at Marshall on Tuesday, Jan. 10 and at Madison, Friday, Jan. 13.

"The district is pretty wide open. I think all of the teams are talented and capable of doing good things."

— Herndon head coach
Chris Whelan

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Write From The Heart



By **KENNETH B. LOURIE**

Obviously I find comfort in writing. Obviously I have some need to put down on paper that which is in my head. In fact, evidence suggests that cancer patients who write about their feelings have some kind of improved quality of life and/or longer life expectancy. Let's hope so because I have those feelings and I certainly am writing about them. As it relates, the date on which I'm hand-writing this column is the date three weeks out approximately, before I'm scheduled for my every-four-month CT Scan and every-12-month Full Body Scan. I'll know exactly how I'm doing - after the oncologist advises me of my scan results. Saying or doing anything now, assuming any facts not yet in evidence, hardly seems like a prudent course of presumption. Yet here I sit, pen in hand; with cats on the table.

As much comfort and companionship as "The Boys" (Biscuit and Chino) provide, they can't eliminate my cancer thoughts, especially the thoughts now, during those final weeks leading up to the scans, when the rubber will really hit the road, when an inanimate piece of technology will determine my immediate future. Nor will the technician assisting me that day play any part in the outcome. Although it doesn't stop me from asking for a good result. Usually I'll receive a smile and a thumbs up in response. Joking with the staff seems to put me at ease and soothes the savage beast in me that is working like crazy to maintain the healthy (all things considered) status quo that has characterized the preceding 34 months.

But there's only so much pretending one can do. The scan will ultimately tell the tale. Hopefully it won't be a tale of woe because woe is me is not how I operate, which is good since my tumors (stage IV) are inoperable. In fact, stage IV means inoperable, I believe. Synonymous seems too innocent a word to attach to such a life-changing and serious diagnosis/prognosis, but if the shoe fits (which it doesn't anymore because of the edema in my feet, a side effect of the high blood pressure medication I take in an attempt to meet the levels mandated by the manufacturer of the targeted treatment drug, Avastin, which I'm infused with monthly), I suppose at this stage (pun intended) I should be happy to wear it.

And I most definitely am wearing it, a larger size though. But to not admit that all of this cancer stuff wears on me would be a lie. And since, generally speaking, I don't like to lie, and I have this need to vent and the space to vent it (and from all indications and feedback, a fairly receptive and interested audience on whom to vent), I am writing this column about the betwixt and between that a cancer patient (who's terminal) feels waiting for words to live by, words which have never been promised, are not guaranteed, subject to change and totally out of my control: "All stable. No growth and/or movement." Positive (meaning good) scan results.

All I can do is wait. When I know, you'll know. There's not much else to say really, but I've tried to say it anyway; except, the longer I'm a patient, the less patient I seem to become. I'm not losing it yet, but I'd sure like to find it. A cure would be nice, but I'll settle for more encouraging/stable scan results. It is said that "Good things come to those who wait." I only wish it were that simple.

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

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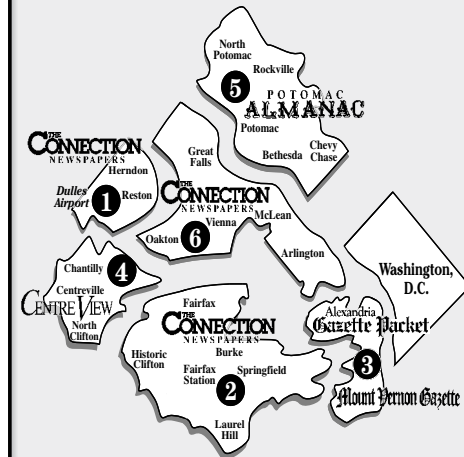
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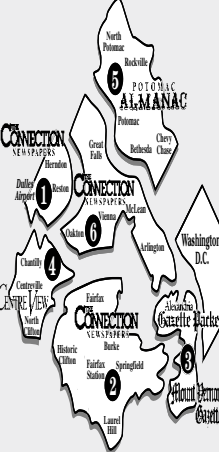
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-William Van Horne

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Wild Antics at CenterStage

Reston Community Players presents 'Lend Me a Tenor.'

BY DAVID SIEGEL
THE CONNECTION

Audiences have asked for it. Enthusiastically, the Reston Community Players are cooperating by re-mounting "Lend Me A Tenor," a rollicking, over-the-top farce from award-winning playwright Ken Ludwig.

"Lend Me A Tenor" is one of only "a handful of plays and musicals" that the Reston Community Players have repeated according to Lori Knickerbocker. It comes complete with a bounty of screwball shenanigans, ample impersonations with an abundance of pratfalls and a profusion of physical comedy.

What is it about? The year is 1934 and everything goes incredibly array for the fictitious Cleveland Grand Opera Company before a major production of "Othello." The life of the star tenor (Kevin M. Gunn) is unraveling with the adage "the show must go" put to the test. "Lend Me a Tenor" was produced on Broadway in 1989 receiving multiple Tony Award nominations. There was a Broadway revival in 2010 again with Tony nominations.

For Director Sam Nystrom the

production is a combination of moving parts; a mash-up of the high-brow with low comedy. "It is almost a 'Rube Goldberg' machine of a play built to bring laughter. There is a mixture of sex, sophistication, and clowning that can't help but lead to a boisterous climax to enjoy. The ridiculous situations play out with a remarkable degree of sense."

Ryan Manning is Max the aspiring young singer called upon at the last minute to take on the opera star's identity with a surprising visual appearance and unexpected consequences. For Manning this is "a great role, my character even becomes the unexpected hero of the show. He moves from being meek and mild to a having a newfound confidence. He even wins the girl at the end."

Buz Gibson plays the producer of the fictional opera company. "He is supposed to be in charge, but has absolutely no control of anything. Not even my stage daughter or even a bellhop. It is quite an entertaining character to take on and be."

The ingénue and object of much attention is Ashleigh de la Torre. With a big infectious smile throughout a recent interview, she described her role as "a fun char-



Jennifer Lambert (left), Ashleigh de la Torre (center), and Evie Korovesis (right) in the Reston Community Players' production of 'Lend Me a Tenor.'

PHOTO BY DAVID SIEGEL/THE CONNECTION

When and Where

"Lend Me a Tenor" by the Reston Community Players. Performances are in the CenterStage Theater, Reston Community Center, 2310 Colts Neck Road, Reston.

Runs Jan. 20 – Feb. 4, 2012. Friday-Saturday evenings at 8 p.m., 2:30 p.m. Matinee on Jan. 29. Tickets: \$15-\$18. Note: Recommended for ages 13 and up for sexual subject matter and mild mature language. Call 703-476-4500 or log on: www.restonplayers.org.

acter. I even get to play someone who wants to make it big by using all her charms. She is lots of fun to watch as she chases through

doors wearing provocative slinky attire."

"It's a very funny show, you will be bowled over," said Manning.

Experts Promote Healthy Habits

FROM PAGE II

children's eating habits. Elementary school-aged children can make their own salads in an interactive workshop popular with local families.

On Jan. 3, Whole Foods launched a four-week program on healthy eating and fitness called Health Start Here. At each evening presentation, a local specialist examines a healthy lifestyle topic, followed by a cooking demonstration. The final meeting includes a celebration dinner. For 28 days, no alcohol, no coffee, no dairy products, no added oils or sugars, and no processed foods. The store's public relations coordinator, Katie Wolffe – in the four-week challenge herself – said that all participants in the previous challenge lost some weight.

Most of the participants present at the launch appeared trim at the outset, and many already were engaged in fitness programs. They were not intimidated by the food restrictions, either. Nobody raised a hand when the store's healthy eating specialist, Barclay Todd, asked if anyone wanted to leave.

"I came to learn more-effective eating habits," said Frankie Gibson, Oakton, a yoga pupil who shops at Whole Foods regularly. "I don't eat red meat. I'm always open to new ideas to do a better job of trying to maintain good health."

Over at Evolution, Lander and other trainers are working with members, signing up new ones, but mindful that a small club has benefits a larger one does not. Lander and the staff know members by name, know their goals.

"I don't want an environment where sales people sign up as many members as they can, hoping they all won't use their membership." In fact, it's trainers who are signing up members and Lander himself who does the initial evaluations of each member. The trainers are all college-educated and knowledgeable about exercise physiology.

Lander emphasized that he wants his members to come to the club every day, to use it, to improve their health and fitness. If they do that, their membership has value.

"The bottom line is you've got to be in it for the long haul," said Lander. "You constantly have to be working on your health. That's why I called the club Evolution."

"We're all evolving, getting older. You're the one who decides the direction you'll go in."

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/JAN. 12

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

Book Discussion Group. 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Keepers of the House by Shirley Ann Grau. Ask at circulation desk for copy. Adults. 703-689-2700.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

SATURDAY/JAN. 14

Reston Community Orchestra: Tribute to Dr. King. 6 p.m. Reston Community Center Hunters Woods,

2310 Colts Neck Road, Reston. With singer Beverly Cosham. Featuring music by African-American composers and vocal selections inspired by the Civil Rights movement.

Free, donations accepted. www.restoncommunityorchestra.org.

Fairfax Symphony Orchestra. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax.

With cellist Sergey Antonov. Glazunov's Chant du Ménestrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. info@fairfaxsymphony.org.

All4Hym. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A family bluegrass gospel group. \$12. 703-435-8377.

Discover eBooks. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. How to find and download library eBooks. Bring your Kindles, iPads and Nooks. Hands-on assistance provided. Adults. 703-689-2700.

MONDAY/JAN. 16

Reston's 27th Annual Dr. Martin Luther King, Jr. Birthday Celebration. Commemorative March, community service projects, children's games and activities, art by

Reston Elementary Schoolchildren and more. restoncommunitycenter.com.

20th Annual Martin Luther King Jr. Celebration: The Dream Is Real, Make It Your Reality. Meet on the corner of Market and King Sts. in Leesburg at 10 a.m., to line up for the march on the Leesburg Courthouse. At 10:30 a.m., march to the Douglas Community Center, 407 E. Market St., Leesburg for the 11:30 a.m. program. Light refreshments served. Sponsored by Loudoun/Douglas Alumni Association, Bluemont Concert Series, Baha'I Community of Loudoun, Loudoun NAACP and Loudoun Interfaith Bridges. www.ifcmw.org.

TUESDAY/JAN. 17

Folk Club of Reston/Herndon: Bill Staines In Concert. 7:15 p.m. In the Back Room at The Tortilla Factory, 648 Eldin St., Herndon. Singer/songwriter. publicity.thefolkclub@yahoo.com.

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Confederacy of Dunces by John Kennedy Toole. Adults. 703-689-2700.

One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

WEDNESDAY/JAN. 18

International Guitar Night. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Acoustic guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira, and Brian Gore. \$25. 1-877-965-3872 or www.wolftrap.org.

Preschool Storytime. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs, and rhymes. Age 3-5 with adult. 703-437-8855.

Toddler Music Time. 3:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Experience the melodies, rhythms, and rhymes of music. 2-3 with adult. 703-437-8855.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities. Age 2-3 with adult. 703-242-4020.

THURSDAY/JAN. 19

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.