

New Fire Station Planned

NEWS, PAGE 5

The Herndon Fire Station will be replaced by 2015 with a bigger facility that will house more units and equipment. It will be built on the same lot due to its central location.

PHOTO BY ALEX McVEIGH/THE CONNECTION
OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 7 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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Wellbeing

PAGE 9

VOICE Seeks
Funds for
Dental Care

NEWS, PAGE 12

More Declare
For Herndon
Elections

NEWS, PAGE 3

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THURSDAY/FEB. 2

Auditions for the Musical "Annie Jr." 4-6 p.m. UUCF Church, 2609 Hunter Mill Road, Vienna. Produced by Stage Presence. All 4th-6th graders welcome. No prior experience necessary and all children will be placed. Final performances will be June at GMU's Harris Theatre. www.stagepresencenow.com or 571-214-6080.

WEDNESDAY/FEB. 8

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the second Wednesday of every month. Free. 703-768-4841.

FRIDAY/FEB. 10

Republican Presidential Candidate Mitt Romney to Address Technology Business Leaders. Hyatt Regency Reston, 1800 Presidents St., Reston. 7 a.m. registration and networking, 8 a.m. breakfast and program. Romney will speak to the Northern Virginia Technology Council (NVTC) and Consumer Electronics Association (CEA). www.nvtc.org.

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.

SATURDAY/FEB. 11

Vajrayogini Buddhist Center Meditation Classes. 10 a.m. Brown's Chapel, 11450 Baron Cameron Ave., Reston. Living Meditation: Meditation for Relaxation. \$12.

www.meditation-dc.org or 202-986-2257.

Valentine's Day Open House for Memory Care. 1-3 p.m. Great Falls Assisted Living, 1121 Reston Ave., Herndon. Learn about memory care by design, the Life Enrichment Program and more. Free. www.greatfallsassistedliving.com.

FRIDAY/MARCH 9

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.

FRIDAY/APRIL 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.

FRIDAY/MAY 11

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.

FRIDAY/JUNE 8

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.



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Politics of Notification

Father takes his plight for increased parental notification to Richmond.

By MICHAEL LEE POPE
THE CONNECTION

Steve Stuban can't help but wonder if things could have turned out differently. Back in 2010, his son Nick was considered a model student at Woodson High School in Fairfax County. That is, until school officials caught the teenager with synthetic marijuana. Administrators didn't contact the parents until a decision had already been made to suspend the boy with a recommendation for expulsion.

"Nick had been questioned multiple times over multiple days and had been asked to execute multiple written statements," said Stuban. "They had already decided what their punishment was going to be. It was only then that they thought to perhaps contact my wife and I."

"You want schools and parents and students to work together as a team ... But right now the process is adversarial in nature."

— Steve Stuban

Nick Stuban committed suicide in January 2011. And ever since that day Steve Stuban has been fighting to increase parental notification. Last year, he waged an unsuccessful campaign for the Fairfax County School Board. Now, he's taking the fight to Richmond, working with a handful of legislators to create a legal requirement for school administrators to notify parents before they start questioning students in

"I would be concerned that schools might not have the flexibility they need to take swift action in a way that would preserve the security of a school."

— Libby Garvey

serious cases that might lead to suspension or notification of law enforcement.

"I find it troubling that school administrators have questioned students for hours at a time without parental knowledge regarding issues that could lead to the student's expulsion or incarceration," said Del. Tim Hugo (R-40).

WORKING WITH STUBAN and newly elected Fairfax County School Board member Elizabeth Schultz, Hugo has introduced House Bill 1080. The bill requires school principals to notify parents before questioning students in the



Steve Stuban



Nick Stuban

case of a "serious violation." The bill defines a serious violation as a violation of School Board policy or a violation that could lead to a student's suspension. The legislation would also force parental notification before school administrators file a court petition.

"I would be concerned that schools might not have the flexibility they need to take swift action in a way that would preserve the security of a school," said Arlington School Board member Libby Garvey. "Sometimes bad cases make bad law."

Last year, a similar effort introduced by Del. Kaye Kory (R-38) passed the House of Delegates but didn't make it out of committee in the state Senate. An array of groups lined up against the proposal, including the Fairfax County Public Schools, Virginia Education Association and the Virginia Association of Secondary School Principals. Supporters say things have changed over the course of the last year, as more and more parents have come to realize that parental notification is not required under the law.

"Once you finally get through to parents about how the law works, they are incredulous about this," said Schultz, who testified in Richmond as a parent last year and is now advocating for the bill as a School Board member. "We're having to compel people to do what they should already be doing anyway."

STUBAN SAYS he's fully aware that school administrators may try to push back on the legislation as they did last year. But he also pointed out that the bill has a great deal of support, including teachers unions and members of the Fairfax County School Board. And because the issue has received so much attention over the course of the last year, he feels momentum is on the side of the bill. More importantly, he said, the case for the bill is strong.

"You want schools and parents and students to work together as a team," he said. "But right now the process is adversarial in nature."

This week, Stuban appeared with Schultz in Richmond along with several Northern Virginia legislators to begin a public-relations campaign on the issue. Members included Hugo and Kory along with state Sen. David Marsden (D-37) and state Sen. Chap Petersen (D-34). The coalition is hoping that Stuban's personal story and the growing chorus of support for the legislation will be enough to overcome opposition by school administrators. Opponents say the effort may cause more harm than good.

"This legislation sounds overly prescriptive to me," said Garvey. "You never want to impose something on school divisions that restricts how they can respond to situations involving safety."

More Declare for Herndon Elections

Councilmember Bill Tirrell will run for mayor, lawyer Dave Webster for council.

By ALEX McVEIGH
THE CONNECTION

As May approaches, more people are throwing their hat in the ring for mayor of Herndon, as well as position on the town's six-member council. Current councilmember Bill Tirrell announced Jan. 26 that he will be running for mayor in the May 1 election.

A 34-year resident of Herndon, Tirrell has served eight terms on the Town Council and on the town's Planning Commission in the 1980s and from 2002 to 2006. He has also served on the town's Architecture Review Board and Board of Zoning Appeals.

"My experience as the councilman and planner will let me team with the residents and next council to plan our future while remembering our heritage," Tirrell said in a statement. "The last train serving Herndon came through in 1968, our next train on the Metro will pull into the new Herndon station in 2016. We need to be ready for it and the future it will

bring, ensuring that we maintain our status as an oasis in the midst of the truly intense development that surrounds us."

Tirrell was first elected to the council in 1990. He served as a Naval officer from 1968 to 1988. He and his wife Jan have two children.

Dave Webster, a lawyer and Herndon resident for seven years, has announced his candidacy for Town Council. He served as in-house counsel for Jack Kent Cooke and was directly involved in negotiations in building a new stadium for the Redskins.



PHOTO CONTRIBUTED

Councilmember Bill Tirrell, who has served eight terms on the Town Council, will run for mayor in May.

Webster said he will oppose any new major spending initiatives, favoring development that will attract jobs, but maintaining the town's atmosphere.

"My legal background and my experience negotiating large-scale government and private business partnerships will benefit the town, especially when we respond to develop-

"My experience as the councilman and planner will let me team with the residents and next council to plan our future while remembering our heritage."

— Councilmember Bill Tirrell

ment opportunities presented by the Herndon-Monroe Metro Station," he said. "I am also qualified to assess statutory and regulatory requirements affecting the town, such as compliance with the Chesapeake Bay Preservation Act and other matters."

Webster said he believes in "open and transparent government," and he is the first official candidate to file a publicly available campaign finance disclosure report with the state Board of Elections.

He also pledged to "refuse to accept any PAC donations to my campaign."

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THE CONNECTION
 NEWSPAPERS

FAITH

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

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has 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. Floris UMC has been ministering to Herndon and the surrounding community for more than 100 years, and numerous opportunities are available to worship, grow, and serve. 703-793-0026 or www.florisumc.org.

Vajrayogini Buddhist Center, Brown's Chapel, 11450 Baron Cameron Ave., Reston, will hold monthly classes for the general public beginning. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that will give students an ability to learn how to relax their body and mind. \$12. www.meditation-dc.org or 202-986-2257.

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

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.

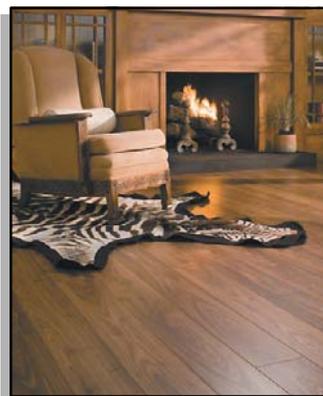
The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers'/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are 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.

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New Fire Station Planned

Expected to open in 2015, new facility will offer more space, flexibility.

BY ALEX McVEIGH
THE CONNECTION



PHOTO BY ALEX McVEIGH

The Herndon Fire Station will be replaced by 2015 with a bigger facility that will allow the firefighters to house more units and equipment. The station's central location makes it necessary to build the new station on the same lot.

The Fairfax County Fire and Rescue Department, along with the county's Public Works and Environmental Services division have begun the process of renovating the Herndon Fire Station, located on Spring Street. The original station, built in 1950, will be replaced with a facility that can better handle the special equipment and volume of calls currently serviced at the station.

"We're very early in the design process, everything is basic and conceptual in nature right now," said Kim Callahan, project manager with the county's Department of Public Works. "The main reason we are looking at a new station is because the existing one doesn't give the firefighters much flexibility."

According to Fairfax County, emergency call volume at the station has increased by 230 percent in the past 20 years, with 1,400 incidents in 1990, which rose to 3,262 in 2010.

THE NEW SPACE will also allow the station to add specialty units as needed, such as a rescue unit or a second transport unit.

In addition, the residential population in the station's coverage area is expected to increase over the next 20 years, partially due to the higher densities and commercial development that will come along with the Metrorail.

The current station is a two-story, 8,162 square feet structure on a .26-acre lot. The new fire station will be approximately 14,500 square feet and two stories, and will include larger women's facilities, decontamination facilities, will meet all Americans with Disabilities Act standards and will contain fitness facilities for the firefighters.

The county will also seek to re-zone the property from Central Commercial District to Planned Development Downtown, in order to allow the increased density.

"Over the past 10 years, we probably looked at 30

different locations, but found the existing site is ideal because of its central location within its coverage area," Callahan said.

Stations are located within the county in relation to other station, with a seven-minute response time for emergencies to 95 percent of the county's population.

During the approximately two-year construction process, the firefighters will move to a nearby location and set up a temporary space, consisting of a pre-manufactured trailer for personnel and a tent-like apparatus for equipment.

The proposed location for the temporary facility is a block west on Locust Street, at the intersection of Center Street. Callahan said the county is still in negotiations to lease the temporary site property.

The new station will also be LEED Silver in accordance with Fairfax County policy. As currently planned, it will have a maximum height of 38 feet for the elevator tower and 32 feet for the rest of the building. This is an increase over the current building's 30 feet, but below the maximum 50 feet in a Planned Development Downtown-zoned area.

"The tower is an iconic image when it comes to the history of fire stations, and we found we had a great opportunity to bring that out in our design," said Richard Hurdle of Zivic and Hurdle Architects, the architect on the project.

THE NEW BUILDING will also preserve the old fire pole for display, and will have a lobby area with displays of firefighting memorabilia from Herndon's history. The original cornerstone for the existing building will also be incorporated into the design.

The temporary facility is expected to be built in late spring 2013, with the new facility opening in the summer of 2015.

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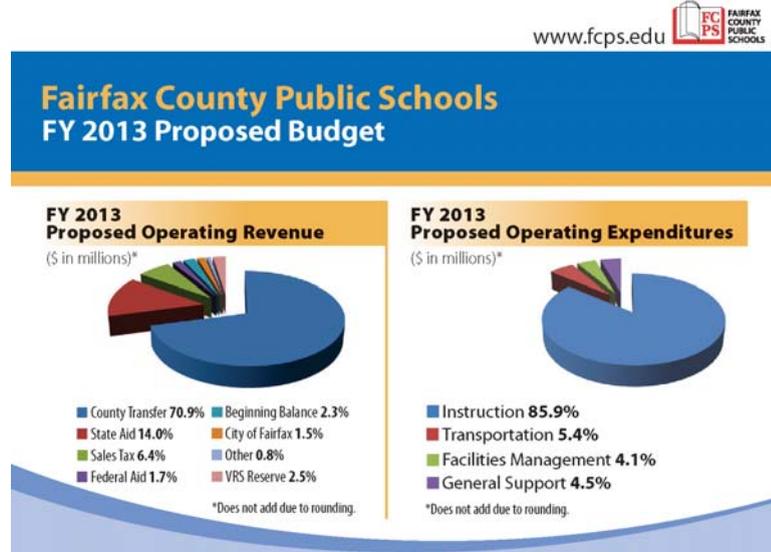
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- March 21 A+ Education, Learning, Fun • Deadline March 15
- March 28 Easter I (Easter is April 8) • Deadline March 22
- April 4 Wellbeing • Easter II (Easter is April 8) • Deadline March 29



OPINION

About Halfway

Always entertaining, the high-stakes session of the Virginia General Assembly reaches new heights this month.

The user-friendly website for the Virginia General Assembly plus live-streaming of the legislative sessions might make you believe that most of the important decisions in Richmond are being made out in the sunshine.

But as Mount Vernon's Del. Scott Surovell points out, some of the most important work of the legislature takes place in committees and subcommittees, but unless you are present in the room, you have no way of knowing who killed what or why.

EDITORIAL When a subcommittee votes, there is no requirement to record who voted or how each legislator voted. But this is where most legislation meets its fate.

According to the National Council of State Legislatures, there are only 14 legislatures in the United States that do not have audio or video live streaming or digital archiving of committee and subcommittee proceedings.

LETTERS TO THE EDITOR

Losing by Rules

To the Editor:

Anne Damon's letter ["Playing by Rules," Connection, Jan. 18-24] while doing a good job of addressing the GOP Primary Issue from the candidate's perspective, missed the far more important issue of Disenfranchisement of the Voters in Virginia.

In the most recent Virginia polling, Romney and Paul, the only people who will be on the Virginia ballot, polled a combined 33 percent, meaning that 67 percent of GOP voters, including me, prefer someone else. The GOP regulation, joined with the Virginia law will effectively disenfranchise me and everyone else in that 67 percent.

Come with me back to N.J. in 2002, when Democrat Senator Torricelli, facing indictment, withdrew from his bid to win re-election, unfortunately with fewer than 50 days until the election. Unfortunately, because N.J. law very clearly prohibited any party from replacing a candidate on the ballot, if the replacement were to take place with fewer than 50 days until the election. That law did not dissuade the Democrats from replacing Torricelli with Lautenberg.

Here are a few current issues that might make you want to tune in.

State Sen. Chap Petersen of Fairfax is championing legislation on parental notification; it's a shame to see this as needed since the Fairfax County School Board could have rendered it unnecessary. SB 167 would require school administrators to notify parents once they begin an investigation that could lead to criminal charges or expulsion.

"The intent of this bill is not restrict principals from the everyday supervision required in a building with 2,000 young people," Petersen said. "It's to separate those investigations which can change the lives of young people, e.g. a decision to expel, and make sure that parents are notified immediately that this is happening."

Petersen also sought some consequences for some older students, SB 626, because of complaints from residents that students from "a nearby college" were engaging in poor behavior in residents' front yards in late evening.

Petersen will likely be successful in repealing the ban on hunting on Sundays.

State Sen. Adam Ebbin of Alexandria proposed legislation that would have prohibited discrimination in state hiring on the basis of sexual orientation; that died in committee.

Earlier this week, state Sen. Janet Howell from Reston offered some very specific commentary on a bill that will likely require women

Live Streaming, More

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seeking an abortion to first view an ultrasound of the baby. If women will be forced to have an unnecessary medical procedure, an ultrasound, then men should have a rectal exam and a cardiac stress test before receiving a prescription for erectile dysfunction medication, Howell proposed in an amendment.

It's a bit of comic relief in a year when the more conservative Virginia General Assembly will pass many new laws at odds with the views of most Northern Virginians.

Although many press reports describe the Democratic-controlled Senate of the past as a barrier to anti-abortion legislation, in fact one of the most significant anti-abortion laws escaped that body last year. The requirement that most facilities that provide abortions meet the physical standards of a hospital will likely close many if not most of these facilities.

These anecdotes represent just a few grains of sand of what is actually transpiring right now in Richmond.

— MARY KIMM

The GOP asked the courts to stop this clearly illegal move by the Democrats. The Lower N.J. Court ruled...for the Democrats. The N.J. Supreme Court upheld that decision unanimously. A US Federal District Court also upheld the ruling, and the US Supreme Court denied cert. The result: Lautenberg was elected US Senator. The court's logic was clear that the N.J. law was unconstitutional, because it disenfranchised a large number (dare I say, majority) of N.J. voters by preventing them the chance to vote for the candidate of their choice.

Now, let's return to 2012 in Virginia, and we see that is exactly what is happening regarding the GOP primary. Not only are Romney and Paul the only choices on the ballot, but voters cannot even write in any other name. It seems the only comments I hear or read are those like Anne Damon's, which address the primary as if it is a game, and the candidates other than Romney and Paul failed to play by the rules, so they lose.

But those who really lose are the voters of Virginia, who did nothing wrong, but have effectively been disenfranchised. The cynic in me says that the estab-

lishment GOP, which supports Romney, is thrilled with the situation. Does anyone but me wonder why AG Cuccinelli, in just 24 hours, went from leading an emergency effort to change the law to saying there was nothing that can be done?

Can I be the only voter in Virginia angry about being disenfranchised in the GOP primary?

Bob Segal
Burke

Unjust Position on Voting Rights

To the Editor:

Mr. Romney, during a recent debate with Republican presidential candidates, called attention to voting rights for those who have been disenfranchised because of a criminal conviction. He took a hard line, and an editorial in the Washington Post described Romney's position on the issue as parsimonious—an accurate description in my opinion. However, supporting positions lacking in generosity, as in the case of Romney regarding voting rights for offenders, has not been considered a vice by Romney or others in pur-

suit of short-term political gain, so who is surprised by such rhetoric?

Then Chuck Colson, who served time in federal prison for his misdeeds during his service to President Richard Nixon, noted in a Jan. 19 column that Romney "may reap a short-term political gain, but the politicians who do so also make it harder for offenders to get back on their feet. And that definitely does not serve the common good." Colson cut to the heart of the matter by invoking the principle of the "common good"—a just ordering of society so all may do well, including those who have paid their debt to society after committing a crime.

The membership of Social Action Linking Together (SALT) supports legislation that brings an end to the disenfranchisement of offenders who have completed their prison sentences, made restitution, and are now trying to live as responsible citizens in our various communities. To continue to deny these folks the right to vote is revenge, not justice. We can do better than that.

John Horejsi, Coordinator
Social Action Linking Together
(SALT)
Vienna

Oak Hill & Herndon CONNECTION

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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/FEB. 2

Solas. 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. Irish folk music. \$22. www.wolftrap.org.

FRIDAY/FEB. 3

The Discovery Series: East Coast Chamber Orchestra. 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. Works by Tchaikovsky, Shostakovich and Geminiani. \$35. www.wolftrap.org.

"Lend Me a Tenor." 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.

SATURDAY/FEB. 4

Fifth Annual Freezin' For a Reason Virginia Polar Dip. 1-3 p.m. Lake Anne Plaza Waterfront, 1609 Washington Plaza, Reston. Registration at 1 p.m. Polar Dip 2 p.m. Activities, post-Dip celebration and more. \$100, free to spectators. Proceeds benefit Camp Sunshine, for children with life-threatening illnesses and their families. www.freezinforareason.com or www.campsunshine.org.

Tschaikowski St. Petersburg State Orchestra. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. With Roman Leontiev, conductor. Compositions by Vivaldi, Bach, and Handel, Stravinsky, Poulenc, Rachmaninoff, Shostakovich, Prokofiev and Tchaikovsky. \$25-\$50. www.gmu.edu.

"Lend Me a Tenor." 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.

John Eaton's Made in America: A Salute to Our Great Immigrant Composers. The Barns at Wolf Trap, 1551 Trap Road, Vienna. 7:30 p.m. Homage to the heroes of the Jazz Era \$25. www.wolftrap.org.

TUESDAY/FEB. 7

Reston Garden Club Goes to the Oscars. 1 p.m. Hunters Woods Community Center, Reston. Members create floral interpretations of Oscar nominated films. therestongardenclub.org.

Practice Your Spanish. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Speak Spanish and make friends every Tuesday. Not a class, just an opportunity to speak. All levels welcome. robert_lambert01@comcast.net.

Reston Bland Music Concert. 7:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Sponsored by the Reston Lions Club. The Bland Contest is a progressive contest, where vocal and instrumental music students compete at a local club level, with the winners moving up to the Region, District, and then to the State Finals. www.blandfoundation.org.

WEDNESDAY/FEB. 8

Evening of One Act Plays. 7:30 p.m. Herndon High School Auditorium, 700 Bennett St., Herndon. www.herndonrama.org.

THURSDAY/FEB. 9

Mountain Heart. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Bluegrass with rock, gospel, jazz, R&B and blues. \$22. www.wolftrap.org.



Adopt A Senior Lab on Sunday, Feb. 12 from 10:30 a.m.-12:30 p.m. at PetSmart, 11860 Spectrum Center, Reston. Meet older dogs available for adoption from Lab Rescue of the Labrador Retriever Club of the Potomac. 703-796-0656 or www.lab-rescue.org.

Mystery and Adventure Mini Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

FRIDAY/FEB. 10

Virginia Opera: Orphée. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. \$44-\$86. 888-945-2468 or www.gmu.edu.

Dry Branch Fire Squad. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Roots bluegrass music. \$15. 703-435-8377.

The Vagina Monologues. 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason

Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or sas.gmu.edu.

Chicago City Limits. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Improvisational comedy. \$24. www.wolftrap.org.

Mystery and Adventure Mini Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

Gottaswing's Annual Have a Heart Hop. 8:30-11 p.m. Washington Dulles Hilton, 13869 Park Center Road, Herndon. Silent auction and swing dancing. Music by the Rock & Roll Relics. \$20 per person. Proceeds benefit the Lucky Dog Animal Rescue and The Honor Flight Network. info@luckydoganimalrescue.org or 202-741-5428.

SATURDAY/FEB. 11

Reston Contra Dance. Reston Community Center, 2310 Colts Neck Road, Reston. Beginners' workshop 7:15-8 p.m., dance 8-10:45 p.m. Music by the June Apple Band. Partner not necessary. \$9 including workshop. anote20@gmail.com.

Jimmy Lange Boxing. 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$35-\$500, available at www.ticketmaster.com and 703-573-SEAT. Accessible seating is available at 703-993-3035. www.jimmylangeboxing.com or www.patriotcenter.com.

Arlo Guthrie: Boys' Night Out. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax.

With his son Abe Guthrie, his grandson Krisha Guthrie, and longtime collaborator Terry a la Berry. Tickets \$24-\$48 at 888-945-2468 or cfa.gmu.edu.

Chicago City Limits. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Improvisational comedy. \$24. www.wolftrap.org.

The Vagina Monologues. 3 p.m. and 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or sas.gmu.edu.

Irish Ceili Dance with the Bogwanderers Ceili Band. 7-11 p.m. Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. Lessons 7-7:30 p.m. Newcomers welcome. No experience or partner required. \$15, half price under age 18 or students. Maximum \$35 per family. 703-631-9179.

Mystery and Adventure Mini Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

Reston's Two Divas. 6 p.m. Reston Museum, 1639 Washington Plaza, Reston. Celebrate Black History Month with an evening of jazz with song stylists Beverly Cosham and Menda Ahart, with Felicia Kessel-Crawley on keyboard. 703-709-7700 or restonmuseum@gmail.com.

SUNDAY/FEB. 12

Virginia Opera: Orphée. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. \$44-\$86. 888-945-2468 or www.gmu.edu.

DASH at Dulles 5k Mall Walk. 9 a.m. Dulles Town Center, 21100 Dulles Town Circle, Fairfax. A fundraiser for Dating Abuse Stops Here sponsored by Dulles Town Center's Dulles Dashers Mall Walkers Club. Created in memory of Siobhan Russell, a Franklin Farm resident murdered by her ex-boyfriend. \$15. www.datingabusestopshere.com.

Chocolate Festival. 11 a.m.-3 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Children's games and inflatables, silent auction, children's Valentine card-making room, pizza, subs, hotdogs, salads and drinks, chocolate treats and more. 703-793-0026 or www.florisumc.org/chocolate.

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Seahawk Wrestlers Confident Going Into District

Postseason tournament set to take place Friday and Saturday at Langley High.

BY RICH SANDERS
THE CONNECTION

The South Lakes High wrestling team earned its first dual team victory of the season when it edged host Yorktown High, 46-44, in a non-district competition which took place on Jan. 11 in Arlington.

South Lakes, members of the Liberty District, is fairly young across the board with just a handful of seniors on its roster. Nevertheless, the Seahawks have some outstanding senior and underclassmen talent and could fare well at this weekend's postseason district championships, set to take place at Langley High School Feb. 3-4 (Friday and Saturday). The win over the Patriots of Yorktown, members of the National District, was certainly a good confidence booster as the Seahawks look forward to the postseason.

"It's been a topsy turvy season so far for the Seahawks wrestlers but we're working hard getting ready for the Liberty District Tournament," said South Lakes head coach Bruce Hall. "It's going to be a tough district tournament this year. Langley is by far the favorite, but the Seahawks have a shot at second place in the tournament, even though our goal obviously is to win it. I'm very proud of what this team has accomplished and we only have four seniors on our team this year. Next season could be a great one. We certainly will be working hard to make it one."

SEVERAL INDIVIDUAL WRESTLERS

SPORTS ROUNDUP

Herndon High announced last week that Mary Miller will serve as the athletic program's new girls' field hockey coach. Miller is a 1983 graduate of Falls Church High School where she was a multi-sport athlete. She is a 1987 graduate of the University of Virginia.

Miller previously taught history and coached field hockey and soccer at McLean High School.

Herndon High's track and field teams had numerous highlights at Day One competition of the Concorde District Championships last week.

Outstanding showings came from two-time district champion Carina Peter, who broke a 17-year old Herndon High record in the girls' 55-meters race by garnering a time of 7.14 seconds at the dis-



South Lakes wrestler Ryan Forrest (right) is hoping to make a run at Liberty District and Northern Region crowns over the next two weeks.

trict meet. She also set a new school record in the girls' long jump event with a score of 18-9, which is also a new district meet record.

Another district champion was Austin Miller, who won the boys' pole vault event with a personal-best mark of 14 feet.

Herndon's Ben Green earned a second place finish in the boys' 55-meters with a time of 6.70, a new personal-best time for Green.

Other Herndon High track and field members who were Northern Region qualifiers with their strong showings in Day One action at districts: Brian Fuentes, 8.04 in 55-meter hurdles, a new personal best; Cierra Artis in high jump and long jump (new personal-best mark of 14-8); Kathleen Ratana, personal-best 29-7 mark in shot put; Bradley Heuer, personal-best

mark of 4:32.98 in the 1,600; and Austin Miller, new personal best of 19-9 in long jump.

The second day of the district championships will take place this week on Thursday, Feb. 2.

The Herndon High boys' and girls' swim and dive teams, under head coach Kathy McLaughlin, were both victorious over Centreville High on the night of Friday, Jan. 6. One of the highlights of the evening came from Jenna Van Camp, who broke Coco Buck's 100-breaststroke record set in 2000. Van Camp's time of 103.63 broke the old mark of 103.94.

The following are Herndon girls' results of the meet with Centreville: Jenna Van Camp (first in both the 200-free, 100-breaststroke); Elizabeth McNulty (first

international Baccalaureate program at South Lakes.

"He will be a great wrestler wherever he ends up," said Hall.

Hall said Forrest will likely compete in the 152 weight class division at districts this weekend.

"Ryan will probably wrestle 152 pounds in the district, regional, and state tournaments, although he could probably do just as well at 160," said Hall. "Ryan has been undefeated at 160 this season and has even wrestled up to 170 for certain matches to help give his team a win."

Another South Lakes wrestler experiencing success is junior Kevin Argueta, who is 26-6 at the 106 weight class. Of his 26 wins, 22 have come by pins. He finished in first place at the Cavalier Classic Tournament earlier this season.

"Kevin's goal is to win the district tourna-

ment and place in the Northern Regional Tournament and go to states this year," said Hall.

At 113 pounds for South Lakes this season has been Abdul Raufi, a first year wrestler who, like teammate Argueta, also earned a first place medal at the Cavalier Classic.

"He has been as good as any first year wrestler I've ever had," said Hall, a long-time wrestling coach in the region, of Raufi.

Senior Devon Johnson has built up an impressive 20-5 record this season wrestling at 138 weight class. Three years ago, Johnson was an outstanding freshmen wrestler for Hall and the Seahawks. He ultimately, however, transferred to another school before returning to South Lakes for his 12th grade year.

"Devon will challenge for the Liberty District title and hopefully qualify at regionals to go to the state tournament," said Hall.

OTHER KEY MEMBERS of the South Lakes lineup have included junior Chris Maginniss (145-division), a third year starter for the Seahawks; Eric Dismuke (170), whose season highlights include an eighth place showing at the early season Northern Virginia Classic and third place at the Cavalier Classic; junior Tommy Rugari (132); sophomore Colby Laxton (182); senior Owen Wolfe (220); and sophomore Alex Smurda (heavyweight).

"Eric [Dismuke] is a seasoned wrestler who gives us a shot in the arm at 170," said Hall. "Rugari, Laxton, Wolfe, and Smurda are all solid performers. Wolfe is a four-year starter."

South Lakes has been hit by several injuries this season, but Hall is hopeful the Seahawks will be fairly healthy for districts.

This week, South Lakes was scheduled to wrap up its regular season schedule with a district meet at Fairfax High on Monday, Jan. 30 and a home meet on the Seahawks' Senior Night the following night.

WELLBEING

Fitness expert Brad Hibbs of Greenspring, a retirement community in Springfield (shown here with Greenspring resident Julia Gerow), says motivating seniors can be challenging.



PHOTO CONTRIBUTED

Cybercycling for Better Health

Exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

BY MARILYN CAMPBELL
THE CONNECTION

The same staccato beeps and flashing graphics that keep some youth glued to video games might also boost cognitive function in senior citizens.

A study published in the February issue of the American Journal of Preventative Medicine shows that exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

“[A] cybercycle, a recumbent bike equipped with a computerized screen that allows interactive virtual-reality gaming, has been shown to improve executive function, which indicate abilities such as planning, organizing and problem-solving,” said Kathy Richards, Ph.D., a Herndon resident and assistant dean, Doctoral Programs and Research Development School of Nursing at George Mason University.

The Cybercycle Study, conducted by scientists at Union College in New York, tested 79 volunteers ranging in age from 58 to 99. Some of the volunteers completed three months of regular exercise on stationary bikes; others completed the same amount of exercise on cybercycles. Cybercyclists completed 3D tours and raced against a “ghost rider,” an avatar based on their last best ride.

Though the cyclists all exercised for the same amount of time and at the same level of intensity, researchers found that the cybercycle riders had significantly better executive function than those who used a plain stationary bike. They also experienced a 23 percent reduction in progression to dementia compared with the control group.

“We found that for older adults ... cybercycling two to three times per week for three months yielded greater cognitive benefit, and perhaps added [greater] protection against mild cognitive impairment (MCI), than a similar dose of traditional exercise,” said lead investigator Cay Anderson-Hanley, Ph.D., from the Healthy Aging and Neuropsychology Lab and Department of Psychology at Union College. “Navigating a 3D landscape, anticipating turns and competing with others requires additional focus, expanded divided attention and enhanced de-

cision-making. These activities depend in part on executive function, which was significantly affected.”

Dr. Jan Gable, an Alexandria resident and the medical center director at Greenspring, says that there are two types of memory changes that occur with age. “The normal age-related change in

memory is not progressive and does not lead to disability. This is characterized by delay in recall such as ‘word searching,’” she said. “The other category is dementia, a relentlessly progressive deterioration in brain function that usually affects memory first and later judgment, initiative, personality and finally movement and swallowing.”

Research shows that exercise may prevent or delay dementia and improve cognitive functioning in normal aging.

“Although we may not completely understand the specific processes that contribute to dementia, current evidence certainly suggests that physical and cognitive activities improve functioning in older adults,” said Kristin Anderson, M.D., M.P.H., family and preventive medicine physician for Molina Healthcare and Community Health Care Network in Reston. “An example of this would be ballroom dancing, which involves learning steps paired with exercise.”

The American College of Preventative Medicine reports that only 14 percent of adults aged 65-74 years old and only 7 percent of those over 75 report regular exercise.

“Motivating people at any age to exercise can be a real challenge,” said Brad Hibbs, a Burke resident and a wellness manager at Greenspring retirement community in Springfield. “Certainly this generation is especially challenging due to the fact that for most this is not something they were accustomed to doing on a routine basis.”

Mary Lee Esty, Ph.D., L.C.S.W., president of the Brain Wellness and Biofeedback Center of Washington, says neurofeedback — essentially biofeedback for the brain during which clinicians attach sensors to a person’s scalp to rebalance brainwave activity — might also improve cognitive functioning. “There is more and more evidence that neurofeedback actually improves executive functioning even in early dementia,” she said. “A personal experience was when my mother-in-law was in her early 90s, and it was increasingly obvious that she was having to search for words and was having trouble with fluency. But even after just one treatment, it made a huge difference in her word retrieval and ease of conversation.”

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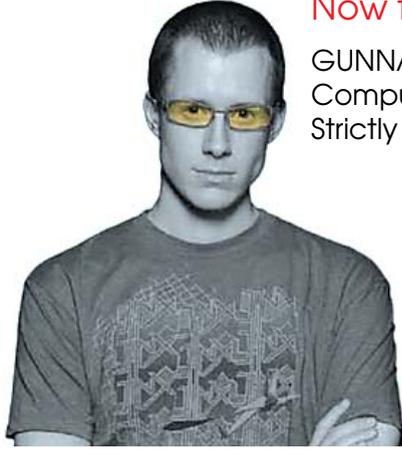
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"Progression"



By **KENNETH B. LOURIE**

There's a word – in a medical context, anyway, that you don't hear every day. And if you're a stage IV lung cancer survivor – like me, 35 months post-diagnosis, it's hardly the word you ever want to hear – or see – describing the most recent CT Scan of your lungs (Mediastinum) where your malignant tumors have been in "partial stable remission" going on two-plus years now. "Progression" means growth. Growth means the relative calm under which you've existed for the last few years is officially over.

However, as Groundhog Day repeats itself every year, it seems only fitting that this week, due to this "progression", I am writing to say that I too am repeating myself, sort of; I have re-started chemotherapy, so yes, here I go again. Because the previous chemotherapy cocktail worked so well (I'm still here, aren't I? That's a 'yes' by the way; this column has not been prerecorded), my oncologist has advised – and there were two other options discussed at my most recent appointment; Team Lourie chose the known of the three evils. Our collective thinking being that since I had success originally (the tumors shrunk) and equally important, my body tolerated the treatment reasonably well, repeating the six-time infusion (the second line, as they say) is a prudent blend of proactive presumption: Why wait? Why worry? Why not? And so we have. (It's not exactly caution to the wind, but nor is it hot air.)

In anticipation of daze gone by (chemotherapy round one), I've already gone to the salon and got my "chemo cut," short but not exactly down to the bone, but closely cropped for a smoother transition to the inevitable baldness too soon to follow. I have also stopped buying – or rather stopped planning to buy – certain personal hygiene products (shampoo, conditioner, shaving cream, razors) because there will be no hair to wash and condition and no stubble to shave – for the next six months or so, anyway. In a peculiar sort of way, daily maintenance becomes somewhat easier for a chemotherapy patient. And since I've been there and done that, (though I didn't necessarily want to do it again), I feel "very fortunate" as my oncologist described my circumstances; to be present and accounted for (still alive after three years) while preparing for the worst (yet again) and hoping for the best.

Having survived the treatment once provides a sort of comfort and familiarity that does not breed contempt – for me. I am ready, willing and in my opinion, quite able after three years of building up my immune system with more-proper eating, combined with a regular regimen of cancer-fighting additives: baking soda, apple cider vinegar, probiotics, green tea extract, pureed asparagus, alkaline water and diet, miscellaneous spices, pills, supplements and vitamins together with less stress due to work accommodations and disability benefits, to win the day (and hopefully the night, too); and though I don't anticipate this "second line" around will be any easier than the first, physically; mentally my feeling is, I've handled it once and I will handle it again.

And all things considered, as I typically consider things, I am fortunate to still have this choice/opportunity. Scared of course, to be honest, but experience is a wonderful teacher and since I have mostly been paying attention these past three years, I am going where this man has gone before (and not to a Star Trek Convention). I will be walking in footsteps already taken, the impressions of which are clearly mapped out in my head. As the man says in the 5-Hour Energy commercial: "Let's do this!"

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

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21 Announcements

NOTICE OF TRUSTEE'S SALE

3015 Dower House Drive, Herndon, Virginia 20171
Fairfax County

In execution of a Deed of Trust dated September 29, 2006, in the original principal amount of \$479,000.00, recorded as Deed Book 18817 at Page 0550, and re-recorded in Deed Book 19139 at Page 235, in the Clerk's Office of the Circuit Court of Fairfax County, Virginia, the undersigned Trustee will on Friday, February 10, 2012, at 10:00 a.m., by the front main entrance to the Fairfax County Courthouse, 4110 Chain Bridge Road, Fairfax, VA 22030, offer for sale at public auction to the highest bidder the following property with improvements thereon commonly known as 3015 Dower House Drive, Herndon, Virginia 20171, and more particularly described as follows:

Lot Three Hundred Two (302), Section Three (3), Franklin Farm, as the same appears duly dedicated, platted and recorded in Deed Book 5532 at Page 1099 among the land records of Fairfax County, Virginia.

Tax Map No. 035-2-08-0302

This sale is subject to the restrictions, rights of way, conditions, easements, and mechanic's liens, if any, whether of record or not of record, to the extent any of the foregoing applies, and takes priority over the lien of the Deed of Trust. This sale is also subject to a 120-day right of redemption in favor of the Internal Revenue Service.

Deposit of \$15,000.00, or 10% of the sales price, whichever is lower, by cashier's or certified check, shall be required to qualify as a bidder prior to the sale, except for the Noteholder.

The deposit, without interest, is applied to the purchase price at settlement. Settlement will be held on or before fifteen (15) days after sale. Upon purchaser's default, the deposit shall be forfeited and the property shall be resold at the risk and costs of the defaulting purchaser.

The balance of the purchase price shall be paid by certified or cashier's check or wire transfer. Settlement shall be at the offices of the undersigned Trustee, or other mutually agreed upon location. The property and any improvements thereon shall be sold in "as is" condition without any warranties. The successful bidder shall assume all loss or damage to the property from and after the time of the sale. Purchaser shall be responsible for all costs of the conveyance, which shall be by special warranty including, but not limited to, the preparation of the deed and the grantor's tax. Real estate taxes shall be adjusted as of the sale date. The sale is subject to such additional terms as the Trustee may announce at the time of sale. The purchaser will be required to sign a Memorandum of Sale incorporating all the terms of the sale.

George J. Shapiro, Trustee

FOR INFORMATION CONTACT:
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21 Announcements

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PHOTOS BY ALEX McVEIGH/THE CONNECTION



More than 300 people gather at St. John Neumann Catholic Church Sunday, Jan. 29 to hear about the people in need of free dental care.

From left, dentist Kristin Donohue, Gladys Suarez and Rev. Rebecca Messman speak about the benefits of free dental care for underprivileged people at St. John Neumann Catholic Church Sunday, Jan. 29.

VOICE Seeks Funds for Dental Care

Organization has raised \$150,000, needs another \$50,000 to provide free dental care.

BY ALEX McVEIGH
THE CONNECTION

As a dentist practicing for 11 years, Kristin Donohue says she has seen plenty of lives that have been transformed by access to dental care. As a volunteer at a dental clinic that offers free care in Bailey's Crossroads she has also seen her fair share of people who don't have that access.

"Once I treated a young man who had delayed his dental care with another dentist because he needed to have his car repaired," she said. "He simply couldn't afford not to work, and in his case, a life-threatening dental infection just became a lower priority."

It was stories like these that brought more than 300 people to St. John Neumann Catholic Church Sunday to support free dental care for those in need. Virginians Organized for Interfaith Community Engagement (VOICE) is campaigning to open a dental care clinic in Sterling, which will provide free care.

VOICE already operates a dental clinic at Baileys Crossroads, and the Sterling clinic would allow them to serve clients in the western part of Fairfax County. They are seeking to raise \$200,000 in private contributions to add a full time dentist to work at the Northern Virginia Dental Clinic, which

just opened in Sterling.

AN ANONYMOUS DONOR pledged \$100,000, and other sources such as INOVA Health Care Systems (\$10,000), Molina Healthcare (\$10,000) and Delta Dental Virginia (\$20,000) have helped raise the total raised to \$140,000.

Lori McLean, a member of St. John Neumann's health ministry and a nurse practitioner, spoke to the importance of dental care.

"I see every day people whose lives are affected by poor dental care. People with diabetes, heart disease and infections from abscesses not treated early," she said. "I know that many of these people have difficulty obtaining decent jobs, because they have smiles that show poorly cared for teeth and bad breath. This affects the ability to feed their families and find housing."

REV. REBECCA MESSMAN of the Trinity Presbyterian Church in Herndon told several stories about church members who have suffered from lack of dental care. She recalled one man who had to remove four teeth by himself, because he couldn't stand the pain anymore. Another has lost almost all her teeth due to diabetes.

"If people need medical care, we know how to respond. If they have financial struggles there are so many ways that we as a community of faith can come alongside them," she said. "But when it comes to dental pain, we have very little that we can do."

As a dentist who volunteers at the Bailey's Crossroads clinic, Kristin Donohue said she has seen "countless" lives improved by access to care in her 11 years as a dentist.

"I've seen the Bailey's Crossroads clinic in action, and I can tell you it's great," she said. "There's a dedicated staff there, wonderful people who can deliver great dental care to many people."

McLean said she has also seen the other side, when patients are finally able to get the dental care they need.

"I have seen the transformation that good dental care can bring to an individual self esteem when their newly-restored smile allows them to eat food, smile broadly and land that job," she said.

State Sen. Janet Howell (D-32) and Fairfax County Board of Supervisors Chair Sharon Bulova were engaged by VOICE in December of last year to help with fundraising, and both spoke at the event on the results of their efforts.

"I was so moved by what they had to say that I did pledge to become personally involved in trying to raise some money for this project," Howell said. "So far, I've contacted Reston Hospital Center, and they're thinking about it. I've talked to Northern Virginia Family Services, and they're thinking about it. I also asked INOVA, and so did Sharon Bulova, and they were able to commit an additional \$10,000."

While \$50,000 still needs to be raised, both Howell and Bulova said they would remain committed to VOICE until the rest of the money is raised.

Bulova said that she and Supervisor Cathy Hudgins (D-Hunter Mill) approached the county executive last year to get funding put into the program.

"The county executive has not yet released his budget for Fiscal Year 2013, that will come in February, but you can rest assured that we will both be watching for that commitment once again," she said. "My job is not finished, so you can be sure that I will continue to work to find the additional funds."



Fairfax County Board of Supervisors Chair Sharon Bulova speaks at St. John Neumann Catholic Church Sunday, Jan. 29 about raising money for free dental care for the needy in western Fairfax County.