

# 'Something Special' At Lake Anne Plaza

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The Reston Used Book Shop has been a feature of Lake Anne Plaza since 1978. The current owners, Bud and Sue Burwell, call it a community resource.

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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.



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.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

# 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



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.

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."

## 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 they punishment was going to be. It was only then that they thought to perhaps contact my wife and I."

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

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

— Steve Stuban

"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 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.



Steve Stuban



Nick Stuban

"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."

## 'Something Special' at Lake Anne Plaza

Reston Used Book Shop celebrates 34 years as a community resource.

BY AMIEE FREEMAN  
THE CONNECTION

In an era when book stores nationwide are facing rising competition from Internet booksellers and new technology, Reston Used Book Shop, on Lake Anne Plaza, celebrated its 34th anniversary in early January. Owners Susan and Bud Burwell attribute the shop's longevity to their appreciation for what a community resource the bookstore is.

The Burwells purchased the bookstore in 1999 – on April Fool's Day – from the store's original owners, Sue Schram and Sue Wensell, who established the store in 1978.

"I was an English teacher in Fairfax County and working here part-time when the Sues put the Shop up for sale in 1999. I suggested to Susie that we buy the shop and 'Live, Work, and Play' in Reston," said Bud, citing Reston's motto. "At that time, Susie wasn't sure about the proposition, but I decided to go ahead and do it. We recognize this bookstore as something special and we're not the only ones."

**BUD AND SUE** had actually considered establishing a bookstore in another area in Virginia – they had considered Charlottesville, Lexington and Farmwood – before committing to purchasing the Reston Used Book Shop. "What the heck, I thought," said Sue, referring to her initial hesitation in buying the Reston Used Book Shop. "This is the place to be."

Immediately upon purchase of the bookstore, Bud and Sue decided to expand the bookstore by purchasing the adjacent shop, a former dry cleaner, which had sat vacant for a long time. With this new addition, the bookstore now had space for a Children's section and a reading area that doubles as a meeting place for the shop's

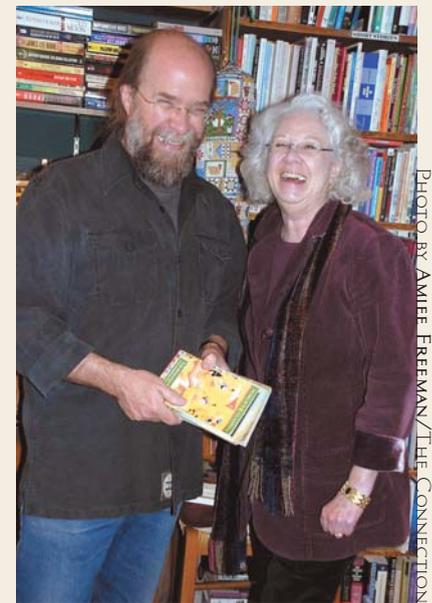


PHOTO BY AMIEE FREEMAN/THE CONNECTION

**Reston Used Book Shop owners, Bud and Sue Burwell, share a laugh in their shop. The bookstore celebrated its 34th anniversary in early January.**

monthly book club and a spot for hosting local authors and musical events. The additional space also allowed the Burwells to expand the number of books available in the shop.

When the Burwells purchased the bookstore, there were just over 22,000 books in the store; now the collection has almost doubled.

"We have books here you can't find at stores like Barnes and Noble. I like to say that books may be born at Barnes and Noble, but they come here to live," said Sue.

Bud and Sue speculated that their number one customers are pilots, flight attendants and other travelers who need a good book to read in-flight or while away on travel. Perhaps, too, since the books are bought at second-hand prices, they are left behind or exchanged for other books, suggested Bud.

People bring books into the bookstore and either trade their old books for books that are new to them or for store credit. Bud said that classic titles are always in demand and almost always accepted for resale. Traded books have to be in

SEE BOOKSTORE, PAGE 4

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## NEWS

# Bookstore Like No Other

FROM PAGE 3

good condition. "There is a basic formula for learning which books to accept for resale. And it's very much a learn-as-you-go process," said Bud.

Books from the "Good Reading" section — "we thought 'Literature' was too frou-frou," said Sue — sell the best, followed by books from the Children's section.

The advent of Kindle and other electronic reading devices is having a bit of an effect on sales at the bookstore. Sue thinks that folks are exploring other ways to experience books. "But so many times people come in and say they just could not do it," she said referring to reading books on an electronic reader. "They need to hold books in their hands."

In addition to books, groups gather at the bookstore to share their interest in music and learning. The bookstore hosts Fifth Sunday Bluegrass Jams throughout the year — only four times a year, remarked Sue. Bud's interest in hammer dulcimer has led to the

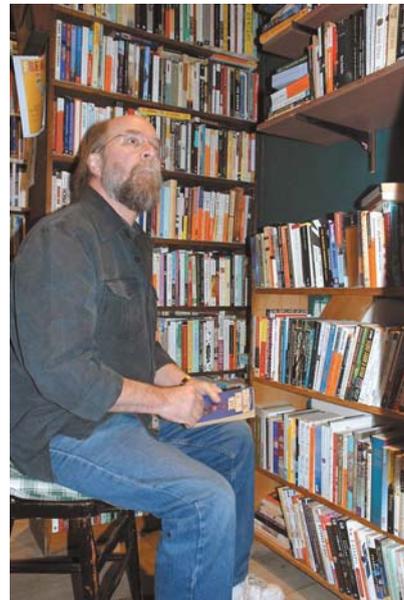


PHOTO BY AMIEE FREEMAN/THE CONNECTION

**Bud Burwell reshelves books at Reston Used Book Shop. Burwell, and his wife Sue, purchased the bookstore from the original owners in 1999.**

creation of a hammer dulcimer interest group which meets at the bookstore. Also, Saturday mornings during the spring and summer the bookstore offers the space in front of the shop to music

groups sponsored by the Friends of Lake Anne.

**THE BOOKSHOP** hosts a monthly book club that is different from other book clubs: Rather than the members of the club reading the same book, members read a book of their choosing and share their thoughts about the book with the group. The book club meets the third Monday of every month at 7:30 p.m.

Also for the past 10 years, the bookstore has allowed Osher Lifelong Learning Institute, a George Mason University program that offers intellectual and cultural experiences to Northern Virginia retirees, to use the bookstore space for classes and seminars.

The Reston Used Book Shop is open seven days a week: 10 a.m. to 6 p.m. on Mondays, 10 a.m. to 9 p.m. Tuesdays through Saturdays, 12 p.m. to 7 p.m. on Sundays. More information about the bookstore can be found on their [web page](http://www.restonusedbookshop.com) ([www.restonusedbookshop.com](http://www.restonusedbookshop.com)) or on their Facebook page.



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## Open House on Crescent Apartments

Supervisor Catherine M. Hudgins (D-Hunter Mill), the Fairfax County Department of Housing and Community Development (HCD), and the Office of Community Revitalization (OCR) will hold an Open House on Wednesday, Feb. 8, from 7 - 9 p.m., at the Lake Anne Village Center Reston Community Center, Jo Ann Rose Gallery located at 609 Washington Plaza North, #A in Reston on a forthcoming solicited Request for Proposal (RFP) under the Public-Private Education and Infrastructure Act of 2002 (PPEA) for the redevelopment of Crescent Apartment property.

The County will be seeking experienced private developers to redevelop the Crescent site in conformance with the Comprehensive Plan. The solicitation will also encourage developers to assemble additional properties within the Lake Anne Village Center (LAVC) for a consolidated redevelopment of the area. The Open House will discuss the goals of the redevelopment project which is intended to be a catalyst for the revitalization of Lake Anne by:

- ❖ Creating a high quality development that complements the existing Lake Anne Community
- ❖ Ensuring diverse housing options exist in Lake Anne including workforce, senior and affordable housing
- ❖ Enhancing pedestrian, and bicycle connections throughout the Lake Anne area
- ❖ Increasing the viability of the Lake

Anne Village Center by adding new residents.

For more information, please contact Rex Peters from HCD at 703-246-5143, TTY 711, [rex.peters@fairfaxcounty.gov](mailto:rex.peters@fairfaxcounty.gov), or Bridget Hill from OCR at 703-324-9306, TTY 711, [bridget.hill@fairfaxcounty.gov](mailto:bridget.hill@fairfaxcounty.gov) or go to, [www.fcrcv.org](http://www.fcrcv.org)

## Best of Reston Winners to Be Announced

The winners of the 2012 Best of Reston Awards will be announced Thursday, Feb. 2 at the "Revealing the Best" reception. The reception will be held at Google's Reston Office, 1818 Library Street, Suite 400 from 6 p.m.-8 p.m.

The Awards and Gala are produced in partnership by Reston Interfaith and the Greater Reston Chamber of Commerce. Community members submitted nominations for the awards during the months of November and December 2011. An anonymous panel reviewed all nominations and selected the six winners of this year's awards.

Winners of the 2012 Best of Reston Awards will be formally honored at the 21st Annual Best of Reston Awards for Community Service Gala on Thursday, April 12, at the Hyatt Regency Reston. Sponsorship opportunities for the gala will be available and details can be found at [www.restoninterfaith.org](http://www.restoninterfaith.org). Proceeds from Best of Reston support the programs and services of Reston Interfaith.

## Reston Citizens Community Center Live / Work / Play

**Russia America Friendship Night-** Join us. We will make pelmeni. Pelmeni are a favorite Russian "soul food." It's sort of a Russian custom to gather in the kitchen and make this wonderful food on cold winter night and have a party. Pelmeni are ground beef with ground onion that are dropped into boiling water. We will teach you how you can make your own. We will also make whole beet soup and "poor man's caviar." Also we are putting out the invitation for Russian singers musicians and comedians so we are not quite sure what exactly will develop but it's sure to be a fun filled evening. Join the Reston Citizens Community Center (not associated with the Reston Community Center) February 1 between 7 and 9 at the Hunters Woods Reston community Center. Free but please register.

**Canoe Making-** Learn to build a wood strip canoe. First night we will go over the steps in constructing your own using the wood strip. A wood strip canoe will be available. Second night will be making the strong back on which the canoe is built Third night we will start laying on the wood strip planking Subsequent weeks will be planking the canoe and then fiber glassing the vessel. By the end of the course you will know everything and maybe have patterns for a wood strip canoe of your own. Limited to five students and will be taught at various locations in Reston. 6 lessons on Tuesday nights beginning at 7:30-9:30 in late February,\$160

**Ballroom Dancing-** A six lesson course on Wednesday Night taught right here in Reston. Six lessons \$35 beginning in March. If time allows we will go into some modern dance.

**Sharpening 101-** Learn to sharpen using the well known Spyderco sharpener. Learn to sharpen knives, scissors, salon shears, thinners, work shop tools etcetera. Using this versatile sharpening system Taught by Rod Koozmin a prominent local sharpener. \$25 and \$89.95 for the sharpener. (optional). February 15 at 7:30-9:30. Bring your own dull knives scissors and workshop tools.

**The Deadliest Catch-** Watch this program together when it comes on in the Spring. What do you think is going to happen this year? Watch on wide together. \$5 per show. BYOB. Bring finger foods, the beer is on us.

**The Passion Zone - United States, EnglishHealth**

Join sex coaches Allie and Scarlet live Sunday nights from 6 - 6:30 pm ET on Blogtalkradio as they discuss love, sex and relationships. <http://www.thepassionzone.com>. Get together after the podcast to discuss this weekly show. Free but registraton required. Must be over 18 and not offended by frank sexual talk.

**The Real Truth form the Bible-** Join us for amazing facts that you may never have known about from the pages of the Bible. A Weekly discussion group led by Elder Mike James. free but requires registration.

**What did I do this time to piss you off?!** - A frank discussion about what annoys women for men only hosted by Rod Koozmin and local licensed Clinical Phycro Therapist Deborah Morrow. February 15 7:30 to 9. free but requires registration. [sharpeningman@yahoo.com](mailto:sharpeningman@yahoo.com)

Reston Citizens Community Center offering diverse recreational opportunities in Reston sponsored by the Progressive Republican Republican Meetup Group for Ron Paul and Ken Cuccinelli and Rod's Sharpening Service. Do you have something to offer the community? Join our distinguished teachers and staff and offer a course in whatever you think will be of interest to Reston Citizens. We will list it in our printed and on line catalogue. For example if you are an accountant you might want to offer a course in incorporating or taxes or something. You get half of the tuition and maybe some new clients. We are dedicated to Living working and playing in Reston.

To register, obtain a complete listing of offerings, make a donation or offer to serve on the board of directors write your name on a blank piece of paper with phone number email and home address and send it along with any check required to Reston Citizen's Community Center (not associated with Reston Community Center), 1164 Plaza America Drive (next to Whole Foods), Reston Virginia 20191. 703-945-0171. Make checks payable to Rod's Sharpening Service.

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# NEWS

## Tracking Snow Plowing Online

The Virginia Department of Transportation (VDOT) has a new web tool that shows the status of plowing in northern Virginia neighborhoods.

Once it snows at least two inches, residents can find out the status of plowing in Fairfax, Loudoun and Prince William county neighborhoods at <http://novasnowplowing.virginia.gov>.

The webpage activates when two or more inches have accumu-

lated.

VDOT has organized northern Virginia streets into 600 "snow maps" which are assigned to plow drivers. These are the maps users will view and be able to find out whether crews are plowing, have plowed or have not started a particular snow map. Street-by-street progress is not shown.

Users can enter an address in northern Virginia to see a color-coded snow map that indicates the

plowing status in that area:

- Green indicates a neighborhood has been plowed,
- Yellow means plows are in progress in the neighborhood,
- Blue indicates plows have not yet started the neighborhood; and,
- Gray means the area is not maintained by VDOT. Cities, towns and some developments maintain their own roads.

Residents can view a video on how to use the new site at <http://youtu.be/HMRaitZLgyo>.



Visit [novasnowplowing.virginia.gov](http://novasnowplowing.virginia.gov) for more information.

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## MILITARY NOTES

**U.S. Army Capt. Kenneth A. Ward** has returned from his second tour of duty in Afghanistan. While there, Ward earned a Bronze Star for meritorious command in wartime, as well as an Air Medal for meritorious flying in combat. He is assigned to the 82nd Aviation Brigade, based at Ft. Bragg, N.C. Ward is married to Valerie Mahr Ward, formerly of Chantilly, and is the son of Jonathan and Jane Ward of Reston and Cindy and Alvin Glatkowski of Duck, N.C.

**Air Force Airman Javier Beltran** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Beltran completed training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. He is the son of Roxy Beltran of Winterthur Lane in Reston.

**Air Force Airman Desiree E. Bohorques** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. She is the daughter of Timothy Bohorques of Rickwood Drive, Pensacola, Fla., and niece of Bonnie Cullen of Crescent Park Drive, Reston. Bohorques is a 2009 graduate of West Florida High School, Pensacola.

**Marine Corps 2nd Lt. Thomas F. Newcomb**, son of Judith K. and John F. Newcomb of Reston, recently reported for Naval Aviator training at Naval Air Station Kingsville, Texas. Newcomb is attending a 13-month undergraduate jet pilot training course that combines basic studies in engineering and navigation. Newcomb is a 2004 graduate of South Lakes High School and a 2008 graduate of U.S. Naval Academy.

**Charles J. Armstrong** of Reston has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. Cadets practice team work, cohesion and learn to deal with demanding situations. The 2010 graduate of Herndon High School is the son of Louise Armstrong of Reston and Charles Armstrong of Clifton.

**Air Force Airman Philip E. Aparicio** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. He is the son of Catalina Gomez of Mill Race Lane in Reston, and brother of Fidel Gomez of Greensboro, N.C. Aparicio is a 2009 graduate of the National Guard Youth Academy in Virginia Beach.

**Phillip C. Kroke** has received an Army ROTC scholarship to attend Virginia Military Institute, Lexington. The cadet will study military science, management development, and more while pursuing a bachelor's degree. Kroke is the son of Jeffery A. and Elizabeth Kroke of Linus Drive, Reston.

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## BULLETIN BOARD

To have community events listed in the Connection, send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com).  
Deadline is Friday.

### 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](http://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](http://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](http://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](http://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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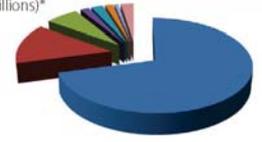
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#### FY 2013 Proposed Budget

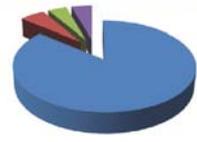
**FY 2013 Proposed Operating Revenue**  
(\$ in millions)\*



- County Transfer 70.9%
- State Aid 14.0%
- Sales Tax 6.4%
- Federal Aid 1.7%
- Beginning Balance 2.3%
- City of Fairfax 1.5%
- Other 0.8%
- VRS Reserve 2.5%

\*Does not add due to rounding.

**FY 2013 Proposed Operating Expenditures**  
(\$ in millions)\*



- Instruction 85.9%
- Transportation 5.4%
- Facilities Management 4.1%
- General Support 4.5%

\*Does not add due to rounding.

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RESTON CONNECTION ♦ FEBRUARY 1-7, 2012 ♦ 7

# OPINION

## About Halfway

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

### EDITORIAL

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.

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.

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.

### Live Streaming, More

You can watch legislative sessions of the Virginia House of Delegates and Senate via live streaming video at the General Assembly website: <http://legis.state.va.us/>

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

Visit [http://legis.virginia.gov/1\\_cit\\_guide/contacting\\_my.html](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.

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

### COMMENTARY

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



The Virginia General Assembly may be about to repeat an unfortunate chapter of its history by passing bills that will have the effect of suppressing voter participation. Although the bills are justified by the proponents as preventing voter fraud, no examples of voter wrongdoing have been shown.

At the turn of the twentieth century Virginians were in the throes of fierce political upheaval. While the Civil War had ended decades before, fallout from Reconstruction and shifts in control of state government were still being felt. A new state constitution was intended to renew order to a state that had been accustomed to being governed by an aristocracy. That order was achieved by the imposition of a number of voter suppression measures that cut the state's voter registration list in half and led to the state having one of the lowest rates of voter participation in the country.

The blank sheet voter registra-

## Repeat of a Sordid History

tion system that was described as a literary test required voters to list on a blank sheet of paper seven pieces of information in the order required in the state constitution. The system stumped many well-educated people. The poll tax kept some poor people from voting because they did not have the \$1.50, but an even greater barrier to voting was the requirement that the tax be paid at least six months before the election for at least three years in a row. These measures along with intimidation effectively kept black citizens from voting and enabled the white Democratic Byrd machine to dominate Virginia government for more than a third of a century.

It took federal intervention through the courts and the Voting Rights Act to get rid of these discriminatory practices in Virginia and other southern states.

The current bills before the legislature are not as blatant as those of the past, but they have a clear intent of making it more difficult to vote. Photo identification at the polling place may seem reasonable but for many creates a real chal-

lenge. Ironically, voter registration cards under some bills would not be adequate identification at the polls. Proof of citizenship is also required in some bills. Older Virginians, the poor, and new citizens will be those most disadvantaged. Such efforts at voter suppression are underway in many other states as a run-up to the presidential election this November.

Election campaigns need to be won on the merits of the issues and the strengths of the candidates – not through a manipulation of the electoral process. I will be voting against all the voter suppression

bills and encouraging my colleagues to do the same.

I have scheduled three "Community Hour" opportunities for constituents to meet with me to discuss these and other issues on Saturday, Feb. 18, as follows: 9 – 10 a.m. at the Jo Anne Rose Gallery, Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston; 10:30 – 11:30 a.m. at Dominion headquarters, 3072 Centreville Road, Herndon (main entrance fronting Centreville Road); and 1:30 – 2:30 p.m. at Flint Hill Elementary School Cafeteria, 2444 Flint Hill Road, Vienna.

### LETTERS TO THE EDITOR

## 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 de-

scription in my opinion. However, supporting positions lacking in generosity, as in the case of Romney regarding voting rights for ex-offenders, has not been considered a vice by Romney or others in pursuit 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

SEE LETTERS, PAGE 13

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# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://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](http://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](http://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](mailto: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](http://www.freezinforareason.com) or [www.campsunshine.org](http://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](http://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](mailto:restonplayers.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](http://www.lab-rescue.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](http://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](http://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](mailto: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](http://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](http://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](http://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.

## 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](http://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](mailto:sas.gmu.edu).

**Chicago City Limits.** 8 p.m. The Barns at Wolftrap, 1551 Trap Road,

Vienna. Improvisational comedy. \$24. [www.wolftrap.org](http://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](mailto: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](mailto: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](http://www.ticketmaster.com) and 703-573-SEAT. Accessible seating is available at 703-993-3035. [www.jimmylangeboxing.com](http://www.jimmylangeboxing.com) or [www.patriotcenter.com](http://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 Krishna Guthrie, and longtime collaborator Terry a la Berry. Tickets \$24-\$48 at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**Chicago City Limits.** 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Improvisational comedy. \$24. [www.wolftrap.org](http://www.wolftrap.org).

## Reston Association Board of Directors Election

### Important Dates

March 5, 2012- Ballots mailed/online voting begins [www.reston.org](http://www.reston.org)  
 March 14, 2012 7 p.m. Candidates' Forum, 12001 Sunrise Valley Drive  
 March 30, 2012, 5 p.m. Deadline to return ballots to counting agent

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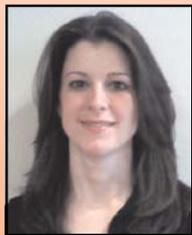


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## WELLBEING

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



PHOTOS CONTRIBUTED

# Cybercycling for Better Health

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

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 decision-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,”

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



Jean Matheson of Greenspring, a retirement community in Springfield, exercises using a stationary bike. A new study shows that exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

SEE NEUROFEEDBACK, PAGE 11

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# Neurofeedback Improves Executive Functioning

FROM PAGE 10

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.”

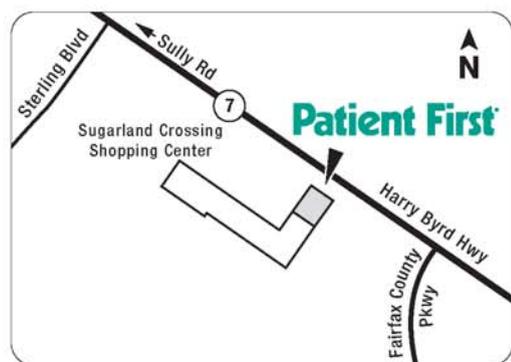
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# Seahawk Wrestlers Confident Going Into District

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

BY RICH SANDERS  
THE CONNECTION

**T**he 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.

in both 500-free, 100-fly); Ryan Murphy (first in 100-back, second in 100-free); Kara Joyce (first in dive); Karly Ginieczi (second in 100-back, third in 50-free); Nikki Russell (second in 200-free); Kayla Kent (third in 100-fly); Sara Strangfeld (third in diving); Justine Chester (third in 500-free); and Jenna Krynicki (third in 200 IM).

In girls' relays, the 200-medley team of Murphy, Van Camp, McNulty, and Ginieczi finished first; and the 400-free relay of Murphy, Van Camp, Russell, and Ginieczi was also first.

Boys Results - Jonathan Nguyen (first in both 200-free, 100-fly); Conor Cudahy (first in 100-back, 100-free); Richard Fronczak (first in 50-free, third in 100-free); Adam Trapp (first in dive); Jack Van Camp (first in 200-IM, third

in 100-breaststroke); Sean McKibbin (first in 100-breaststroke, second in 100-free); Paul Latimer (first in 500-free); Brett Petty (second in both 200-free, 100-fly); Chris Fronczak (second in 50-free, third in 100-fly); Kyle Harvey (second in 200-IM); Omar Zaki (second in dive); Jason MacCannon (second in 100-breaststroke); Ryan Cudahy (second in 500-free, third in 200-free); Will Hardesty-Dyck (third in 200-IM); Michael Malito (third in 500-free); Justin Bradley (third in dive).

The Herndon boys had three relay winners - the 200-medley team of Conor Cudahy, McKibbin, Chris Fronczak, Richard Fronczak; the 200-free relay of Langtry, Petty, Ghaffari, Nguyen; and the 400-free relay of Petty, Nguyen, Chris Fronczak, Conor Cudahy.

# FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@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](http://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](http://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](http://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](http://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](http://ShalomDC.org).

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

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

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

## SCHOOL NOTES

Navy Seaman Recruit **Jessica Javor** has completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Javor completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2006 graduate of South Lakes High School is the daughter of Martha L. Gendron of Reston.

**Stefanie Brown** of Reston has been named to the spring 2011 dean's list at the University of South Carolina. The South Lakes High School graduate is studying music education.

**Melissa Tran** of Reston has been named to the 2012 Who's Who Among Students in American Universities and Colleges. Tran is majoring in quantitative economics at Providence College, Providence, R.I.

## LETTERS

FROM PAGE 8

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 Ac-

tion 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

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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**

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**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:  
George J. Shapiro, Trustee

GEORGE J. SHAPIRO LAW OFFICES  
1303 Vincent Place  
McLean, VA 22101  
703-288-1926

**21 Announcements**

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# Reston Community Center • Board of Governors Meetings

## FINANCE COMMITTEE MEETING

Monday, February 6 • 6:30 p.m.  
RCC Hunters Woods

## BOARD OF GOVERNORS MEETING

Monday, February 6 • 8:00 p.m.  
RCC Hunters Woods

## COMBINED COMMUNITY RELATIONS AND PROGRAM/ POLICY COMMITTEES MEETING

Monday, February 13 • 6:30 p.m. • RCC Hunters Woods

Do you have ideas and opinions about the future of cultural, recreational and leisure time amenities? Small district 5 residents are invited to attend the combined meeting of the Community Relations and Program/Policy Committees to share your thoughts.

Can't make it? You may also submit your suggestions and comments by emailing us at [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).



**DRESS DRIVE**  
January 9 - February 25

RESTON COMMUNITY CENTER IS COLLECTING THE FOLLOWING FOR DIVA CENTRAL  
**Dresses • Shoes • Jewelry • Hand Bags • Shawls • Accessories**

Drop off items at Reston Community Center Hunters Woods  
2310 Colts Neck Road, Reston VA

Diva Central is RCC's annual prom dress giveaway. This incredible one-day event is open to any current high school student who is in need of a prom dress, shoes and other accessories. Everything is absolutely **FREE**.  
Limit one dress per student.

**DIVA CENTRAL EVENT**  
Saturday, March 10  
12:00 p.m. - 6:00 p.m.

Reston Community Center Lake Anne  
1609-A Washington Plaza

**TO VOLUNTEER OR FOR MORE INFORMATION**  
Kenny Burrowes, RCC's Teen Program Director • 703-476-4500

All donations are appreciated; however, we ask that donations are in good condition, no older than 5 years old (circa 2007), and dry-cleaned before they are donated. If dry cleaning is not possible please inform us at the time of drop-off. Dress donations will benefit students in Fairfax County and other surrounding areas. **Donations are tax deductible.**



Reston Community Center  
2310 Colts Neck Road, Reston VA 20191



To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY).

