

# Celebrating Diversity

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PHOTO BY ALEX McVEIGH/THE CONNECTION

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From left, Tom Wilkins, a founder of the Martin Luther King Jr. Cultural Foundation, Jennifer Johnson and Robert Simon, founder of Reston, at the MLK foundation's celebration of cultural diversity at Herndon's ArtSpace Saturday, Jan. 26.

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# THE COUNTY LINE



PHOTOS BY VICTORIA ROSS/THE CONNECTION

**Stanton (center) with his adoptive parents Mike and Freda Delgado of Fairfax during Fairfax Families4Kids National Mentoring Month Celebration on Saturday, Jan. 26, at the Pinn Center in Fairfax. “This isn’t easy, but you can’t give up. Michael and I always say to Stanton that no matter what, we’re not giving up on you,” Freda said.**

**Fairfax Families4Kids hosted a luncheon for mentors to celebrate National Mentoring Month on Saturday, Jan. 26, at the Pinn Center in Fairfax. (From left) Alexandra LaJoux; Joan Brady, Paris, 16, a foster teen who was recently adopted; Molly Pell; Carmen Jordan, Carissa and Beverly Howard, the director of the program.**

## A Chorus of Praise

**Fairfax County mentors celebrated during National Mentor Month.**

BY VICTORIA ROSS  
THE CONNECTION

Second article in a three part series.

**C**an we get an “amen?” The joyful noise coming from the David R. Pinn Center in Fairfax on Saturday wasn’t a gospel revival, but it was just as inspiring and enlightening.

“C’mon now. I want to hear from everybody. Give me an adjective to describe your mentor... How about amazing?” asked Beverly Howard, the “dynamic” director of Fairfax Families4Kids.

“How about chill!” said Stanton, 14, sporting yellow sunglasses and a baseball cap, making everyone laugh.

“Supportive,” shouted one teen. “Caring and helpful,” shouted another.

The boisterous call-and-response session was part of a special luncheon hosted by Fairfax Families4Kids, a foster-mentoring program run by Fairfax County’s Department of Neighborhood and Community Services, to celebrate National Mentor Month. Created in 2005, the program’s mission is to build bonds between volunteers and foster children, a majority of whom are 14 years old or older.

“Mentors can truly make the difference between struggle and success,” Howard said. “Our mentors are all heroes.” She said research has shown that volunteer mentors can play a powerful role in reducing drug abuse and youth violence as well as boosting academic achievement.

While Howard was more than willing to praise mentors, many of the mentors and youth were just as enthusiastic about her.



**Alexandra LaJoux, of Fairfax, holds up a poster created by one of the youth she mentors. She attended the Fairfax Families4Kids luncheon for mentors to celebrate National Mentoring Month on Saturday, Jan. 26, at the Pinn Center in Fairfax.**

teach a class.

“And let me add that I love the name Paris,” LaJoux said with a mischievous grin, before snapping her fingers and serenading Paris with the Cole Porter classic “I love Paris.”

“*I love Paris in the spring time; I love Paris in the fall; I love Paris in the summer when it sizzles; I love Paris in the winter when it drizzles...*” I sang that song to her the first time I met her,” LaJoux said, laughing. “You can see, we’re just one big family here.”

“Yeah, one big crazy family,” Paris said, smiling. The celebration ended on a high note, as mentors gathered around a chocolate cake with candles.

“Blow out the candles and make a wish,” said Howard. “I wish all of you loving families.”

“Miss Beverly is fun and funny,” said William, a 13-year-old in the program who was recently adopted. “When we’re sad, she brings us up.”

“She uses her soft, inside voice with us,” said a 16-year-old foster youth. “She doesn’t yell. I like that.”

Another foster child spoke movingly about his mentor, “Mr. Keith” Foxx, one of the program’s first mentors. “He’s a great basketball player. He’s smart, and he’s always happy to see me.”

Paris, a 16-year-old singer/songwriter, praised all the mentors by leading the group in singing “We Are The World,” playing her jazz interpretation of the song on a guitar. After several years in the program, Paris was recently adopted.

“Paris is so talented. She’s an avid reader and she writes poetry,” said Alexandra LaJoux, a mentor who lives in Fairfax. LaJoux—known for her exuberant personality, and her penchant for bursting into song—is a music teacher who became involved in the program when she volunteered to

### VIEWPOINTS

## Inspired to Mentor

**T**he Fairfax County Board of Supervisors recently recognized January as National Mentoring Month. “As a nation, we need to ensure that all of our young people are well equipped to lead healthy and productive lives. You can help a young person prepare for a successful future

by volunteering with a local mentoring program,” said General Colin L. Powell, the spokesperson for the national campaign, during an event in Washington, D.C. last week. As part of National Mentoring Month, we asked mentors with Fairfax Families4Kids, a Fairfax County foster-mentoring program

### “What Inspires You to be a Mentor?”



**Alexandra R. Lajoux**

“Joy! After songwriting with creative teens in foster care, I wanted to spend more time with them and to mentor. Paraphrasing a prayer: “Child of God, my mentee dear, to whom God’s love commits me here. Ever this life, I’m at your side. To light, to guard, to love, to guide.”

**Kathy Moore**

“When my younger child left home for college, I realized that I had time, energy, and love to give to teenagers who had no caring adults in their lives. The challenges are great, but seeing the kids become confident, happy and trusting through the mentor relationships is incredibly rewarding.”



**Keith Foxx**

“It’s simple. These kids need mentors like any other children, but they also need an adult figure in their lives that can help guide them like a parent would. I had a desire to help young people, which soon turned into a love for mentoring, friendship and our kids!”

**Molly Pell**

“I can’t pinpoint a specific reason that I became a mentor. I had a little bit of free time and I like teenagers, so I thought I’d give it a shot. Six years later, I’m still here. The kids inspire me to stick with it. They’re like family to me, and I look forward to seeing them as often as I can. I am inspired by their strength, resilience and their open hearts.”



**Yusef Jamaludeen**

“What inspired me to mentor was the overall need for positive non-parental role models for our youth. Mentors are the ‘life coaches for the adolescent.’ In addition, it takes little amounts of effort to be a mentor and it has such a significant impact to the mentees. As a youth with a stable home life, I can’t remember how often I saw my mentor but I will never forget him. Knowing someone cares about you who isn’t related to you or paid to do so makes all the difference in the world sometimes.”



**Chavon Rogers**

“I started mentoring because I wanted to give back to the community by doing something I love, which is working with children. I continue to mentor because I love working with kids and the program. I mentor some amazing and resilient kids who bring much joy to my life.”



—VICTORIA ROSS

Photos of mentors courtesy of Joan Brady of Great Falls. Brady, a professional photographer, volunteers as a mentor, photographer and videographer for Fairfax Families4Kids.

# MLK Foundation Celebrates Diversity

Organization welcomes member of Tuskegee Airmen.

BY ALEX McVEIGH  
THE CONNECTION

The Martin Luther King Cultural Foundation hosted a celebration of cultural diversity Saturday, Jan. 26, at ArtSpace in Herndon. The Reston-based organization provides thousands of dollars per year to send local students to college.

"Our foundation exists to work toward Dr. King's interpretation of community, and we're committed to the idea that through education young people will one day grow up to fulfill Dr. King's dream," said Myrtle Gallow, president of the foundation. "It hurts to think of the young people in this community, who are able to make their grades and get

into college, but they just can't get a ticket to pay for it. That's a problem we can help them take care of."

The foundation gave out \$4,000 scholarships to 15 students last year, and Gallow said they are always trying to increase that amount. She said their goal is to be able to give \$8,000 scholarships, which is the average amount it takes to get a two-year degree from a community college.

Board member Cesar Del Aguila said that the foundation is one of the most "just and honorable efforts" he had ever been a part of.

"This organization is all about giving opportunity to those who might not otherwise get one," he said.

The celebration also welcomed Hiram Mann, a retired lieutenant colonel in the Air Force and member of the original Tuskegee Airmen, the first African-American military aviators in the United States Armed Forces.

Mann, who was part of the 332nd Fighter Group, one of two groups that make up the Tuskegee Airmen, flew 48 combat missions during World War II,



PHOTO BY ALEX McVEIGH/THE CONNECTION

**From left, Dudley Johnson, Reston founder Robert Simon, Jennifer Johnson, Hiram Mann, a member of the Tuskegee Airmen, Tom Wilkins and Chuck Smith at the Martin Luther King Jr. Cultural Foundation's celebration at Herndon's ArtSpace Saturday, Jan. 26.**

sustaining only minor shrapnel and bullet damage to his P51-D Mustang.

He said he thought it was especially important to appear with a foundation that prioritized education. After his active duty career, he was an admissions counselor at the Air Force Academy.

"I had the privilege of seeing the military pre-integration, during integration, and post-integration, and it was the biggest change I saw in my time in the military," he said. "I can still remember the first time I had a white roommate."

He recalled a study conducted in 1925 by the Army War College, which referred to African-Americans as "a race that has not developed leadership qualities [and] his mental inferiority and weakness of character are factors that must be considered."

"What makes me the proudest of what we were able to do is prove every single statement in that report false," Mann said. "That contradicted a study by the Army's war college, and was instrumental in making integration successful."

(science, technology, engineering, and math) initiatives as a result of a \$70,000 donation from Time Warner Cable. The company donated the proceeds from its third annual Time Warner Cable Charity Golf Classic to the school.

Now in its third year as Hutchison's partner, Time Warner Cable has donated a total of \$102,000 to the school to support instruction. The company is an active partner at Hutchison, where nearly 70 percent of students are eligible for free and reduced price meals. Students participate in career experiences through Time Warner Cable's Connect a Million Minds initiative, and employees hold monthly career day lunches to expose students to possible careers. Time Warner Cable also supports the school by initiating an after-school robotics club, distributing books on Read Across America Day, supporting the Collect for Kids school supply drive, and sponsoring a Math Literacy Night, which attracted 350 families who learned math strategies and support they could provide at home.

Time Warner Cable employees serve as mentors to Hutchison students; in the first two years, mentors have donated 700 service hours to the school and students.



PHOTOS CONTRIBUTED

**M.N. Scott Ulvi, president and CEO of Triumph Enterprises of Fairfax, accepts a 2012 Helios Apollo award for employers that invest in innovative employee development, engagement and community service initiatives. The company, which employs nearly 200 people, is considered an innovative federal government contractor.**

## Call for Nominations— 2013 Helios Apollo Awards

Recognizing forward-thinking employers for outstanding employee development programs.

Helios HR, a human resources firm in Reston, announced a call for nominations for the 2013 Helios Apollo Awards. The deadline for nominations is Friday, Feb. 15. Nomination information and a submission form are available at [www.helioshr.com/apollo](http://www.helioshr.com/apollo).

Winners and finalists will be honored at the Helios Apollo Awards Ceremony at the McLean Hilton on May 29. This breakfast ceremony will recognize organizations for their outstanding commitment to employee development and engagement, specifically highlighting innovative, collaborative and agile programs. These honorees set the standard for leadership, growth, and giving back to the community.

Nominations will be reviewed by an independent panel of recognized workforce development authorities and business leaders. The Selection Committee will consider a variety of areas, including opportunities for mentoring and innovative programs or opportunities to

develop leadership skills through charitable community involvement.

"Employers are increasingly embracing employee development programs as a key driver of employee retention, revenue generation and competitive advantage, and we have seen a dramatic year-over-year rise in both the number and quality of Apollo Awards nominations," said Kathy Albarado, CEO, Helios HR. "We encourage companies to come forward to share best practices and garner much-deserved recognition for stand-out employee development programs."

New in 2013, Helios is adding two industry awards exclusive to the non-profit and government sectors. Supporters of this program include Washington SmartCEO, Berenzweig Leonard, LLP, Business Benefits Group, Washington Financial Group, Access National Bank, Pensare Group, Red Thinking, UndercoverPrinter and WTPF.

—VICTORIA ROSS



**The 2012 Helios Apollo Awards.**

### WEEK IN HERNDON

## ArtSpace to Host a Black History Month Event

A Black History Month event will be held on Saturday, Feb. 9, from 1 to 2 p.m. This year marks the 150th anniversary of the signing of the Emancipation Proclamation. Student-athletes from Herndon HS will present readings on the document, its history and importance. The event is free and open to the public, at ArtSpace Herndon, 750 Center Street, Herndon. Go to [www.artspaceherndon.org](http://www.artspaceherndon.org) for more information.

## Hutchison Elementary Receives Donation From Time Warner Cable

Students and teachers at Hutchison Elementary School will be able to purchase and use additional supplies for their STEM

# PEOPLE

## Herndon Reston Youth Softball Takes on New Commissioner

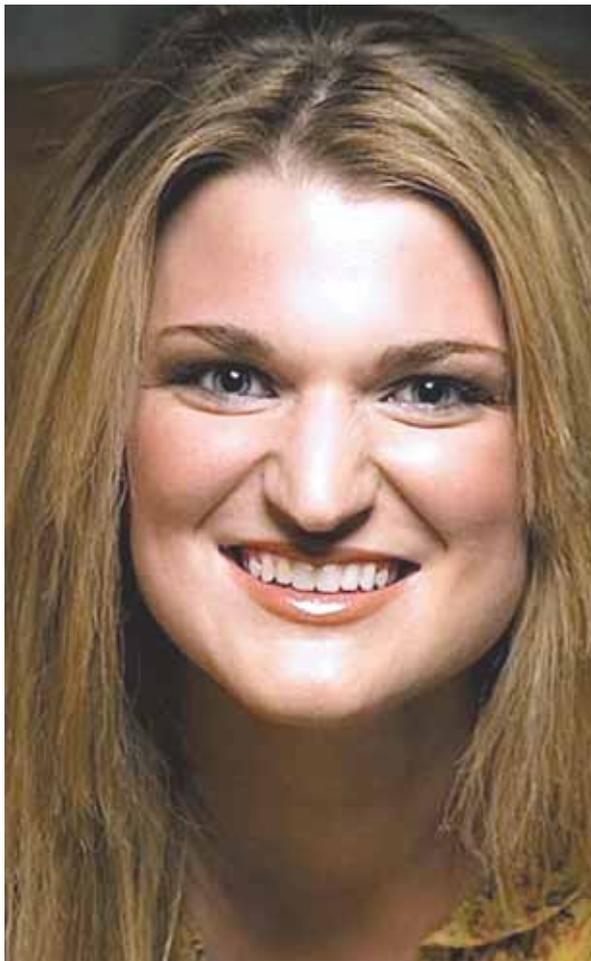
Veteran fastpitch softball player and coach Jordan Foster says she's ready for the challenge of leading the Herndon Reston Youth Softball League as Commissioner Bob Thomas retires and a new slate of officers takes the helm.

The growing girls' fastpitch softball league, serving players ages 6 to 18 in the greater Herndon-Reston area, will take on Foster to take the baton from Bob Thomas, who helped build a good name for the league.

Foster graduated from George Mason University and has been active in softball for 15 years. A Reston native, she played house league for Reston Youth Softball and was a member of the Reston Redbirds travel organization. She attended South Lakes High School, where she played on the Varsity team for four years and where she is currently entering her second year as the assistant junior varsity coach.

Foster has been part of the HRYS community since 2011, coaching teams ranging in age from 10 to 18.

In addition to Foster's appointment, the board elected Coach Melissa Pickell as registrar and coach Chris Anderson as secretary, to replace registrar/coach Steve Wiczorek and secretary/coach Peter Young, whose terms were completed. The board expressed their gratitude to the departing officers for all of their excellent work in developing HRYS into the program that it is today.



Jordan Foster

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# OPINION

## Extreme, But Brief, Volunteering

More than 150 volunteers needed to survey chronic homeless for three days in February.

**T**he real solution to homelessness is housing.

This week in Northern Virginia, a point-in-time survey will record all of the “literally homeless” individuals and families in the region. Last year, on Jan. 25, 2012, there were 1,534 people who were literally homeless in the Fairfax-Falls Church Community; 697 of them were single individuals and 837 were people in families. A third of the total number of homeless were children. Nearly 60 percent of the adult members of the homeless families were employed.

Later in February, the Fairfax-Falls Church Partnership to End Homelessness will embark on a new, intensive approach to identify the nearly 300 people who are chronically homeless, living on the street or in the woods around the county. This is part of a national effort, 100,000 Homes.

Volunteers will create a registry, including names, photographs and personal stories of all

individuals experiencing chronic homelessness in the area. The information gathered will identify particularly vulnerable people, and help prioritize housing and support resources. The county’s goal is to get half of them in housing within three years.

### EDITORIAL

The effort is not without precedent. Arlington’s registry week was in October 2011, and identified 153 homeless individuals, with more than half at risk of dying on the streets. Since then, more than 30 homeless people identified as vulnerable have been placed in permanent housing. Arlington’s campaign is on target to fulfill the goal of housing 100 people in three years.

The Fairfax effort, 100,000 Homes Fairfax, kicks off on Feb. 23 with Registry Week, a multi-day event where volunteers go out on the streets and gather information to create a name and photographic registry.

It will require the work of more than 150 volunteers countywide. Most will help conduct surveys with homeless individuals on the

streets for three days during registry week. Others will help with data entry and other support roles.

It’s a big commitment but also an opportunity to be a part of real change for some of the area’s most vulnerable people. Volunteer efforts on those days will most certainly lead to saving lives.

Survey volunteers make a four-day commitment, a half-day of training plus working three mornings (4-7 a.m.) in teams of four to interview homeless individuals for the registry. The same team of four must survey the assigned geographical area all three days. Survey volunteers will need to be available: Saturday, Feb. 23, overview and training, noon-4 p.m.; Monday, Tuesday and Wednesday, Feb. 25, 26, 27, team survey, 4-7 a.m.

The Registry Week will wrap up with a presentation to the community on March 1.

Other volunteers will help set up for the volunteer training and/or assist at headquarters each survey morning by setting up food, helping with cleanup and answering volunteer questions. You can register online and learn more at <http://www.fairfaxcounty.gov/homeless/100khomes/registry-week.htm>.

## Searching for ‘The New Virginia Way’

Need to change the way Virginia supports people with disabilities.

BY RIKKI EPSTEIN AND  
KYMBERLY DELOATCHE

**I**n light of Virginia’s settlement with the Department of Justice over Virginia’s state institutions for people with disabilities, also known as training centers, it is time for us to enter “The New Virginia Way.” We must focus on building community supports and capacity for those leaving the training centers and for the 7,500 families on waiting lists for state Medicaid waivers.

“The New Virginia Way” means changing the way Virginia supports people with disabilities from an under-funded, complicated system to a comprehensive community support structure. Right now, there are not enough supports available for every individual in the community. In fact, this lack of community options was a large part of the reason the DOJ investigated Virginia and found it violates the civil rights of people with disabilities.

The DOJ settlement and “The New Virginia Way” will ensure community supports are done correctly. The settlement is a legally enforceable agreement that holds Virginia responsible for making sure every person transitioning to

community-based care has the supports they need lined up before they move. If the Independent Reviewer overseeing implementation feels that Virginia is falling short, the case goes back to court. Judge John Gibney, who is overseeing the settlement, has made clear his commitment to protecting the rights of everyone involved and ensuring all requirements are met.

It is worth noting that since the settlement, the General Assembly has funded more waivers than the minimum mandated by the settlement. The governor’s current budget proposal includes rate differentials for individuals who have intense behavioral and nursing needs, and the state is hiring a consultant to redesign the waivers to provide more comprehensive services with adequate reimbursement rates. This demonstrates a step forward.

Increasingly, service providers have dedicated themselves to supporting individuals with significant needs. Some specialize in helping individuals with a history of significant behavioral challenges and others have nurses on staff to support individuals with complex medical concerns. Several have begun to expand since



PHOTO COURTESY OF THE ARC OF VIRGINIA

**An individual with a disability and his caregiver wearing “I Support The New Virginia Way” stickers at the Martin Luther King Day Rally in Richmond.**

the settlement to help individuals transition.

The settlement encourages creativity and smaller, customized supports. We need to consider sponsored placements and apartments with 24-hour staffing. These housing models are already working in Virginia and can be established affordably and quickly.

Over a dozen states have no institutions and most have closed at least one. We have great role models for institutional closure, an Independent Reviewer with decades of experience in making

transitions a reality, a settlement that mandates safe and appropriate supports, and thousands of advocates dedicated to making sure we support everyone the right way.

This settlement is a landmark opportunity to ensure Virginia is changed for the better forever. That will happen when we all put our energy towards making “The New Virginia Way” reality.

*Rikki Epstein is executive director at The Arc of Northern Virginia. Kymberly DeLoatche is executive director at the Autism Society of Northern Virginia.*

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# LETTERS

## Taking Exception on Medicaid Expansion

To the Editor:

Your recent editorial ["Expanding Medicaid Good For Virginia," The Connection, January 23-29, 2013] is noble in its desire to "extend health coverage to more than 400,000 residents who currently have no health insurance."

If public policy making were just that easy. The editorial then goes on to indifferently say, "the Federal government picks up the tab." As if a reminder was needed, that

tab is, in fact, picked up by the taxpayer through either more borrowing or more taxes, and not by the ubiquitous "Federal government." (Plus, states lack a further financing tool the federal government has—printing more money.) There is no proverbial "free lunch."

Then, the logic and math of later offering an explanation of how the cost will be financed requires a complete suspension of common sense to accept. The editorial cites

"new analysis by the Commonwealth Institute showing that expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total \$2.08 billion and more than offset the state's share of expansion costs ... plus provide significant numbers of new jobs and economic growth."

If "expanding Medicaid to 133 percent of the poverty level" could conceivably generate that kind of

revenue, jobs and economic growth, why stop there? Why not expand it to 150, 175, or even 200 percent of the poverty level? By the editorial's logic, if the 133 percent figure will get Virginia over \$2 billion in revenue, then expanding it to 200 percent should earn the state hundreds of millions more—right? So why in reality doesn't it work that way? Because on the flip side—and unwritten in the editorial—are such factors as increased taxes to foot the bill take money from the taxpayer that

could otherwise be spent elsewhere in the economy to generate jobs and economic activity.

One last point. The editorial says that "expanding health care will add tens of thousands of new jobs." No. It is a healthy, vibrant and expanding economy that will add the "tens of thousands of new jobs" as more dollars become available for everyone to make their choice to obtain adequate health coverage.

**Chris J. Krisinger**  
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# ENTERTAINMENT



## Mill Run

### Mill Run Harmonies at Holy Cross

A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals plays Saturday, Feb. 16 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$12; children 12 and younger, free. 703-435-8377 or www.millrunbluegrass.intuitwebsites.com.

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.

## WEDNESDAY/JAN. 30

**Herndon Council of the Arts Annual Meeting.** 7-9 p.m., Ice House Café, 60 Elden Street, Herndon. Members and the general public may join the Council for the Arts for the Annual Meeting and Awards Ceremony; refreshments and cash bar included. www.herndonarts.org.

## FRIDAY/FEB. 1

**Kids Night Out.** 6:30-10 p.m., at the Herndon Community Center, 814 Ferndale Ave., Herndon. Parents take the night off while children enjoy a cheese pizza dinner, watch a movie and participate in games and activities; participants must register by 4 p.m. on the day of the event. \$15. www.herndon-va.gov.

**Artists Reception: Seismic Highway/Hopeful Calm & Beginnings.** 7-9 p.m., at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Local photographers Catherine Powers and Michael Kane present a mixed exhibit of Powers' photography from up and down US 17 from Virginia to Florida recording the vanishing culture, and Kane's images of the natural world on a journey of discovery. 703-956-6590 or www.artspaceherndon.org.

**Dry Branch Fire Squad.** 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A bluegrass band known almost as much for their humor as their music plays traditional and old-time Appalachian style bluegrass. \$15; children 12 and younger, free. 703-435-8377 or www.drybranchfiresquad.com.

## SATURDAY/FEB. 2

**Freezin' for a Reason.** Noon-2 p.m., at Lake Anne Plaza, 1609 Washington Plaza, Reston. Take the plunge into frigid waters—or, for the faint of heart, the Chicken Dip—to benefit Camp Sunshine, a year-round retreat for children with life-threatening illnesses and their families. A \$100 minimum donation and courage to brave the elements is required to



**Delicious homemade chocolate will be available for purchase at the Chocolate Festival. Proceeds will benefit Help Hungry Kids, a program that sends food home in backpacks to children in local elementary schools who otherwise would be hungry over the weekend.**

## SUNDAY/FEB. 10

**Dating Abuse Stops Here.** 9-10 a.m., at Dulles Town Center Mall, 21100 Dulles Town Circle, Dulles. The third annual DASH at Dulles 5K Walk in memory of Siobhan Russell in protest of dating abuse is open to the public. \$15. www.datingabusestops.org.

## TUESDAY/FEB. 12

**St. Timothy's Pancake Supper.** 6-7:30 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Join for the popular community event to feast on pancakes, French-toast sticks, ham, applesauce, coffee, apple juice and milk with leftovers given to the Emily Rucker Community Shelter in Reston. \$15 per family; \$8 per adult. www.saint-timothys.org.

## WEDNESDAY/FEB. 13

**Open Mic Night.** 9:30 p.m.-1:30 a.m., Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

## FRIDAY/FEB. 15

**Bowling for Columbine.** 7 p.m., at United Christian Parish, 11508 North Shore Dr., Reston. A showing of the Academy Award-winning documentary film about gun violence in America, by Michael Moore; the film explores the nature and relationship of guns, violence and racism. 703-620-3065. www.oaktonathletics.org/index.cfm?action=main.thead&contentid=266626.

## SATURDAY/FEB. 16

**Mill Run.** 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals. \$12; children 12 and younger, free. 703-435-8377 or www.millrunbluegrass.intuitwebsites.com.

## SUNDAY/FEB. 17

**Beale Street Puppet Show.** 11-11:45 a.m., at the Herndon Community Center, 814 Ferndale Ave., Herndon. A variety show featuring hand and rod puppets, Paddy Hobark and his dog Tuxedo, his cat Silky and a mischievous monkey named Jogi on their search for the colors of the rainbow. \$4 in advance; \$5 at the door. www.herndon-va.gov.

## ONGOING

**Public Art in the Windows** at ArtSpace Herndon, 750 Center Street. An effort to promote outdoor public art in the Town of Herndon; artists and photographers may submit original works of art. 703-956-6590 or www.artspaceherndon.org/week



**Reston resident Raba Letteri, with her sons Aaron, 8, (right) and Joseph, 12, jump into the 40 degree water of Lake Anne on Feb. 4, 2012, as part of the Freezin' for a Reason fundraiser to benefit Camp Sunshine in Casco, Maine.**



**Mermaid Mary Turner of Herndon jumps into the 40 degree water of Lake Anne on Saturday, Feb. 4, 2012, as part of the fifth Freezin' for a Reason Polar Dip.**

## Freezin' For a Reason at Lake Anne

### Area daredevils ready to freeze to help kids battling illnesses.

Individuals in crazy costumes and creative flair will take over Lake Anne Plaza in Reston once again for the 6th Annual Freezin' for a Reason Virginia Polar Dip on Saturday, Feb. 2. The event will kick off at noon with family friendly activities and warm-up—with the dip scheduled to take place starting at 2 p.m. Last year's event drew record crowds of both spectators and jumpers raising over \$76,000. Registered participants will take a chilly full plunge or a "Chicken Dip"—to raise funds for Camp Sunshine, a national year-round retreat for children with life-threatening illnesses and their families.

The creation of the Virginia Polar Dip was started in 2008 by the Northern Virginia based Toth family after a long history with Camp Sunshine. They first attended Camp Sunshine as a participating family in 1996 when their daughter Jennifer was a cancer patient at age 3, and they have returned as volunteers every summer since. After Jennifer participated in a Camp Sunshine Polar Dip in New Jersey, her family decided to bring the event to Virginia in order to help more local families. Since 2008, 480 people have

## Floris UMC to Hold Chocolate Festival

Floris United Methodist Church, 13600 Frying Pan Road, Herndon, will hold the annual Chocolate Festival on Saturday, Feb. 9, 11 a.m.-3 p.m. Bring family and friends and enjoy a day of great food and fun.

Games & Activities include:

- ❖ Food
  - ❖ Carnival Games
  - ❖ Large Inflatables
  - ❖ Lots of Chocolate
  - ❖ Face Painting & Balloon Art
  - ❖ Recreation & Relaxation Silent Auction
- Money raised will support Help Hungry Kids—the program that sends food home in backpacks to children in local elementary schools who otherwise would be hungry over the weekend and makes other efforts that support children in poverty.

For more information, contact Laurie Tillet at 703-898-2330.



**Children can have their face painted as well as play a variety of carnival games at the Chocolate Festival. There will also be large inflatables and moon bounces for children.**

## WINTER FUN IN RESTON, HERNDON

### Area residents discuss "the best ways to have fun."

—OLUFEMI AKINSITAN



**Maritza Trochez**, restaurant worker, with daughter, Herndon

"I stay at home and clean and sometimes go to the movies."



**Ryan Farrar**, account representative visiting Herndon from Ashburn

"I love snowboarding, going out with family and friends."



**Justin Britt** with son, marketer at Oracle, Herndon

"I like to go and watch basketball and hockey games. I like to see the Wizards and the Capitals; stay active and have fun. I also like to go to the Reston town center for ice skating and sledding when it snows."



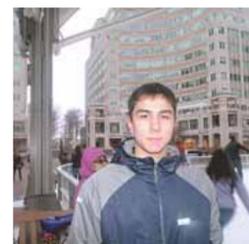
**Tim Malloy**, massage therapist, Herndon

"I like to take out the kids ice skating in Reston and go to the gym."



**Priscilla Battle**, HR specialist from Woodbridge

"I love to go dining and go to the movies. I also enjoy partying."



**Zachary Quiza**, student visiting Reston from New Jersey

"I love ice skating and bowling. I also love snowball fighting."

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THE CONNECTION NEWSPAPERS

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## PEOPLE

# Miss America to Promote STEM

**A**t a pre-Inauguration event Sunday, Jan. 20, newly crowned Miss America 2013 Mallory Hagan addressed a large audience gathered at the FAA for a “Federal Open House and Program Mentoring and Science, Technology, Engineering and Math (STEM).” She spoke passionately about girls and STEM education, which along with her personal issue will be the chief cause during her reign. Reston resident Elizabeth Vandenburg, who co-leads the Mid-Atlantic Girls Collaborative (MAGiC) and serves on the AAUW National STEM task force, thanked Miss America for giving girls and STEM a voice. “She is passionate, articulate and she can carry an important educational message about girls and STEM to girls everywhere,” said Vandenburg.



Elizabeth Vandenburg meets Miss America 2013 Mallory Hagan.

## BULLETIN BOARD

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

### THURSDAY/JAN. 31

**Domestic Violence Intervention Workshop.** 9:30 a.m.-noon at St. John Neumann Catholic Church, 11900 Lawyers Rd., Reston. For clergy and faith leaders to learn how to assist victims of domestic violence. Register. [www.fairfaxcounty.gov/hrcode/ereg/registration.aspx?groupid=26](http://www.fairfaxcounty.gov/hrcode/ereg/registration.aspx?groupid=26).

**Calls for Art.** ArtSpace Herndon is accepting submissions for two displays through Jan. 31: the first of original images of works which depict the time frame from 1830-1880 as part of the “Beyond the Blue and Grey” The Virginia Home Front exhibition and the second for the Public Art in the Windows community effort to promote outdoor public art in Herndon. [www.artspaceherndon.org](http://www.artspaceherndon.org).

### TUESDAY/FEB. 12

**SNAP Herndon Senior Center.** 10 a.m., at the Herndon Senior Center, 873 Grace St., Herndon. The federally-funded Supplemental Nutrition Assistance Program helps low-income individuals purchase groceries, benefiting a single person on average with \$16 to \$119 per month; find out if you qualify at a presentation for older adults. 703-324-7948 TTY: 711.

### ONGOING

**Arabic-speaking Older Adult Social Visits.** Fairfax County

needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**The Object Management Group (OMG)** announces their quarterly technical meeting for members and interested non-members. The week of Mar. 18, at The Hyatt Regency, Reston. Register online or walk-in registration. [www.omg.org/news/meetings/tc/dc-13/info.htm](http://www.omg.org/news/meetings/tc/dc-13/info.htm).

**The Herndon Senior Center** at 873 ceherndon.org. Grace St., Herndon, needs a volunteer musician to play soothing music for participants; piano available. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, act as a companion while shopping at grocery store and pharmacy, make friendly calls to homebound individuals, be handy helpers for minor home repairs and help with yard work and chores are needed. 703-506-2199.



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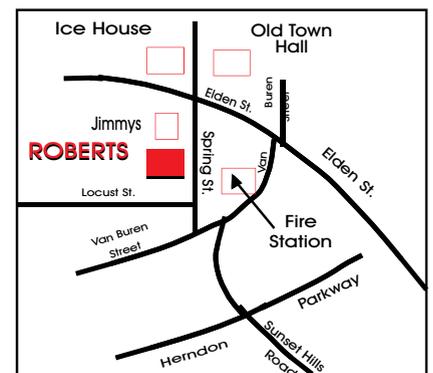
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## NEWS

From left, Jeffery Edmonds, Dan Arena, Aless Grasso and Jean Gallagher, members of the St. John Neumann Young Adult outreach group, serve a meal Monday, Jan. 21, at the church's annual FACETS hypothermia shelter week. The church is one of 34 different faith communities that house homeless people during winter nights.



PHOTO BY ALEX McVEIGH/THE CONNECTION

# Hypothermia Shelter Brings Homeless in From Cold

**St. John Neumann hosts county homeless as part of FACETS program.**

BY ALEX McVEIGH  
THE CONNECTION

**A**s temperatures around the area have dipped below freezing, more than 1,700 people around Fairfax County don't have the walls, roof and heat to help them survive the winter. St. John Neumann hosted dozens of people who might not otherwise have shelter last week, part of the FACETS Hypothermia Prevention Program.

FACETS, a Fairfax-based nonprofit, works with 34 different faith communities over the winter months to provide shelter, meals and other assistance to the homeless. Last year the program provided shelter for 244 individuals, up from 141 the year before.

This is the sixth year St. John Neumann has hosted people for a week, and it has become a regular outreach opportunity for the church's various groups.

Only 17 people came the night of Sunday, Jan. 20, because of the warmer temperatures. On Monday, Jan. 21, as the temperatures dipped to the low high 30s, more than 20 showed up and temperatures dropped throughout the week.

On Monday, the church's Young Adult Group cooked a dinner of roast beef, rolls, garlic potatoes and chocolate chip cookies and served guests as well.

"The serving is the best part, sometimes I feel like we're trapped in our own little bubble, but it gives you a chance to see smiles on the faces of people that don't take a single meal for granted," said Dan Arena, a member of the group.

Jeffery Edmonds, a seminary student who recently came to St. John Neumann, said events like the hypothermia shelter are a good way for the Young Adult

group to support the community around them.

"We've been trying to get the group more involved in a lot of activities, and trying to attract more volunteers for the group," he said. "Our goal here tonight was to provide a meal."

The church opens at about 5:30 p.m. to welcome their nightly guests, some who take FACETS transportation, the bus or drive their own vehicles. They stay overnight, get breakfast and a bag lunch in the morning, and depart until the evening.

St. Thomas a Beckett Catholic Church and Beth Emmet, a synagogue in Herndon, also serve meals during the week, along with St. John Neumann's various groups.

The church provides entertainment throughout the week, with musical groups, therapy dogs and even footpaths and pedicures from the church's health ministry.

Donated, gently-used or new clothes such as coats, pants, jackets, sweaters, T-shirts and socks are available several nights during the week for guests to choose from. Volunteers also bring in their sewing machines several nights to mend and repair clothes.

"We post cards on our bulletin boards for items we'll need for our 'clothing store,' and our members pick them up and shop for the items that we give away," said Pam Dister, a member of St. John Neumann.

Many guests have their only possessions in a suitcase or two, or spread over several plastic bags. They keep their items with them, and are issued a bedroll by FACETS.

After dinner, they can spend time in the church's youth room watching TV and playing games until they go to bed. Lights out is at 10 p.m.

"Our volunteers are around all night to help them if needed, they usually sleep in three hour shifts, but there's always someone around," Dister said.

The shelter rotates every week to a new faith community in Fairfax County. More information is available at [www.facetscares.org](http://www.facetscares.org).

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday.*

**A seven-session course on the history of African American spirituals** and their impact on Christianity worldwide will begin Sunday, Feb. 3, at 9:30 a.m. at the United Christian Parish, 11508 North Shore Drive, Reston. All are welcome.

Instructor will be Rev. LaVerne M.

Gill, United Church of Christ minister, and member of the United Christian Parish and the Mosaic Harmony gospel choir. The course is based on an article she wrote for a conference held in Ethiopia by the World Council of Churches and the Vatican on the origins of African American sacred music.

Subjects to be covered include the origins of spirituals, spirituals as codes of the underground railroad, the black church, the popularization of spirituals, classical arrangements, contributions of major religious figures from other coun-

tries, the role of spirituals in the US civil rights movement and the 21st century. Musicians to be featured include Jessye Norman, Mahalia Jackson, Paul Robeson, Henry "Harry" Thacker Burleigh, and Sweet Honey and the Rock.

The United Christian Parish is an ecumenical church uniting four denominations: United Methodist, Presbyterian Church (USA), United Church of Christ, and the Christian Church (Disciples of Christ). For more information, call the church office at 703-620-3065.

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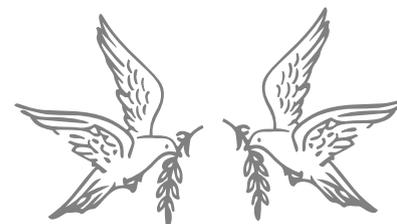
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The Rev. Jacqueline Thomson  
The Rev. Laura Cochran  
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1700 Wainwright Dr., Reston



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# SPORTS

**The Oakton High team and coaches hold up the district banner with pride after winning the Concorde District at a meet on Saturday, Jan. 26.**



PHOTOS BY  
KATIE PIERCE

## Oakton Swim and Dive Wins District Titles

**O**akton High School's Varsity Swim and Dive teams won both the boys' and girls' Concorde District Swim & Dive Championship Saturday night, Jan. 26, at Cub Run RECenter. The girls won with 532 points over Robinson in second place with 323 points. The boys won with 464 points over Robinson (460) in second place.

Oakton's divers set the stage for an incredible night. Bennett Fagan placed third for the boys. Julia Powell and Hana Burkly placed fifth and sixth overall respectively.

John Shebat, Michael Pettinichi, Philip Hu, and Gregory DeRosa placed first in the 200yd Medley Relay with a state qualifying time. In the 200yd Freestyle, Nathan Pawlowicz placed fourth with a regional qualifying time, and Michael Ambrose placed fifth. Denny Nguyen placed first in the 200yd Individual Medley with a state qualifying time, and Michael Pettinichi took fifth place for Oakton. In the 50yd freestyle, John Shebat placed second with a state qualifying time, and Gregory DeRosa placed sixth. In the 100yd Butterfly, Philip Hu finished first and Denny Nguyen placed third, both with state qualifying times. Nathan Pawlowicz placed first in the 500yd Freestyle with a state qualifying time, and Gray Liddell finished fourth with a regional qualifying time. In the 200yd Freestyle Relay, Gregory DeRosa, Denny Nguyen, Michael Ambrose, and John Shebat finished second with a state qualifying time. Philip Hu and John Shebat took first and third place respectively in the 100yd backstroke with state qualifying times. Michael Pettinichi placed third in the 100yd Breaststroke with a state qualifying time. Denny Nguyen, Michael Ambrose, Nathan Pawlowicz, and Philip Hu placed third in the 400yd Freestyle Relay with a state qualifying time.

Janet Hu, Melissa Shebat, Julia Capobianco, and Gillian Crews took first for Oakton in the 200yd

Medley Relay with a state qualifying time. Megan Byrnes placed first in the 200yd Freestyle with a state qualifying time, and Kendall Lawhorn followed in second place with a regional qualifying time. In the 200yd Individual Medley, Janet Hu took first place with a state qualifying time. Laura Branton placed second in the 50yd Freestyle, Gillian Crews placed fourth, and Elise Bourdelais placed seventh both with regional qualifying times. Laura Branton and Julia Capobianco placed first and second in the 100yd Butterfly with state qualifying times. Gillian Crews placed fourth in the 100yd Butterfly with a regional qualifying time. Janet Hu placed first in the 100yd Freestyle with a state qualifying time. Kendall Lawhorn took second for Oakton in the 500yd Freestyle with a regional qualifying time. Dylan Staniszewski, Madelynn Norton, and Mary Arscott placed third, fourth and fifth, respectively, in the 500yd Freestyle. In the 200yd Freestyle Relay, Gillian Crews, Elise Bourdelais, Megan Byrnes, and Laura Branton finished first with a state qualifying time. Megan Byrnes placed first in the 100yd Backstroke with a state qualifying time, and Julia Capobianco placed fourth with a regional qualifying time. Melissa Shebat and Ashley Nero placed fourth and sixth in the 100yd Breaststroke. Laura Branton, Kendall Lawhorn, Megan Byrnes, and Janet Hu placed first in the 400yd Freestyle Relay with a state qualifying time.

Swimmers and divers with regional qualifying times/scores will advance to the AAA Northern Region Championship Meet at Oak Marr RECenter starting Tuesday, Jan. 29, with boys' diving at 5:30pm, followed by girls' diving on Wednesday, Jan. 30, at 5:30pm. Swim preliminaries will take place for boys on Thursday, Jan. 31, at 5:30pm, and for girls on Friday, Feb. 1. Swim finals will be held Saturday night at 5:30pm at Oak Marr RECenter in Oakton.

**The Oakton High boys and girls celebrate together their second consecutive Concorde District Championship wins on Saturday, Jan. 26.**



### SPORTS BRIEFS

## Oakton Girls' Basketball Beats Herndon

The Oakton girls' basketball team remained undefeated in the Concorde District with an 88-45 victory against Herndon on Jan. 28.

According to stats from the Washington Post's Web site, Elizabeth Manner led Oakton with 23 points. Angela Sickels scored 15 points, Alex Marquis finished with 13, Kelsey McWilliams had 10 and Lindsey Abed added nine.

Alexis Brown led Herndon with 12 points. Brianna Moses scored 10 points and Sabrina Tolbert finished with nine.

Oakton improved to 16-2 overall, including six to zero in the Concorde District, and improved its winning streak to six games.

The Cougars hosted Chantilly on Tuesday, after The Connection's deadline. Oakton will travel to face Robinson at 5:45 p.m. on Friday, Feb. 1.

Herndon fell to 4-13 overall and one to five in the district. The Hornets hosted Centreville on Tuesday, after The Connection's deadline. Herndon will host Chantilly at 6 p.m. on Friday, Feb. 1.

## Flint Hill Boys' Basketball Edges Sidwell Friends

The Flint Hill boys' basketball team beat Sidwell Friends 47-46 on Jan. 27, giving the Huskies five consecutive victories after a 3-11 start.

Jerrod Reed knocked down a pair of free throws with 7.6 seconds remaining to help Flint Hill pull out the victory. Cole Herdman had 12 points, including 10 in the second half, and seven rebounds for the Huskies. Britton Anderson finished with 11 points and four steals, and Sam Worman had 10 points and four rebounds.

Flint Hill hosted Maret on Tuesday, after The Connection's deadline. The Huskies will travel to face St. Andrew's at 6 p.m. on Thursday, Jan. 31.

## South Lakes Girls' Basketball Gets Win No. 15

The South Lakes girls' basketball team defeated Langley 51-43 on Jan. 22, improving its record to 15-2 overall and 8-1 in the Liberty District.

The Seahawks' Jan. 25 contest against Thomas Jefferson was rescheduled for Feb. 2 due to inclement weather.

Against Langley, South Lakes junior center Abigail Rendle had 15 points, nine rebounds, eight blocks, five steals and two assists. Sophomore forward Princess Aghayere contributed 10 points and four rebounds.

## Herndon Swimming

Herndon's Conor Cudahy and Ryan Murphy qualified for the state swim meet and several Hornets qualified for regionals at the Concorde District swim meet.

Cudahy finished second with a state-qualifying time in the 500 free, and third with a region-qualifying time in the 200 free.

Murphy qualified for states with his third-place finish in the 100 back, and qualified for regionals by finishing fourth in the 100 free.

Shannon Kelley (third in dive), Kara Joyce (fourth in dive), Eric Johns (sixth in dive), Karly Ginieczki (fifth in 200 free, seventh 100 back), Jonathan Nguyen (seventh in 200 free) and Elizabeth McNulty (fifth in 100 breast) advanced to regionals.



**Helen Roberts, seen earlier this season, and the Oakton girls' basketball team improved six to zero in the Concorde District by beating Herndon on Jan. 28.**

# NEWS

## Family Raises Support Fighting Rare Disease

Two hundred plus friends and family will descend on Santinis Restaurant in Herndon to raise support and awareness for Congenital Muscular Dystrophy on Thursday, Feb. 7, from 5-9 p.m.

One in 10 Americans is affected by a rare disease. John Gluck, of Herndon, is that one in 10 with a rare form of muscular dystrophy called congenital muscular dystrophy (CMD).

As a rare group of diseases causing muscle weakness at birth, CMD is under-recognized and under-diagnosed by physicians. Several defined genetic mutations cause muscles to break down faster than they can repair or grow. A child with CMD may have various neurological or physical impairments. Some children never gain the ability to walk, while others lose the ability as they grow older. There is no cure and no treatment to slow disease progression.

For John's parents, Charles and Jennifer, it took many months of doctor visits, tests and their own online research leading them to the Cure CMD (Cure Congenital Muscular Dystrophy) website to ultimately find a diagnosis for their son. The hardest part of getting the diagnosis is the finality in knowing the disease is progressive. Recently John, who is 4 years old, proudly walked from the bathroom all the way to his bed, "Dad, I did it!"

"That's what it's all about," said Charles.

Four-year-old John Gluck has never slept at night without wearing a cast, a brace, or a feeding tube attached to him.

"I never thought I would be con-



PHOTO CONTRIBUTED

### John Gluck and brother Owen of Herndon.

necting a feeding tube to a hole in my sons stomach", said his father Charles. Although John can walk with a walker and braces, he will transition to a wheel chair in the coming years. The muscles in Jon's body are slowly losing their strength. This will cause scoliosis and breathing issues soon at a minimum.

John's parents are in a race to help him gain as much strength now to minimize future health complications. The race keeps his parents very busy raveling to physical and functional therapies, swimming therapy and horse therapy every week. In addition John's mother Jennifer has been busy using her engineering skills to build PVC walkers for John. She has built several now, each one slightly larger and improved. John is not affected mentally by his condition and has developed a very strong singing voice. An admitted Veggie Tales fan, John has most of the songs memorized and sings them while walking around Frying Pan Park on his horse Spirit, through the Spirit Equestrian Program. Lately John has become more of a risk taker, walking with his eyes closed to see what happens. That habit prompted the installation of a foam floor in the house to protect John's head. John currently attends Floris Preschool here he has been warmly received

by teachers and students.

So little is known about this horrible disease and how it can affect children," Jennifer said. "Research is sorely needed. Greater awareness among medical professionals about the nature of rare diseases, what they look like and how families should care for their children when they are affected is equally needed."

Dr. Anne Rutkowski, chair of Cure CMD, advises families to be strong care advocates for their loved ones. "With 7,000 rare diseases, it's even more important for the family to be involved in the care of a loved one and advocate for them because there may be only a few doctors, and only a few medical centers, with expertise in a particular disease," Rutkowski explained. "For many clinicians you may be their one and only person with CMD they will ever see in their entire career."

For the Gluck's, there is cause for hope. Four years ago, three parents of children with CMD launched Cure CMD, a nonprofit all-volunteer organization dedicated to optimizing care for people affected by CMD, finding treatments and, eventually, a cure. (For more information on Cure CMD, please visit [www.curecmd.org](http://www.curecmd.org) or the National Organization for Rare Disorders at [www.rarediseases.org](http://www.rarediseases.org).)

## Northwest Federal Credit Union Foundation Supports Breast Cancer Awareness

Northwest Federal Credit Union (NWFCU) was recently ablaze in pink as employees, for a \$5 donation to Northwest Federal Credit Union Foundation (NWFCU Foundation), wore pink clothing in support of Susan G Komen Passionately Pink for the Cure.

Passionately Pink for the Cure provides an opportunity to raise awareness, fund research and honor those who have battled breast cancer. This year marked NWFCU Foundation's fifth annual Passionately Pink for the Cure™ day, which raised \$1,500.

"Breast cancer knows no boundaries" said NWFCU Executive Director Linda Rogus. "By hosting Passionately Pink for the Cure™ at NWFCU, we can show our coworkers, family and friends afflicted by this disease that we support them. By working together, we can find a cure."



PHOTO CONTRIBUTED

**NWFCU employees showed their support of breast cancer awareness and raised \$1,500 for breast cancer research.**

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### Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

*Name of Event:*

*Day of the Week, Date and Time:*

*Name of the Place Event will Be Held:*

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*Name and Phone Number for More Information:*

*Three Sentences Describing the Event:*

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

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### Vienna

2316 Riviera Dr.....\$895,000.....Sun 12-3.....Paul Ebert..Farms & Acreage..703-590-7020

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com) All listings due by Monday at 3 P.M.

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-Theodore Roosevelt

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**OBITUARY**  
**Adriana Lorio Reynolds**, of Herndon, VA, passed away peacefully on Tuesday, January 22, 2013, surrounded by family. This was the result of an ongoing struggle against pancreatic cancer.

Visitation was held at Adams-Green Funeral Home, 721 Elden Street, Herndon, VA Friday, January 25 from 5:00 to 8:00 p.m.. A Funeral Mass was celebrated at St. Joseph's Catholic Church, 750 Peachtree St., in Herndon on Saturday, January 26 at 2:00 p.m.

Born in Syracuse, NY, on February 14, 1955, Adriana graduated from SUNY Albany in 1978 with a BA in Foreign Language Education. She taught English as a Second Language at Hutchison Elementary School in Herndon from 1996 to 2012.

Adriana was married to the late Michael D. Reynolds of Oswego, NY, on August 22, 1981. They raised three wonderful children: Stefanie Frederick of Dumfries, Paul Reynolds of Herndon, and Daniela Reynolds-Robbins of Reston. Her closest family members include two brothers, Arthur and Paul Lorio, Stefanie's husband Chris, and Daniela's husband Adam, as well Michael's mother Gloria Reynolds, of Oswego, NY, Michael's sister Cathy Chamberlain, her husband Dan, and their children, and grandchildren, also of Oswego.

Adriana was committed to animal rescue. She asks that in place of flowers memorial donations be made to String of Pearls, P.O. Box 661, Woodstock VA, 22664, or to PerPETualCare, P.O. Box 575, Edinburg, VA, 22824.

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## A Simple Question



By KENNETH B. LOURIE

I don't quite know how to start this column so I'll begin with its ending: "I'm fine."  
I am asked as much, if not more, than the next person how I am doing. It's a standard courtesy offered up every day between many unsuspecting askers and most often provides answers an opportunity to nonchalantly move the conversation along without too many fits and starts. For a cancer patient like myself, however, whose status, situation and story is likely known in advance (generally speaking) of most casual meetings that occur, the question/greeting, though well-intended, doesn't exactly fall on deaf ears, and certainly does not conjure nonchalance; at least not in my head, and that's where this problem really starts.

Of course, I want people interested in my health. Of course, I want people to be courteous and respectful to me. Of course, I want people to engage me and treat me like the non-terminal patient I'm not. I aspire to be normal so I want to be treated normally, and normally, being treated as such wouldn't bother me. And it doesn't bother me, really. What it does do however, is jump-start/remind my brain of my less-than-ideal health circumstances: stage IV non-small cell lung cancer (NSCLC). Hardly the cross I wanted to bear beginning at age 54 and a half – after a life of not smoking, with no immediate-family history of cancer.

And given the fact that I semi pay attention to my surroundings and take notice of what I see and hear, when asked a question of health-related substance – sincerely, I am loathe to answer the question "monosyllabically." If I do control my responses and don't burden the questioner with a brief but humorous accounting of my most recent cancer-related anecdote, in my head I will have already gone there and done that: meaning, just because I don't say anything, don't presume for a second that my brain hasn't already considered how in fact I am doing and reviewed all the gory details. So whether anybody intended it – and I'm not sure anybody did, when I'm asked this most innocent of questions, my reaction is anything but. My reaction is a non-verbal, instantaneous re-living of the past four years, beginning with my visit to the Emergency Room on January 1, 2009. And as much as I think about my circumstances – on my own, what few breaks I allow myself are invariably cut short when someone, anyone has the good nature to inquire how I'm doing.

Still, being ignored is no good. Being treated with kid gloves is no good. Being cautious is no good. Being super-sensitive is no good. Being over-reactive is no good. Being pitied is no good. Being alone is no good. Moreover, being diagnosed with a terminal form of cancer is absolutely no good. As much as I want to live long and prosper and consider all the hope the future has to offer, cancer controls from within, often subconsciously. That's what I hate the most; the changes it causes in your head: your reactions, your assessments, your sense of proportion, your sense of self, etc. It's all different. I can live with it, but it does cause me to sometimes make mountains out of molehills and molehills out of mountains; with very little consideration of the mole.

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

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# Nazi Commonwealth

Bipartisan team seeks compensation for victims of forced sterilization.

BY MICHAEL LEE POPE  
THE CONNECTION

Nobody knows how many people are survivors of Virginia's forced sterilization program, which targeted people with mental illness, mental retardation or epilepsy. But a bipartisan effort now under consideration in Richmond would hand each and every one of them a \$50,000 check from the people of Virginia. According to one calculation, that could mean as much as \$73 million.

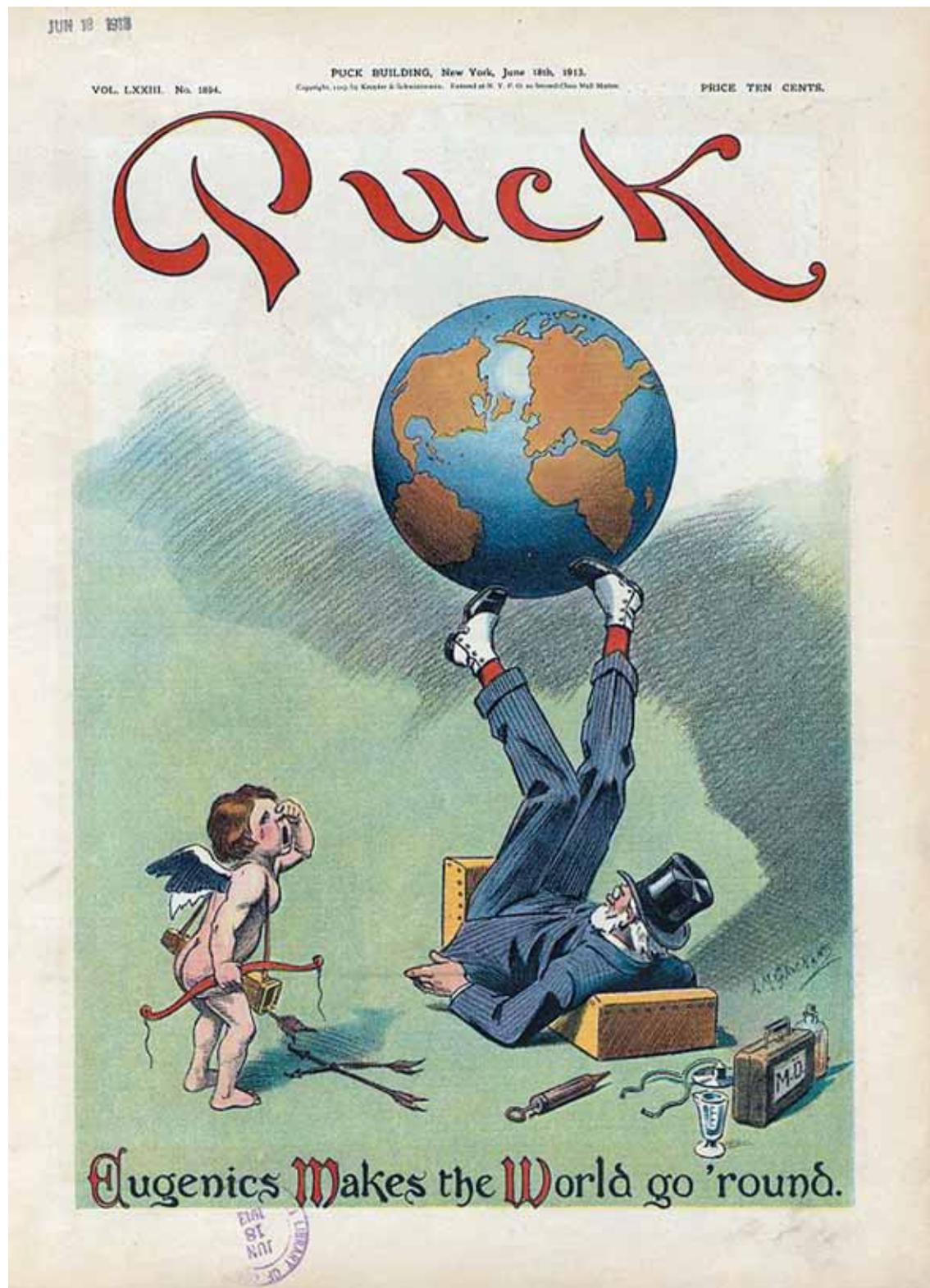
"I would ask that we not run away from this issue," said Arlington Del. Patrick Hope (D-47). "Instead of taking the lead in an area that we are regretful for, let's be a state that takes the lead to right a wrong."

The effort has created an unlikely alliance — Hope has joined forces with conservative Del. Bob Marshall (R-13), who has introduced House Bill 1529. If approved by the General Assembly and signed by the governor, the bill would provide compensation to persons involuntarily sterilized by the commonwealth of Virginia between 1924 and 1979. A research project conducted by the University of Vermont estimated the number of individuals sterilized in Virginia at 7,325.

"Virginia provided the model for the Nazi sterilization program," said Marshall during a recent floor speech about the bill. "We provided the fulcrum for what became the Final Solution because we devalued life so much we thought these people were trash."

**THE HISTORY OF EUGENICS** in Virginia dates back to the early 20th century. Although states such as Indiana and Connecticut were the first states to adopt legislation, Virginia's law was based on a model created by the Eugenics Record Office in New York. After the General Assembly adopted the law in 1924, eugenicist Harry Laughlin worked with other states to adopt similar legislation.

"The worry was that Laughlin and other proponents of eugenics thought the individual state laws getting based on their ideas were going to be easily overturned," said Andrew Light, assistant director of George Mason University Center for Philosophy and Public Policy. "They were potentially unconstitutional. And so Virginia was



This 1913 cover of Puck Magazine features a well-dressed man balancing the earth with his legs. A cherub weeps over the headline, "Eugenics Makes the World go 'round.'"

one of the first states to create a law based on the model."

The law applied to interracial couples and those labeled "feeble-minded, insane, idiotic, imbecile or epileptic." And it didn't take long to create a legal challenge. The first documented case of forced sterilization was Carrie Buck, a Charlottesville teenager who became pregnant after being raped. Her family committed her to the Virginia State Colony for Epileptics and Feeble-minded,

where she was sterilized against her will. A legal challenge to that sterilization went to the U.S. Supreme Court, which upheld Virginia's law in a case known as Buck versus Bell in 1927.

"We have seen more than once that the public welfare may call upon the best citizens for their lives," Justice Oliver Wendell Holmes wrote in the majority opinion. "The principle that sustains compulsory vaccination is broad enough to cover cutting the Fallo-

pian tubes."

**THAT DECISION** opened the door to five decades of forced sterilization. Although the theory behind the law was the creation of a better society, that's not how it was used in Virginia. In practice, the law was used to target a variety of shortcomings, including alcohol, syphilis and criminal behavior. The program ended in 1979, when the General Assembly removed the language from the state code. Even



Del. Bob Marshall (R-13)



Del. Patrick Hope (D-47)

then, the program was alive and well.

"In fact, we sterilized two people in 1979," said Hope. "Virginia was ground zero."

Now, 85 years after the Supreme Court case, Hope and Marshall say it's time to find out who the surviving victims are and learn their stories. During a recent session of the House of Delegates, Marshall read from the 1924 law that described "defective persons" who would become a "menace to society" if allowed to procreate.

"I'm not reading some religious tract or eugenics tract," Marshall told his colleagues. "This is the code of Virginia, decided in this building in this room by our predecessors in the General Assembly."

**THE BILL** has been referred to the Committee on Appropriations, where it was sent to a subcommittee on Health and Human Services. Supporters say the bipartisan team of Hope and Marshall could provide a powerful force, especially if they leverage the personal stories of survivors as was the case during a press conference earlier this month. Despite the economic cost of handing out compensation, political support for the bill could come from several directions.

"One of the great proponents of the eugenics movement was one Margaret Sanger, who was also the founder of the modern-day Planned Parenthood," said Todd Gilbert (R-15). "So I thank the gentleman from Arlington for his recognition of the horrors that occur when we as a society and a culture begin to devalue human life."