

A Senior Patrol Leader shows ways to carry a victim in need of emergency evacuation during the Disaster Day when boy scouts from Troop 159 of Herndon hone their first-aid skills, as well as recruiting Webelos to join their troop.

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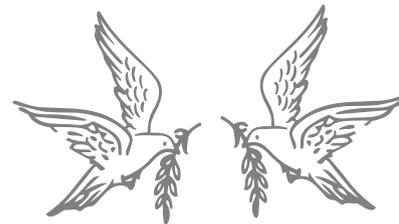


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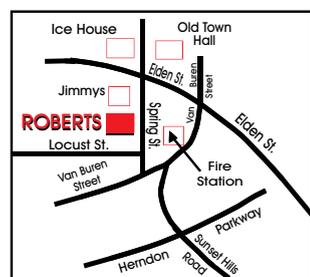
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The location of the proposed Vinehaven development, which was approved by the Herndon Town Council Tuesday, Feb. 26.



Council Approves Vinehaven Development

Residential development will contain 17 single family detached homes.

BY ALEX McVEIGH
THE CONNECTION

The Herndon Town Council approved a Zoning Map Amendment to change 2.41 acres of residentially zoned land to the new, denser downtown zoning at their Feb. 26 meeting. The property, located north of Vine Street between Center Street and Grace Street, is slated to become the Vinehaven development, which will consist of 17 single family detached homes.

The vote concluded 21 months of back and forth, which also saw the town pass a downtown master plan and pattern book for designs.

"There is a lot of value in where this development will be located, the amenities within walking distance are outstanding, on par with any town in Fairfax County," said Beth Clifford, president of the Beltway Investment Group, the developer.

She said that the intent was to market the homes to adults in their 50s who might be unsure about the living situations of their children or other family members and will allow them to age in place if so desired. The houses will come in five different models, ranging from 1,800 to 2,800 square feet.

"The intent of this designs is to all live together, close together. You might not have everything with these homes, we like to say it will be everything you need, but maybe nothing you want," she said. "If you want a billiard room, video room, smoking room and a 400-square-foot master bedroom, this isn't for you."

Clifford also said the development design would meet the LEED Silver from the U.S. Green Building Council, except for factors that are beyond the scope of the development.

"Located in such a robust and walkable environment would require as prerequisite to even be considered for LEED Silver to have 12 dwelling units per acre. We have seven," she said. "Second is LEED design requires through streets, not cul-de-sacs, which would have required opening on Grace Street through lot of back and forth, it seemed both of these things were not what town wanted."

THE DEVELOPERS requested four waivers from the town, to make building height setback same as R-10 residential zoning which the property abuts, minimum side yards of five feet, private street frontage and the ability to build detached garage structures less than 10 feet from the dwelling.

The first three items are not required under new zoning approved by council since the application was originally submitted, and the fourth goes along with the recommendation of the Heritage Preservation Review Board.

Mark Holland, zoning administrator for the Town of Herndon, said the development will also include a gazebo and a community garden, making 6.9 percent of the development open space.

Signe Friedrichs, a 16-year resident of the town, said she was in support of this kind of development as part of the new downtown Herndon.

"This appears to consolidate the appearance of Center Street, giving it a smooth transition between town homes and family homes," she said. "I really like the idea of being focused on older population that I now belong to with master bedroom on main floor, those types of things."

SEE VINEHAVEN, PAGE 9

The proposed layout of the new Vinehaven development in Herndon, which was approved by the Town Council Tuesday, Feb. 26.



Venture scouts lift a makeshift stretcher.

Herndon Scouts Practice for D-Day

A group of Venture scouts join their troop. It is an overnight campout at Billy Goat Trail, Md., with a three-mile hike where the scouts are tasked with facing many different first-aid scenarios. Additionally, there's a bunch of first-aid stations, campfire cooking, and fun. Temperatures were below freezing that night at the campsite.

As the stretcher passes, the Webelos watch the scouts of the Cobras Patrol demonstrate how to treat a puncture wound. This is Disaster Day (or D-Day). Disaster Day is a day when boy scouts hone their first-aid skills, as well as recruiting Webelos to



Scouts assist an "injured man" on the path.

WEEK IN HERNDON

Town Hall Meeting on County Budget

Dranesville Supervisor John Foust has scheduled three town hall meetings in March and April to give Dranesville residents an opportunity to learn about and discuss the proposed Fiscal Year 2013 (FY2014) Budget for Fairfax County. County management and budget staff will be present to make a summary presentation of the budget and answer questions. The Herndon session is scheduled for Monday, April 3, at 7 p.m. at the Herndon Town Council Chambers, 765 Lynn St., Herndon.

For details about the FY2014 Budget visit the county website at <http://www.fairfaxcounty.gov/dmb>. For more information on these public meetings contact Jane Edmondson in Supervisor Foust's Dranesville District office at 703-356-0551, TTY 711 or email Dranesville@fairfaxcounty.gov.

WELLBEING

Mental Health Counseling Professors Honored

Cultural sensitivity at the heart of their work.

BY MARILYN CAMPBELL
THE CONNECTION

Fred Bemak and his wife Rita Chi-Ying Chung, who are both professors at George Mason University in Fairfax, recall being in Haiti shortly after the catastrophic earthquake of 2010. They were there to provide mental health counseling to those traumatized by the natural disaster.

"We were working in one of the tent camps," said Bemak who, with Chung, has been a professor of counseling and development in George Mason's College of Education and Human Development since 2000. "There were tents and each contained about 30 cots. People lived side-by-side with no privacy. There was little food and little water."

They worked with a woman who was so traumatized that she had



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

George Mason University Professors Fred Bemak and Rita Chi-Ying Chung will be honored by the American Counseling Association for their dedication to human rights, social justice and culturally sensitive mental health treatment.

been unable to get out of bed for three months. "The traditional response is 'let's get her off to the side and speak to her alone,'" said Bemak. "But that is the Western model of therapy. When you're looking at family-oriented communities, there is a tremendous need to connect with others."

As Bemak spoke with his bed-ridden patient, others began to join the session. "We started to talk to her and crowds started to gather around her cot," he said. "It became a huge healing intervention where for the first time in three months, she got out of her cot. We had a [session] that was condu-

cive to the community in Haiti."

Bemak and Chung's peers will salute their dedication to human rights, social justice and culturally sensitive mental health treatment later this month when they receive two of the American Counseling Association's highest honors.

Chung will receive the Gilbert and Kathleen Wrenn Humanitarian and Caring Person Award, which Bemak was awarded in 2011, and Bemak will receive the Kitty Cole Human Rights Award, which Chung garnered last year. Additionally, Chung will receive the 2013 Outstanding Faculty Award from the State Council of Higher Education for Virginia and Dominion Resources.

"I am deeply honored that I was even considered for these awards. It is a true honor. I feel so privileged to be in this field," said Chung, who noted that her background fuels her passion for her work.

"I am a person of color and I grew up in another country," said Chung, whose parents moved

from China to New Zealand after the World War II. "Being an immigrant to the United States myself, I understood the struggles and challenges of immigrants and refugees. A lot of counseling theories are based on Western beliefs. Coming from an Eastern background, I know that culture plays a major part in the way we react and respond to major life experiences."

Bemak worked as a counselor and also served as director of the Upward Bound Program at the University of Massachusetts, Amherst. "I worked with white, African American and Latino students who were struggling academically," he said. "When they came together, for many it was the first time that they'd been around people of other races."

Bemak and Chung say cultural sensitivity and insights are often lacking in mental health care. This underscores the importance of their work with Counselors Without Borders, which Bemak founded. It provides culturally responsive humanitarian counseling

SEE MASON, PAGE 5

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THE CONNECTION
NEWSPAPERS

Mason Professors Honored

FROM PAGE 4

after disasters. Together, they've led teams of therapists and students in providing mental health therapy along the Mississippi Gulf Coast after Hurricane Katrina, and on American Indian reservations and in Latino migrant communities after the San Diego wildfires. "The two of them have traveled

to more than 55 countries, together and individually, where they have worked with at-risk youth, immigrants and refugees; counseled child-trafficking and post-disaster victims; and guided students of color and former child soldiers," said Catherine Probst, a spokeswoman for George Mason University.

The couple also co-authored

"Social Justice Counseling: The Next Steps Beyond Multiculturalism" last year.

"We both do the work because we want to give back," said Chung. "We're trying to instill in the next generation of counselors to give back. I am not working to be recognized, but I hope this will inspire people to do the work because there is so much need out there."



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<http://www.fairfaxbgcgw.org/index.php/rummage-sale>

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**Tuesday, March 12, 2013
5:00-8:00 p.m.**

Faith Temple #2 Baptist Church
211 Maryland Park Drive
Capitol Heights, MD 20743
Metrorail: Capitol Heights
(Blue & Orange Rush)
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**Thursday, March 14, 2013
5:00-8:00 p.m.**

Reston Community Center Hunters Woods
2310 Colts Neck Road
Reston, VA 20191
Fairfax Connector: RIBS 1/3, RIBS 2 & Route 551

**Saturday, March 16, 2013
11:00 a.m.-4:00 p.m.**

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Arlington, VA 22202
Metrorail: Crystal City (Blue & Yellow)
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The public comment period will run from February 28 through March 18, 2013. You may submit your comments at the Open Houses or online on the project's website, wmata.com/silverline.

For special assistance for persons with disabilities or interpretation in another language, call (703) 934-4639 at least 3 days prior to the Open House you wish to attend and these services will be provided at no cost.



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OPINION

Helping to Build a School in Ghana

Reston resident appeals for support in building a school.

BY GAYLE ROBINSON

My name is Gayle Robinson and I am a Reston resident currently working in Ghana as a health, water and sanitation educator with the Peace Corps. In addition to my primary health projects, I am working with my community to build a new school. I am writing to request support from the Reston Connection in order to spread the word about my project.

My town is a rural community of about 600 cocoa farmers in the Western Region of Ghana. Three years ago, the community approached the District Assembly about starting a junior high school in town. Previously, students would walk over an hour to an overcrowded and poorly performing junior high school in a neighboring town. The district agreed to fund teachers, but told the com-



Gayle Robinson playing with some of the students at the school.

GUEST EDITORIAL

munity they had limited funds and could not build the new classrooms. The community had begun construction on a new school but construction ceased due to limited funding. Since then, the community has made two makeshift classrooms but they are not sustainable. The new school building will include three classrooms, an office for teachers and a storage area. The building will also cater to town meetings and night classes, which are currently held by flash-

light. Often, international aid organizations build schools and hospitals without working with the local government to ensure future funding for staff. Not only has the funding for teachers already been written into the district's budget, the district has also agreed to contribute approximately \$5,000 in materials for the construction. Additionally, the community has volunteered to do all of the labor and the district will be providing free technical workshops throughout the construction process in order to train members of the community in masonry, carpentry and electrical work. This will therefore ensure proper construction, as well as increase capacity within the community for future projects.

I am writing because despite these contributions by the community and District Assembly, approximately \$8,500 is still needed. Donations are accepted online through the Peace Corps website—<http://donate.peacecorps.gov>—and my project can be found by searching under my last name, Robinson. If you are interested in supporting my project, I'd be happy to provide you with any additional information.

Gayle Robinson is a health, water and sanitation educator, Peace Corps Ghana.

LETTERS TO THE EDITOR

Out of Mainstream

To the Editor:

According to a Feb. 25 article in "Politico," two prominent Republican CEOs lambasted GOP gubernatorial candidate Ken Cuccinelli at the Feb. 22 meeting of the Republican Governors Association, saying his hard core socially conservative policies will make Virginia less attractive for business, and he is out of the Virginia mainstream.

It is good to finally see leading members of the Republican Party speaking up for the betterment of our state.

To date, Mr. Cuccinelli has not exhibited the same kind of moderation as his would-be predecessor Gov. McDonnell. As case in point, he has been quite vocal in his disdain for the transportation bill recently passed under the stewardship of McDonnell, who of course is a Republican as well. The bill is primarily based on new taxes and cuts, and was passed on a bipartisan basis. As alluded to in the article, this seems to be the breaking point amongst even establishment Republicans, such as these CEOs.

Instead of focusing on tangible issues such as roads, education and transportation, he has focused his attention on socially partisan issues such as limiting women's contraceptive rights. Perhaps now

that leading figures of Cuccinelli's own party have reprimanded him for deterring new business from coming to Virginia due to his socially extremist witch hunts, the voters of this commonwealth will move on to the business of determining a serious leader with real solutions.

RJ Narang
Vienna

'Green' Tax

To the Editor:

You have to laugh. You know how our liberal friends love to raise "revenue" for a variety of self-defined beneficent causes: Rail to Dulles, "transportation," school facilitators, "green" projects, and such. Plunging in to save the world, some folks purchased, at a price, hybrid vehicles. Now no sooner have these environmentally worthy folks been slapped with a small tax directly (with Democrat votes), they are rushing to the microphones at warp speed.

Our delegate, who has two such "environmentally responsible" vehicles, dislikes the hybrid tax ("All's Well That Ends Well," Reston Connection, Feb. 27-March 5, 2013). A matter of minutes after having commended Richmond's dubious transportation tax hike, Delegate Plum ("I was both amazed and delighted") says he is "writing to the governor to ask him to rethink that whole

proposition" (of a \$100 a year hybrid-vehicle tax). We feel the pain of owners of such hybrids (a whopping 1.3 percent of Virginia's vehicle fleet), but cannot forgo a wry grin. Oxen being gored, and all that.

Anyone seen a Volt anywhere?

Harry Locock
Reston

Protecting Open Spaces

To the Editor:

I am writing to express my concern regarding the current proposal to build a new indoor recreation center at Baron Cameron Park. Our open spaces and parkland are limited. Once our open spaces and parkland are replaced with buildings and parking areas, cement and asphalt, they are gone for good.

Baron Cameron Park currently provides a variety of recreational amenities, including football fields, soccer fields, community garden plots, a dog park, and open parkland.

Reston and Fairfax County already have plenty of buildings, with many more buildings on the way. We need more open space not less. Reducing the open space at Baron Cameron Park is in opposition to the Fairfax County Park Authority's own recognition of the importance of providing open

space. To quote from the FCPA's policy plan posted on their website: "As residential densities rise and individual yards become smaller or disappear, the need for public open space, woodlands, trails and open play areas increase."

The FCPA and Reston Community Center do not need to reduce already limited open space and parkland to provide new indoor recreation facilities. There are a number of opportunities in Reston to develop private and public indoor recreation facilities that would enhance and revitalize existing centers. As just one example, Tall Oaks shopping center has been struggling for years. An indoor recreation center could stabilize this area, bringing in people and revenue that could attract and keep businesses and restaurants.

The FCPA and RCC need to look for other options to meet indoor recreation needs without reducing outdoor recreation opportunities. To quote again from FCPA policy: "Collaborative efforts between the private and public sectors, especially through the land development process, can result in better appreciation, protection, and stewardship of natural and cultural resources, as well as the provision of adequate recreational facilities and amenities to serve residents."

Angie Loving
Reston

Oak Hill & Herndon CONNECTION

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Send announcements to herndon@connectionnewspapers.com.
Deadline is Thursday for the following week's paper. Photos/
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www.connectionnewspapers.com.

WEDNESDAY/MARCH 6

RCC Photography Exhibit. 9 a.m.-9 p.m., at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Instructors and students at Reston Community Center exhibit their work during the month of March; open Monday through Saturday from 9 a.m.-9 p.m. and Sunday from 9 a.m.-8 p.m. www.RestonCommunityCenter.com.

Pirate Party. 11 a.m.-noon., at the Reston Association, 12001 Sunrise Valley Drive, Reston. The Pirate Adventure will transform your child into a pirate, complete with dress-up, games, crafts, and fun activities. Reston Association Members: \$4; Non-members: \$6. 703-435-6577 or Ashleigh@reston.org.

Ballet in HD Series at Bow Tie Cinemas. 7 p.m., at Reston Town Center, 11900 Market Street, Reston. Experience the Vienna 1966 performance of "Swan Lake" starring dance legends Dame Margot Fonteyn and Rudolf Nureyev. 703-464-0816. bowtiefcinemas.com or www.restontowncenter.com/events.

THURSDAY/MARCH 7

Eyewear Show at The Eyewear Gallery. 3-7 p.m., at Reston Town Center, 11900 Market Street, Reston. Ultra-fashion eyewear for men and women by Kliik Denmark. 703-709-5400. eyewear-gallery.com or www.restontowncenter.com/events.

SATURDAY/MARCH 9

Private Cooking Classes at Williams-Sonoma. Noon, at Reston Town Center, 11900 Market Street, Reston. Williams-Sonoma offers private instructional and fun cooking classes for groups of four to eight people; inquire at the store. 571-203-8815, williams-sonoma.com or www.restontowncenter.com/events.

Contra Dance. 7:15-8 p.m., 8-10:45 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Michael Barraclough calls contra dances and squares to the music of the June Apple Band; partner not necessary. 703-476-4500.

SUNDAY/MARCH 10

Youth Art Month. 2-4 p.m., at RCC Lake Anne in the Jo Ann Art Gallery, 1609 A Washington Plaza, Reston. Art from Reston Elementary Schools is on display through the month of March. www.RestonCommunityCenter.com.

Sunday Afternoon Dances. 2:30-4:30 p.m., at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Dance and/or socialize at an afternoon featuring music of all genres; light refreshments served. \$3 for Reston residents; \$6 non-residents. www.RestonCommunityCenter.com.



PHOTO CONTRIBUTED

Doyle Lawson and Quicksilver

Weekend Bluegrass Concert Series

Doyle Lawson, the multi award-winning bluegrass wonder, plays with the ICM "Band of the Year" Quicksilver at 3 and 7 p.m. on Saturday, March 16, at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Advanced tickets are required as there is very limited seating for walk-ins. \$20; children 12 and under are free. 423-878-6160 or www.doylelawson.com.

MONDAY/MARCH 11

Classic Cinema Brunch: Mr. Deeds Goes to Town. 9:15 a.m., at RCC Hunters Woods, 2310 Colts Neck Road, Reston. A 10 a.m. showing following an early complimentary brunch. www.RestonCommunityCenter.com.

11:30 a.m.-1 p.m., at Edibles Incredible Desserts, 11917 Freedom Drive, Reston. Try up to three flavors of award-winning cake with homemade fillings and toppings. 703-709-8200 or ediblesincredible.com.

Trip to Hollywood Casino at Charles Town Races. 3:30-11:30 p.m., at Hunters Woods Shopping Center, 2201 Springwood Drive, Reston. Join Reston Association for an evening at the race track and a nice dinner overlooking the horses; participants will receive \$15 worth of free slot play. Reston Association members: \$32; non-members: \$38. Ages 55 years and older. Ashleigh@reston.org or 703-435-6577.

Symphony in Cinema Series at Bow Tie Cinemas. 7 p.m., at Bow Tie Cinemas, 11940 Market St., Reston. Igor Stravinsky's "The Rite of Spring" is presented by The Philadelphia Orchestra, conducted by Nézet-Séguin Yannick. 703-464-0816 or bowtiefcinemas.com.

FRIDAY/MARCH 15

Emerging Visions Opening Reception at Greater Reston Arts Center. 5-7 p.m., at Reston Town Center, 11900 Market Street, Reston. Fairfax County high school students exhibit their work in a professional gallery setting; through March 30. 703-471-9242, restonarts.org or www.restontowncenter.com/events.

TUESDAY/MARCH 12

Trip to the Ben Franklin Institute. 6:30 a.m.-6 p.m., leaving from RCC Hunters Woods, 2310 Colts Neck Road, Reston. Join friends and neighbors for a trip to Philadelphia's Franklin Institute; admission, lunch and IMAX theatre showing of Titanic included. \$48 for Reston residents; \$96 for non-residents. Register. www.RestonCommunityCenter.com.

WEDNESDAY/MARCH 13

Jigsaw Puzzle Event. 10 a.m.-3 p.m., at the Reston Association, 12001 Sunrise Valley Drive, Reston. Join us as an individual or as a couple to do a Reston themed puzzle to see how much you can finish in the time allotted; coffee and lunch provided. Reston Association: \$9; Non-members: \$13. 55 years or older. 703-435-6577 or Ashleigh@reston.org.

WEDNESDAY/MARCH 20

Complimentary Cake Tasting at Edibles Incredible Desserts.

FAITH NOTES

Southview Community Church, 2620 Reston Parkway, Herndon, holds their annual Easter Egg Hunt! Festivities, open to the community, on Saturday, March 30, at 10 a.m. with lunch and activities including crafts, bounce houses, a carousel, a rock wall and a family presentation on the story of Easter. 703-860-880 or www.southview.org.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

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

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. www.meditation-dc.org or 202-986-2257.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

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

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

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Sat., March 23, 2013

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SPORTS

South Lakes Girls' Basketball Ends Season at State Playoffs

Seahawks fall to Stonewall Jackson, 55-53, in quarterfinals.

BY JON ROETMAN
THE CONNECTION

South Lakes junior Sasha Sprei beat the buzzer with a jumper at the end of the Friday's AAA state quarterfinal contest against Stonewall Jackson, which was decided by two points. But unlike the Northern Region tournament, when the Seahawks won three games by a combined five points, a last-second bucket didn't lead to a South Lakes victory.

The South Lakes girls' basketball team's season ended with a 55-53 loss to Stonewall Jackson on March 1 at Robinson Secondary School. The Seahawks entered the fourth quarter with a one-point lead, fell behind by seven and later pulled within two. South Lakes trailed by no more than six points during the final six minutes of the game, but couldn't find a way to reach the state semifinals in Richmond. Stonewall held a four-point, two-possession lead in the closing seconds, meaning Sprei's jumper affected only the Raiders' margin of victory.

Junior center Abigail Rendle led South Lakes with 16 points. Sophomore forward Princess Aghayere finished with 11 points, senior Mary Severin had 10 and Sprei added eight.

South Lakes defeated Chantilly (42-40) in the opening round of regionals, knocked off Mount Vernon (46-45) on a Caitlin Jensen buzzer-beater in the quarterfinals and edged Oakton (48-46) in the semifinals by a combined five points. After relinquishing a 17-point lead during a 60-52 loss to Edison in the region championship game, South Lakes ended its season with a two-point defeat.

"I think that the kids really dug down," South Lakes head coach Christy Winters-Scott said. "Obviously you want to cut nets and obviously you want to win, but to have the roller-coaster endings in the postseason, we did what we needed to continue. ... We made the plays throughout games necessary to win them down the stretch."

South Lakes' five region and state playoff games were decided by a combined 15 points.

"Being involved in these big games is exciting and nerve-racking at the same time," Rendle wrote in an email. "Your adrenaline is running and the crowd is shouting and you can feel the time ticking away, but you know you have to stay calm and execute the plays. When you win it's a great feeling, but if you lose in a close game, it hurts. However, you learn from your mistakes and take what you did learn and improve for the next game."

SOUTH LAKES FINISHED the regular

season atop the Liberty District standings before suffering a three-point loss to Madison in the district tournament semifinals. The Seahawks bounced back to reach the region final and advance to the state tournament. South Lakes' final record was 23-6.

"The season we had was amazing," Sprei wrote in an email. "Not everyone thought we'd go as far as we did and even though we didn't win regions or states, this season showed us what we can accomplish."

South Lakes will lose two seniors from this year's team: Severin and Gabrielle Schultz.

"Apart from remembering the wins and losses, making it to the region finals and state tournament, as well as the personal recognition, I will remember the life lessons I learned from varsity basketball the most," Schultz wrote in an email. "Having been a leader and a competitor, I will definitely carry those aspects of the game over into my future."

"Not everyone thought we'd go as far as we did and even though we didn't win regions or states, this season showed us what we can accomplish."

—South Lakes junior Sasha Sprei in an email.

Severin referenced memories from early and late in her varsity career.

"What I will remember the most about my career is being on the varsity team as a sophomore and working hard to get a starting spot on the team, which is what I wanted," Severin wrote. "I will also remember this season. To have the team go to regionals and states my senior year was awesome. I couldn't have asked for a better season and a better team. I will remember the great coaches I had and my teammates that made the season the best one I have ever had."

THE SEAHAWKS will return most of their roster next season. While athletes gained experience from this year's close games, they also gained motivation from tough losses.

"The losses to Madison, Edison and Stonewall by that small of a margin left a bitter taste in our mouth," Jensen wrote in an email, "so it is motivation to work even harder this offseason to really take our team to the next level next season."



South Lakes girls' basketball coach Christy Winters-Scott encourages members of the team during the state quarterfinals on March 1 at Robinson Secondary School.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



South Lakes junior Abigail Rendle shoots a jumper against Stonewall Jackson during the state quarterfinals on March 1 at Robinson Secondary School.

HOME SALES

In January 2013, 41 homes sold between \$965,000-\$122,500 in the Herndon and Oak Hill area.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
12705 AUTUMN CREST DR	5	4	1	OAK HILL	\$965,000	Detached	0.30	20171	FRANKLINS TRUST
12956 OAK LAWN PL	4	4	1	OAK HILL	\$783,000	Detached	0.32	20171	FRANKLIN WOODS
2936 MOTHER WELL CT	4	3	1	HERNDON	\$639,000	Detached	0.25	20171	CHANTILLY HIGHLANDS
12316 VALLEY HIGH RD	5	3	1	HERNDON	\$627,000	Detached	0.47	20170	DRANESVILLE ESTATES
1507 THURBER ST	4	3	1	HERNDON	\$615,000	Detached	0.22	20170	HERNDON CHASE
12687 AUTUMN CREST DR	4	3	1	HERNDON	\$600,000	Detached	0.28	20171	OAKTON RIDGE
1233 ROWLAND DR	4	2	1	HERNDON	\$599,900	Detached	0.39	20170	SHAKER WOODS
12261 CLIVEDEN ST	4	3	1	HERNDON	\$590,000	Detached	0.28	20170	DRANESVILLE ESTATES
12113 WESTWOOD HILLS DR	4	3	0	OAK HILL	\$583,000	Detached	0.64	20171	FOLKSTONE
13125 PELMIRA RIDGE CT	4	3	1	OAK HILL	\$559,900	Detached	0.24	20171	BRADLEY ACRES
13227 CAROLINE CT	4	2	1	HERNDON	\$552,500	Detached	0.22	20171	CHANTILLY HIGHLANDS
12423 WILLOW FALLS DR	4	2	1	HERNDON	\$545,000	Detached	0.22	20170	COLVIN HUNT
2403 DAKOTA LAKES DR	3	3	1	HERNDON	\$505,000	Detached	0.21	20171	SYCAMORE LAKES
118 HERNDON MILL CIR	3	3	1	HERNDON	\$466,000	Townhouse	0.05	20170	VILLAGE AT HERNDON MILLS
13621 ACORN HUNT PL	3	2	2	HERNDON	\$450,000	Townhouse	0.06	20171	SQUIRREL HILL
2514 WOODROW WILSON DR	3	2	2	HERNDON	\$429,000	Townhouse	0.03	20171	MENNAIR FARMS LANDBAY
12610 GLENBROOKE WOODS DR	3	2	1	HERNDON	\$410,000	Detached	0.35	20171	GLENBROOKE WOODS
2569 SUTTERS MILL DR	4	3	0	HERNDON	\$405,000	Townhouse	0.03	20171	WELLESLEY
408 QUEENS ROW ST	3	3	1	HERNDON	\$400,000	Detached	0.21	20170	HUNTERS CREEK
12714 SOCIETY DR	3	2	0	HERNDON	\$380,000	Detached	0.25	20170	KINGSTON CHASE
12849 FANTASIA DR	3	2	1	HERNDON	\$371,600	Detached	0.19	20170	KINGSTON CHASE
13707 VENTURI LN #249	3	2	1	HERNDON	\$364,900	Townhouse		20171	COPPERMINE CROSSING
1339 APRIL WAY	4	2	0	HERNDON	\$349,950	Detached	0.22	20170	FOUR SEASONS
13608 SALK ST #127	3	2	1	HERNDON	\$347,000	Townhouse		20171	COPPERMINE CROSSING
13697 VENTURI LN #246	3	2	1	HERNDON	\$344,900	Townhouse		20171	COPPERMINE CROSSING
13068 MARCEY CREEK RD #13068	3	2	0	HERNDON	\$320,500	Garden 1-4 Floors		20171	FOX MILL STATION
600 MADISON ST	2	3	0	HERNDON	\$320,000	Detached	0.35	20170	BARKER
13646 SALK ST #146	3	2	1	HERNDON	\$320,000	Townhouse		20171	COPPERMINE CROSSING
1138 WHITWORTH CT	4	3	1	HERNDON	\$315,000	Townhouse	0.06	20170	POTOMAC FAIRWAYS
12925 CENTRE PARK CIR #201	2	2	0	HERNDON	\$309,000	Garden 1-4 Floors		20171	BRYSON AT WOODLAND PARK
12905 CENTRE PARK CIR #203	2	2	0	HERNDON	\$305,000	Garden 1-4 Floors		20171	BRYSON AT WOODLAND PARK
1240 SUNSET CT	3	2	0	HERNDON	\$280,364	Detached	0.25	20170	FOUR SEASONS
412 SPRUCE CT	3	2	0	HERNDON	\$256,700	Townhouse	0.08	20170	COURTS OF CHANDON
13353 FELDMAN PL	3	2	2	HERNDON	\$250,100	Townhouse	0.05	20170	REFLECTION LAKE
1038 SABER LN	3	2	1	HERNDON	\$245,000	Townhouse	0.05	20170	CAVALIER PARK
13335 HUNGERFORD PL	3	1	2	HERNDON	\$245,000	Townhouse	0.03	20170	REFLECTION LAKE
1225 MAGNOLIA LN	3	2	1	HERNDON	\$235,000	Townhouse	0.03	20170	DULLES PARK TOWNHOUSES
417 MAPLE CT	3	2	1	HERNDON	\$235,000	Townhouse	0.04	20170	COURTS OF CHANDON
13360 SHEA PL	2	1	1	HERNDON	\$180,000	Townhouse	0.03	20170	REFLECTION LAKE
525 FLORIDA AVE #204	2	2	0	HERNDON	\$173,000	Garden 1-4 Floors		20170	JEFFERSON MEWS
613 CENTER ST #201	1	1	0	HERNDON	\$122,500	Garden 1-4 Floors		20170	LIFESTYLE

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Vinehaven Development Approved

FROM PAGE 3

Ronald Thompson, a longtime Herndon resident who has recently moved to Grace Street, said he was concerned about a precedent of dense developments on small lots.

"I'm concerned buildings in the town will get getting closer together, causing conflict between neighbors," he said. "The more stuff we build in town, seems like the streets get narrower, which becomes [a] trash pickup problem. Trucks are big and it's hard to get in and out of developments."

Mayor Lisa Merkel said she was in support of the development, and called it a good first step for development of the downtown master plan. She also added that the town council was not planning on rezoning many parcels zoned for low-density residential use.

Councilmember Dave Kirby said he was originally skeptical of the development, likening it to the President's Court development made up of "McMansions," but that he had come around.

"I'm convinced with lot sizes and footprints in the

proposal that we're not looking at a McMansion-style development," he said. "I've never supported additional townhouses in the town of Herndon, and that's what was originally planned for this block."

The council passed the amendment with a 5-2 vote, with Vice Mayor Connie Hutchinson and Councilmember Charlie Waddell voting no.

SEVERAL RESIDENTS in attendance at the Feb. 26 meeting expressed concern over potential conflict of interest, given the fact that Clifford is a donor to a Political Action Committee, Herndon Voices, which donated to several campaigns in last year's town elections.

According to the Virginia State Board of Elections, Clifford donated \$1,000 to Herndon Voices on March 7, 2012.

Campaign finance reports for the 2012 Herndon election show that Merkel and Councilmember Grace Wolf received \$111.75 from Herndon Voices. Councilmembers Melissa Jonas, Sheila Olem, as well as candidate Eric Boll, who was not elected, received \$611.75 each from Herndon Voices.

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SATURDAY/SUNDAY, MARCH 9 & 10

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Centreville

6487 Trillium House Ln.....\$964,900...Sun 10-4.....Jean Marotta.....Birch Haven..703-402-9471

6106 Kendra Way.....\$305,000...Sun 1-4.....Ritu Desai.....Samson Props..703-625-4949

Chantilly

42344 Astors Beachwood..\$830,000...Sun 1-4.....Vera Buonafede.....Weichert..703-501-5015

Fairfax Station

7131 Twelve Oaks Dr.....\$1,295,000...Sun 1-4.....Pat Richter..Residential Preferred..703-239-1234

8610 Running Fox Ct.....\$899,999....Sat 1-4.....Billy Thompson.....Samson Props..703-409-0340

6900 Winners Circle.....\$750,000...Sun 12-3.....Ed Lang.....RE/MAX..703-818-9603

11134 Robert Carter Rd.....\$689,900...Sun 1-4..Christine Shevock.....RE/MAX..703-475-3986

Herndon

2107 Highcourt Ln.....\$290,000...Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Manassas

13969 Flagtree Pl.....\$545,000...Sun 1-5.....Deb Gorham.....Long & Foster..703-581-9005

McLean

1712 Esquire Ln.....\$1,549,000...Sun 1-4.....Jane Price.....Weichert..703-628-0470

Vienna

9905 Chappell Ln.....\$1,075,000...Sun 1-4...Scott MacDonald.....RE/MAX..703-652-5777

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 All listings due by Monday at 3 P.M.

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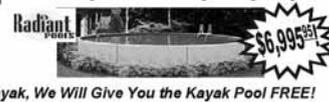


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"E-male"



By KENNETH B. LOURIE

My oncologist is a man. He has e-mail. He works for an HMO that encourages/advertises its connectivity and responsiveness – electronically, to its members. If I want to get medical answers in a reasonable amount of time – save for an emergency, typing, "mousing" and clicking is the recommended methodology. No more phone calls, preferably. Though pressing keys on a keyboard rather than pressing buttons on a phone might have felt counter-intuitive at first as a means of receiving prompt replies, it has proven over these past few years to be a fairly reliable and predictable information loop. Not in minutes necessarily, but more often than not during the same day – and almost always by the very next day. In fact, I've received e-mails from my oncologist as late as 9:18 p.m. (time-stamped) after a sometime-during-the-day e-mail had been sent. The content of the sent e-mail has almost always been helpful or constructive, even instructive concerning the issue at hand. I've never felt disconnected, though; alone maybe, but that's more because, other than our three cats, there is rarely anyone else at home with me. Being a salesman can sometimes be a solitary pursuit. And though there are many advantages – freedom and independence being the two most important, occasionally you find yourself alone with your thoughts, literally.

Attempting to speak directly with my oncologist during the day – at my convenience, given the too-numerous-to-list responsibilities of his non-stop, double-booked routine, seems a bit unrealistic. And if there's anything I've learned during this cancer experience, it would be to minimize/manage my expectations in a way – any way, to avoid any totally understandable but fairly unhelpful jumps to discouraging conclusions. Patience can be a virtue, although being one of many, less so. And though I consider myself an important patient (I would imagine most "terminal" patients would characterize themselves as such) and thus deserving/expecting exceedingly prompt and predictable feedback, the reality appears to be somewhat less Kennedy-centric. Not that I need constant care (I don't, thank God!) or reassurance for that matter; however, when your oncologist shortens up your life expectancy by say, 30 years, you kind of think/feel that you've risen to the top of his to-do list. Which I certainly don't know that he has/keeps. If he did/does, perhaps my placement on it would warrant a more immediate reply, electronic or otherwise. Nevertheless, my diagnosis-to-date sense has been that though I am likely on a list, there are probably other equally less fortunate people who have become listed as well. All of whom feel as I do: that they're the most important name on that list – real or imagined.

Apparently, for the medical system's exchange of information and for the treatment of patients to sync, e-mail has to suffice. And though it may have taken me a little while to sync up, I am now a regular e-mailer to my doctor and an equally regular receiver of his electronic expertise. It's not perfect, but four years into it, I feel fortunate to have the access that I do. It's not exactly any port in a storm, but the weather has been inclement and having lines of communication available to me 24/7 has smoothed out many rough patches.

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

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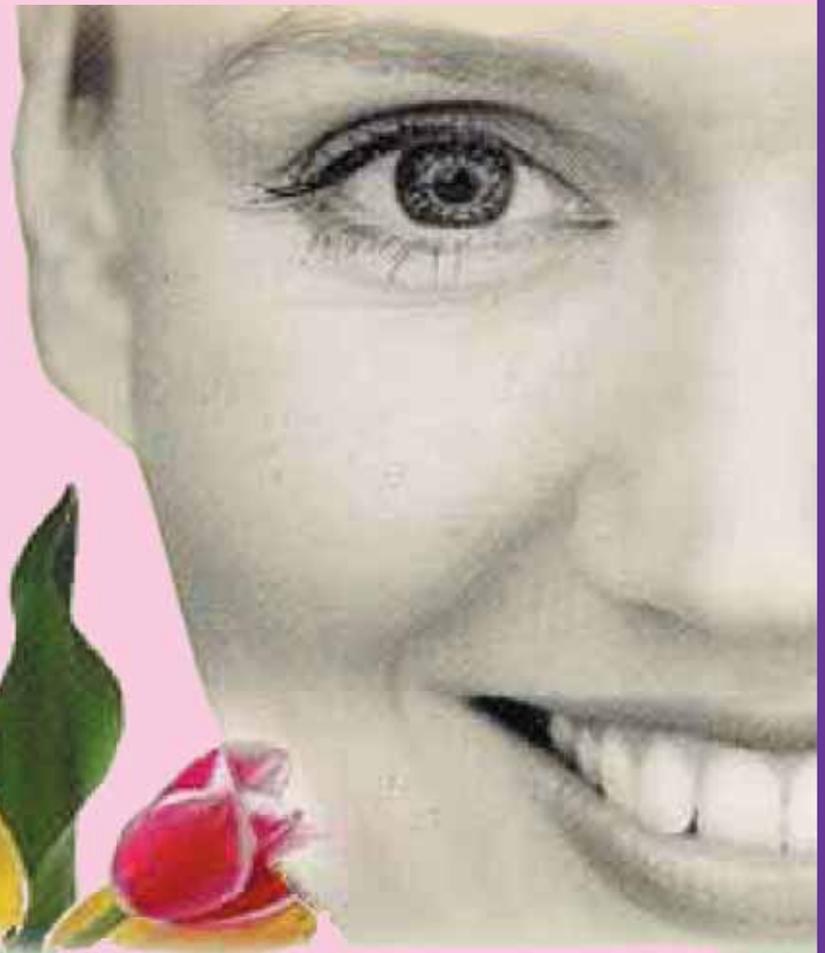
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