

Floris Sixth Graders Present 'Annie'

NEWS, PAGE 8

Floris Elementary School music teacher Nancy Fox poses for a photo with sixth grade student Alana Riso, who was cast as Annie for the April musical, and sound technician Sanjana Meduri.



Artist Puts 'Priceless Home' on the Market

HOME & LIFESTYLE, PAGE 11

Metrorail Workshop Held at McNair

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OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 10 ❖ SPORTS, PAGE 12 ❖ CLASSIFIEDS, PAGE 14

PHOTO BY RYAN DUNN/THE CONNECTION

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HAPPY EASTER



Lynn Miller, Mayor Lisa Merkel, Beth Meyer (owner of Green Lizard), Councilmember Melissa Jonas, and Glen Finland. Children are Lila and Zachary Merkel.



Glen Finland

Green Lizard Lights it Up Blue for Autism Awareness Day

A good sized crowd gathered last Wednesday evening at Herndon's Green Lizard Cycling to see the storefront lit up with blue lights. Buildings and landmarks across the country and the world turned on blue lights as well Wednesday night for Autism Speaks 4th annual "Light It Up Blue" campaign for World Autism Awareness Day.

Author and Autism Speaks Board Member Glen Finland was on hand to welcome attendees to the event, along with Herndon Mayor Lisa Merkel and Green Lizard Cycling owners Beth and Dave Meyer. Green Lizard will be hosting a "Faces of Autism" gallery in their store for the month of April, where people can post pictures and stories about their experiences with autism, and also announced the formation of a

team to participate in Autism Speaks' annual Bike to the Beach ride from Washington, D.C. to Dewey Beach, Del.

Event organizer Lynn Miller said that she was thrilled with the success of the event, both here in Herndon and around the world, and thanked Ms. Finland, Mayor Merkel, Green Lizard, and all those who came out to help spread autism awareness for their support.

Autism Speaks is an international autism science and advocacy organization, and the Light it Up Blue campaign is aimed at raising funds and increasing awareness of autism. For more information, the organization's website can be reached at <http://www.autismspeaks.org/>

HONEYBAKED

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Metrorail Workshop Held at McNair

Hunter Mill District residents express concern for safety.

BY REENA SINGH
THE CONNECTION

About a dozen bikers and walkers from the Hunter Mill district helped to pinpoint possible trails that will become a yellow brick road for locals hoping to visit D.C. or head to Dulles Airport.

Concern for pedestrian and cyclist accessibility to the Silver Line Metrorail stations coming to Herndon fueled a public workshop at McNair Elementary on April 7.

Herndon residents living in the Dranesville district previously met at Herndon Middle School on March 26.

"We need to make some investments in the bicycle and pedestrian areas right now," said Kris Morley-Nikfar, Fairfax County Department of Transportation planner and Herndon Metrorail Station Access Management Study project manager.

The proposal maps presented ways for cyclists to access the Herndon Metro Station or the Innovation Center Metro Station within three miles and pedestrians access within one mile. However, Fairfax County wants to improve the trails via upgraded crosswalks, improved and extended trails and road diets.

"We're building them for people dressed in business clothes or dressed in casual clothes," said team lead David Whyte.

The residents broke into two groups to present their concerns and complements with the project's current proposal. Many were concerned about trail lighting and roadside safety.

Sarah Snyder, Herndon, would use the trails for cycling. She wanted to see a ramp over the Dulles Toll Road so she could reach the metrorail station by bike.

"I don't want to take my life in my hands at point 24," she said, referring to the numbers on the map.

She was also concerned about cyclist safety on Sunrise Valley Drive on their way to work.

The other group, Group 1, also felt Sunrise Valley Drive was an important area for accessibility due to the high-density housing areas nearby.

Extended joint bike and pedestrian trails were suggested to be



Herndon residents point out problem areas and possible trails during a breakout session.

PHOTOS BY REENA SINGH / THE CONNECTION

VIEWPOINTS

What Do You Think of Metrorail Coming to the Area?

Dawn Ruffin, Technical Writer, Herndon

"It'll be great to have the metrorail here. My husband will have more flexibility. There's always safety issues. I don't know if the trails will be lit or if there will be more security."



Ed Robichaud, Reston Bike Club, Reston

"If they're trying to make connections to Monroe Park and Ride, that would be great. Bike lockers, bike rentals and dedicated bike lanes."



Nicole Conners, Nonprofit Director for Yoga Alliance

"I think what we have is good. I like the idea of more outdoor trails. I'm very much an outdoor girl. One of the things I love so much about Herndon is the connectivity."



Melissa Bilodeau, Health care consultant, Herndon

"Increased lighting is our only concern. They score towns based on how pedestrian-friendly they are, and that's why we love living in Herndon."



— REENA SINGH

added closer to the metro stations.

After FCDOT looks at the suggestions from the public hearing and the online survey, the findings will be presented at a hearing at an undetermined date in June. Morley-Nikfar told the residents to inform other concerned residents about the survey and to keep an eye on the website for date of the

next meeting. "Tell your friends. Tell your neighbors," he said. "The more participation we get, the better it will be."

For more information on the project, visit <http://www.hmsams.com/>.

To complete the survey, visit <http://www.hmsams.com/survey.html> by mid-April.

Volunteers Honored

Voice of Washington Redskins. Larry Michael invited to talk.

BY REENA SINGH
THE CONNECTION

Herndon made every volunteer feel like the town's gems this week.

The 30th annual Mayor's Volunteer Appreciation Night honored more than 400 people - and three distinguished service individuals with hor d'oeuvres and a few words from guest speaker, Washington Redskins' vice president and executive media producer, Sunday night.

"It's great to be in a room with solid people," said guest speaker Larry Michael. "You never know when helping others will pay off three, four, five-fold."

The volunteers were invited to the event for contributing more than 100 hours of service to the community.

Michael, now an eight-time Emmy Award winner, first found out what he wanted to be after college while volunteering for the University of Maryland's college radio station.

"I thought I wanted to be a lawyer," he said. "Within a year, I was doing the radio and doing play-by-plays for basketball and football, and I knew what I wanted to do."

His life has revolved around volunteering. He talked about his work with Hometeam Sports leukemia telethon.

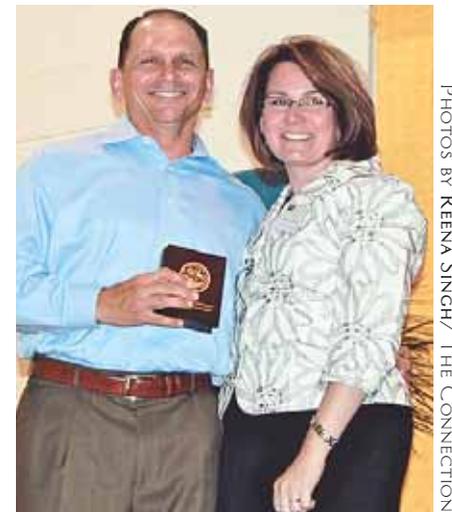
Years later, he found out his 7-year-old niece developed leukemia and became even more involved with the telethon and is active with The Leukemia and Lymphoma Society.

"You get a satisfaction for making that contribution to the community," he said.

He said the 400 volunteers in the audience should be saluted for being the very definition of volunteerism - for creating a symbiotic relationship with the community to build trust and solidarity.

Mayor Lisa Merkel presented the Distinguished Corporate Service Award to COSTCO Northeast Region's executive officer Mary Conoboy.

According to a press release, Conoboy and COSTCO helped to donate holiday dinners and organize toy drives for people in Herndon, Ashburn and Sterling.



Mayor Lisa Merkel presents one of three individual service awards to Doug Downer.

PHOTOS BY REENA SINGH / THE CONNECTION



Washington Redskins Vice President and Executive Media Producer Larry Michael speaks at the event.

The individual Distinguished Service Awards went to Patti Schule, Lisa Lombardozzi and Doug Downer.

Schule was nominated by Cornerstones for asking her church to provide weekly dinners to homeless community members and recruiting hundreds of other volunteers to give their time to Cornerstones, according to the press release.

Lombardozzi was nominated for organizing coat and food drives in addition to serving as Parent Teacher Association President for Herndon Middle and High School.

Downer, who had been the youngest Herndon Chamber of Commerce president, was nominated for being the visionary behind Friday Night Live!, which is entering its 20th year, according to the press release. He also volunteers with Herndon High School and area elementary schools. This was his second Individual Distinguished Service Award.

"We're a small town, and we're honoring over 400 people here," said Merkel.

"Everyone in this room has a role to make this community stronger."

How Healthy Is This Neighborhood?

New study reveals some parts of Northern Virginia are healthier than others.

BY MICHAEL LEE POPE
THE CONNECTION

Alexandria has the lowest rates of smoking in Northern Virginia, but it also has the highest rates of excessive drinking. Fairfax City has the highest rates of physical inactivity, although Fairfax County enjoys one of the lowest rates of premature death. Manassas City has the highest rates of sexually transmitted diseases in Northern Virginia. Arlington County has the highest rates of physical activity and therefore the lowest rates of obesity.

These are some of the findings of the County Health Rankings and Roadmaps program, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

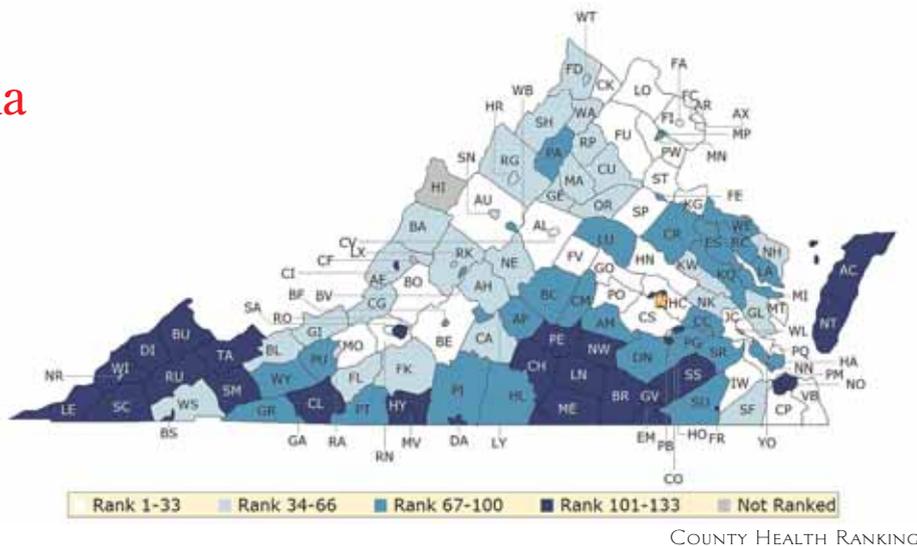
"This is an annual checkup of your community's health," said Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin. "It's a way to think about what we can do collectively to improve these areas."

"This is an annual checkup of your community's health. It's a way to think about what we can do collectively to improve these areas."

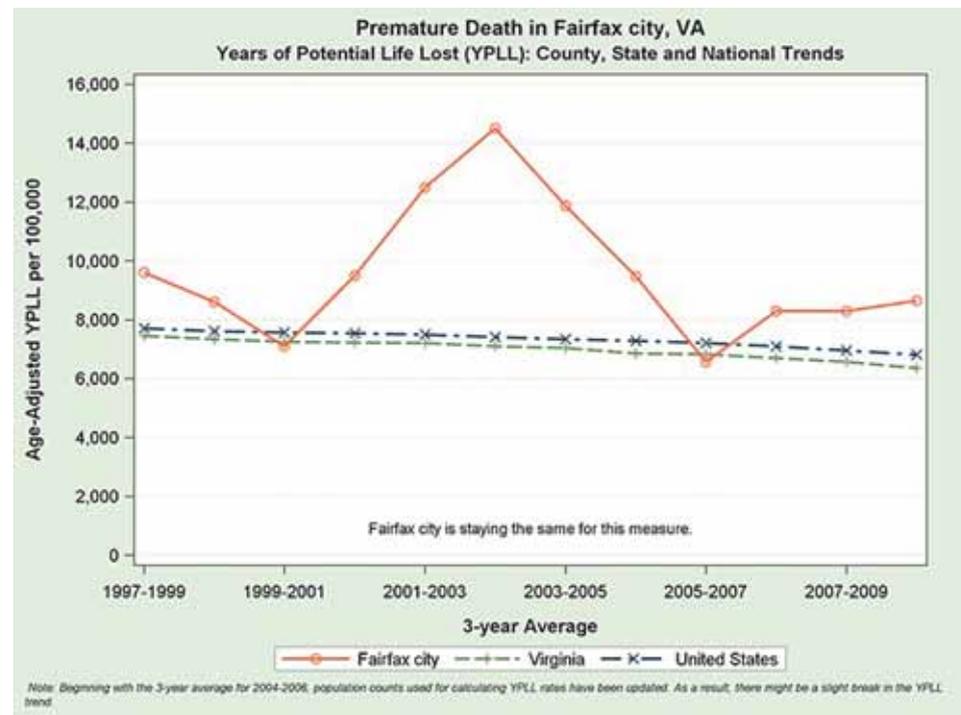
— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

The annual rankings measure everything from high-school graduation rates and obesity to smoking and unemployment. The goal is to reveal a snapshot of how health is influenced by where people live. Organizers say the point is to help communities have a discussion about how they can use the data to make changes. Even when the numbers are good — low obesity rates in Arlington and Alexandria, for example — that doesn't mean a community should become complacent.

"That's still one out of five people who are obese," said Van Dijk. "So



A map of Virginia rates health factors, including everything from high-school graduation rates and obesity to smoking and unemployment.



Premature death in Fairfax City is calculated by looking at years of life lost before age 75 per 100,000 people, but health officials in Fairfax City say the data is flawed.

while it's encouraging, I don't think we have a lot to celebrate there."

SOME OF THE STATISTICS are controversial, especially in Fairfax City. For example, one of the data points in the report measures premature death. That's a figures calculated by looking at years of life lost before age 75 per 100,000 people. According to the report, Fairfax City has the highest rate of premature death in Northern Virginia at 8,652 years lost. That's the highest rate in Northern Virginia, and one of the highest rates in Virginia. But is it accurate?

"The data on which the rankings are based is inaccurate for several reasons," said Louise Armitage, human services coordinator for Fairfax City in an email. "The main reason for the erroneous data is that the state health department continues to utilize ZIP code to assign jurisdiction of resi-

dency even though ZIP codes are not discrete to the city or to the county."

Armitage says an audit of deaths in Fairfax City shows serious irregularities. In 2008, for example, one audit showed 276 out of 417 recorded deaths in Fairfax City over a four-year period were actually city residents. As a result, only 34 percent of deaths that are reported to have taken place in Fairfax City actually happened in Fairfax County. Because of the small size of Fairfax City and the frequent confusion with Fairfax County, many of the statistics can be problematic. Armitage says she has raised these concerns with the researchers who compiled the report, who say they are hoping to refine the data in the future to make it better.

"I don't have any problems with her assessment," said Amanda Jovaag, an associate researcher with the University of Wisconsin Population Health Institute. "That

seems perfectly reasonable to me."

NORTHERN VIRGINIA fares well overall when compared to the rest of the commonwealth. The top three healthiest jurisdictions are in Northern Virginia: Loudoun County, Fairfax County and Arlington County. The top 10 includes Alexandria and Manassas Park City. Health officials warn that the statistics can be misleading, though, and that people should not become complacent.

"Many of us who work in human services get concerned when we sort of pat ourselves on the back and say, 'Oh look, our percentages are so low. Isn't that wonderful?'" said Marlene Blum, a member of the Fairfax County Health Care Advisory Board. "We are an affluent community, and we're a highly educated community. But not everybody is doing well."

"Better educated people often drink but don't smoke. Cocktails are more acceptable than cigarettes."

— Julie Willems Van Dijk, deputy director of County Health Roadmaps at the University of Wisconsin

Some of the health concerns in Northern Virginia are emblematic of the kinds of problems in other communities in America that have well-educated people. For example, Alexandria has the second-lowest number of people who smoke cigarettes in Virginia overall and the lowest number of smokers for Northern Virginia. But it has the sixth highest rate of excessive drinking in Virginia and the highest rate of excessive drinking in Northern Virginia.

"Better educated people often drink but don't smoke," said Van Dijk. "Cocktails are more acceptable than cigarettes."

SOMETIMES THE NUMBERS show trends in combination. For example, Manassas City has the highest rate of children who live in poverty in Northern Virginia. It also has the highest teen birth rate per 1,000 female population. Researchers say these two data points speak to each other.

There's probably some linkage there," said Van Dijk. "We know that if mom has a baby as a teenager, the likelihood that child will be raised in poverty will be much higher."



PHOTO CONTRIBUTED

Han Phan

Herndon High Senior To Go to London and Paris

Han Phan, Herndon High School senior and outstanding Career and Technical Education student, was selected to accompany an educational trip to London and Paris. The trip is provided by Education First Educational Tours and will have stops in England and France. The 10-day trip will begin on July 8, in

London and will move through multiple locations before ending in Paris on July 18. Phan has been enrolled in Career and Technical Education courses for all four years, including Advanced Information Systems, Accounting, Design Multimedia Web Tech, Entrepreneurship 1 and 2, and Business Management and Virtual Enterprise.

WEEK IN HERNDON

MOMS Club to Host Egg Hunt

The MOMS Club of Herndon will host its Annual Egg Hunt on Thursday, April 17, from 10 – 11:30 am. at Stanton Park (910 3rd St, Herndon).

All Herndon (zip codes 20170 and 20171) stay at home mothers are encouraged to join and meet other at-home mothers.

Grab a basket and head over to Annual Egg Hunt with your little one.

The kids will scramble around Stanton Park to search for hidden eggs while the moms indulge in complimentary coffee. This event is free and open to all stay at home mothers in the Herndon area. The Egg Hunt will be re-located to Trinity Presbyterian Church (651 Dranesville Rd, Herndon) in the event of rain.

For more information or to RSVP contact: Tomoko Azuma, Membership VP at Herndon_moms_info@yahoo.com.

The MOMS Club (“Moms Offering Moms Support”) is an International nonprofit support group specifically for mothers who have chosen to stay home with their children.

They have over 2,000 chapters in seven countries.

Herndon High Cadets Win Spicer Cup

After four months of intense competition, Herndon High School’s Navy Junior Reserve Officers Training Corps’ (NJROTC) Rifle Team has won the Spicer Cup. The four-person team consisting of Cadets Marshall Wilkins (senior), Ashley Lightner (senior), Allison Maxwell (sophomore), and Caroline Ivie (freshman) defeated finalist West Potomac High School in the Championship Match. This is the ninth year that Herndon has won since the inception of the competition eleven years ago.

Formed in 2003 by the late LTC Joe Spicer, US Army, Retired, of Hayfield High School, the Fairfax County-wide JROTC Rifle League and its tournament include six high schools – Edison (Army), Hayfield (Army), Herndon (Navy), Mount Vernon (Marines), South Lakes (Army), and West Potomac (Army). After shooting single matches against each other, each school receives a tournament seeding. The top four ranked schools then compete in a semi-final/final format. The Herndon team is coached by CDR Rick Cassara



PHOTO CONTRIBUTED

Rifle team members celebrate their victory. Pictured, from left, are: Cadets Caroline Ivie, Allison Maxwell, and Ashley Lightner. (Not pictured: Cadet Marshall Wilkins.)

(US Navy, Retired). CDR Cassara spends hours teaching rifle safety, demonstrating proper technique, and honing this popular team to the four best shooters for competition in the Spicer Cup and other events. He and the team’s Cadet Commanding Officer, Allison Maxwell, set high expectations for their team members, who not only must maintain a high regard for

safety, respectable conduct, and good sportsmanship, but also must consistently demonstrate their skill in this challenging Olympic sport.

Honor * Courage * Commitment: For more information about Herndon High’s outstanding NJROTC program, please visit <http://www.herndonnjrotc.com/>.

It's the SPIN SALE!

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OPINION

Connection Papers Win Awards

Reporting, photography, design and editorial cartoons commended at annual Virginia Press Association meeting.

“Great work exposing serious challenges and obstacles in the way of the public’s access to public information. The articles are well written and well researched, providing concrete and compelling examples of the flaws in the systems.”

That was what the judge said when awarding first place for in-depth or investigative reporting to Michael Lee Pope in the Arlington Connection.

The Virginia Press Association announced its press awards for 2013 at the annual meeting on Saturday, April 5, in Richmond.

Pope also won first place for education writing, for business and financial writing, and awards for health, science and environmental writing and for government writing. Stories appeared in the Alexandria Gazette Packet, the Mount Vernon Gazette and the Connection papers.

Bonnie Hobbs won first place for general news writing for her coverage of the proposed roundabout in Centreville. “Good work getting all viewpoints of the issue without assigning judgment to who is right and who is wrong,” wrote judges.

Jeanne Theismann won first place for public safety writing and for public service writing in the Alexandria Gazette Packet.

Connection Newspapers won first place for information graphics for the 2013 Insiders Guide to Fairfax County Parks, designed by Jean Card with photos by Renee Ruggles and Craig Sterbutzel.

First place for special sections went to the Connection’s HomeLifeStyle pullout. Victoria Ross won for feature series/continuing coverage for coverage of foster care. Judges note: “Fantastic blend of fact and narrative, and it packs an emotional punch. The stories are very well-researched, tightly written and highly effective.”

Ross also won for personal service writing for her coverage of “digital legacy,” and control of one’s online content after death.

Cartoonist Steve Artley began cartooning for the Alexandria Gazette Packet in December 2013, with only three cartoons in the year, but two of them won awards. His cartoon on the threatened use of eminent domain in the City of Alexandria drew this comment from the judge: “One of the best examples of editorial cartooning I have seen in years and reminiscent of editorial cartoons poignant and relevant enough to still be included in history texts today. Wonderful use of the paper boat as the flagship of eminent domain with tons of little



Michael Lee Pope



Steve Artley



Bonnie Hobbs



Victoria Ross



Jean Card



Mary Kimm

touches which push the entry even higher.”

Alex McVeigh won an award for investigative or in-depth reporting in Great Falls. Donna Manz won for her feature stories in Vienna.

The annual Insiders/Newcomers edition of the Alexandria Gazette Packet won third place for special edition, including work by Steven Mauren, Jeanne Theismann, John Bordner and Jean Card.

Editorials written by Mary Kimm won second and third place awards.

For a complete list, see www.connectionnewspapers.com

Winners

FIRST PLACE

First Place for Investigative Reporting, Uncovering Secret Government. Michael Lee Pope, Arlington Connection — Judge’s comment: Great work exposing serious challenges and obstacles in the way of the public’s access

Mother’s Day Photos

Mother’s Day is May 11, 2014, and every year at this time, we call for submissions to our Mother’s Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.)

Send photos to editors@connectionnewspapers.com

Readers can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>

to public information. The articles are well written and well researched, providing concrete and compelling examples of the flaws in the systems.

First Place for Education writing. Michael Lee Pope, Alexandria Gazette Packet — Alexandria Education Dollars. Judge’s comment: This is by far the best entry in the contest. Michael Lee Pope wrote several strong articles on the cost of administration in his market. He did a very nice job of making a numbers story interesting.

First Place for Business and Financial writing. Michael Lee Pope, Mount Vernon Gazette — Judge’s comment: The story about car title loans offers an interesting look at this industry, which is proliferating due to a change in state law. Kudos for

looking at how much the industry contributes to state legislators’ political campaigns. Business taxes — is it fair to charge higher rates for certain professions? Pope provides a balanced look at the pros and cons. The story on a transit study covers the debate over urban vs. rural development in Mount Vernon. Pope combines thorough reporting with competent writing.

First Place for Public Safety Writing, Jeanne Theismann, Alexandria Gazette Packet — Judge’s comment: Creative, compelling ledes.

First Place for General News Writing, Bonnie Hobbs, Centre View — Judge’s comment: The creative lede pushed this one over the top. Good work getting all viewpoints of the issue without assigning judgment to who is right and who is wrong.

First Place for Personal Service Writing. Jeanne Theismann, Alexandria Gazette Packet — Judge’s comment: Each story is an interesting and vivid snapshot of the deceased with good use of quotes and anecdote to bring the subject’s personality to life and also convey why he or she was valued in the community. It is hard to write about someone who has died in a way that is upbeat and positive, but this writer has achieved this.

First Place for Informational Graphics for Insiders Guide to the Parks, Jean Card, Laurence Foong, Renee Ruggles and Craig Sterbutzel, Mount Vernon Gazette — Informational graphics: Fairfax County parks.

First Place for HomeLifeStyle, Mary Kimm, Laurence Foong, Geovani Flores, Marilyn Campbell, John Byrd, Tim Peterson and Jean Card, The Vienna/Oakton Connection — Specialty pages or sections: Judge’s comment: Clean design

Oak Hill & Herndon CONNECTION

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SEE VIRGINIA, PAGE 7

Virginia Press Association Awards

FROM PAGE 6

and easy to read. Choice of fonts work well together.

OTHER AWARDS:

Steve Artley, Alexandria Gazette Packet — Illustrations — Eminent Domain. Judge's comment: One of the best examples of editorial cartooning I have seen in years and reminiscent of editorial cartoons poignant and relevant enough to still be included in history texts today. Wonderful use of the paper boat as the flagship of eminent domain with tons of little touches which push the entry even higher.

In-depth, investigative reporting, Alex McVeigh, Great Falls Connection — Judge's comment: Great work continuing to follow an important environmental story that had the potential for far-reaching impacts. These articles also do a good job explaining the nature of the underground contamination and, in understandable terms, the geology behind the way they spread.

Alexandria Gazette Packet, Insiders/Newcomers Guide. Steven Mauren, Jeanne Theismann, John Bordner, Jean Card, Geovani Flores and Laurence Foong, Alexandria Gazette Packet — Judge's comment: A good package of information for newcomers. A good array of photos of community members.

Health, Science and Environmental Writing, Michael Lee Pope, The Arlington Connection — Judge's comment: Good solid stories on interesting subjects. A lot of good historical background adds significantly to the sterilization story. The lead on the chicken story was very good.

Government Writing, Michael Lee Pope, Alexandria Gazette Packet — Judge's comment: We preach to our reporters to follow the money. Michael Lee Pope does great job of following the money trail to great news stories. Continue to keep them honest.

Feature Series/Continuing Story. Victoria Ross, The Burke Connection — Feature series or continuing story. Judge's comment: Fantastic blend of fact and narrative, and it packs an emotional punch. The stories are very well-researched, tightly written and highly effective.

Personal Service Writing, Victoria Ross, The Fairfax Connection. Judge's comment: Good job using the individual story and relating it to the wider issue. Would have liked more follow-up details about whether the social media companies are complying with the

law and what the parents found on the son's social media sites.

Jeanne Theismann, Alexandria Gazette Packet — Column writing. Judge's comment: These columns were well written and informative as well as entertaining.

Editorial writing. Mary Kimm, Alexandria Gazette Packet — Editorial writing. Judge's comment: Very well done. Writer does an outstanding job presenting the

paper's stance on the issues of the day.

Editorial writing. Mary Kimm, The Fairfax Connection — Judge's comment: These editorials were articulate and to the point.

Education writing: Michael Lee Pope, The Arlington Connection — Judge's comment: Concise, well put thoughts.

Page Design, Jean Card, Mount Vernon Gazette — Judge's com-

ment: Good job taking something that can be boring and hard to follow and making it interesting and easy to navigate.

Cartoon, Steve Artley, Alexandria Gazette Packet — Illustrations. Judge's comment: The shackles of the tea party! Ol' Ebenezer Elephant will be surely listening for the chimes of the hour after this ghost appeared before the foot of his bed. Fantastic work

all the way around.

Feature photo. Louise Krafft, Alexandria Gazette Packet — Summer Fun. Judge's comment: Sweet found moment.

Feature writing portfolio Donna Manz, Vienna/Oakton Connection — Feature writing portfolio. Judge's comment: Powerful ledes (and a great one for the 'puppies' story) and captivating narratives. Well-informed and well-written.

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WILL REDUCE GREENHOUSE GAS EMISSIONS
BY 3.6 MILLION TONS.**



TAKE ACTION! Before It's Too Late!

**Go to www.FairfaxGreenEnergy.com/take-action/
Ask the Board of Supervisors to support the Green Energy Park**



Herndon Community Center Celebrates 35 Years

Celebration honored community center's staff and volunteers.

By RYAN DUNN
THE CONNECTION

It is the Herndon Parks and Recreation Department and the Herndon Community Center staff's honor to provide engaging, healthy and recreational programs and events," said Abby Kimble, marketing specialist for the Herndon Parks and Recreation Department. On Tuesday, March 26, the Herndon Community Center celebrated its 35th anniversary. Throughout the day visitors enjoyed free admission to the Herndon community center and there were demonstrations and activities for all ages.

"The Herndon Community Center is a jewel of the Town of Herndon and we want everyone in the area to know about it and benefit from all it has to offer," said Kimble. The Herndon Community Center (HCC) opened the first phase on March 25, 1979. Since opening its doors, the center has expanded its programs and now offers a fitness center, swimming pool, art classes, and tennis, basketball, and racquetball courts. "It

is a convenient, close resource, I appreciate the childcare," said Herndon resident Dawn Detrick. From Mondays to Thursdays the community center offers kid care to parents registered in HCC programs.

Sally Malloy, a pottery instructor, conducted a pottery demo. "About seven years ago I gave pottery a shot and now I am doing it full time," said Malloy. Watching the demo was Herndon resident Jennifer Coulson and her children. "This is our first time visiting the community center, and we are impressed," said Coulson. Coulson and her family are relatively new residents, having moved in just eight months ago.

"The Herndon Community Center is a treasured amenity in the heart of Town," stated Mayor Lisa Merkel. "Many people's first experience with the Town is through Community Center classes, and it is no surprise that the Parks and Recreation staff has received national recognition for their outstanding programs and events."

"I am proud of what the community center represents and glad to



Town council member Grace Wolf and Arthur A. Anselene hear Mayor Lisa Merkel give a proclamation on the 35th Anniversary of the Herndon Community Center.

live in walking distance of it," said Herndon council member Charlie D. Waddel. "The staff are special people who make the experience worth coming back to." Throughout the year, Herndon Parks and Recreation Department intends to

offer special events and promotions to celebrate the 35th Anniversary of the Herndon Community Center. "It's got everything," said town council member Dave Kirby. "The center has racquetball, gymnasium and much more. Many

people use this facility from outside Herndon."

At a reception with the Herndon Town Council, Mayor Merkel and the council presented a proclamation expressing appreciation to the staff and volunteers at Herndon

Community Center, congratulating the Department of Parks and Recreation for a recognized comprehensive parks and recreation system. Also attending was town manager for the Town of Herndon, Arthur A. Anselene. Anselene has served as town manager since September 2007, prior to this served the Town of Herndon as director of Parks and Recreation, a position he assumed in 1976.

Anselene oversaw the development of a comprehensive parks and recreation system for the town to include a dozen parks, the indoor tennis center at Bready Park and the flagship Herndon Community Center. "The town jointly worked with Fairfax County to construct the building," said Anselene. "It is great to see the success the community center has had in fulfilling the needs of the community." To learn more, visit www.herndonva.gov/Content/Parks_rec/

Director at Herndon Parks and Recreation Department Cindy Roeder presents Town of Herndon Manager Arthur A. Anselene with a ceramic plaque on 35th anniversary celebration of the Herndon Community Center.



Alice Burwell, Herndon resident and swimming instructor cuts a 35th anniversary cake for Herndon Community Center with Kerstin Severin, Aquatic Services Manager for the Town of Herndon.

Floris Sixth Graders Present 'Annie'

Students further their theatre experience in April musical.

Annie, Jr. is the fourth in a series of musicals presented by the sixth grade classes at Floris Elementary. In a tradition started four years ago, the sixth grade students produce a "junior" length Broadway musical facilitated by their classroom teachers, music teachers, and other teachers and specialists. Students designed and created props and set pieces, ran the spotlights, and managed the backstage areas. "I have always been interested in technology," said sixth grade student Sanjana Meduri, who assisted with the production's sound tech.

Lindsey Bush played the role of Lily St. Regis. "It was really fun to perform with my friends," said Bush. Bush intends to enroll in drama classes in middle school. Performances of the musical were held on



Floris Elementary School sixth grade student Brian Berkeley was cast as Rooster Hannigan, Lindsey Bush had the role of Lily St. Regis, and Erica Varner had the role of Ms. Hannigan.

Thursday, April 3 and Friday, April 4. Helping with the production were music teachers Nancy Fox and Rebecca DeNeef. Also assisting was Katie Jones, a third grade teacher with a drama background and librarian Tiffany Dowling.

In the program thanks also went out to Floris PE teachers Heather O'Neil and Madeleine Humphrey and teachers Suzanne Bourscheid, Megan Gumabay, Kenneth Larson, Jacqueline Cheung, and Teena

Carone. "It is a great children's show which has a variety of parts for boys and girls and several of them clearly know the songs," said sixth grade teacher Suzanne Bourscheid.

Some students got to use power tools for the first time when constructing the sets for musical. Throughout the experience, students were encouraged to appreciate the contribution of all individuals. They learned it is not just



Floris sixth grade student Katie Larson played the role of Miss Hannigan, which was also cast to Erica Varner. Next to her is sixth grade teacher Suzanne Bourscheid.

the "star" on stage who is important. That "star" must be supported by the people running the microphones and lights, as well as the backstage crew, who are responsible for having props and costumes ready for changes.

The cast overcame a feat in making up rehearsal despite snow days. For some students this was their premiere show on stage. The production lasted about an hour with no intermission, and was enthusiastically

received by other students, friends and family members. Teachers hope the students can take this musical production as a learning experience, that when the gifts and talents of many come together, people can create something that just might be larger than the sum of all the individuals.

To learn more about Floris Elementary, visit www.fcps.edu/FlorisES/.

PHOTOS BY RYAN DUNN/THE CONNECTION

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Or to mail photo prints, send to:
The Oak Hill/Herndon Connection, "Me and My Mom Photo Gallery,"
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Listen to Nora Jane Struthers & The Party Line, a Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums, on April 13 at The Bluegrass Barn, 2709 West Ox Road, Herndon.

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

WEDNESDAY/APRIL 9- FRIDAY/APRIL 11

Artists Honored at LRA's "Winter Dreams" Exhibit. Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston.

WEDNESDAY/APRIL 9-SUNDAY/APRIL 27

Mind, Heart, Vision Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590 www.artspaceherndon.org.

THURSDAY/APRIL 10

Mind, Heart, Vision Exhibit Opening Reception. 6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. This exhibit is an annual exhibition at ArtSpace Herndon featuring selected artwork created by Herndon High School seniors. The reception is free and open to the public. 703-956-6590 www.artspaceherndon.org

FRIDAY/APRIL 11

Joe Mullins & Radio Ramblers. 8 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Joe Mullins & Radio Ramblers provide some of the very finest in traditional bluegrass as well as contemporary style bluegrass available today. Tremendous vocal harmony and absolutely magnificent instrumentals are their hallmark. \$15 admission. <http://www.radioramblers.com>

SUNDAY/APRIL 13

Book Look: Child of the Civil Rights Movement. 2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit www.artspaceherndon.org for more information and to register.

Nora Jane Struthers & the Party Line. 7 p.m. The Bluegrass Barn, 2709 West Ox Road, Herndon. Nora Jane Struthers & The Party Line are a traveling Carnival of original acoustic Americana. The high energy, Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums.

Reston's 50th Nature Party. 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. It's

Reston's 50th birthday weekend. Learn how the nature center helps to make our community special. Go on a hike. Make a tree craft and decorate a cupcake in honor of the occasion. Ages 3-5. Reservations required by April 10. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

TUESDAY/APRIL 15

Third Tuesdays - Design and Wine. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. You will discover the art of curling and twirling paper strips into 3D art to create a one of a kind greeting card or wall hanging. Reservations are required, \$30 fee. 703-956-6590 www.artspaceherndon.org

TUESDAY/ APRIL 22

Spring Into Meditation. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Step back and take a little vacation from the stress of your daily life with long-time meditator Gerry Gorman. Learn how meditation can help you experience a more peaceful, enriching and meaningful life. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library> to register.

SATURDAY/APRIL 26

Bill Emerson & Sweet Dixie. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A phenomenal group of musicians led by Bill Emerson who was a founding member of the Country Gentlemen and also founded the Navy's Country Current band. Bill surrounds himself with superb musicians and their combined talents are absolutely top notch. \$15 admission. <http://www.bluegrassville.com/billemerison>

SUNDAY/APRIL 27

Trout Fishing in America. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

WEDNESDAY/MAY 28

Modern Moves, in partnership with Dance Place. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers – Daniel Burkholder, Daniel Phoenix Singh and Erica Rebollar – come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

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GAYLORD NATIONAL RESORT



Walter and Trish are hosting an open house and gallery showing at the end of the month.



Trish Ratliff's cloud paintings turn her son's room into a heavenly dreamland.

PHOTOS BY REENA SINGH / THE CONNECTION

Artist Puts 'Priceless Home' on the Market

Herndon home filled with love and art.

BY REENA SINGH
THE CONNECTION

1008 Tyler Street looks like an unassuming brick house from the front. Open the door, however, and art is everywhere. Paintings, photographs, etchings cover the walls of the three-story home.

The home, with seven bedrooms and accompanying bathrooms, has served as a nighttime retreat for artists and scholars visiting Herndon and areas nearby.

"We have hosted so many artists and friends over the years that we were amazed to find this great new house with seven gorgeous bedrooms, six bathrooms and all of its high-quality historic details right in the downtown area," said Trish Ratliff. "The unfinished basement has become my huge art studio which gives me freedom, because I have so much worry-free space to work on multiple projects at the same time."

THE COUPLE plans to move to another location in Herndon. They are hosting an open gallery and home showing from 7 to 10 p.m. April 25 at their house, 1008 Tyler Street. Trish has been an artist since she was young. Her husband, Associated Press editor and Emmy-winning documentary producer Walter Ratliff, nurtured her creative side, she said.

"I've continued to draw, paint and sell paintings since I was young, but after the birth of our first child when Walter pointed out that oil paintings are a legacy to future generations, my art career took on new life," she said. "Since then I've taken my work more seriously and my paintings have sold



Visiting artist David Cheifetz created this painting when he stayed at Walter and Trish's home recently.

in galleries in Santa Fe, Alexandria, New York City and other major markets."

For both of them, creating a home that could both serve as a studio for Trish and have enough bedrooms to entertain other artists was a dream. After the home, modeled after a historic house in Alexandria, was built in 2006, the couple moved in with their 6-month son. Eight years later, the home is a sanctuary for four after another son is added to the family.

The artists that have visited over the years, like David Cheifetz, Ned Mueller and Vicki Blum, appreciated the couple's hospitality so much that they added their artwork to the home's gallery. Trish's own work

mingles with paintings and photographs from her artist friends. Billowing, blooming clouds fill one son's room. A country path hangs over the fireplace. And flowers, flowers everywhere.

"We love having guests, and we love making those guests feel extremely comfortable," Walter said in an email. "This house makes this possible like no other we have seen. Among our guests have been many fellow artists and scholars that come through the area. Being able to comfortably host them at our home (vs. a hotel) made for a richer experience for everyone."

Each of the three guest rooms has a bathroom, and two of them are master suites.

SINCE THE HOME WAS BUILT, Walter said in an email, upgrades have included an updated interior paint on the main level walls and adding canister lighting to Trish's studio in the basement

"One of our favorite upgrades was the natural gas standby generator, he said. "It is instant-on, and hooked up to our house's gas main. That means, if there is a power outage we have no

"We love having guests, and we love making those guests feel extremely comfortable."

— Walter Ratliff

worries, even if we are travelling."

Trish said showing the home, which the couple is now selling, always takes a long time because there are so many unique qualities about it.

"I had trouble showing the home, because the realtors would spend all their time looking at the art," she said.

She reminisced about the days the home would host Gertrude Stein-like artist gatherings.

These gatherings eventually grew so large that they were moved to a larger location.

"Everyone started coming," she said. "The artistic underground of inspiration outgrew this house. This house has a really special history."

For more information on Trish's artwork, visit <http://www.triciaratliff.com/>.

SPORTS

South Lakes Girls' Soccer Becoming a Contender

Seahawks start 4-0-1, including scoreless tie against McLean.

BY JON ROETMAN
THE CONNECTION

Neither team scored a goal during Friday's McLean Highlanders-South Lakes Seahawks girls' soccer matchup, but both came away feeling positive about how their respective 2014 seasons have unfolded.

The Highlanders and Seahawks played to a scoreless tie during a battle of unbeaten teams on April 4 at South Lakes High School. McLean entered the match as a program looking to continue its run of recent success, which includes a state championship in 2011. South Lakes is a group looking to take the next step in establishing itself as a contender.

Each team generated some offensive chances, but McLean squandered a golden opportunity in each half. In the 26th minute, senior Haley Mennes beat the South Lakes goalkeeper but failed to finish, hitting the side of the net. In the 50th minute, senior Maire Shine bounced a shot off the near post.

"I think we dug deep in the second half, especially," Shine said. "It was a hard-fought game. We just were a little off on some of the final passes. I think we could have won the game if we just finished a little better. ... I thought I had it on the chip. [South Lakes goalkeeper Sara Vigen] covered near post really well and I didn't have the angle for back post, so I knew I'd have to chip her and then it hit the inside of the post and, ugh, I thought I had it."

Shine, a first-team all-region selection last season, leads the Highlanders with four goals in six games. She's the primary offensive threat for a McLean team with a 3-0-3 record, including a scoreless tie against South County on Monday, April 7.

"I expect Maire to produce," McLean head coach Rob Bouchard said. "Everybody in the district voted her an all-region first-team [player] and we expect her to lead and play like an all-region first-team [player]."

Shine and senior defender Kaela Mahoney are team captains. Midfielders Caroline Meier and Megan DeGrafft, and defenders Audrey Freeman, Katherine Horenstein and Meaghan O'Reilly are also key contributors.

After opening the season with a scoreless tie against Robinson on March 21, McLean won its next three games, beating Oakton (2-1, March 24), Thomas Jefferson (4-0, March 28) and Langley (1-0, April 1).

"I think this team can go far," Shine said. "Everyone wants it and we've got a lot of talent, so I don't think there's any reason we can't go far."

The Highlanders finished runner-up in the Liberty District last season, losing to Stone Bridge 4-0 in the tournament championship game. McLean is competing in Conference 6 this season, which includes 2013 region runner-up Yorktown. While the Highlanders and Patriots don't face one another dur-



South Lakes sophomore midfielder Meaghan Nally produced four goals and three assists through the Seahawks' first five games.

"The region was aware that we did some things last year. Now we've got to take that next step. We need to move to the next level. We need to qualify for the region tournament. I think that should be something that we need to do. We knocked on the door last year and we didn't get there. We need to get there this year."

— South Lakes girls' soccer coach Mike Astudillo



South Lakes goalkeeper Sara Vigen secures the ball during a match against McLean on April 4.

ing the regular season, each is a strong candidate to reach the conference tournament final.

"Our girls feel a little slighted because there has been talk about all these other teams in our district and nobody ever talks about us, so we take it personal," Bouchard said. "We want to go out there every night and beat everybody now because of that. ... My girls, they think they can beat anybody. There's a lot of hard teams out there, but they have that attitude [of], 'Why not us?'"

While the Highlanders have their sights set on continued success, the Seahawks are looking to take the next step under second-year head coach Mike Astudillo, who

coached the Chantilly girls' soccer team from 2004 to 2007.

In recent years, South Lakes suffered lopsided losses against top-tier teams, including an 8-0 defeat against McLean in 2011 and a 7-0 loss to Stone Bridge in 2012. In 2013, Astudillo's first as South Lakes head coach, the Seahawks finished with a 7-3-3 regular-season record, including ties against McLean and Stone Bridge. Astudillo was named Liberty District Coach of the Year.

This season, South Lakes opened with four consecutive victories, beating Wakefield (5-0, March 19), T.C. Williams (2-1, March 27), Marshall (3-0, March 28) and Thomas Jefferson (4-1, April 1) prior to tying McLean.

"This was our first real test of the season," Astudillo said. "We did what we were supposed to do for the first four games of the season. I scheduled two of the toughest scrimmages I could find and we played fairly well against Centreville and Chantilly, but McLean is just a team that has talented players ... [and] Rob runs a great program. It's just a really good test for us."

While South Lakes produced a winning season last year, the Seahawks failed to qualify for regionals, losing to Langley in the opening round of the district tournament.

"We need to improve on what we did last year," Astudillo said. "Last year, we showed up and we let the region know that we were here to play. We tied Stone Bridge last year and when we called in the score they were like, 'Boys' soccer tied Stone Bridge?' 'No, no, girls' soccer tied Stone Bridge.'"

"The region was aware that we did some things last year. Now we've got to take that next step. We need to move to the next level. We need to qualify for the region tournament. I think that should be something that we need to do. We knocked on the door last year and we didn't get there. We need to get there this year."

One of the athletes responsible for South Lakes' early-season success is sophomore midfielder Meaghan Nally, who has been the Seahawks top offensive threat, producing four goals and three assists in five games. What makes Nally a good player?

"Her motor," Astudillo said. "Her engine never quits. She is an Energizer Bunny out there. She runs from goal line to goal line, she does everything we need."

Friday's result moved South Lakes' record to 4-0-1 and marked the second consecutive season the Seahawks managed to tie McLean.

"We know that we can hang in there with the best of the best," Nally said. "You just see how we can work together as a team, work hard. We can hang in there. We're good. Last year we tied them, as well, and we made a statement. We tied them again this year — they're better, we're better, so it made a bigger statement."

"... I think that last year, [Astudillo] was new, and so we were just getting used to his style. This year, we're kind of used to him. We know what he expects ... and we're stepping up to the plate because we know what we can do now. He's a really good coach. He motivates us, he keeps pushing us to the next level."

Bouchard has noticed the Seahawks' improvements.

"Their goalie [Vigen] is phenomenal and their field players have gotten so much better," Bouchard said. "First half, they took it to us and I was scared. Second half, we rose to the occasion and started making it more of a game."

South Lakes faced Mount Vernon on Tuesday, April 8, after The Connection's deadline. The Seahawks will host Stuart at 7 p.m. on Wednesday, April 9.

McLean will host Fairfax at 7 p.m. on April 22.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

FAITH

Matza - Humble Bread

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD OF
RESTON-HERNDON



PHOTO CONTRIBUTED

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. This year those dates correspond to the eve of April 14 through April 22. The holiday commemorates the emancipation of the Jewish people from slavery in Ancient Egypt through many miraculous events such as the Ten Plagues and the Splitting of the Red Sea.

With the last of the ten plagues, Death of the Firstborn, Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. Among other Passover observances, it is the Jewish tradition not to eat any leavened breads for the duration of the holiday, and to eat Matzah - flat unleavened bread.

For the duration of the eight day holiday, the Jewish home is cleared of all remnants and crumbs of leavened bread, cake, or the like. The Passover version of bread, Matza, is made by mixing flour with water and baking it in an oven. However, no time is allowed for the dough to ferment and rise, and the result is a flat, hard, cracker-like bread.

Jewish tradition teaches that leavened bread, with its characteristic fluffiness, represents ego and self-aggrandizement, while matza represents humility. It is specifically matza, the flat bread, which Jewish liturgy refers to as "the bread of faith." This is because the egotistical person who is swelled by pride, does not leave room for a higher truth to enter his or her life. The entire motivation behind any behaviors or thoughts is self-fulfilling and self serving. On the other hand, the humble person is receptive to faith in a Higher Being, and is willing to commit to a strong set of morals and values.

Well, one might ask, if matza represents such a virtuous state of being, why is it not eaten all year

More Information

For more info on the holiday of Passover, visit www.Chabadrh.org/Passover. There you will find much information regarding the historical background of the holiday, how-to Passover, and many delicious Passover recipes. You will also find thought provoking articles on the present day applications of the ancient story.

To purchase hand-baked Shmura Matzah, sell your Chametz, or to receive a holiday guide, visit the above website, or email Rabbi@chabadrh.org

For more information call Rabbi Leibel Fajnlend at 703-476-1829 or write to Rabbi@chabadrh.org.

long in place of leavened bread? This is because both the virtues symbolized by leavened bread, and the virtues symbolized by unleavened bread, are necessary for a life of productivity and meaning. It is of ultimate importance that a person recognize the significance of their actions and have confidence in their ability to affect change in the people and world around them. At the same time, one should not get so carried away with his self worth that he leaves no room for people and principles outside of his immediate comfort zone.

This is the paradoxical nature of our relationship with bread. On the one hand, leavened bread sustains us practically all year long. Its presence is vital and necessary. On the other hand, for eight days each year it is banned by Jewish law. Both of these practices carry practical applications to our personal lives as growing and developing human beings.

Other Passover observances include conducting a Seder on the eve of April 14 and 15. (Monday and Tuesday evenings). The Seder is a fifteen-step, family oriented, tradition and ritual packed feast.

The focal points of the Seder are:

- ❖ Eating Matzah.
- ❖ Eating bitter herbs—to commemorate the bitter slavery endured by the Israelites.
- ❖ Drinking four cups of wine or grape juice—a royal drink to celebrate the newfound freedom.
- ❖ The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

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Floris United to Host Empty Bowls Fundraiser

Local potters give their time and talent to support Empty Bowls and help fight hunger in our area. The Reston and Herndon pottery classes at their respective Community Centers have been busy making hundreds and hundreds of ceramic bowls for an Empty Bowls fundraiser to benefit Food for Others, the largest distributor of free food in Northern Virginia and hosted by The Giving Circle of HOPE. Open to the public, the event will be held on Friday, April 25 from 5:30 p.m. to 8 p.m. at the Floris United Methodist Church, 13600 Frying Pan Rd, Herndon. Pre-event tickets are \$25 and will be \$30 at the door. Guests will receive a simple supper of soup, bread, a beverage, dessert and a handmade bowl, which they may keep to remind them that there are those in our community that are empty. For more information go to www.givingcircleofhope.org.



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"I Thought You Were a Goner"



By KENNETH B. LOURIE

So has said my longtime oncology nurse, Ron, who has tended to me since June, 2009. Originally, I had been assigned to a different oncology nurse, Holly, with whom I developed an immediate rapport. She cared for me from the beginning, early March 2009, when I began my every-three-week chemotherapy infusion through June, when she transferred from the Infusion Center to a different unit (oncology does take a toll). Initially, after Holly's departure, Jane, another nurse in the unit, took me on as a patient. However, and this is where the details get sketchy, within a subsequent infusion or two, I was told one day upon my arrival at the Infusion Center, that Ron, still another oncology nurse, who I had certainly seen there previously but with whom I had minimal interaction, would be taking over for Jane – who was not transferring out – and henceforth would be my new oncology nurse. Apparently, I had been traded. For another patient? For future considerations? For a lunch-to-be-paid later? To this day, nearly five years later, I've never been able to uncover the truth. I got along fine with Jane; I'm a very low-maintenance patient/person; I don't think I did anything to precipitate such a decision. Nevertheless, a deal (my word) had been struck.

To the extent to which assigning nurses to oncology/chemotherapy patients is not random, given the ongoing and serious nature of the types of treatment, Ron's assignment – to me – was genius. We are alike in so many ways. We're the same age and have the same wise guy-type personality. We both use humor at every opportunity and love Yiddish and shtick as well; also we're both Jewish. In addition, we're both from the Northeast and love sports. He's interested in me and I'm interested in him. I know about his family. He knows about mine. Our relationship has evolved from nurse-patient to close friend. I trust Ron with my life.

That fact was never clearer to me than this past August 2nd, a scheduled infusion day for me, when I arrived at the Infusion Center for my usual chemotherapy. Ron noticed how ashen gray I was and after talking to me, further realized how much difficulty I was having breathing. Initially, he walked me around the unit while monitoring my oxygen levels; they were not merely low, they were no-chemotherapy-for-me-that-day really low. Immediately, Ron went to "Plan B:" assessment by a doctor in the Emergency Care Department. I needed medical help, that day. Ron then spent the next few hours coordinating care and managing the necessary steps to finding me a hospital bed. Later that day, I was "ambulanced" to Holy Cross Hospital where I was admitted. Two days later, I had 4.5 liters of fluid drained from my left lung which subsequently collapsed. I then spent the next five days recovering in S.I.C.U. In total, I was hospitalized for eight days before being released the following Friday. If not for Ron's hands-on and professional approach to my deteriorating condition, it's likely, as he's fond of joking, that I was a "goner."

But I'm not a "goner." I'm a "still here-er." In fact, at my last infusion, Ron told me that as of my five-year anniversary in late February, I'm now his longest-surviving cancer patient. And I'm still alive for many reasons, one of which is most definitely due to the depth of the relationship I have with my oncology nurse, Ron "Choo, Choo" Chubin (he's also a train guy). I wouldn't be here without him because, as he's also fond of saying, he's where I need him to be. Thank God!

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

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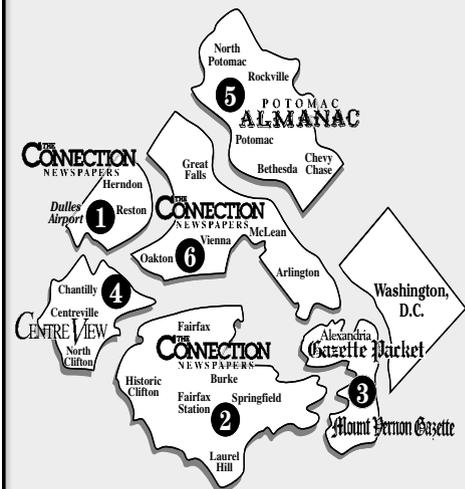
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Reston Hospital Center Recognized for Excellence in Lactation Care

The International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA) have recognized Reston Hospital Center for excellence in lactation care.

Reston Hospital Center has received the IBCLC Care Award in recognition of staffing professionals who hold the prestigious International Board Certified Lactation Consultant certification (IBCLC) and providing a lactation program that is available 5-7 days a week for breastfeeding families. In addition, Reston Hospital demonstrated that it has provided recent breastfeeding training for medical staff that care for new families, and have recently completed activities that help protect, promote, and support breastfeeding.

According to Liz Brooks, President of ILCA, "This recognition highlights the efforts being made by maternity facilities all across the world to help mothers get off to a good start with breastfeeding, and to support them in reaching their goals. IBCLC is the leading internationally recognized lactation certification in the world, and IBCLC certifiants are highly skilled in helping mothers with the questions and concerns that can arise.

They are also an important part of the overall maternal and child health team by assuring that evidence-based policies and practices are in place that help mothers succeed with breastfeeding."

IBLCE certifiants focus on preventive care, so they are available during pregnancy to assess the mother and provide information on how to successfully initiate breastfeeding.

They continue that assistance after the baby is born by helping mothers overcome breastfeeding challenges, providing accurate information, and continuing to support them as their baby grows. They assist mothers returning to work or school, help mothers in more unusual situations such as breastfeeding more than one baby or nursing a sick or premature infant, and help train nursing staff to manage basic breastfeeding care.

Brooks says that "Breastfeeding rates are on the rise today and with that dramatic increase, the need for trained professionals who can help also increases. Breastfeeding is natural and often works quite well without intervention.

But there can be complications or risk factors and mothers need extra support. An IBCLC is the trained expert with clinical skill who works with the entire health care team so that a mother's breastfeeding goals can be met."

For more information about Reston Hospital Center visit www.restonhospital.com.

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First Place Winners

- ❖ **Bonnie Hobbs**, *Centre View* – General news writing.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks



Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
- ❖ **Jean Card**, *Mount Vernon Gazette* – Page design.



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Steve Artley, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.

- ❖ **Victoria Ross**, *Burke Connection* – Feature series or continuing story.
- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Column writing.



Louise Krafft, *Alexandria Gazette Packet* – Feature photo: Summer Fun.

Third Place Winners

- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.