

Rust to Retire from General Assembly

NEWS, PAGE 3

Del. Tom Rust (R-86), who announced his retirement from the General Assembly last week, and state Sen. Jennifer Wexton at a January 2015 town hall meeting in Herndon.

Hunter Mill Holds Summit

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Herndon Election: Rewind or Replay?

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WE CHANGE LIVES

Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

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At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

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Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

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Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!



~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour. The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

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Tom Rust to Retire from General Assembly

Rust improved life for Herndon, and for Virginia, say many.

BY KEN MOORE
THE CONNECTION

Right after she was elected mayor, Lisa Merkel invited Del. Tom Rust to lunch. “I said, ‘How do you get things done?’ He said, ‘You have a vision and you stick with it and you keep pressing ahead,’” Merkel said. “It was a great lunch.”

Dranesville Supervisor John Foust has represented Herndon on the Board of Supervisors while Rust represented the Town in the House of Delegates. The two served together on the Northern Virginia Transportation Commission.

“I observed him take many political courageous positions,” said Foust.

Foust calls Rust “a gentleman” and a “dedicated and successful public servant.”

“He made life better for Herndon residents and all of us who live in the Commonwealth,” said Foust.

Eileen Curtis, president of Dulles Regional Chamber of Commerce, said Rust gave his life to public service for Herndon.

“He is one of the pivotal figures in the history of Herndon,” said Curtis. “He really does play into the history of the Town.”

Rust, 73, surprised many by announcing last week that he will not seek re-election. He has been Herndon’s delegate in the 86th



Del. Tom Rust (R-86) holds a Herndon town hall meeting in January along with state Sen. Jennifer Wexton (D-33).

district since 2002 and was expected to run again this November.

Rust was Herndon’s mayor from 1976-1984 and again from 1990-2001. Before he was Herndon’s mayor, he served on its Town Council from 1971-1976.

He has lived in Herndon since 1965 and graduated from Herndon High School.

Rust served on four committees including the Commerce and Labor, Education, Transportation, and Science and Technology Committees in the House of Delegates and chaired the Joint Commission on Tech-

nology and Science.

Rust was an advocate for transportation improvements, and, as an engineer, frequently interpreted technology for his colleagues. Rust served on numerous civic and charitable boards including the Jeanie Schmidt Free Clinic, Northern Virginia Transportation Authority, Northern Virginia Transportation Commission, Northern Virginia Community Foundation, Dulles Corridor Rail Association and Fairfax-Falls Church United Way.

“He has many accomplishments but I am

most grateful for his efforts to support Dulles Rail and help relieve congestion in Northern Virginia,” said Foust.

“He was able to manage the disparate voices that occur in any conversation and lead them to consensus,” said Curtis.

Rust received a standing ovation from the Assembly when he made his announcement. “It’s been a true honor to serve with you, members of this body, and I wish you the best as you continue to serve the

Commonwealth of Virginia and the citizens of Virginia,” said Rust.

“Old politicians don’t die, they just fade away,” he said.

“He was always a gentleman, courtly almost,” said Curtis.

“I observed him take many political courageous positions.”

— Supervisor
John Foust

“He is one of the pivotal figures in the history of Herndon.”

— Eileen Curtis,
Dulles Regional
Chamber of Commerce

Rewind, Replay, or Redo? November Town Election? Additional public hearing set for March 10.

BY KEN MOORE
THE CONNECTION

The majority was not enough for Councilmember Steve Mitchell. Mitchell believes the change to move Herndon’s election to the fall needs to be decided by referendum not the Council.

“Personally, I do not believe this decision should be made with the support of only four councilmembers,” Mitchell said during last week’s Town Council meeting Feb. 24. “I urge this Council to move this to referendum so we can have all of our citizens’ voices heard.”

In December, The Town Council passed a charter bill, expecting the General Assembly to approve the move of Herndon’s elections from the spring to November.

After unanimous support from the Virginia Senate, the House of Delegates surprised Herndon by killing the bill in committee last month.

The Town Council has put the election

debate back on its agenda on Tuesday, March 3 (after the Connection’s presstime) and for an additional public hearing on March 10. The Council held four public hearings late last year.

HUNDREDS OF CITIZENS voiced feedback to the Herndon Town Council, which voted on Dec. 9, 2014 to move town elections from May to November.

“It was an unprecedented amount of research, and weeks and weeks of conversation,” said Councilmember Grace Wolf. “We sent a postcard to every single house in town.”

Some residents said town elections should be separate from federal and state elections to allow focus on town issues. Some residents and councilmembers Mitchell and David Kirby suggested making the debate a referendum, allowing the town’s voters to decide. And some supported the move, especially supporting any change that would increase voter turnout.

Council voted 4-2, with one councilmember voting “present,” to move

the election to November.

Increasing voter turnout was the primary motivation.

At Herndon precincts, between 75-80 percent of registered voters turned out for the November 2012 presidential election year, and approximately 38-45 percent turned out during the midterm elections in November 2010, according to town records. In general, 20-25 percent of registered voters turnout for May elections.

Virginia’s General Assembly passed the request of four other towns, Buchanan, Branchville, Luray and Montross, to move elections to November during this year’s session.

“The question has been asked, why was Herndon treated differently?” said Mitchell.

“To me, the answer is simple. Herndon is not the town of Branchville, it is not the Town of Buchanan, it is not the town of Luray, it’s not the town of Montross.”

“The four towns sent their charter bills to the General Assembly with unanimous support from their respective Councils,” Mitchell said.

Not true, said Councilmember Sheila Olem.

“The town of Buchanan did not pass unanimously with its Town Council. They kind of remind me of Herndon, with five men and two women on the Council. The five women voted for November and the two men voted against,” she said.

“That was not an unanimous vote, but the House of Delegates did vote for it unanimously as did the Senate,” she said. “But not the Town of Herndon.”

Mitchell said he was glad Herndon was treated differently than the other four towns with different populations, different demographics and different costs for the elections per vote.

“We passed this with a 4-2-1 vote. In addition to lack of Council consensus, we also failed to have community consensus,” Mitchell said.

THE TOWN has the right to pass such a change by Ordinance, without support from the General Assembly and without a referendum.

OPINION

Good, Bad and Ugly

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do.

By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential,

exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to extend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and

A look at recently ended session of the Virginia General Assembly.

died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Supporting Elections in November

To the Editor:

You likely received many messages reacting to the decision of the Virginia House of Delegates to block a Herndon Town Council plan to move town elections from May to November ("Herndon Forbidden to Govern Itself?" February 25-March 3, 2015). Such action by the House of Delegates was the first ever taken against any Virginia community that sought to move local elections to the autumn. Since the House of Delegates decision to squash Herndon's request, Delegate Tom Rust (R-86) who represents Herndon announced he would retire effective this term. That his announcement followed by just days his successful side-tracking of Herndon's bill may be coincidental. But there is a message here. Elected representatives of the people go against popular will at their own peril.

Fortunately, Herndon can remedy the action by the House of Delegates and move its local election calendar without Richmond's

blessing. In four public hearings held in 2014 citizens presented the Town Council with their views on the issue. Then the Town Council voted to approve the proposal. Another opportunity to speak out, in essence the fifth public hearing on the question of moving elections from May to November, will take place March 10. The Council will again vote following those hearings.

I strongly support moving elections to November for, among other benefits, increased public participation. The Town Council can make this happen regardless of political machinations in the House of Delegates.

Lawrence Cohen
Herndon

Fair and Humane

To the Editor,

I completely agree that there should be better management of mental illnesses in jail (Editorial, "Managing Mental Illness in Jails," Connection, February 25-March 3, 2015).

This is a common pattern that many people are unaware of or simply don't care about because of the stigma that comes with those

imprisoned.

It is common to assume that because someone is imprisoned, they are undoubtedly "evil." Since substance abuse and mental illnesses are common patterns among prisoners, more awareness should be spread on this issue so that treatment can be improved.

If people who are not imprisoned can receive support and treatment for their addictions and illnesses, then prisoners should receive the same opportunities. It is not fair to deny people access to these resources just because of what they've done in the past. In fact, receiving this treatment could improve their quality of life and possibly keep them from future criminal activities. Despite what they have done in the past, criminals deserve fair and humane treatment just as any other human does. Along with humane treatment comes effective treatment, involving proper support and resources for those suffering from addictions and mental illnesses. Natasha McKenna obviously did not receive humane or effective treatment, as she was suffering from severe mental treatment and was punished to the point of death for it rather than receiving adequate and proper treatment. Her situation could have easily been avoided if

there was better management of mental illnesses in her jail facility. Perhaps she would not have been so combative or aggressive if she had received adequate care. Enclosing people in restrictive jail cells is not an effective response to mental illnesses, as we have learned in the past from asylums and other inappropriate "hospitals" for the mentally ill. I hope that our society will soon realize this so that action will be taken.

Victoria Lamb
Reston

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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Special Screening of Honor

Film screening March 16 to help WWII veterans travel to their monument.

BY KEN MOORE
THE CONNECTION

The Honor Flight Network transports aging veterans to visit memorials built in Washington D.C. in their honor. Caroline Healy and 11 of her peers in Girl Scout Troop 3651, based in Great Falls, are hosting a screening of "Honor Flight" at AMC Worldgate 9 Theaters in Herndon on March 16 at 5:30 p.m.

"It's a pretty important movie, it's very special," said Caroline, 11, whose great grandfather served in World War II. "It's very important that the veterans who served in World War II will be remembered."

"Honor Flight" follows a midwestern community racing against the clock to fly World War II veterans to Washington, said Karen Joostema, co-leader of the group. Tickets are being sold online in advance only at <https://www.tugg.com/events/11973>

The movie will be followed by a short discussion with veterans.

THE 12 GIRLS in Caroline's Girl Scout Troop, who attend Colvin Run Elementary School in Vienna, first worked with the Honor Flight organization two years ago as Brownies. They greeted an Honor Flight of veterans at Washington Dulles International



PHOTO CONTRIBUTED

Members of Girls Scout Troop 3651 greeted an arriving Honor Flight at Dulles International Airport when they were Brownies in 2012. They are organizing a showing on "Honor Flight" on March 16 in Herndon to bring more veterans to Washington.

Airport to see the memorials, according to Joostema, co-leader of the troop.

"We got to shake hands and hug them and sing songs to them. We sang 'America, The Beautiful,' 'You're a Grand Old Flag,' and 'God Bless America.' They seemed very happy," said Kyra Joostema, 11.

"They were telling us what it was like," said Caroline. "To see the girls interact with the veterans, it's not something to be replicated," said Caroline's mother Amy Healy, co-leader of the troop.

Karen Joostema said the girls were in-

spired and wanted to learn more, so they arranged for the troop to view the movie.

When it was time for the girls to decide on a community project this year, they decided to try to help more veterans to get to Washington by setting up their own community viewing.

"We want people to have a chance to see it and understand what happened and to understand that people around us did a good thing," said Caroline.

ABOUT 640 VETERANS who served in

Honor Flight Screening

Girl Scout Troop 3651 is sponsoring a special screening of the movie "Honor Flight" on March 16 at 5:30 p.m. at AMC Worldgate 9 theaters in Herndon. "Honor Flight" tells the story of a nationwide effort to fly World War II veterans to Washington, D.C. to visit the monuments built in their honor. For many veterans, this opportunity is the trip of a lifetime. This is a one-time showing, and tickets are \$12.50, online in advance only. To buy tickets go to: <https://www.tugg.com/events/11973>

World War II die each day, according to Honor Flight Network. "They are a very service-oriented group of people, especially for their age. They are getting more independent," said Healy of the girls. "It's just neat to be a part of it. The girls are taking more of the lead as they get older."

The girls have made signs, visited nursing homes to tell people about the movie, and have brainstormed other ways to get people to go.

"I just hope we sell the tickets, so Karen and I don't have to buy them all," said Healy.

Caroline has been in her girl scouts troop for four years.

"We are there to support each other. We all do things together, not one of us is left out," said Caroline.

"Our troop has worked so hard, it makes me happy that we accomplished this," she said.



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Shannon DeLacy at Flint Hill Elementary in Vienna with her 6-year-old twins; Skylar (blue) and Sydney (pink)



Jimmy with Jack, Sydney, Skylar and Riley.

Dog as Lifeline to Vienna Boy With Mitochondrial Disease

Golden Retriever assistance dog connects Jack to schoolmates, community.

BY JOAN BRADY
THE CONNECTION

Jack DeLacy was not expected to see his second birthday. But by the time he turned 4, it was clear the DeLacys could start planning for a future they never expected to have.

Diagnosed with mitochondrial disease, Jack has a great many challenges. "Mito" primarily affects children and can cause a host of complications including loss of motor control, muscle weakness and pain, seizures, developmental delays and others, according to the United Mitochondrial Disease Foundation.

Allison Kaminsky, Shannon DeLacy's childhood friend, had been volunteering with a non-profit that trains service dogs for children, veterans and young adults. She encouraged the DeLacys to look into getting Jack a dog that might help to improve his quality of life.

Shannon and her husband had always loved dogs. But they weren't exactly sure how a service dog might benefit their non-verbal son, who, at four, was not yet walking. And the process of getting and maintaining a service dog would require a significant commitment including ongoing training.

But with Alison's encourage-



PHOTOS BY JOAN BRADY PHOTOGRAPHY

Jimmy, an assistance dog, and Jack DeLacy, who attends Sunrise Valley Elementary in Reston.

ment, they decided to apply and were accepted into the paws4people.org program.

Jack loves golden retriever, Jimmy. Shannon says he is a perfect fit for their family. And as Jack has gotten older, opportunities to interact with children outside of his special education Intellectual Disabilities class have become more limited.

Because of Jimmy though, Shan-

non says Jack has a kind of super hero status with the kids at Sunrise Valley Elementary in Reston. Other students approach Jack to say hello to Jimmy or to ask about him if he isn't in school. Jack shows his delight by smiling broadly.

Jimmy's impact isn't limited to the DeLacy family. He volunteers with Shannon at her twin's Vienna elementary school, Flint Hill. When Karen Sparacino, the school's read-

More

On Mitochondrial Disease:
<http://www.umdf.org/>

On paws4people:
<http://paws4people.org/>

ing specialist, first announced that parents could sign their kids up to read to Jimmy, 70 kids were signed up on-the-spot.

Sparacino says that reading to Jimmy is about giving early readers confidence. Jimmy listens without judgment. Jimmy doesn't correct. That takes some of the stress off the young readers.

And the kids know Jimmy is listening because he responds when they read words he understands, like "Treat" and "Drop it."

Shannon remembers one little girl who arrived to the library with her book in hand. "I don't read very well," she said, as she arranged herself on the floor next to him. She began reading slowly and carefully. But by the end of the book she was reading with fluidity and inflection.

And reading to a dog doesn't end with Jimmy. Some of the kids have reported reading to their own dogs at home. At the end of the day, the more kids read, the better, says Sparacino.

Jimmy is a trained assistance dog who definitely works. But he also loves to play with Jack and his three sisters; Riley, Sydney and Skylar.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

Judy Downer, 1939-2015, Dies

Judy Downer, a resident of Herndon since 1965, died on Feb. 25, 2015 in Reston, with her children at her side. Judy was born in Brooklyn, N.Y. but moved to Herndon in 1965, where she raised her family, made hundreds of friends and lived the rest of her life. She was a real estate broker and co-owned Hometown Properties with her close friend, Barbara Hoss (Godowsky), before selling to a national firm.

OBITUARY

She was an active member of the Herndon community as a member and past President of the Herndon Fortnightly Club; served as first vice president of the Greater Herndon Citizens Association; served as president of the Herndon Chamber of Commerce, a member of its Board of Directors and founded the Environmental (recycling) Committee and the McLean area Telecommunication Task Force; and served as co-chairman of the Herndon-Reston Recreational Task Force; assisted in starting the SAGA (Students Against Global Abuse) program at Herndon High School and the Herndon Ladies Brunch; and an active member of the Dranesville District Comprehensive Plan Review Task Force, Tree-Action, and Herndon Planning Commission.

In December 1992, she was appointed as the Dranesville District Representative to the Fairfax County Planning Commission by the Fairfax County Board of Supervisors, and served in that capacity until her retirement in December 2000. During her tenure, she was selected parliamentarian in 2000, and served as both vice chairman and chairman of the Redevelopment and Housing Committee, focusing much of her attention on affordable housing issues throughout Fairfax County; she was appointed to the Supervisors Task Force on Baseball Site Selection, Task Force of Revitalization and was an ex-officio member of the Dulles Corridor Land Use Task Force.



Judy Downer

Because of her spirit of volunteerism and commitment to the community she was recognized and presented proclamations by both The Fairfax County Board of Supervisors and The Herndon Town Council in 2001. In addition, she was named "Lady Fairfax" in 1991 to represent the Dranesville District. She received the Town of Herndon Distinguished Service Award at the Mayor's Volunteer Appreciation Night in 1990 and was named "Citizen of the Year" by the Herndon Rotary Club and Greater Herndon Jaycees in 1991. She received an Outstanding Service Award and Certificate of Appreciation from the Herndon Dulles Chamber of Commerce.

She was an avid pet lover and raised many (mostly rescued) pets during her lifetime including horses, ponies, dogs, cats, a parrot named Apollo and countless others.

Judy Downer was a loving mother to Douglas (Annie) Downer, Debra (Tim) Vigotsky and Doreen (Jay) Meadows; a grandmother to grandchildren Timothy Vigotsky, Kaitlyn Downer, Christopher Vigotsky, Julia Downer, Miranda Meadows and Monica Meadows and step-grandchildren, Zachary and Joshua (deceased) Hennessy. She also remained close with her ex-husband, Richard Downer and former daughter-in-law, Lynne Downer.

A celebration of life will be held on her 76th birthday, March 21, 4-7 p.m. at ArtSpace Herndon, www.artspaceherndon.com. In lieu of flowers, the family requests that contributions be made in her memory to a few of her favorite charities: The Fortnightly Club of Herndon scholarship program, the ASPCA or Habitat for Humanity.

WEEK IN HERNDON

Connolly, McAuliffe Endorse Boysko for Delegate

Late last week, Democratic Candidate Jennifer Boysko received a series of endorsements from top Democratic state leaders in her campaign for the 86th House of Delegates seat. On Friday, Rep. Gerry Connolly (D-11) endorsed Boysko, one day after an endorsement from Governor Terry McAuliffe.

"Jennifer has been a steadfast leader in her community and a tireless advocate for women's rights, a strong education system and a fair shot for all Virginians," said Governor McAuliffe.

Lieutenant Governor Ralph Northam and Attorney General Mark Herring have also endorsed Boysko's candidacy.



Herndon High Students Recognized in Art and Writing Competition

The following Herndon High School's students had winning artwork in 2015 Scholastic Art and Writing Competition Award: Rebekah Soliday – Senior ("Cut Here" – Gold Key; "Staggering Striping" – Gold Key; "Shadows of Death" – Silver Key; "Tiger's Eye" – Silver Key); Adriana Lundgren – Senior ("Puppeteer" – Silver Key and "Tension" – Silver Key); Valeria Erazo – Senior ("Fear" – Silver Key); Shannon Gaffey – Senior ("Make Me or Break Me" – Honorable Mention) and Susan Srebalus – Junior ("My Escape From" – Honorable Mention).

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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Maddie Royle, seen earlier this season, and the Oakton girls' basketball team won their first two games of the 6A North region tournament.

Oakton Girls Beat LB, Battlefield

The Oakton girls' basketball team advanced to the 6A North region tournament final four with victories over Lake Braddock (64-35, Feb. 27) and Battlefield (67-56, Feb. 28).

The victories improved the Cougars' record to 25-1 and extended their win streak to 24.

Oakton's region semifinal match-up with West Springfield was scheduled for Tuesday at Robinson, after The Connection's deadline. The winner earns a trip to the region final and a berth in the state tournament.

The region championship game is scheduled for 6 p.m. on Friday, March 6 at Robinson Secondary School.



PHOTO CONTRIBUTED

NoVa Ice Dogs Win Championship

The top-seed NoVa Ice Dogs U12-A girls' ice hockey team defeated the Montgomery (MD) Blue Devils, 4-3, to win the Chesapeake Bay Hockey League U12 girls' championship on Feb. 22 in Frederick, Md. The Ice Dogs, coached by Mike Donovan of Falls Church, are composed of 19 11-year-olds from around Northern Virginia. The roster includes: Katherine Donovan, Sarah Ettinger, Kaia Jefferson, Jillian Kendrick, and Bryana Nace of Falls Church City; Kelly DeMatties and Mira Majure of Falls Church Fairfax County; Alexandra Friedman and Ana Evans of Alexandria; Rachel Clarke and Emily Rotter of Arlington; Gwenyth Holloway and Braylee Weets of Springfield; Lexi Lewis of Nokesville; Elizabeth Mueller of Fairfax Station; Caley Duchak of Vienna; Mia Boris and Macie McGraw of Washington, D.C; and Sara ten Broecke of Columbia, Md. Tryouts for next year's girls teams will be held April 30-May 7 in Alexandria. Please contact Peter Townsend at peterwtownsend@comcast.net for more information.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Langley junior Paige Galiani tries to split a pair of West Springfield defenders during the 6A North region quarterfinals on Feb. 28.

Langley Girls' Basketball Team Wins 21 Games, Reaches Region Quarterfinals

The Langley girls' basketball team exceeded expectations during the 2014-15 season, winning 21 games, including a regional tournament contest against Osbourn Park.

But that hardly dulled the pain of Saturday night's season-ending loss to

West Springfield.

The Saxons came out on the short end of a physical contest, losing to the Spartans, 47-37, in the 6A North region quarterfinals on Feb. 28 at West Springfield High School.

Herndon Boys' Basketball Reaches Region Quarters

The Herndon boys' basketball team suffered a season-ending loss to Battlefield in the 6A North region quarterfinals, 75-52, on Feb. 28.

One day earlier, the Hornets beat Lake Braddock, 72-69, in the opening round.

Herndon finished the season with a 16-10 record, placing runner-up in the Conference 5 tournament.

South Lakes Girls, Boys Lose in Region Tournament

The South Lakes girls' and boys' basketball teams lost in the opening round of their respective 6A North region tournaments.

The girls' team lost to Battlefield, 52-42, on Feb. 27 at Battlefield High School. The Seahawks ended their season with a 17-7 record.

The boys' team lost to Osbourn, 59-52, on Feb. 27 at Osbourn High School. South Lakes finished 16-9.

Madison Girls Qualify for Semifinals

The Madison girls' basketball team defeated Osbourn, 72-50, on Feb. 27 and Westfield, 58-36, on Feb. 28 to reach the 6A North region semifinals.

The Warhawks' semifinal contest against Chantilly was scheduled for Tuesday, after

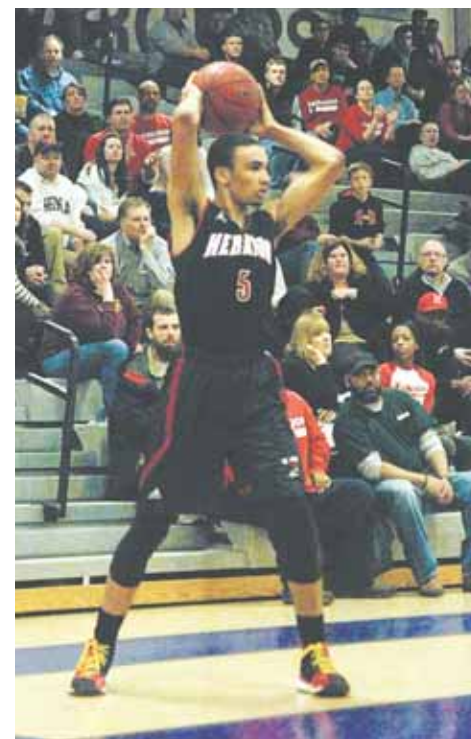


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Michael Griffin, seen earlier this season, and the Herndon boys' basketball team reached the region quarterfinals before losing to Battlefield.

The Connection's deadline.

The winner would earn a trip to the region championship game and a state tournament berth.

The region championship game is scheduled for 6 p.m. on Friday, March 6 at Robinson Secondary School.

Madison entered Tuesday's game with a 22-5 record, including a 32-28 win over Langley in the Conference 6 championship game on Feb. 24.

CALENDAR

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

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center. 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

FRIDAY/MARCH 6

Art House Cinema Presents: Trois films du Cinéma Français. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join in on the First Friday in March, April and May, 2015 for these masterful works, each selected for making significant contributions to the film industry. The March film will be The Intouchables (2011). Tickets are \$7.50 per person for the movie and fresh popcorn. Beer, wine, water, and concessions will be available for purchase. The doors open at 7. To buy tickets: <http://www.artspaceherndon.com/art-house-cinema-presents-trois-films-du-cinema-francais/>. For more information call 703-956-6590.

FRIDAY-SUNDAY/MARCH 6, 7, 8

Three Day A Cappella Music Festival. South Lakes High School, 11400 South Lakes Drive, Reston. Professional a cappella groups from around the world will perform with collegiate and HS groups at the 7th annual SingStrong International Charity A cappella Festival. SingStrong, will feature the best professional a cappella singers from around the world at South Lakes High School's Arts Center. Tickets range from \$15 to \$35. Discounted passes available for Seniors, Students and groups of 10 or more. Free Parking. Tickets and complete info at www.SingStrong.org.

SATURDAY/MARCH 7

Annual Polish/American Dinner and Polka Dance. 6 p.m. St. Joseph's Parish Hall in Herndon. Tickets are \$65 per couple, \$35 per adult and \$20 per child/student. Ticket price includes a traditional homemade Polish Dinner of stuffed cabbage, kielbasa and pierogies, as well as beer and wine or other beverages. For tickets or more information, contact Bern Patchan at 703-395-8294 or email at bernpatchan@gmail.com.

Inner Balance. 10 a.m. - 1:30 p.m. Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. Usually our mind is unbalanced oscillating between excitement and aversion. The people we come across swiftly change from friend to foe. In this workshop the Resident Teacher of Vajrayogini Buddhist Center will explain how we can develop a balanced mind through training in equanimity. Then our appearances of people and situations will change and we will be able to experience everything in a fresh and positive way. \$25. www.meditation-dc.org

MONDAY-TUESDAY/MARCH 9-10

Bunny Bounce. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Bounce along the trails following the footprints of a cottontail rabbit. Make bunny ears, munch on bunny food and feel bunny fur. Discover where rabbits live and make a soft nest for bunny babies. Ages 18 months to 35 months.

PET FRIENDLY EVENTS

SATURDAY/MARCH 7

Fun Dog Show. 11 a.m. Market Square, 301 King Street, Alexandria. Register your dogs to win the contests ranging from Best Tail Wag to Best Irish Costume. The show starts at 11:15 a.m., and afterwards all dogs are welcome to walk in the annual Old Town Alexandria St. Patrick's Day Parade. Register and learn more at http://www.ballyshaners.org/parade/ParadeInfo_dogshow.htm.

FRIDAY-SUNDAY/MARCH 27-29

Super Pet Expo & Doggie Kissing Contest. Dulles Expo Center, Chantilly. The Super Pet Expo is the largest, most amazing event for animal lovers in the DC Metro. Learn, shop and be entertained with hundreds of vendors and fun activities. Buy tickets at <http://www.superpetexpo.com/tickets> and use code NOVADOG to save \$3. Before the expo on Saturday morning, join hundreds of other dogs and the people who love them to attempt to set a doggie-kissing record.

Reservations required by March 5. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

WEDNESDAY/MARCH 11

League of Women Voters Meeting on Human Trafficking. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. The Washington area is one of the 14 major sex trafficking areas in the U.S. Why did Virginia get a grade of D in passing laws to support its victims? What is being done locally to combat human trafficking? Join the discussion. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

THURSDAY/MARCH 12

South Pacific Cauldron: World War II's Great Forgotten Battlefields. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Alan Rems presents a virtual tour of the lesser known battles of the Pacific theater.

Maximizing for Social Security. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security benefits. For adults 60-65. Registration is required for this event.

Organic Gardening. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Organic gardening uses landscape design and the environment to improve and maximize the health and the development of plants and soil without the use of commercial pesticides and fertilizers. Learn about this mainstay method of sustainable gardening, and bring your questions. Co-sponsored by Reston Community Center. Reservations required by March 9. Fee: \$5/person RA members, \$7/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

FRIDAY/MARCH 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public. For more information call 703-956-6590 or <http://www.artspaceherndon.com/events-2/senior-tea/>

SATURDAY/MARCH 14

Kid's Trout Fishing Derby. 7 a.m. - 12 p.m. Event meets behind the Herndon Police Station on the Sugarland Run Trail. Experience a relaxing and successful day catching fish with Trout Unlimited volunteers to teach you how to bait, cast, hook

and cook your freshly caught dinner. 6\$ advanced registration, 10\$ day of event. All kids must be accompanied by an adult. Information at http://www.herndon-va.gov/content/parks_rec/specialevents/.

10th Annual FISH Fling Gala & Fundraiser. 6 - 11 p.m. Hyatt Dulles Hotel, 2300 Dulles Corner Boulevard, Herndon. FISH is a volunteer, nonsectarian, nonprofit organization that assists local residents through short term crises. Last year, they helped 5,665 people with immediate needs. FISH responds to requests for rent, utilities, transportation to medical appointments, medical items, furniture, home items, and more. For ticket information email FISH@HerndonRestonFISH.org or call 703- 582-3260 . To learn more visit www.HerndonRestonFISH.org

SUNDAY/MARCH 15

Spring Golf Tournament. 10 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon.

Reston Community Orchestra Concert. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Join the RCO for an afternoon of Bach and Haydn and works by contemporary composers who followed in — and strayed from — their footsteps. Free.

WEDNESDAY/MARCH 18

Brilliant Birds. 10 a.m. & 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Many birds migrate far away during the winter. They return with their most colorful plumage in spring. Make a colorful bird craft, see feathers and birds up close, and go on a short hike to see if we can find these beautiful birds in the trees or at the feeders. Ages 3 to 5. Reservations required by March 13. Fee: \$7/child RA members - \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An informal discussion of the life, times, and work of Langston Hughes.

FRIDAY/MARCH 20

Fireside Fun. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. With a hint of a chill still in the air, the fireside is a perfect place to gather, share stories and think of warmer days soon to come. Make campfire popcorn and taste a marshmallow treat. If the weather is nice, we'll meet at the fire ring. If it is too cold, snowy or rainy, we will meet by the fireplace inside Nature House at 11450 Glade Drive. All ages. Reservations required by March 17. Fee: \$7/person RA members, \$9/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

FAITH NOTES

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

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.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to

practice meditation. \$12. 202-986-2257 or www.meditation-dc.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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Sole-Searching

By KENNETH B. LOURIE



There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported – and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

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

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21 Announcements

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OBITUARY



Felicia Halina Fisher passed away suddenly at her home on Wednesday, February 25th, 2015. Filly, as she was called by family and friends, was well-known and loved in the Reston community and beyond for her many years of volunteer work at the Tysons-Pimmit and Reston Regional Libraries. She was a regular visitor to the Reston Farmers' Market where she navigated crowds on her mobility scooter visiting the many vendors she befriended. Filly and her husband Gavin were also active parishioners at Our Lady of Good Counsel Catholic Church in Vienna, Virginia.

Filly was born in Valdosta, Georgia on July 21, 1969, with many physical challenges and was not expected to live for more than a few days. Instead, she survived for 45 years, bringing joy into the lives of everyone she encountered. She will be profoundly missed by all.

Filly is survived by her husband Gavin Lee Fisher, her parents Jan (retired USAF and Federal Judge) and Theresa Michalski and her brother Christopher Michalski.

Memorial donations may be made to Gabriel Homes, Inc., PO Box 710207, Herndon, VA 20171-0207.

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21 Announcements

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Marion Kitt Potter Named ArtSpace Herndon Executive Director

The Herndon Foundation for the Cultural Arts has announced the new Executive Director of ArtSpace Herndon: Marion Kitt Potter. On Wednesday, Feb. 4, the HFCA Board of



Marion Kitt Potter

PHOTO CONTRIBUTED

Directors voted to offer the position of Executive Director to Potter. She accepted the position and began work on Feb. 16. "Kitt brings to our organization extensive experience with nonprofit management and a passion for the Arts," says HFCA Board President, Harlon Reece.

Potter has over 20 years of successful experience in research, nonprofit leadership strategic planning/partnering, fund raising, community and media relations, and event planning. As a Resource Development professional over the past 10 years, she has been primarily responsible for raising over \$15,000,000 dollars in funding and sponsorships on behalf of community, faith and arts-based organizations; businesses, colleges; and individual visual and performing artists.

Potter holds a Bachelor's degree in Sociology/Psychology from Howard University; is certified by the Grantsmanship Training Center and holds certificates in Nonprofit Leadership from the New York Council of Nonprofits and the Harvard University School of Social Enterprise. She is also a gifted vocal stylist, actress, percussionist, lyricist and actress.

Her critically acclaimed theater credits include playing lead roles in several hit pop musicals and her Living History Series. Kitt's stunning musical re-enactment "Elizabeth Eckford - 50th Anniversary of the Little Rock Nine" has been archived in the Smithsonian Institution's National Museum of African American History and Culture - The Memory Pages.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

MONDAY/MARCH 9

Writers Group. 7 p.m. Herndon Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. The group reviews works-in-progress from up to three members each month. Adults.

TUESDAY/MARCH 10

ESL for Beginners. 10 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. Adults.

WEDNESDAY/MARCH 11

Wednesday Morning Book Club. Reston Library, 11925 Bowman Towne Drive, Reston. Book discussion group.

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PHOTOS BY KEN MOORE/THE CONNECTION

More than 100 people turned out on Saturday, Feb. 28, at Frying Pan Park for the Hunter Mill District Community Summit.

Hunter Mill Summit

More than 100 people attended last Saturday's Hunter Mill District Community Summit Program, hosted by Supervisor Cathy Hudgins (D-Hunter Mill). The meeting was the first in a series of community budget discussions planned around the county in the next few weeks.

County Executive Ed Long outlined the \$3.8 billion budget, with 52 percent of the money going to schools and 64 percent of revenue coming in from property taxes.

"When we adopt a budget, we are investing in the priorities of the county," said Chairman Sharon Bulova (D).

The budget proposal doesn't fully cover the budget request from Fairfax County Public Schools, the 10th largest school sys-

tem in the country according to School Board Member Pat Hynes (Hunter Mill). With a growing student body, many class sizes at more than 30 students and 29 percent of FCPS students poor enough to qualify for free and reduced meals, the meeting emphasized the funding needs for schools.

The tight budget is attributed to reduced spending by the federal government.

"When the federal government starts to shrink, we feel it here," said U.S. Rep. Gerry Connolly (D-11).

Cathy Hudgins gave a virtual tour of human services by location in the Hunter Mill District. The meeting included the "Hunter Mill Huddle," to give voice to those needs.

—KEN MOORE

U.S. Rep. Gerry Connolly (D-11)



Board of Supervisors Chairman Sharon Bulova (D)



County Executive Ed Long



Hunter Mill School Board Member Pat Hynes



Supervisor Cathy Hudgins (D-Hunter Mill)

Voices of Human Needs in Hunter Mill



Kerrie Wilson, CEO, Cornerstones

"In Reston alone, there are 3,000 households that are rent-burdened... The needs are so complex."



Leila Gordon, Reston Community Center

"We want to provide every youth with meaningful summertime and afternoon activities."



Kate Hanley, Hunter Mill Representative, Fairfax-Falls Church Community Service Board

"Providing affordable housing is one of the most cost-cutting things you can do."



Jerry Poje, Hunter Mill Representative, Human Services Council

"We look at one percent of things that should be cut every year. What are the budget innovations? ... We should be known as a visionary county."



Bill Bouie, Hunter Mill Representative and Chairman, Fairfax County Park Authority

"Centralized recreation is a big part of it.... Kids can't get to recreation locations."



George Bergquist, Chairman, Committee for Helping Others

"You'd be surprised about the economic conditions of your neighbors."

—KEN MOORE