

Reston  
**CONNECTION**

# Reston Children Meet Friendly Cops, Firemen

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A local fireman teaches children at Southgate Community Center about a fire truck at the recent National Night Out event.

Fairfax  
Republicans  
Nominate  
Wolfe  
For Sheriff

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The Most  
Exciting  
Changes in  
Reston Schools?

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# The Most Exciting News of Reston Schools

Principals look forward to the new school year.



Tim Stanley, interim principal at Sunrise Valley Elementary School,

"I think the most exciting change for the school community will be our renovation project. We have what is called an annex right now. The students in the annex are going to be moved into quads and the annex will be taken down. A new addition will be started hopefully around winter break. Then, over the next two or three years, the addition will be completed and the entire school will be renovated and have an exciting new look. I've learned in my short time here that Sunrise Valley is without doubt one of the best elementary schools in Fairfax County. The learning environment is positive, challenging and joyful. Teachers here are learners. They work very hard, and over the last six or seven years they've focused on habits of mind. Fairfax County is really focusing in on 21st century skills, so the staff has been looking at critical thinking, collaboration, communication and creativity."



James Quinn, principal of Armstrong Elementary School,

"I'm excited because I'm actually new at Armstrong. This is my third week on the job, and I've met many of the staff that are returning and many new staff members that are coming on board. I'm excited to have had the chance to meet many of our families and many of our students that are going to be coming to Armstrong. I look forward to working with everyone, the students, staff and families, to do wonderful things at Armstrong. This is a great community and a great place to live. My wife and I live in Herndon and we have three small boys, six, three, and 15 months. We're excited to be working with a neighborhood school, being close to home and really becoming involved in the community."



Shane Wolfe, principal of Aldrin Elementary School

"What we plan to do is continue our focus on nutrition and healthy eating for our students. We have a garden that was just put in this past school year that's really producing a great deal of vegetables for our community and our kids. We're going to plant our fall harvest in September, harvest it in October, and then provide that food in the cafeteria for our kids as the school year progresses. The other thing is we're really hoping to be able to have a mobile device available for every kid in the school. I know that's a bit of a pie in the sky, but we're very hopeful that it will come to fruition. We're also continuing to build business partnerships and community partnerships, and our PTA is working really hard on becoming a PTA School of Excellence, so we're also excited about that opportunity."



Aimee Monticchio, principal of Langston Hughes Middle School

"There is a lot of talk in education about the 21st century skills for students to become creators, collaborators, critical thinkers and communicators. At Hughes these skills will continue to be an integral part of how we plan projects and activities using the IB (International Baccalaureate) Middle Years Program framework. This year the teachers and staff will continue to challenge students using many engaging assignments. As always we will support children and families through the great transition time that is the middle school years. We pride ourselves on building positive relationships with students, and the families who support them, so they can thrive as learners and young adults."

—JULIE IANNONE



ALEX MCVEIGH/THE CONNECTION

**Two buildings on Freedom Drive in Reston Town Center that will serve as the headquarters of Leidos, which is a second company created by a split in SAIC.**

## Leidos Locates in Reston

SAIC to split into two parts, second part will move to Reston Town Center.

BY ALEX MCVEIGH  
THE CONNECTION

SAIC, one of the largest employers in Northern Virginia, has announced that they will locate the headquarters for Leidos in Reston Town Center. Leidos is the to-be-formed new company that handles national security, health and engineering solutions.

They will lease office space at 11951 and 11955 Freedom Drive, otherwise known as One and Two Freedom Square. Approximately 150 employees will relocate from Tysons Corner and occupy the space immediately, with another 450 expected to move in as renovations are made over time.

"The selection of the headquarters location for Leidos was made after careful consideration of many options," said Stu Shea, current chief operating officer of SAIC and future president and COO of Leidos. "We did careful analysis of where employees live and also mapped out key customer locations to inform our decision. Reston makes sense for Leidos, it's easily accessible and the amenities are world class. The new facility will be more conveniently located for our employees and still gives us easy access to key customers in the area."

Mark Ingrao, president and CEO of the Greater Reston Chamber of Commerce, said the addition of Leidos will complement the other businesses in the Dulles corridor.

"The Greater Reston Chamber of Commerce is excited that Leidos has decided to headquarter in the fast-growing and vibrant Reston business corri-

dor," he said. "Leidos' presence in the community will complement the professional services, IT and technology firms that comprise the majority of the 2,400 companies located here."

Gerald Gordon, president and CEO of the Fairfax County Economic Development Authority, said the county is proud to have SAIC's headquarters in Fairfax County, and that the county was able to retain the new company.

"To have them stay in the county is very important to us, they've been a great corporate citizen during their time here," he said. "They looked at where their people currently are, looked at the amenities surrounding Reston, such as Dulles Airport, and found they didn't want to leave. That's the kind of success story we want to trumpet as a county."

Gordon also said the move bodes well for the county's future economic development.

"Companies of their nature know they can find the educated, skilled workforce they need in Fairfax County, and that's something that's going to appeal to other companies in the future," he said. "Things like our schools are what's going to continue to allow us to maintain current companies and also serve as a recruitment asset when it comes to bringing new companies."

SAIC announced in August 2012 that it would split into two separate, publicly traded companies, pending final approval from their board of directors. Their technical, engineering and enterprise information technology services will remain under the SAIC name, and will remain headquartered at SAIC Drive in McLean.



# Fairfax Republicans Nominate Bryan 'BA' Wolfe for Sheriff

**Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hen retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

**FIRST ELECTED SHERIFF IN 1999**, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and confidence in our law enforcement community," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will



PHOTO CONTRIBUTED

**Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax County Republican Committee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.**

work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.

Kincaid, a graduate of Frostburg State College, began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the Sheriff's Office "sparked my interest in a career as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.

A Vienna resident, Kincaid won the Democratic nod against acting



PHOTO BY VICTORIA ROSS

**Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a caucus held July 17.**

Sheriff Mark Sites in a caucus last month.

Kincaid said that while she is focused on the three main functions of the sheriff's office—running the county's jail, performing security at the courthouse and serving civil process—she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

**THE FAIRFAX COUNTY SHERIFF'S OFFICE** is responsible for managing the Adult Detention Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our community well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

**Nabil Faltas of Reston died after falling 10 stories into this courtyard at Lake Anne Sunday, Aug. 18.**

## Man Dies in Fall From Heron House

**Nabil Faltas of Chimney House Road fell from 10th floor balcony.**

BY ALEX MCVEIGH  
THE CONNECTION

**N**abil Faltas, a resident of Chimney House Road in Reston was found dead Sunday, Aug. 18 outside of Heron House at Lake Anne Plaza. Police believe he fell from a 10th floor balcony.

A resident heard the fall at approximately 8:55 p.m. Sunday evening. Upon arriving, emergency personnel found Faltas in the courtyard on the

southeast side of the building, where a scaffolding had been set up for maintenance of the building. According to witnesses, he was facedown on a pile of equipment.

Police say they believe Faltas died of shattered skull. An examination of the balcony he fell from did not reveal any signs of fault.

Authorities said the death does not appear to be foul play, and that it will likely be investigated as a suicide.



**A bouquet of flowers is left at the spot where Reston resident Nabil Faltas died after a 10-story fall at Lake Anne Sunday, Aug. 18.**



## COMMENTARY

# Let's Take a Break From School Reform

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

Earlier this month I attended "The Governor's K-12 Education Reform Summit," the second such event put on by the McDonnell administration in as many years. Every governor seems to seek the title of "Education Governor," and Governor McDonnell has used these meetings as a way to burnish his credentials in this regard. Last year's summit had a broad range of speakers on a variety of school reforms, and it was difficult to understand what the agenda would be for reforming the schools. It was only after the summit that the governor announced his education agenda that included some of the changes that had been the subject of presentations at the summit. At this year's summit we were told how the discussion at last year's meeting had set the agenda. As a participant at both, I was not able to see the connection. Nor did I leave this year's conference with any idea as to what the legislature would be asked to approve.

The audience of 200 at this year's summit came from many backgrounds. There were relatively few teachers, school administrators or school board members. There were many representatives of the new private industry of school reform. The vice-chair of the summit for both years is a lobbyist for a company that sells education reform programs and services to states and school divisions.



For the various think-tank representatives who specialize in school reform as well as the academics who were on many of the panels, Virginia presents a challenge because Virginia schools are relatively good. On some of the national assessments of educational programs Virginia is fourth in the country. It has been a lot easier to talk school reform in Florida, Louisiana, Tennessee and other states that have awful schools. But even with good measures we need to continue to improve in the commonwealth rather than fall behind. While our

top line scores are good, a close look at the data reveals that minorities are not doing as well as other students. Even with the performance grades we are about to assign to each school, most will admit that the grade tells us as much about the economics of the neighborhood in which the school is located as it does about what goes on in the classroom.

Too bad these summits did not bring in more Virginia classroom teachers and listen to them. The few references that were made to the SOL testing brought applause when the suggestion was made that there be less testing. One superintendent in the audience reported that his son who is a junior in high school will be taking his 33rd and 34th SOL tests this year. While the test companies are making a handsome profit in formulating the tests and scoring them, the universal opinion is that they take up entirely too much time, create a needless amount of angst and

SEE PLUM, PAGE 7

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# OPINION

## Excerpts From King's 'I Have a Dream'

**Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.**

**L**isten to audio of the entire speech at [www.smithsonianmag.com/multi-media/audio/128077288.html](http://www.smithsonianmag.com/multi-media/audio/128077288.html). To read the full speech, see: [www.archives.gov/press/exhibits/dream-speech.pdf](http://www.archives.gov/press/exhibits/dream-speech.pdf).

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

### EDITORIAL

children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

### LETTERS TO THE EDITOR

## Libraries: Front Door to the Communities

To the Editor:

Thank you for contacting me regarding possible changes to Fairfax County Library services. I realize proposed changes, as reported by some, are a matter of great concern to you and our community. I also have grave concerns with the information circulating.

To begin, let's take another look at the facts.

The Fairfax County Board of Supervisors has not approved any changes in library services. Yes, there are ideas and possibilities being circulated but that is all.

As the Hunter Mill supervisor, I fully support public libraries as an essential service in Fairfax County and continue to emphasize that our libraries are the front door to the community. While the county has struggled in recent budgets with service reductions, I believe we have already gone too far. Please know that I am not in favor of additional limits to library services.

At their July meeting, the Library Board of Trustees wisely delayed implementation of any changes until they had additional opportunity for discussion and to have their questions addressed. The proposed changes will be on the agenda at their upcoming September meeting. In the upcoming

days, I will be meeting with our Hunter Mill representative and Library Director Sam Clay to hear the details of the proposal firsthand.

If you are interested in further information on the library proposal and strategic plan, these documents are available on the county's website;

<http://www.fairfaxcounty.gov/library/news/strategicplan.pdf>

<http://www.fairfaxcounty.gov/library/news/changes.htm>

I appreciate having the opportunity to review the facts in this matter. I am anxious to get to the bottom of this matter and will gladly follow up with you. Please do not hesitate to contact my office for further assistance.

**Cathy Hudgins**  
Supervisor (D-Hunter Mill)

## Beyond the Borders

To the Editor:

The needs of our immigrant populations will continue long after Congress makes a decision about comprehensive immigration reform.

Immigrants face many obstacles in integrating into their new communities. Joanne Lipson, a nurse anthropologist who studied an Afghan population that settled in California after the Afghan Russian incursion, found that language and social dissonance kept most

Afghans from associating with Americans. This keeps people from thriving in their new country. In her book, *The Middle of Everywhere: Helping Refugees Enter the American Community*, psychologist Mary Pipher explains the myriad of things persons from other cultures must learn about life here in the U.S. This book is available through the Fairfax County Public Library. ESOL classes, citizenship classes, GED, and vocational training will be needed to fully integrate our new Americans into society.

More than military presence at the border, the root causes of immigration must be addressed. Raul Grijalva, Democratic Congressman from Arizona, recently addressed border security. His district includes 350 miles of border, but he stresses the economic factors leading immigrants over the border. In *Adios Ninos*, historian Deborah Levinson illustrates the culture of death and destruction that has existed in one part of Central America, contributing to immigration. I would add that we must look at the social and political factors that prompt people to risk their lives crossing the border rather than remain in their own countries.

**Susan Jacobson NP**  
Fairfax

## Can We Afford It?

To the Editor:

"Affordable" housing is a good idea, isn't it? Supervisor Hudgins certainly thinks so. She wanted to raise homeowners' taxes even more to provide more of it. Who could object to the idea of homes for the homeless, goes the thinking. A civic duty almost, much in the way that the county's civic "improvement" bonds nearly always seem to garner a two-thirds vote (it's your money that's being borrowed, folks).

Supervisor Hudgins is now extolling the virtues of "residential studio units" for "individuals, new college grads, those on fixed incomes, and those with special needs." Pretty much everyone. But here's the thing: who decides who gets gifted with "affordable" housing? What is the basis of the selection/rejection process? Might long commuters with jobs in Fairfax County who have not lucked out here feel a tad short-changed?

I wonder how much "affordable" housing the county should have, what the size of the staff to administer such housing would be, why the county is in the landlord business at all, and what it does with the rent it collects.

The Soviet Union, older folks will remember, had unlimited "affordable" housing. What became of the Soviet Union, younger folks will ask.

**Harry Locock**  
Reston

## Reston CONNECTION

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

## WEDNESDAY/AUG. 21

### Volunteer Art Exhibit Installation.

7:30-11:30 a.m., 12:30-5 p.m., at Amazon Web Services' Building, 13461 Sunrise Valley Drive, Herndon. ArtSpace Herndon needs volunteers to install an art exhibit at Amazon Web Services: help accept and install 400 pieces of 2D and 3D art; a minimum of 65 volunteers are needed. [www.artspaceherndon.com](http://www.artspaceherndon.com).

### American Red Cross Blood Drive.

3-8 p.m. Worldgate Sport & Health, 13037 Worldgate Drive, Herndon. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or [redcrossblood.org](http://redcrossblood.org).

## THURSDAY/AUG. 22

### Resident Curator Program

**Implementation Study Public Meetings.** 7 p.m. Frying Pan Farm Park Visitor Center, 2709 West Ox Road, Herndon. A study supporting the establishment of a Resident Curator Program in Fairfax County informs the public and receives its input at this meeting. [www.fairfaxcounty.gov/parks/plandev/resident-curator-program.htm](http://www.fairfaxcounty.gov/parks/plandev/resident-curator-program.htm).

## SATURDAY/AUG. 24

### Fingerprinting at the Sheriff's

**Office.** 10 a.m.-2 p.m., at the Navy Federal Branch, 1821 Fountain Drive, Reston. Navy Federal Credit Union and the Fairfax County Sheriff's Office are partnering to invite local families to have their child fingerprinted for free.

## MONDAY/AUG. 26

### American Red Cross Blood Drive.

3-8 p.m. Reston Sport & Health, 11445 Isaac Newton Square, Reston. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or [redcrossblood.org](http://redcrossblood.org).

## TUESDAY/AUG. 27

**INOVA Blood Drive.** Noon-7 p.m., beside the Pavilion, 11990 Market St., Reston. Schedule appointments or register on-site to donate blood. 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood).



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# INOVA CARES CLINIC FOR CHILDREN CLOSURE

Effective December 31, 2013, Inova Cares Clinic for Children will no longer provide Pediatric services at the clinic located at 1175 Herndon Parkway, Suite 500, Herndon, VA 20170. Patients wishing to remain with Inova Cares Clinic providers will have the option to continue their care at our Falls Church location: 6400 Arlington Boulevard, Suite 210, Falls Church, VA 22042. The Herndon clinic receptionist will gladly help you make the transition. Patients may request a copy of their medical record by completing a records release request which can be obtained from the Herndon clinic or by calling 703-531-3100. After December 31, 2013, custodianship of all records will remain with Inova Cares Clinic for Children in Falls Church and copies may be requested at any time.

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# Plum

FROM PAGE 5

the preparation for the tests cuts into valuable instructional time.

Too many good teachers are leaving the profession because reforms on top of reforms to satisfy political promises and legacies are shifting schools from their main mission. It is time to end summits, the increased privatization of instructional functions and reforms. Let teachers do the job they were trained to do in the classroom. Let governors find another legacy!



## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/](http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/).

### THROUGH MONDAY/AUG. 26

**Northern Virginia Restaurant Week.** The Greater Reston Chamber of Commerce brings the week of dining discounts back by popular demand; fine dining, fast casual, coffee shops, cafes and the like will have chic and hype-worthy offerings for the occasion. 703-707-9045.

### WEEKDAYS/AUG. 21-29

**"Paint and Beyond" Exhibit.** 8 a.m.-5 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Paintings, mixed media and more will be on display. Free admission, parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### THURSDAY/AUG. 22

**Il Fornaiio Wine Dinner.** 6:30 p.m., at 11990 Market St., Reston. Dinner features five courses paired with wines, enjoyed in a group setting. \$64. 703-437-5544. [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com) or [www.ilfornaiio.com](http://www.ilfornaiio.com).

**Wayne Taylor and Appaloosa.** 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Wayne Taylor and Appaloosa is combined of seasoned musicians that play a variety of bluegrass music from Traditional to Contemporary. [waynetaylorandappaloosa.com/](http://waynetaylorandappaloosa.com/).

### FRIDAY/AUG. 23

**Almost Journey + Kicking Norma.** 6:30-10:30 p.m., at 777 Lynn St., Herndon. "Almost Journey" The newest NY based Journey tribute playing all of your favorite Journey hits and B-sides. <http://www.herndonrocks.com/>.



**The seventh annual Lake Anne Jazz & Blues Festival is Saturday, Aug. 31, 1-8 p.m., and features the likes of Beverly Cosham and Rashida Jolley.**

### SATURDAY/AUG. 24

**Rocknoceros.** 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children's songs and much-loved favorites. [www.rocknoceros.com](http://www.rocknoceros.com).  
**Jump Street.** 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Jump Street performs a variety of musical genres, including classic Motown, contemporary R&B, Top 40, as well as the classic dance hits from every era. [www.restontowncenter.com/events.html](http://www.restontowncenter.com/events.html).

### THURSDAY/AUG. 29

**Mama's Black Sheep.** 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Mama's Black Sheep is the musical collaboration of singer-songwriters Ashland Miller (guitar/vocals) and Laura Cerulli (drums/vocals). [www.mamasblacksheep.com](http://www.mamasblacksheep.com).

### SATURDAY/AUG. 31

**Lake Anne Jazz & Blues Festival.** 1-8 p.m., at Lake Anne Plaza, 1609 Washington Plaza, Reston. Unified Jazz Ensemble, Beverly Cosham, Peter Fraize, Mykle Lyons, Adrian Duke, Sam Gunderson and headliner Rashida Jolley perform at the popular late-summer jazz fest; refreshments available in the beer garden [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

### THROUGH SUNDAY/SEPT. 1

**Duy Lam: Union of Color and Form** at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Visit the ArtSpace Gallery to view the works of Vietnamese painter and poet Duy Lam, impressionistic painter and abstract expressionist artist. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### SATURDAY/SEPT. 7

**Run With the Doctor.** 7 a.m. 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](https://facebook.com/runwiththedoctor).

**Tig Notaro.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The comedian opens the Centerstage season with her comedy act after appearing on "Comedy Central Presents" and "The Sarah Silverman Show." \$15 Reston, \$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### THURSDAY/SEPT. 12

**40 for 40: Celebrating 40 Decades of G.R.A.C.E.** 6-9 p.m. Greater Reston Arts Center, 12001 Market St #103, Reston. Forty artists affiliated with G.R.A.C.E. will showcase their work in celebration of the center's 40th anniversary.

### SUNDAY/SEPT. 15

**Left Bank Quartet.** 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Four D.C.-based musicians perform a musical tapestry that has become a CenterStage Favorite. \$15 Reston, \$30 Non-

# Predicting Unpredictable

## Stand-up comedian Tig Notaro arriving at Reston's CenterStage.

By DAVID SIEGEL  
THE CONNECTION



PHOTO BY JENNIFER ANN HENRY

Tig Notaro

### Where and When

Tig Nataro, stand-up comedy, at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performance, Saturday, Sept. 7, 8 p.m. Tickets: \$15 Reston/ \$30 Non-Reston. Call 703-476-2500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

unpredictable. ... The set that catapulted her to stardom was called 'Live' and it was in response to her then-recent diagnosis with breast cancer. Louis CK was in the audience and said it was the best set he had ever seen."

Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### FRIDAY/SEPT. 20

**Red Molly and We're About 9.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Folk trio Red Molly performs their acclaimed music as part of the CenterStage Professional Touring Artist Series. \$15 Reston, \$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### SATURDAY/SEPT. 21

**Run With the Doctor.** 7 a.m. 108

Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](https://facebook.com/runwiththedoctor).

### SATURDAY-SUNDAY/SEPT. 21-22

**Rally for a Cause Tennis Tournament.** 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and women's singles and doubles, with brackets for all levels of players, to benefit USTA Serves, Heart and Cornerstones. \$30.

[www.restontennis.org](http://www.restontennis.org) or [rally4acause@restontennis.org](mailto:rally4acause@restontennis.org).

### SUNDAY/SEPT. 22

**America's Adopt a Soldier 5K/10K Fun Walk/Run.** 10 a.m., at Lake Fairfax Park, 400 Lake Fairfax Drive, Reston. Wear red, white or blue and run or walk varied terrain in support of America's Adopt A Soldier projects and programs; donate coats for homeless veterans or other items (see at <http://run-walk.eventbrite.com/>) for care package assembly during and after the event. Preregistration only. \$40. <http://run-walk.eventbrite.com/>.

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# Trinity Presbyterian Church Hosts Concert Series

By RYAN DUNN  
THE CONNECTION

The Loudoun Jazz Ensemble performed at the fellowship hall of Trinity Presbyterian Church in Herndon on the afternoon of Sunday, Aug. 18. The program began with a selection of songs including "Take the A Train" by Ellington and Strayhorn and "Someone to Watch Over Me" by George and Ira Gershwin.

The Loudoun Jazz Ensemble (LJE) was formed in January of 1997 by Dick Schroeder and is a performing organization of the Loudoun Community Band, Inc. The purpose of the LJE is to provide a group in which area musicians who have a strong interest in "Big Band" jazz can rehearse, and to bring the results of their efforts to the people of



**The Loudoun Jazz Ensemble Saxophones includes Brett Takas, Steve Andersen, Tom Andersen, Albert Miller and Dale Kane.**

the surrounding areas.

The LJE performs a wide variety of the big band music, from the '40s through today.

The LJE is under the direction of

Roger Rossi, a former member of the Army Blues Jazz Ensemble.

"We rehearse at the fellowship hall here at this church," said ensemble member Richard Moreno.



**Music director of Trinity Presbyterian Church Tricia Neff.**

Moreno is a congregant of Trinity Presbyterian Church. "I have been with this band since 1997, and I am one of the oldest members of the band," said Moreno.

"We are building up a music series with one concert a month, this show was the kickoff," said Tricia Neff. A resident of Ashburn, Neff has been the music director for

Trinity Presbyterian Church for 11 years. "The music series will be free and open to the public. We have the space and are able to bring shows of all sizes. ... Our next show will be the William and Mary Jazz Ensemble, and they are scheduled to perform on Sept. 28," said Neff.

After the show concluded, church congregant Eunice Sutter stayed to speak with some of the performers. "It is a wonderful show, the talent was amazing. We love the performances and I look forward to more," said Sutter.

To learn more about events at Trinity Presbyterian Church, visit their homepage at: <http://www.trinityherndon.org>.

To learn more about the Loudoun Jazz Ensemble visit: <http://www.lcbandinc.org/ljehome.htm>.

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## REAL ESTATE

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**Nikki Ryan** of Keller Williams Realty in Reston has earned the "Certified Distressed Property Expert" designation, having completed extensive training in foreclosure avoidance and short sales.

Realtors with the designation have can offer the homeowner better alternatives to foreclosure, which virtually destroys the credit rating.

**Jeremy Staadecker**, CPA at the Reston-based firm Ryan, Sharkey & Crutchfield, LLP, has obtained the Certified Valuation Analyst designation. The National Association of Certified Valuation Analysts awards the designation.

Reston Town Center Coldwell Banker Residential Brokerage sales associate **Brent DeRobertis** was awarded the 2008 Seniors Real Estate Specialist (SRES) Distinguished Service Award. The SRES Council recognized him for being a driving force for change, and for his efforts to better serve the demands of the senior market. The SRES Designation program trains realtors to profitably and ethically serve the real estate needs of clients age 50-plus.

**Weichert Realtors** will offer free career seminars in the following area locations. Call to confirm reservations: **Herndon:** first and third Mondays, at 5:30 p.m. and Tuesdays, at 1 p.m., 13001 Worldgate Drive, Herndon. Call Jennifer Cerda at 703-709-0101. **Reston:** Wednesdays, 1 p.m. and 6 p.m. at 1760 Reston Parkway, 111, Reston. Call Bev Feitshans at 703-264-0000.



PHOTO CONTRIBUTED

**Members of the Dulles Regional Chamber Board of Directors listen as Democratic gubernatorial candidate Terry McAuliffe, center, discusses his top priorities for the commonwealth if he wins this year's election. Also pictured: Don Owens, left, chairman of the chamber's board of directors, and Eileen Curtis, right, the chamber's president and CEO.**

## McAuliffe Talks Issues With Dulles Regional Chamber

Democratic gubernatorial candidate Terry McAuliffe recently met with members of the Dulles Regional Chamber of Commerce during a meet-and-greet styled event where he discussed key issues of this year's election.

Members of the chamber's board of directors and committee heads packed the conference room at the chamber's Chantilly office to hear McAuliffe's views on such things as jobs, education and transportation.

"I'm focused all on economic development, all on job creation," McAuliffe said. "I am a fiscally conservative, pro-business Democrat who is socially very progressive."

McAuliffe called transportation and education his top priorities.

"We've got to think long term and strategically [about transportation projects]," said McAuliffe, who supports the bi-county parkway and a bridge across the Potomac.

In particular, McAuliffe linked education to Virginia's future workforce, referring both to teacher and graduate retention.

"We've got to have the best workforce," he said. "We've got to convince employers ... that we're going to have that workforce

for many years to come."

"Education is an investment," he said, citing a particular interest in pre-kindergarten learning and preparing students for 21st century jobs.

"The earlier you can get that mind thinking creatively and cognitively, the more return you're going to get on your investment," McAuliffe said.

During his visit with chamber members, McAuliffe fielded more than 45 minutes of questions including queries about sequestration, incentives for new businesses and technology, and public transportation.

"It was an intimate and candid discussion about issues vital to our region," said Eileen Curtis, president and CEO of the Dulles Regional Chamber. "As a leading voice on economic development and workforce initiatives in Northern Virginia, it is critical to offer our members an opportunity to speak to someone who may have a huge voice in the future of their business and community," Curtis said. As a non-partisan organization, the chamber will also host a meet-and-greet event for its members with Republican gubernatorial candidate Ken Cuccinelli later this month.

### WEEK IN RESTON

## Police Investigating Reston Teen Death

On Wednesday, July 31, shortly before 2 a.m., officers came upon a 2009 Infiniti, four-door sedan stopped on Lee Highway over Interstate 495. The preliminary investigation determined that a 17-year-old girl, for unknown reasons, exited the rear passenger compartment of the Infiniti while it was being driven by her grandparents. The girl fell onto the travel lanes of Lee Highway. Her injuries were determined to be life threatening and she was transported to Inova Fairfax Hospital. On Tuesday, Aug. 13, around 3:40 p.m., the 17-year-old, Jasmyne Grant, of Reston, was pronounced dead. The Crash Reconstruction Unit is continuing the investigation. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

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PHOTO BY LAUREN BORDEAUX/THE CONNECTION

The National Night Out mascot, the Knight, greeted kids at every National Night Out event in Reston. Here he meets children at the Isaac Newton Square KinderCare event.

# Reston Children Meet Friendly Cops, Firemen

National Night Out brings neighbors and authorities together.

BY LAUREN BORDEAUX  
THE CONNECTION

The rain clouds were looming on Tuesday, Aug. 6, but to the surprise of many, the weather held out for National Night Out (NNO) festivities in Reston. Eleven communities in Reston and an estimated 500 people total joined in on the fun to raise awareness for crime prevention and bring neighbors together.

National Night Out celebrated its 30th anniversary this year. National Program Coordinator Matt Peskin said, "This is a night for America to stand together and promote awareness, safety, and neighborhood unity. National Night Out showcases the vital importance of police-community partnerships and citizen involvement in our fight for a safer nation. On NNO, we invite neighborhoods nationwide to join us and give crime a going away party."

And party the Reston communities did. Neighborhoods all over Reston had cookouts, ice cream socials, pool parties and games.

At the Southgate Community Center, kids from all over the community came to enjoy the event. "We always partner with Target and Fairfax County Police and Sheriff's Departments," said Southgate Community Center Director Richard Cabellos. "Police come and hang out with the children and the parents of the neighborhood. Letting them know that they're here as a presence and as a safety."

Maria Musso, Southgate community member and mother of four school-aged children who take part in activities at Southgate, appreciated the event. "It's nice to have the connection between kids and

police. My kids, especially my boys, my son, he likes the contact with the police. To me it's important because sometimes the kids say, 'oh no! The police!' they're scared of the police. It's important, the connection, the relation between the police and kids."

Local sponsors also showed their support at the events. At Southgate, Target passed out school supplies to children. At the KinderCare event at Isaac Newton Square, many different organizations held booths and passed out information. They also had face painting, a coloring center and a free hotdog cookout for attendees. "I think it means a lot. Just to show community spirit. Just not picking up your kids and driving away and not socializing. Sometimes we just get so into our routines and don't get a chance to talk to and spend time with our neighbors and friends," said community member and father of a child at the KinderCare, Sonny Advincula.

And that was the main reason for the event. "Getting to know your neighbors is really the point of this. National Night Out is the neighborhood stand against crime," said Fairfax County Crime Prevention Officer for Reston District Station Katy Defoe.

The Fairfax Police Department, including the bike team and helicopter, the Sheriff's Department, local fire departments and working police officers all stopped by the community events to show support. The NNO mascot, the Knight, even stopped by the events to greet the kids.

NNO is held every year on the first Tuesday in August. Community members are responsible for planning their own neighborhood events and can obtain resources and support at the National Association of Town Watch website, [www.natw.org/](http://www.natw.org/).

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**\$575,000**

**44021 Riverpoint Dr,**  
(Lansdowne on the Potomac)  
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gourmet kitchen, HW flooring,  
fully finished walk-out lower level  
backs to trees, empty adjacent lot

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## SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**The Herndon field hockey team, seen last season, will travel to face Langley on Aug. 28.**

## Herndon Fall Sports Openers

Many of Herndon's fall sports team will open their respective 2013 seasons in the next two weeks.

The football team will open at home against Mount Vernon at 7:30 p.m. on Friday, Sept. 6. The following week, the Hornets will travel to face West Springfield on Thursday, Sept. 12.

The field hockey team will travel to face Langley at 7:30 p.m. on Wednesday, Aug. 28. The Hornets will play in the Herndon Invitational Aug. 30-31.

The cross country team will compete at the PR Relays on Thursday, Aug. 29 at Bull Run Park and the Monroe Parker Invitational on Sept. 7 at Burke Lake Park.

The volleyball team will host Lake Braddock at 7:15 p.m. on Tuesday, Sept. 3.

## South Lakes Fall Sports Openers

The South Lakes football team will open its 2013 season with a home game against Westfield at 7:30 p.m. on Friday, Sept. 6. The Seahawks will travel to face Washington-Lee the following week.

The field hockey team will compete in the Under the Lights Tournament on Aug. 26-27 at Lee High School. The Seahawks will face Chantilly and West Springfield during first-day action, and Hylton and Centreville on the second day.

The cross country team will take part in the PR Kick-Off Invitational on Aug. 29 at Bull Run Regional Park.

The volleyball team will travel to face Robinson at 7 p.m. on Wednesday, Aug. 28. The Seahawks' home opener will be at 7:15 p.m. on Sept. 3 against Marshall.

## Oakton Fall Sports Openers

The Oakton football team will open its 2013 season next week with a home game against T.C. Williams at 7:30 p.m. on Friday, Aug. 30. The following week, the Cougars will host Vienna foe Madison on Sept. 6. Oakton won the Northern Region championship last season.

The field hockey team will compete in the

Under the Lights Tournament at Lee High School on Aug. 26-27. The Cougars will face T.C. Williams and Osbourn Park on the first day, and Mount Vernon and Lee on the second day. Oakton's home opener will be on Sept. 3 against Madison.

The volleyball team will host South County at 7:15 p.m. on Wednesday, Aug. 28. The cross country team will compete at Great Meadows on Sept. 7.

## McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore. McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey. McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

## USA Hockey Team Camp to Include Public Day on Aug. 27

USA Hockey's 2013 U.S. Men's National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27.

Tickets for the event are limited and are on sale at [ticketmaster.com](http://ticketmaster.com).

All ticket holders will receive the following: player autographs; collectible puck; limited edition scarf; American flag; chance to skate; exclusive pre-order access to the Nike USA Hockey Olympic replica jersey.

In addition, NHL Network's Kathryn Tappen will host an on-ice program that will include the unveiling of the 2014 Nike Olympic jersey, the introduction of all 48 players attending the camp, and product giveaways.



PHOTO BY THERESA ASHLEY

**The Firecracker 5K for the Troops held on July 4 at Reston Town Center benefited the USO of Metropolitan Washington, a nonprofit that provides support services to military members and their families living in the area.**

## Firecracker 5K for the Troops

**More than 3,000 runners and spectators participated in the Reston Town Center event.**

**T**he USO of Metropolitan Washington, a nonprofit providing support services and programs to area military members and their families, benefited on Independence Day as the charity of choice during the annual Firecracker 5K for the Troops race at Reston Town Center.

More than 3,000 runners and spectators participated in the patriotic event, which included a JROTC Color Guard and a United States Army anthem singer in an event put on by Potomac River Running.

Net proceeds from the event's corporate sponsors were donated to USO-Metro to help fund critical programs and services provided by the nonprofit for the nearly 300,000 military members living in the Washington-Baltimore region and the 150,000 who travel through local airports each year.

The Independence Day race also marked the first annual "Battle of the Branches" competition in which active duty military members represented their branch of service by racing in the event. The United States Army won with the most registered soldiers and its "prize" was a generous donation in their name

to USO-Metro.

Hundreds of race participants and spectators also donated school supplies, including notebooks and pencil sharpeners, for the children of junior-enlisted military members. The school supplies will be distributed to local military children through USO-Metro's "Operation Back to School" program. The annual back-to-school program serves to honor and recognize the service of military children while easing the financial strain on junior-enlisted families.

Runners and spectators took a moment to write messages of thanks and support on a "signing wall" located near the end of the finish line. The wall will travel to and be displayed at USO Centers throughout the Washington-Baltimore region.

Corporate sponsors included Endurance Athlete Center, American Taproom, U.S. Trust, NJVC, Dyncorp International, Google, VMware, and Geico. Media sponsors included WMZQ, 98.7, ABC7/WJLA-TV and News Channel 8 and Connection Newspapers. Papa John's donated more than 800 slices of pizza, Naked provided a variety of juices and Occasionally Cakes donated cookies.

## Reston United 99 Blue Holds Soccer Tryouts

**R**eston United 99 Blue, a U14 NCSL D5 team, is holding supplemental tryouts in August. Coach Kamal Ismail is a former professional player and has more than 20 years coaching experience. He currently coaches JV and varsity

boys' soccer at South Lake High School.

The team has been in the NCSL since U9 and currently has players from Reston, Herndon, Ashburn and Chantilly. For more information, email Jay at [birdintheyard@yahoo.com](mailto:birdintheyard@yahoo.com).





PHOTO COURTESY OF THE HEIGHTS SCHOOL

One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

## Easing Into Back-to-School

**End-of-summer tips to make the first day of school less stressful.**

BY MARILYN CAMPBELL  
THE CONNECTION

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and

Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

Setting goals, both academic and personal, is important when beginning a new school year.

Young says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."



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# NEWS

## Fairfax County Police Officers Win Gold in Darts At World Games

**F**airfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles. "I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York. "Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said. The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

**FAIRFAX 2015** is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPPG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

For more information, go to: [www.Fairfax2015.com](http://www.Fairfax2015.com) or [www.wppg2013.com](http://www.wppg2013.com).

## S.I.C.U.

By KENNETH B. LOURIE



Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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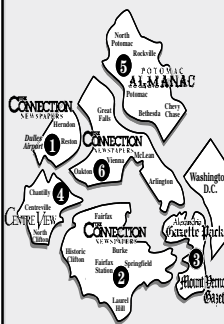
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- Hardwood
- Cork & Bamboo
- Vanities & Sinks
- Hardware & Lighting
- Carpet
- Custom Rugs & Runners
- Fixtures & Faucets
- Balusters & Railings
- Tile & Stone
- Vinyl & Laminate
- Cabinets & Countertops
- And more!



**Abbey Design Center**  
**FLOOR, KITCHEN & BATH**



Sterling  
21465 Price Cascades Plaza  
(In front of Costco)  
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[www.AbbeyDesignCenter.com](http://www.AbbeyDesignCenter.com)

*from Concept to Completion*

Leesburg  
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