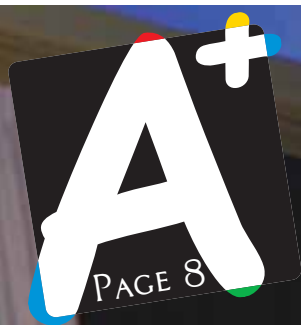


Bob Simon claps along to the beat as the audience and children sing him Happy Birthday during the 23rd annual Best of Reston celebration.

Reston's Best Honored

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PHOTO BY REENA SINGH/ THE CONNECTION

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NEWS

Cornerstones reveals the result of their two year fundraiser.



PHOTOS BY REENA SINGH/ THE CONNECTION

Reston's Best Honored

23rd annual Best of Reston celebrates birthdays and service.

BY REENA SINGH
THE CONNECTION

Reston is a place where - as they say - people can live, play, work and serve.

The Best of Reston honored those committed to community service and celebrated founder Robert Simon's 100th birthday on Thursday with a black-tie affair at the Hyatt Regency in Reston Town Center.

The 23rd annual event, hosted by Greater Reston Chamber of Commerce and Cornerstones, reeled in nearly 900 attendees.

"This community takes pride in the people who serve," said GRCC President Mark S. Ingrao. "We've been thinking so much about that in the last few weeks with all the celebrations going on here. I don't know if it's the water in Lake Anne or the secret ingredient in Bob's lunchtime beverage, but there's something about the community that says, 'You are welcome here.'"

THIS YEAR, Carol Ann Bradley, Jerry Ferguson, Cate Lucas Fulkerson, Bonnie Haukness, Davida Luehrs, HomeAid of Northern Virginia, Matt Brennan from Brennan & Waite and Cooley, LLP were awarded for their continuous service to their community.

The night was also the end of a two year joint effort to raise \$1 million to double the number of affordable housing units in Reston. After all the money was collected and more donations were given from the floor at the event, Cornerstones found out they had gone over their goal.

The total, \$1,178,000, brought Cornerstones CEO Kerrie B. Wilson to tears.

"It's such big money, and it's hard to explain the gratitude to everyone here," she said.

She announced that she just made an agreement to construct 48 more housing units in Reston.

"We intend to tear down the shelter and build more apartments, build more housing," she said.

According to a press release, "the apartment units will provide permanent safe, attractive and affordable housing for working families and families coming out of the Embury Rucker Community Shelter."

Simon, who turned 100 that night, received a colorful cake and more than 800 people singing "Happy Birthday" to him. He was presented with some gifts,



The Charles A. Veatch Family table at the 23rd annual Best of Reston.

including a 100-year-old bottle of wine the same vintage from when he was born.

"World War I had just started in 1914," said Rep. Gerald Connolly (D-11). "Nobody had seen anything like it. They didn't think it was going to last very long, but it completely transformed the world Bob was born into."

However, it was Simon's travels and vision that shaped the cattle pasture that is known today as Reston.

"Bob, you're the reason we're here tonight," said Ingrao.

MORE INFORMATION ABOUT THE HONOREES, according to the press release:

❖ Bonnie Haukness volunteers for Glade Stream Valley and serves in the Reston Historic Trust board, co-chairs the Annual Capitol Steps Performance.

❖ Matt Brennan of Brennan and Waite is a former chairman of GRCC and actively supports Let's Help Kids, Habitat for Humanity and recruits candidates for Leadership Fairfax - among other things.

❖ Carol Ann Bradley is a long time member of the Reston Community Center Board of Governors and a former educator who now tutors elementary students. She also served as president of the National Council of Negro Women.

❖ Cate Lucas Fulkerson is the CEO of Reston Association. She chairs South Lakes High School's annual Ethics Day, chairman for the Reston Character Counts! Coalition board and a mentor for Leadership Fairfax's Emerging Leader Institute.

❖ Cooley LLP has given \$1 million in charitable contributions to nonprofits around the country and has been involved in nearly 700 pro bono matters.

❖ Davida Luehrs is a Northern Virginia Chapter Foundation Fighting Blindness, raising awareness after her own diagnosis of degenerative retinal disease. She is also involved with Boy Scouts and Girl Scouts of America, Pride of Herndon Marching Band, Reston Swim Team Association and Northern Virginia Hebrew Congregation Caring Committee.

❖ HomeAid of Northern Virginia has completed nearly 90 affordable housing projects in the area. It also runs the Women Giving Back program.

❖ Jerry Ferguson has made countless videos of local meetings and events as the Fairfax Public Access Director of Development and Community Outreach.



PHOTO BY REENA SINGH/ THE CONNECTION

Sweet Virginia Executive Director Dan Price dons a bee suit as he investigates a hive.

The Honey Bunch

Sweet Virginia partners with GMU to educate students about bees.

BY REENA SINGH
THE CONNECTION

Educational outreach is sweet nectar for Sweet Virginia.

Executive Director Dan Price is using college students to promote honeybee sustainability to college students in the changing world.

"I thought someone needed to get the population of bees in Washington, D.C. back to what it used to be," said Price. "I made that my mission."

Price has put bees in the forefront of minds in D.C. by installing two hives on top of the National Geographic Museum.

His partnership with George Mason University is officially in its first year. Unofficially, says New Century College professor German Perilla, Sweet Virginia has been working with the college for two years.

GMU currently has about 25 beehives provided by Sweet Virginia to research artificial and natural bee insemination and honeybee mortality.

"The reason we are studying them is because they are very special animals," said Perilla.

Price said they are special for many reasons. However, a big reason they are important is because they help control the prices for a lot of the food people eat on a regular basis. He said \$15 billion of food production depends on bees.

"Without bees, food will be less expensive and plentiful," he said. "Unless the world is going to figure out the honeybee problem, the world's not going to fall apart, but those foods are going to be more of a luxury item."

He has noticed it is harder

every year to keep his bees alive through the winter. Colony collapse is not a big problem in the state. The bigger problems are non-native pests and lack of nearby food sources.

"There were years that we lost half of them," he said about the bees. "This year was a pretty good year. I think we did a pretty good job preparing in the fall."

Bees can travel several miles to find a flower, but they prefer to stay closer to the hive. Price said his honey used to be better when he started Sweet Virginia in 2008 because of the acres of forests and wildflowers prevalent near the foundation's headquarters in Nokesville near Reston. However, the construction taking place off I-66 and a housing development near his property has destroyed that natural land.

"Seven years ago, that was the country," he said. "It's harder for them to make honey."

Local fields were torn up to make artificial turf fields - which the bees cannot use.

However, he feels that bees should be a part of the urban and suburban environment. In D.C., honeybees feast on the cherry blossoms and flowers that bloom alongside roads and in flower boxes.

In anticipation of Earth Day on April 22, he said homeowners can help bees by growing plants they are attracted to, like wildflower patches, anything in the mint family and herbs.

"There's all kinds of lessons you can get from bees," said Price. "This world isn't just random chaos. There's an order and beauty to it."

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OBITUARY

Michael DiBacco, 46, of Reston, Dies

Michael DiBacco, 46, of Reston, died at home on March 27. He was surrounded by family and friends after enduring a seven month battle with pancreatic cancer.

Born Oct. 19, 1967 in Asheville, N.C., his family moved to Herndon in 1980. After graduation from Herndon High School in 1986, Michael attended Embry Riddle University, where he was a member of the Lambda Chi Alpha fraternity, Wesleyan University, and Old Dominion University.

Michael pursued a career in Information Technology. He was a loyal employee for many years with NEC and more recently with Dell. Perhaps his greatest joy was family. The devoted husband of 17 years to Shannon (Pinkman) DiBacco, they raised three children



– Cameron, 16, Brayden, 11, and Ireland, 10.

A collector of music and a student of innovation, Michael's primary interest was his family. Al-

ways attentive, Michael was a constant presence, assistant coach, supporter, and biggest fan of his children's various sports and art interests.

He is also survived by his parents Mike and Janet DiBacco of Ashburn; sister April Neach and her family of Herndon; and the Pinkman family of Reston and Annandale.

A celebration of Michael's life will be held on Friday, May 2, 5-10 p.m. at The Lake Anne Plaza, Reston Community Center. Please wear green or show your Redskin pride.

In lieu of flowers, donations can be sent to the family

<http://www.youcaring.com/medical-fundraiser/we-got-your-back/131601>

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WEEK IN RESTON

Help Save Paul's Smiling Eyes

A live and silent auction will be held for Herndon neighbor, Paul Fitzgerald. He has bone marrow cancer and needs a Stem Cell Transplant. As the main breadwinner, he has been unable to work and faces additional unemployment. The fundraiser is at 7 p.m. on April 26 at the Church

of the Epiphany, 3301 Hidden Meadow Drive, Herndon. It will include hors d'oeuvres and dessert as well as live entertainment from SRO. Please buy your tickets at <http://tinyurl.com/paulssmilingeyes> or at the door. Tickets are \$25 per couple or \$15 per individual.

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PHOTOS BY REENA SINGH/ THE CONNECTION

Reston residents broke into several groups to talk about the new plans for Baron Cameron Park.

Baron Cameron Update Discussed

Reston 2020, residents debate county plans for local park.

BY REENA SINGH
THE CONNECTION

The Reston Citizens Association met with concerned residents to address possible changes to Baron Cameron Park last week.

The changes, which are a scheduled update of the park, were discussed and debated at the April 7 meeting at Buzz Aldrin Elementary School.

“What we want you to do is think about what’s missing, what’s not there,” said Reston 2020 co-chairman Terry Maynard.

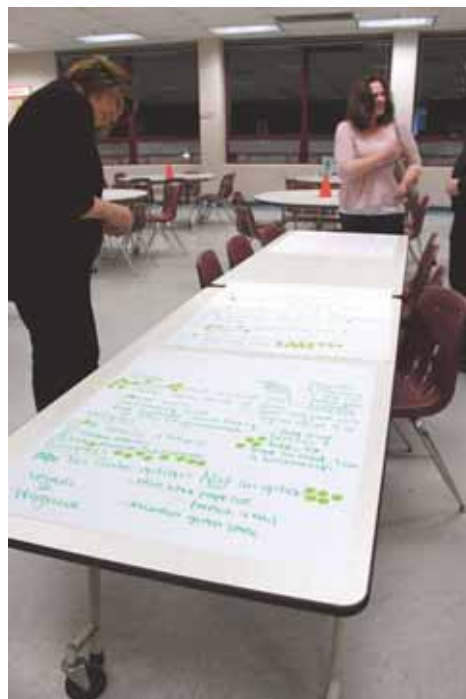
He explained some of the changes - adding a picnic pavilion, restrooms, a larger trail network and additional parking - among other additions. Fairfax County also included alternative plans that included an indoor recreational center.

However, most residents - and RCA - were opposed to the recreational center being added to the park property. Maynard said the center would be better suited in Town Center North, “where the people will be.”

After Maynard’s presentation of the plans, the attendees broke out into groups to make a list of what additions they liked and what were considered risks.

Beth Brooks, Reston, was concerned that the park, with or without additions, will remain soggy. In the past, this has left several fields out of commission.

“The county has a huge drainage problem in Reston already,” she said. “It’s going to be a swamp. It’s going to make it worse.”



Before the meeting ended, people placed dots next to concerns they agreed with.

Stephen Canner, Reston, was concerned about the park being well-lit and wanted to know the injury rate of artificial turf if his grandchildren were going to use the park.

The lists were discussed and laid out on tables where the residents put lime green stickers next to points they agreed with to give the county a better understanding of what to change in the development plan.

“This is a normal 10-year master plan by the county,” said Maynard after the meeting. “It’s their initiative to change it and we’re trying to help them constructively.”

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OPINION

Celebrate Earth Day

Get outside with your family, participate in group activities, or just walk in your favorite park.

Earth Day is April 22, observed April 19-27 and beyond. Fairfax County offers many useful and educational ways to enjoy the day. Don't miss the chance to get outside, observe the developing spring weather, flora and fauna. Here are some of the opportunities:

Environmental Film Festival, Sunday, April 20 through Thursday, April 24, Cinema Arts Theatres: 9650-14 Main Street, Fairfax. Each day, networking will begin at 3:30 p.m. and films begin at 4 p.m. The public is welcome to join in discussion on film topics and how they relate to Fairfax County. Students throughout the County have been encouraged to submit 2-5 minute films which will be shown throughout the Festival in between feature films and will be rebroadcast on Cox Communications local Channel 74 following the Festival. Environmental nonprofit organizations like the Audubon Society, Lands and Waters, Northern Virginia Soil and Water Conservation District will be at Cinema Arts for the daily networking sessions at 3.30 p.m.

http://www.fcrpp3.org/wp-content/uploads/green_inspirations.pdf

Cub Run RECenter for Earth Day, Saturday, April 19, 9 a.m.-noon, 4630 Stonecroft Blvd, Chantilly: "Nike Reuse-a-Shoe Program," bring old, worn-out athletic shoes to Earth Day. Nike Reuse-a-Shoe will grind them down to create a new material called Nike Grind which is used to make sports courts, turf fields, tracks and more. Activities include: planting, weeding, mulching, watershed clean-up, crafts for kids and bring questions for Master Gardeners. What to bring: water bottle, sunscreen, hat, garden gloves and bug repellent. Age: 5 - adult (ages 12 and under must be accompanied by an adult).

Springfest, April 26, 10 a.m.-4 p.m. The Workhouse Arts Center, 9601 Ox Road, Lorton: pony rides, plant sales, climbing wall, bounce house, petting zoo, face painting, two shows by Billy B, Reptiles Alive!, Under The Sea. 9-11 a.m. Stream Cleanup and Tree Planting with Occoquan Regional Park. Donate toothpaste, toothbrushes, cereal and rice to Lorton Community Action.

Invasive Management Area Volunteer Program is a community-based project designed to reduce invasive plants on our parklands. This volunteer-led program gives residents an opportunity to protect plants and wildlife of Fairfax County's forests while spending time outdoors, meeting new people and restoring natural habitats. Key components of this program are habitat restoration and a long-term commitment to the park. Many workdays planned during Earth Week, April 19-26, including in Vienna, McLean, Springfield and Burke. Virginia's Annual Invasive Plant Removal Day is May 3. To sign up, contact IMA Coordinator Erin Stocksclaeder at 703-324-8681

Fairfax County Biological Stream Monitoring: Aquatic forms of insects (called "benthic macroinvertebrates") live on the bottom of rocks and debris lying in the streambed. These small organisms play a big role in helping Fairfax County staff monitor the health of a stream. Data collected by volunteers is incorporated into a number of different water quality reports, including the Stream Protection Strategy Baseline Study. Join the hundreds of existing volunteers in collecting this important information and make a difference in the health of Fairfax County's streams! If you are interested in becoming a monitor, email the coordinator or call 703-324-1422, TTY 711.

Mother's Day Photos

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

Household Hazardous Waste Collection, April 26, Reston South Park & Ride Lot, 2531 Reston Parkway, Reston. <http://www.fairfaxcounty.gov/dpwes/trash/disphw.htm>

Electric Sunday, April 27 and May 18, I-66 Transfer Station, 4618 West Ox Road, Fairfax 22030: Fairfax County residents can recycle televisions, computers and peripheral devices — including keyboards, speakers, printers, external drives and other such materials — and unbroken fluorescent light bulbs and tubes on Electric Sundays. There is no charge for Fairfax County residents to participate in Electric Sunday; however, you may be required to show proof of residency.

Help Create A Bee-Friendly Landscape, seedling sale: The trees and shrubs in this year's seedling sale will help provide habitat for bees and add beauty to your landscape. The 2014 Shrub and Small Tree Package includes 10 seedlings for \$16.95. The Tree Package includes six seedlings sold for \$11.95. A full, nonrefundable payment must accompany your order by Monday, April 28. Orders may be picked up on Friday, May 2, 9 a.m.-4 p.m., or Saturday, May 3, 9 a.m.-noon. <http://www.fairfaxcounty.gov/nvswcd/seedlingsale.htm>

New Leadership in Virginia — New Hope

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



Let's hear it for the new leadership in Richmond—especially Governor Terry McAuliffe and Attorney General Mark Herring. Imagine Virginia leaders fighting for health care for 400,000 people and going to court fighting for cleaner water and air, and human equality under the law?! Just a few months ago, Virginia's governor and Attorney General were little more than late night comedy fare, up to their ears in corruption scandal and opposing health care for the non-wealthy, cleaner air and water, and equality. But these two Democrats

are trying to roll large boulders up a steep incline with broad support among a large majority of Virginians but precious little support from too many elected. Governor McAuliffe has succeeded in energizing a slim Senate majority of Democrats and a handful of moderate Republicans to back market-driven insurance reform which will take available federal tax dollars and extend basic health insurance to up to 400,000 Virginians now without any health care. This is a measure which is morally the right thing to do as well as being a big economic plus for Virginia. But, the Republicans who control the House of Delegates by a 2 to 1

margin vigorously oppose extending health care to the non-wealthy: 1) because they could care less about doing so and, 2) because doing so might be seen as a victory for President Obama—plain and simple. Attorney General Herring from neighboring Loudoun County represents a 180-degree change from tea bagger Ken Cuccinelli. Herring has filed a friend of the court brief supporting actions to clean up the Chesapeake Bay, a body of water vital to human health in the region and which provides a critical part of our healthy food supply. He has also reversed the former position of the Commonwealth in court by joining the opposition to Virginia's constitutional ban on gay marriage. We can also expect AG Her-

ring not to waste his time or our tax dollars harassing climate or other researchers in the Virginia academic community because he doesn't agree with their research direction. He is using, and will use, the power of his office to work in our public interest. It is hard to find heroes in government in the Commonwealth of Virginia—not impossible, but awfully hard in this pay-to-play atmosphere. A recent example of what the legislature typically produces is the so-called ethics reform bill which was celebrated by the vast majority of the good ol' boys and girls because it changed little in their free-wheeling gift taking and campaign finance environment. Another

SEE LOVAAS, PAGE 7

Reston
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COMMENTARY

Reston at 50

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



Although President Barack Obama did not come to Reston's 50th anniversary celebration as President Lyndon Johnson had done at its dedication in 1964, he did send a letter of congratulations to the community's founder Robert E. Simon. Not that Founder's Day was short of dignitaries: Governor Terry McAuliffe spoke and presented a proclamation; Senator Tim Kaine spoke at the event as did Congressman Gerry Connolly who presented a resolution; not to be outdone, Senator Janet Howell and I presented a joint resolution as did Board of Supervisors Chairman Sharon Bulova and Supervisor Cathy Hudgins. The occasion was doubly momentous with Robert E. Simon celebrating his 100th birthday a few days later. Congratulations went to Bob Simon for his vision for the community and for his leadership and tenacity in making it happen as well as to the community members who shared the vision and helped to make it a reality over the decades. Although slow in getting started by some business standards, Reston is now recognized as the most successful of planned communities and sets the standard for others. More established cities and communities have their "tower center" with mixed-use development, walkability and plaza, attempting to emulate the success that Reston has found in its recent decades.

Reston is about more than urban design although anyone who studied the subject

in college knows about Reston. There are many intangibles that make the community special, and many of them were brought about by Bob Simon's principles upon which he developed the community. As Senator Tim Kaine indicated in his remarks, Reston had an open housing policy before federal law required it to. A recent intergenerational community award demonstrates that the Simon vision of a place to live, work and play for all ages has been achieved. An evening at the Best of Reston program like the one last week gives you a strong sense of the community that exists with an effective partnership between the business and non-profit sectors.

There is a strong sense that Reston has come of age. A significant part of the program time at Founder's Day was spent on a presentation about the redevelopment of Lake Anne Village Center, the historic heart of Reston. The basic concept of the center will be maintained but expanded to accommodate more people and to ensure its economic viability. The soon-to-open Wiehle Avenue station on the Silver Line will be followed in the next four years with two more stations on the Metro system to serve the community. The recently adopted Reston Master Plan takes into account the transit-oriented development that can take place around these transit hubs. In keeping with the Reston spirit, the Wiehle Station has the largest bicycle facility of any station on the Metro system.

Reston is built on a solid vision—strong in human spirit and economically successful. I am proud to call it home.

Lovaas

FROM PAGE 6

example is our plutocratic senior Senator from Virginia, Mark Warner who is awash in nearly \$10 million in campaign contributions from the fattest of cats for his reelection campaign. Last week, he demanded that President Obama promptly approve the Keystone pipeline, an environmental nightmare dearly loved by big oil. In six years in the Senate, what has Warner accomplished?

Other than backstabbing trade unions' proposal to ease barriers to organizing, opposing the President's cap and trade proposal which died in the Senate, and opposing a public option to add competition and lower costs in the Affordable Care Act, to name a few examples, I am hard pressed to think of anything. Let me know if I've overlooked something that would suggest voting for him would make sense in 2014. In a future column, we'll look at alternatives to Senator Warner.

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.

THURSDAY/APRIL 17

Women's Club of Greater Reston

Meeting. 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The guest speaker for the April meeting will be Linda Fuller, owner of Lake Anne Florist, Virginia Wine & Gourmet. Linda will demonstrate the art of flower arranging. Come prepared to be entertained and learn from one of the best. Free and open to the public. (No need to be a Reston resident.) Refreshments provided. For more information, please visit www.restonnewcomers.org or call Sharon at 571-201-8719.

Meditations for Kind Heart. 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron

Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships thorough learning to cherish others. www.meditation-dc.org. Cost: \$10.

Seder Hosted by United Parish Christian.

6:30 p.m. United Parish Christian Church, 11508 North Shore Drive, Reston. For more information call the church office at 703-620-3065 or see www.unitedchristianparish.org.

WEDNESDAY/APRIL 30

Reston Friends Spring Book Sale. 5-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

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Challenging A Child's Mind Through Reading

Experts say reading is critical to cognitive and emotional development.

BY MARILYN CAMPBELL
THE CONNECTION

Arlington mother Holly Karapetkova reserves time for reading in the schedules of her two young children. It has become such an important part of their daily routine that it is a treasured family activity. It is also vital to her children's development says Karapetkova.

"Reading is an extremely complex mental activity that engages a child's—or adult's—brain much more intensively than television or video games," said Karapetkova, Ph.D., Associate Professor of Literature at Marymount University in Arlington. "When you read, you employ higher-order cognitive skills. You learn to imagine things that you have not yourself experienced."

erature experts say that reading helps children develop imagination skills and an ability to learn and think in new ways. It also boosts emotional development.

"You learn to empathize with others, and so you are able to grow emotionally as well," said Karapetkova. "Critical thinking, imagination, and empathy are all qualities that are essential to our nature as human beings, and essential to our success in the world."

Fred Bemak, Ed.D., Professor and Academic Program Coordinator, College of Education and Human Development at George Mason University, says that even a few minutes each day can have a significant influence. "Reading to a child 20 minutes a days will increase their ability to read and think above grade level," he said. "That is just a matter of sitting with a child and reading with them, but it has a such profound influence."

CHILD DEVELOPMENT and lit-

A lack of reading time also makes

gap," said Bemak.

Mary Catherine Coleman, Lower School Librarian and JK-12 Library Department Chair at St. Stephen's & St. Agnes School in Alexandria, said reading offers children a broad view of the world. "I think, and research shows, reading helps to develop children's thinking because it helps to develop a background knowledge about the world," she said. "Reading also helps children to see the world from a different perspective, helping children develop an understanding, empathy and compassion for others and the world. It challenges children to look at events, people and things in a different way."

"When it comes to imagination, books challenge children to create a movie in their minds," said Coleman. "They need to imagine a world, characters and experiences that they are not familiar with."

"Reading challenges children to move beyond what they see in front of them," said Coleman. "It also teaches children how to be storytellers, how to share experiences and fosters creativity."

Karapetkova said that reading is more open-ended than other media and challenges a child's cognitive abilities. "When you read, even when they are pictures, your



PHOTO BY KATIE PEEBLES

Marymount University professor Holly Karapetkova reads with her 4-year-old daughter. Experts say that reading is a complex mental activity that engages a child's brain more intensively than watching television or playing video games.

an impact on children. "When a child doesn't have access to books or when a parent doesn't have knowledge about reading to a child, that is where we see an achievement

SEE EXPERTS, PAGE 13

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“Sun up in Reston” is one of Jim Kirby’s storytelling photos of “Reston at 50” at the Reston Center Two building on display through April 30.

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

WEDNESDAY/APRIL 16- WEDNESDAY/APRIL 30
Kirby Celebrates “Reston at Fifty” in Photos. Monday through Friday, 8:30 a.m.–4 p.m. Reston Center Two Building, 12005 Sunrise Valley Dr., Reston.
www.leagueofrestonartists.org

WEDNESDAY/APRIL 16- SUNDAY/APRIL 27
Mind, Heart, Vision Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590
www.artspaceherndon.org.

MONDAY/APRIL 21- TUESDAY/APRIL 22
Earth Day Explorers. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Celebrate Earth Day! Enjoy games and activities that teach us new ways to take care of the earth and the creatures that call it home. Make a recycled craft. Reservations required by April 16. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

TUESDAY/ APRIL 22
Spring Into Meditation. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Step back and take a little vacation from the stress of your daily life with long-time meditator Gerry Gorman. Learn how meditation can help you experience a more peaceful, enriching and meaningful life. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library> to register.

THURSDAY/APRIL 24
Taste of the Town: April in Paris. 5:30-8:30 p.m. Worldgate Centre at the intersection of Elden Street, Centreville Road and Worldgate Drive in Herndon. Enjoy an evening featuring entertainment reminiscent of Paris, delectable food from 20 local restaurants, raffle and auction. Tickets are \$15/person, \$25/couple, \$5 for children 4-12, children 3 and

exhibiting at Artspace Herndon

mind heart vision

View the Mind, Heart, Vision Exhibition from April 9-27 at ArtSpace Herndon.

under free. Proceeds from Taste of the Town fund arts programming and outreach activities produced by the Foundation at ArtSpace Herndon. www.artspaceherndon.org
Amphibian Idol. 7 - 8 p.m. Sunrise Valley Wetlands - 12700 Sunrise Valley Drive. Park on the left (west) side of the office building. All ages. Frogs and toads sing in the spring hoping to attract mates, providing us with a memorable outdoor experience. Learn which songs belong to which amphibians, and explore Sunrise Valley Wetlands to see which are calling. Reservations required by April 21. 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/APRIL 25
Senior Container Gardening. 1 - 2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults 55 & older. Learn what flowers and herbs grow best in containers and how to arrange them creatively. Listen to a presentation then plant a small container to take home. Reservations required by April 22. Fee: \$8/person RA members, \$12/person Non-members. For more information, contact Ashleigh@reston.org or 703-435-6530 for reservations.

SATURDAY/APRIL 26
Champions4Children 5K Race and Fun Run. 9 a.m. Lake Fairfax Park, Reston. Fun for the whole family including performance by children’s magician The Great Zucchini Race proceeds to benefit SafeSpot of

Fairfax, a safe haven for abused children in Fairfax County. SafeSpotFairfax.org
Global Camps Africa Dinner and Auction. 6:30-9:30 p.m. Oracle Headquarters 1900 Oracle Way, Reston. Global Camps Africa (GCA) is hosting a dinner and auction to raise money to send to HIV-affected children to camp where they learn life skills, health and HIV awareness. GCA, a locally run, internationally active nonprofit provides young people in South Africa a chance to spend two weeks connecting, learning, laughing, and camping, all in hopes of combatting the spread of HIV/AIDS. Tickets: <https://www.globalcampsafrika.org/celebrate-sizano2014> or call 703-437-0808.
Bill Emerson & Sweet Dixie. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A phenomenal group of musicians led by Bill Emerson who was a founding member of the Country Gentlemen and also founded the Navy’s Country Current band. Bill surrounds himself with superb musicians and their combined talents are absolutely top notch. \$15 admission. <http://www.bluegrassville.com/billemerison>

SUNDAY/APRIL 27
Trout Fishing in America. 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo’s infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

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NEWS

Walking for a Cause

Reston's 4th annual Kidney Walk a success.

BY REENA SINGH
THE CONNECTION

More than 300 people banded together to support the fight against kidney disease on Sunday.

The National Kidney Foundation's fourth annual Reston Kidney Walk in the town center garnered about \$83,000 from pre-registered walkers alone.

"This is more of a family-driven event," said NKF Development Manager Jessica Shatzel. "Our gala is a corporate driven event. A lot of our teams are families that return year after year."

Jessica Blevins, Gainesville, and her family came out to support the NKF walk with a "Team Logan" banner.

"My 2-and-a-half year old son, Logan, was born with a rare genetic disorder," she said.

Before he was 4 months old, both of his kidneys became dysfunctional and he was placed on dialysis. Last June, his father do-



Team Logan represented by Logan - in the right side stroller - and his family at Reston's Kidney Walk

nated a kidney to help keep his son alive.

"I'm walking for my son and my husband, who unfortunately couldn't be here because he's out of town. We like to share our story so people know they can make living donations."

She was not the only one who joined the walk because of her personal story.

Myrna Ignacio, Waldorf, joined the walk after beating kidney cancer.

"Out of nowhere, in November, I found out I had cancer - kidney cancer," she said. "I was a healthy person before that. I just knew something was wrong."

She said she caught it in stage two.

"It could have been worse," she said.

Kate Brogue, Vascular Institute of Virginia Director of Business Development, said her team of four had a vested interest in kidney disease.

"The majority of our patients are dialysis patients," she said.

This is the second year her team dedicated time to do the walk.

"Comparable to years passed, this is great," she said about the balmy temperatures. "We're thrilled to see so many people here. It's great to be recognized as a com-

PHOTOS BY REENA SINGH/ THE CONNECTION



Marian Kuhn, Bristow, was signed up to walk before hearing that more volunteers were needed to man the tables.

pany that contributes - but it's not about us. It's about the patients."

The next local Kidney Walk will be a three mile loop in D.C. at Freedom Plaza. To pre-register for the walk, sign up as a volunteer or donate, visit kidneywalk.org. Donations for the Reston Kidney Walk can still be made online until the end of May.

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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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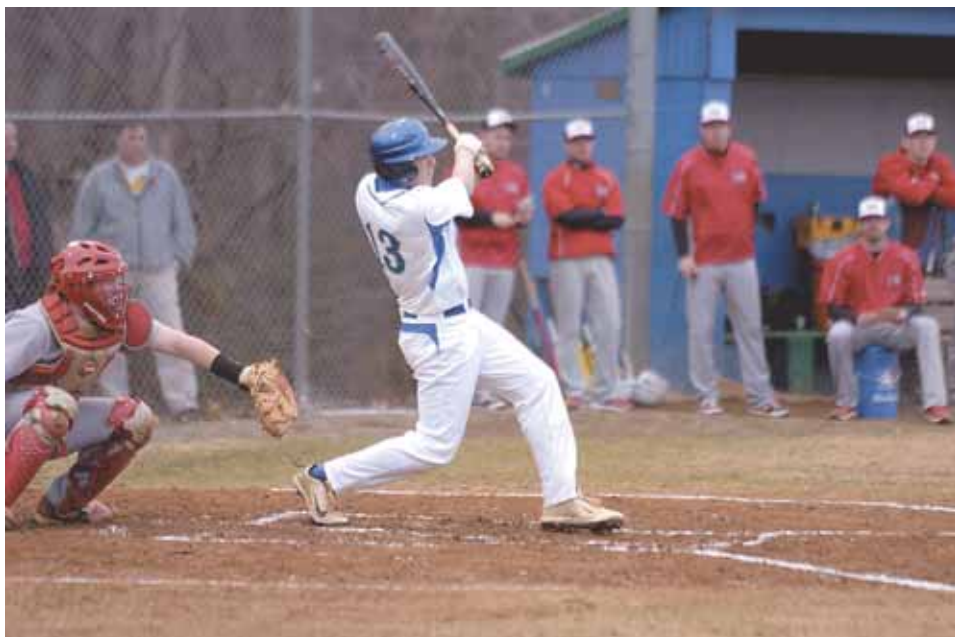
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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION
South Lakes senior Justin Cosing swings and misses during an April 4 contest against McLean.



South Lakes senior Zack McIntyre pitches for the South Lakes baseball team against McLean on April 4.

South Lakes Baseball Loses Heartbreaker to McLean

The rains held off as the South Lakes Seahawks played their fourth game in as many days against the McLean Highlanders on April 4 in Reston.

The Seahawks struck early, picking up a run in the first inning when Matt Wojciechowski drove in Marty Gryski. The Seahawks struck again in the third inning on another RBI from Wojciechowski, who drove in Jared Abelson with a single. The Highlanders struck in the fourth inning with a home run. The Highlanders picked up two more runs in fifth inning to take a 3-2 lead.

The Seahawks battled back in sixth inning, with one run scored by pinch runner Kevin Bryan to tie the game. The Highlanders picked up two runs in the top of the seventh to seal the Seahawks' fate. The 5-3 loss was a tough one for the Seahawks, who played hard.

Senior pitcher Zack McIntyre started on the mound for South Lakes. He kept the Highlanders off balance for five innings. Ben Darby pitched well in relief. The defensive plays of the game were a couple of double plays and some great catches in the outfield. The first double play came in the third inning on a line drive caught by second baseman Wojciechowski, who relayed the ball to first baseman Kyle King to catch a Highlander off the base. In the fourth inning, Joshua Kobayashi had a spectacular running catch at the fence to rob a Highlander of a hit. The second double play was turned in the sixth inning, when third baseman Marty Gryski relayed to second baseman Wojciechowski, who completed the double play to first baseman Kyle King.

South Lakes lost to Langley 1-0 on April 8, dropping the Seahawks' record to 1-6. The Seahawks will participate in a tournament in Myrtle Beach, S.C., during spring break.

— KEVIN DARBY

South Lakes Girls' Soccer Suffers First Loss

The South Lakes girls' soccer team lost to Stuart 2-0 on April 9, dropping the team's record to 5-1-1.

South Lakes will travel to face Stone Bridge at 7 p.m. on Tuesday, April 22.

Herndon's Johnson, Auslander to Play in All-Star Game

Herndon seniors Dorian Johnson and Kent Auslander will compete in the 41st Annual Capital Classic on April 26 at T.C. Williams High School.

The basketball event will consist of three games, starting with the North All-Stars vs. the South All-Stars at 3 p.m. in the first of two metro all-star contests. The East will take on the West at 5 p.m. before the main event — U.S. All-Stars vs. Capital All-Stars — at 7:30.

Johnson and Auslander will compete for the West All-Stars, which will be coached by Woodson's Doug Craig.

Langley Softball Hands Madison First Loss of Season

The Madison softball team suffered its first loss of the season, losing to the Langley Saxons 5-1 on April 11.

Sophomore pitcher Katie Vannicola took the loss for Madison. The Warhawks fell to 7-1.

The Warhawks head to Myrtle Beach, S.C., to participate in the Grand Strands Spring Break Tournament and will play five games over five days. Upon their return, the Warhawks will take on Hayfield

at Madison High School on Tuesday, April 22.

Langley, which improved to 5-1 with the win, will travel to face McLean at 6:30 p.m. on April 22.

South Lakes Freshman Headed to Level 9 Eastern Championships

On the weekend of April 5-6, South Lakes freshman Olivia Norman of Herndon, competed at the Region 7 Level 9 Regional Championships held at the Boo Williams Sportsplex in Hampton, Va. Around 370 gymnasts from a six-state region competed for an opportunity to qualify and compete in the Level 9 Junior Olympic (JO) Eastern Championships to be held May 1-4 in Bradenton, Fla. The top six all-around finishers in each age group qualified to compete in the Eastern Championship meet.

Norman finished tied for fourth place in the all-around for the Sr.2 age group. On her individual events she placed sixth on vault (9.350), tied for fifth on uneven bars (9.450), and fourth on floor exercise (9.300). She "stuck" her beam routine, giving her a 9.000 score to round out her 37.100 all-around score. With her top six finish in the all-around, Norman will head to Bradenton, Fla. at the end of the month to represent Region 7 at the USA Gymnastics Level 9 Junior Olympic Eastern Championships. She and the rest of the Region 7 team will compete against teams from Regions 5, 6, and 8, which are all located in the eastern half of the United States. Norman trains at Chantilly Academy gymnastics in Chantilly.



PHOTO BY CINDY NORMAN

With her top finish in the all-around at the Regional Championships, South Lakes freshman Olivia Norman of Herndon will compete in the in the Eastern Championship meet in Bradenton, Fla., May 1-4.

Experts Highlight Importance of Reading

FROM PAGE 9

brain has to do a great deal of work to process information and piece the story together," she says. "In a movie or video game, everything is predetermined and spelled out for you, and there's a lot less room left to the imagination to make leaps and discover things on its own."

Karapetkova has experienced this in her own life. "I have found with my older child that one book often leads to another," she said. "We might read something that piques his interest and sends him back to the library for more information, and the information he can find in the library is seemingly endless."

The same is not true with television or video games. "When he watches a film or plays a video game, he never says to me, 'I want to find out more about organisms deep under the sea because that's where Spongebob lives,'" said Karapetkova. "But when he reads a book, he asks questions and his curiosity and imagination open up."

Michael Moynihan, Upper School Head, The Heights School

in Potomac, Md., believes in eschewing some electronic media and promoting "a renewed culture of reading...[and] conversation".

SO WHICH BOOKS do experts recommend? "Really, anything you and your children enjoy reading together will do the trick," said Karapetkova. "My children are several years apart. My daughter is 4 and my son is 9, and I have been amazed by how much each enjoys the books I pick out together for the other. I'll sit down with my daughter to read 'Brown Bear, Brown Bear' or another picture book and my son will stop whatever he is doing to join us."

"And my daughter also enjoys listening to what my son and I are reading aloud together," said Karapetkova. "We've been reading a variety of books this year, including things like Harry Potter and C.S. Lewis, and she listens and grasps part of what is happening. So their interest in each other's books reminds me that children can be drawn to and learn from a great range of books."

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Five Fairfax County Public Schools (FCPS) students have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation."

National winners include:

♦ Melissa Halbrook of Woodson High School, Gold Medal for humor,

"Kim Jung-Un's New Clothes."

♦ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

♦ Jean Jeon of Herndon High School, Silver Medal for novel writing, "Strain."

♦ Sara Warrington of TJHSST, Silver Medal for Journalism, "Overcoming Intolerance."

The Scholastic Art and Writing Awards, a 91-year old program of the Alliance for Young Artists and Writers, will honor the winners at a special ceremony at Carnegie Hall in New York City on Friday, June 6.

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Dying of Curiosity

By KENNETH B. LOURIE



As I was completing last week's column ("I Thought I Was a Goner") and thanking my oncology nurse, Ron, in the process, for the excellent care he has provided me for nearly five years now; a week after I wrote a column thanking my Certified Holistic Health Coach, Rebecca Nenner, for the health and fitness-type knowledge she has given me over those same five years; it dawned on me that perhaps my subconscious mind knew something that my conscious mind didn't: that I should move closer to the undertaker like Radar's Uncle Ernest did two days before he died, in the M*A*S*H episode titled "Novacaine Mutiny" from season four.

I don't want to think that, and I certainly don't want to believe it; nevertheless, I thought it an interesting point to address: as a terminal cancer patient, as much as I fight against it mentally and physically, the presumptive death sentence that a "13-month to two-year prognosis" portends is the kind of news that's difficult – make that impossible – to ignore. And as much as I try to defend myself, as you know, with humor, a positive attitude and a variety of self-preservation, defense-type mechanisms – still, at the end of the day (heck, at the beginning and middle, too), I may talk and write a good game, but one's mind often interferes. The trick is knowing whether that interference (subconscious) is real or imagined. I struggle with that assessment every day, as I presume most characterized-as-terminal patients do as well.

As my struggle enters its sixth year, let me assure you, its familiarity has not bred content (nor contempt, either). Though I certainly know the warning signs, the dos and don'ts, and my responsibility in all of it, that doesn't mask – to me, anyway, the underlying reality: lung cancer kills. The survival rates, especially five years post-diagnosis, are in the low single digits. Fairly grim, I admit. Yet I am extremely happy and fortunate to say that I am one of those low-single-digits (and yes, I have been called worse; not much better though, considering my diagnosis). However, I am not in remission and I'm still receiving chemotherapy. In truth, I am an anomaly, an aberration; and expecting that my life continues without any further cancer-related ado seems naive and from most of what I read, fairly unrealistic. Now as much as I try to compartmentalize all these cancer facts and feelings – successfully for the most part, I'd like to add – the reality of my situation does manifest itself from time to time. This column has attempted to identify a recent example, my last two columns, where these facts and feelings may have collided.

Though nothing in my current health – or recent awareness of it (scans, lab work, physical exam, old symptoms, new symptoms persisting/getting worse, etc.) would indicate a change (a fatal flaw, if you will), there are always things with which I am totally unaware that may have changed and perhaps the way I learn about these changes is through my subconscious. I certainly don't know how or when I'll know when I'm at death's door. Perhaps there will be a knock, perhaps not. Still, I can't help wondering – and wanting to know – sort of.

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

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The biggest things are always the easiest to do because there is no competition. -William Van Horne

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-William Van Horne

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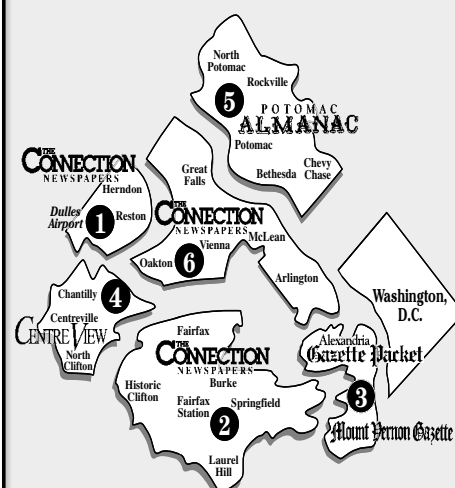
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Seventeen FCPS Students Named National Achievement Scholarship Winners

Seventeen Fairfax County Public Schools (FCPS) students are among more than 800 students nationwide who have won Achievement Scholarships from the 2014 National Achievement® Scholarship program (NASP). The Achievement Scholarships are awarded to Black American high school seniors to be used for undergraduate study at any regionally accredited United States college or university.

The FCPS students named National Achievement® Scholars, with their probable career fields in parentheses, are:

- ❖ Christine Tamir of Annandale High School (undecided).
- ❖ Marvel Elisabeth Onga Nana of Centreville High School (biomedical engineering).
- ❖ Heather Lawrence of Edison High School (political science).
- ❖ Bezawit Yohannes of Hayfield Secondary School (law).
- ❖ Ade Samuel of Herndon High School (chemical engineering).
- ❖ Sarah Gutema of McLean High School (neuroscience).
- ❖ Lani Allen of Marshall High School (writing).
- ❖ Suha Suliman of Robinson Secondary School (pediatrics).
- ❖ Gelila Yitsege of South County High School (neuroscience).
- ❖ Derek Phillips of South Lakes High School (aerospace engineering).
- ❖ Anthony Carrington of Thomas Jefferson High School for Science and Technology (TJHSST) (medicine).
- ❖ Cheyanne Rivera of TJHSST (psychiatry).
- ❖ Comfort Sampong of TJHSST (development economics).
- ❖ Shalisa James of Westfield High School (English literature).
- ❖ John O'Connell of Westfield High School (computer science).
- ❖ Tolunimi Oyeleye of Westfield High School (chemical engineering).
- ❖ Tianay Ziegler of Woodson High School (biological engineering).

Each of the students received \$2,500 National Achievement Scholarships supported by the National Merit Scholarship Corporation (NMSC), which conducts the NASP, with the exception of Allen, whose scholarship is underwritten by the Xerox Foundation.

The National Achievement Scholarship program is a privately financed competition founded in 1964 specifically to honor scholastically talented Black American young people and to increase their opportunities for higher education. The program is conducted by NMSC, a not-for-profit organization.

These awards, totaling over \$2 million, are financed by grants from 31 corporate organizations and professional associations, and by National Merit Scholarship Corporation.



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