

# Highlighting Teen Cancer

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Virginia Governor Terry McAuliffe reads the proclamation he signed in Herndon on July 31, recognizing the third week of January as Teen Cancer Awareness week in Virginia. Seated next to him is Nikki Ferraro, founder of the Bite Me Cancer Foundation and standing is Del. Ken Plum (D-36).

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AUGUST 6-12, 2014

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## News



PHOTO BY JULIE FITZPATRICK

**Barred Owl**



PHOTO BY NICK BAUER

**Pileated woodpecker**

# Pick Reston's Official Bird!

**Residents can choose between five birds by Sept. 30.**

BY REENA SINGH  
THE CONNECTION

**R**esidents will have until the end of September to choose Reston's official bird.

Friends of Reston are letting locals choose between the barred owl, eastern bluebird, American goldfinch, great blue heron and pileated woodpecker for the community's 50th anniversary.

"This poll is not only fun in the aspect of community participation, and education, but it will also provide Reston with a significant symbol – very fitting and something it should have," said Friends of Reston board member Carol Nahorniak.

All of the birds were chosen by local naturalists due to their year around visibility in the community.

"The criteria was that they needed to be something we see on a year around basis," said Friends of Reston CEO Katie Shaw. "We wanted to pick birds that were also easily recognized."

Voting for Reston's new official bird ends Sept. 30. After the votes are in, Friends of Reston will ask Reston Association to vote on a resolution to make the bird Reston's own. So far, the pileated woodpecker and barred owl are in the lead.

Shaw said that the official bird will be added to the mascot list



PHOTO BY JIM PHELPS

**American Goldfinch**

for Walker Nature Center with Myrtle the Turtle and Earl the Squirrel.

"We envision that the bird will be a sidekick to Earl and Myrtle," said Shaw.

In years to come, the bird may be added to the Friends of Reston's logo or put on pins and t-shirts for sale.

But for now, voting for Reston's official bird is purely educational to allow residents to learn more about the types of birds that reside in the trees and near lakes during the day and night.

"Some of these birds have strong visibility in the area, but others, not so much," said Nahorniak.

Residents can vote in person at the Farmers Market, the Walker Nature Center or The Bird Feeder store. They can also vote online by liking the Friends of Reston Facebook page at <https://www.facebook.com/FriendsofReston> and clicking on the Survey Monkey link under "Apps."

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## Governor Proclaims Teen Cancer Awareness Week

Cancer support group witnesses signing of proclamation in Herndon.

BY RYAN DUNN  
THE CONNECTION

Virginia Governor Terry McAuliffe in the company of cancer survivors and friends signed a proclamation in the town of Herndon proclaiming the third week of January as Teen Cancer Awareness week in Virginia. The proclamation was signed in the office of Virginia Delegate and former Herndon mayor Tom Rust (R-86) who attended the event with Del. Ken Plum (D-36). Advocates for this proclamation included the Virginia based nonprofit Bite Me Cancer.

Nikki Ferraro formed Bite Me Cancer as a nonprofit foundation in September 2010 when she was 17 years old. Ferraro was diagnosed with a rare form of thyroid cancer in April 2010 when she was a junior at Chantilly High School. Ferraro was determined to lead a Relay for Life team just two weeks after her diagnosis. She named the team Bite Me Cancer and experienced immediate success. When Ferraro decided to create a foundation a few months later, she wanted to continue the legacy of her team name and her foundation became the Bite Me Cancer Foundation.

In the summer of 2010, Ferraro told her parents that she wanted to keep the Bite Me Cancer name alive to continue her focus of raising money for cancer research and to help others with cancer. "When I was diagnosed I was 17, and I was in the hospital in the adult wing," said Ferraro. "It is an awkward age and I just wanted to reach out to that age group specifically so they would know they are not alone."

**FERRARO WANTS** her foundation to raise awareness and research funds for thyroid cancer as it is one of the fastest growing diseases in the United States. Another one of the organization's goals for this year is to ship out 400 Teen Support Bags to teenagers battling all kinds of cancer, after they distributed 200 Teen Support Bags in 2013.

Ferraro was involved in the legal processes and plans to create the foundation and helped design website logo, as well as the foundation's mission and goals. Ferraro and her parents are grateful for all the pro bono consultants (legal, financial, web design), volunteers, and board members involved throughout the process of establishing and launching the foundation. The organization has a board of directors and advisory committee that meets once a month in Chantilly. Two of the advisory council members include Delegates Tom Rust and Ken Plum. While still active with the organization, Ferraro is now enrolled at James Madison University.

"I was honored to have the governor take time away from his busy schedule to come to Herndon and sign a Procla-



PHOTOS BY RYAN DUNN/ THE CONNECTION

**Governor Terry McAuliffe displays the proclamation making the third week of January Teen Cancer Awareness week in Virginia, along with young cancer survivors and state delegates Tom Rust and Ken Plum.**

mation recognizing Teen Cancer Awareness Week," said Del. Rust. "I appreciate Nikki, who is a constituent and founded Bite Me Cancer, asking me to introduce a resolution recognizing the third week in January as Teen Cancer Awareness Week. It's important to bring attention to teen cancer and to find a cure."

"I am honored that we are here and glad

that the Governor takes time out of his busy schedule to recognize these young people," said Navy Captain Angela Katson, a resident of McLean. Katson arrived at the event with her three sons, Andrew, Jimmy and Michael. One of her sons has been battling a form of cancer. Attending from Purcellville were Lesa Short and her daughter Keegan Berber. "Nikki is the sort of person to help me go through a lot, she is so helpful," said Keegan Berber who was diagnosed with thyroid cancer. Berber and her family found out about the Bite Me Cancer organization online. "I hope the proclamation spreads awareness," said Berber.

**IN JULY** the Bite Me Cancer organization



**Nikki Ferraro, founder of the nonprofit foundation, Bite Me Cancer, with the proclamations making the third week of January as Teen Cancer Awareness week in Virginia. Standing are Del. Tom Rust (R-86) and Nikki's parents.**

became an official American Thyroid Association Alliance for Thyroid Patient Education Member. On Sept. 13, Bite Me Cancer will be one of the five nonprofits chosen to receive donations from "Dancing with the CEOs" event, a fun gala event featuring 12 of Metropolitan Washington D.C. area's top executives and 12 young professionals in a dance competition benefiting five local nonprofits that work with childhood illness.

**"It is an awkward age and I just wanted to reach out to that age group specifically so they would know they are not alone."**

**— Nikki Ferraro, Founder, Bite Me Cancer Foundation**

"It is an honor to be here, it is an honor, Nikki, to be with you," said Governor Terry McAuliffe. "Cancer is something that affects everybody... It is all about awareness, everyone should think about this issue." Filming the signing of the proclamation were volunteers from Herndon Community Television or HCTV. "It was a great event," said Jack Norcross, a student at Herndon High and volunteer with HCTV. "I have always been a positive person," said Nikki Ferraro. "I love how this foundation has been a way for me to cope with things. Hopefully we will get the state fully aware." For more information on Bite Me Cancer visit [www.bitemecancer.org](http://www.bitemecancer.org).



**Herndon HCTV volunteer and Herndon High School student, Jack Norcross, gets a few comments from Virginia Governor Terry McAuliffe after he signed a proclamation making the third week of January Teen Cancer Awareness week in Virginia.**



# Northern Virginia in Neutral

Income growth in Fairfax and Alexandria lags behind state and national averages.

BY MICHAEL LEE POPE  
THE CONNECTION

**P**aycheck growth in Fairfax County and the city of Alexandria are lagging behind the state and the nation, according to data from the Bureau of Economic Analysis. A look at per capita personal income from the last five years shows Northern Virginia struggling to keep up as everybody else recovers from the recession.

Fairfax County had the lowest rate of growth, only 2 percent. Alexandria isn't much better, showing a 3 percent growth in per capita personal income. Arlington has the highest per capita personal income, although its growth is just under the state and national average. The only bright spot in Northern Virginia is Loudoun County, which has seen a 15 percent rate of growth from 2008 to 2012 (the most recent year available). For the most part, Northern Virginia is stuck.

"The region has stopped growing," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "High wage jobs and most new jobs are paying below the average for all jobs."

Part of the explanation is that the typical American household is getting poorer, according to a new study by the Russell Sage Foundation that shows the inflation-adjusted net worth for the typical American household has dropped 36 percent from 2003 to last year. Another part of the explanation is that the region is emerging from the recession with a serious hangover. Stimulus spending was drying up just as Northern Virginia is facing a series of troubles related to a dysfunctional federal government.

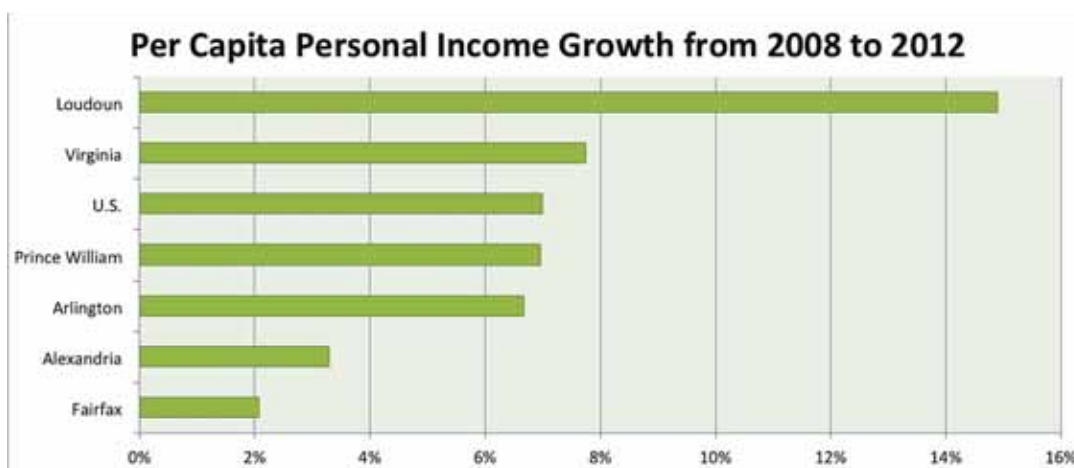
"This area is highly dependent upon the federal government," said Frank Shafroth, director of the Center for State and Local Leadership. "Sequesters, shutdowns and freezing Department of Defense and domestic appropriations can be very disruptive."

**THE GREAT RECESSION** came on the heels of one of the worst business cycles on record in terms of job creation, a phenomenon that's true for per capita personal income as well as household income. By 2009, when the bottom fell out of the global financial system, the typical working-age American household was earning about \$5,000 less than it did in 2000. Since 2009, when the recovery officially began, household income has fallen even more.

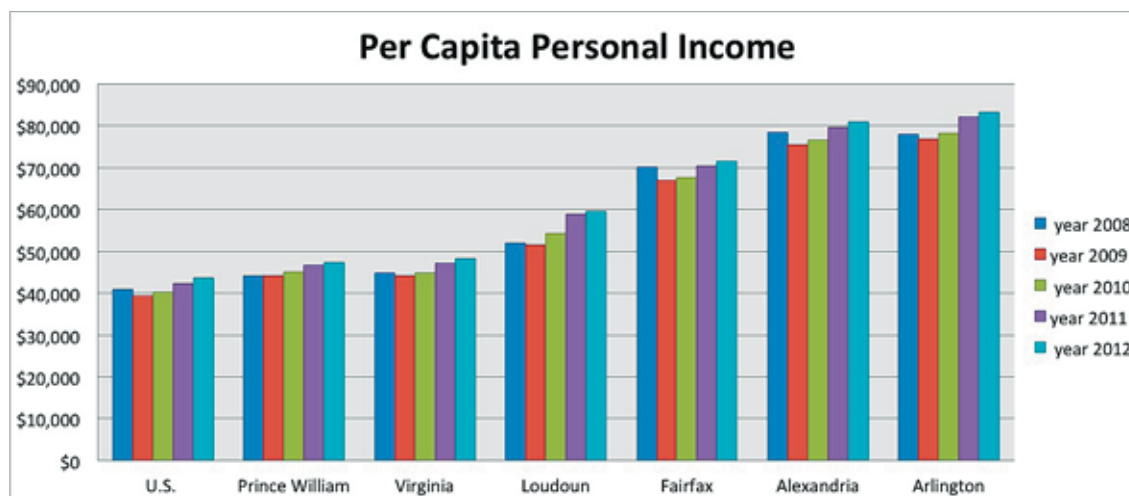
"It's depressing," said Richard Fry, a se-

jurisdiction	year 2008	year 2009	year 2010	year 2011	year 2012	% change
Loudoun	\$51,950	\$51,469	\$54,301	\$58,953	59,683	15%
Virginia	\$44,900	\$44,063	\$44,854	\$47,126	48,377	8%
U.S.	\$40,873	\$39,357	\$40,163	\$42,298	43,735	7%
Prince William	\$44,230	\$44,227	\$44,995	\$46,719	47,309	7%
Arlington	\$78,031	\$76,941	\$78,340	\$82,075	83,242	7%
Alexandria	\$78,375	\$75,598	\$76,643	\$79,713	80,952	3%
Fairfax	\$70,145	\$67,010	\$67,776	\$70,371	71,607	2%

SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS

nior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

Here in Northern Virginia, demographic changes are at the root of why per capita personal income has remained flat. As development and redevelopment moves forward, low-income families are being priced out of Arlington and Washington, D.C. Meanwhile, the older housing in Fairfax County and Alexandria are drawing lower income families.

"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now they have predominantly immigrant families."

**THE ONE** bright spot in Northern Virginia is the fast growing exurbs of Loudoun County, where per capita person income increased from \$52,000 in 2008 to \$60,000 in 2012. Researchers who study the shifting demographic patterns of Northern Virginia say part of the explanation for this is the different kind of people who are now moving to Loudoun County, which is growing at the fastest rate in Northern Virginia. The county's population has doubled in the last 15 years, and so has the county's demographic profile.

"One of the things that is really changing in Loudoun is having more younger people going out there, and families without children going out there," said Hamilton Lombard, research specialist for the Demographics Research Group at the University of Virginia Weldon Cooper Center for Public Service. "And that's just kind of a transformation from being a bedroom commu-

nity into actually having lots of job centers there and having lots of younger people going there before they start families."

Part of the change for Loudoun is the kind of construction that's been happening in recent years. The county has seen a number of new mixed-use developments that include residences, shopping and offices. The Village at Leesburg, for example, was one of the first of its kind in the area. That was followed by One Loudoun in Ashburn and Crescent Place, a trend that is slowly making Loudoun more friendly for millennials.

**"The region has stopped growing."**

— Stephen Fuller, director of the Center for Regional Analysis at George Mason University

"We're not seeing as many mansions or large single-family houses being built, and we are seeing more smaller units, which means smaller households with fewer children," said Versel. "That means for each new household that moves in, there are fewer dependents and thus the per-capita income will be higher."

**ACROSS AMERICA**, the poor are getting poorer. A new study by the Russell Sage Foundation concludes that households at the bottom of the wealth distribution lost the largest share of their total

wealth, and researchers who conducted the study believe the slow recovery will continue to generate increased wealth inequality in the coming years. The study also concluded that the Great Recession caused an unprecedented decline in wealth holdings among American households. Inflation-adjusted net worth for the typical household in America dropped 36 percent from \$88,000 in 2003 to \$56,000 last year, and most of that drop came in the wake of the Great Recession. Ultimately, the researchers concluded, the data show very few signs of significant recovery from the losses in wealth experienced by American families during the Great Recession.

"The housing bubble basically hid a trend of declining financial wealth at the median that began in 2001," wrote Fabian Pfeffer, one of the study's authors.



## News

**Hutchison Elementary teacher William McCoy helping with a beach erosion experiment.**

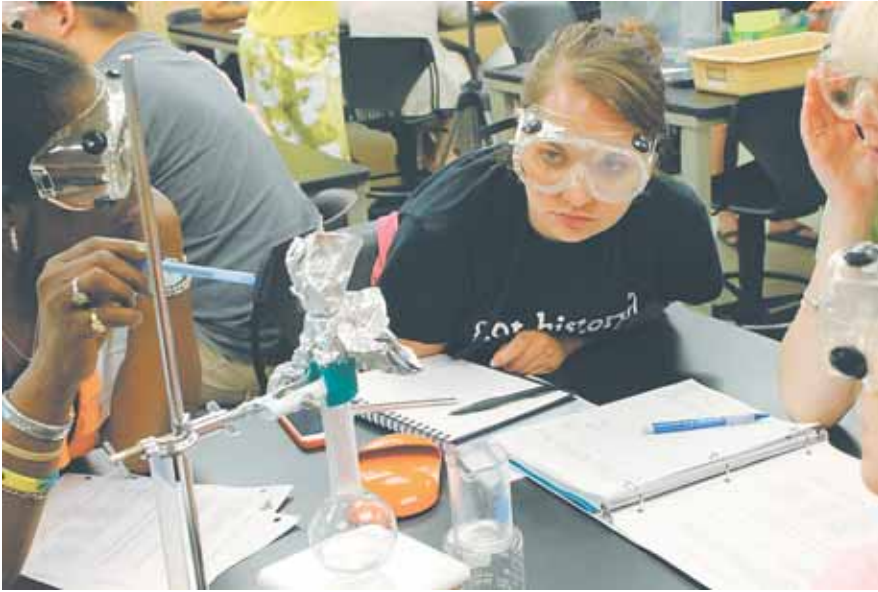


PHOTO BY LAUREN WRIGHT

## Hutchison Elementary Teachers Learn New Ways to Teach Science

Next fall, students in Herndon will join a growing movement of innovative science achievement and learning in Virginia. Teachers from Hutchison Elementary were selected to join a year-long, free professional development project designed to change the way science is taught in schools across the state.

Funded by one of the biggest grants ever awarded by the U.S. Department of Education, the Virginia Initiative for Science Teaching and Achievement (VISTA) teaches teachers how to shift from the traditional lecture-led classroom to problem-based learning. Problem-based learning is about examining "real world" problems and thinking like scientists to find solutions.

William McCoy and Amanda Walker attended the

Elementary Science Institute on the George Mason University campus, which ran from June 26 to July 24. This year's theme was marine science.

As part of the institute, Fairfax-area students attended a free, two-week camp, which ran July 7-18. The embedded student camps give teachers a chance to practice the hands-on approach they are learning.

In addition to the free, four-week program, each teacher received a \$5,000 stipend; \$1,000 in teaching resources, science materials, and web content for their classrooms; a master teacher assigned to coach them in the new teaching method throughout the school year and a trip to the Virginia Association of Science Teachers Professional Development Institute in the fall.

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# OPINION

## Brightening Outlook for End of Summer

### Local pleasures to offset discouraging news.

**T**he news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contributions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

#### EDITORIAL

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal money for affordable housing in the county.)

So here are a few end-of-summer activities that can serve as antidote.

Go on a Sunset Kayak Tour in Great Falls, Friday, Aug. 8, 5-7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Experience the end of the day with a tour of the upper Potomac. Ages 14+. \$59-\$74. Register at <http://www.fairfaxcounty.gov/parks/riverbend-park/kayaktours.htm>.

Try out Tai Chi for free. Beginners' Practice. 8-9 a.m. McLean Central Park basketball court, 1468 Dolley Madison Blvd, McLean. Open to all, including first-timers, every Saturday morning. 703-759-9141 or [www.freetaiichi.org/practice.shtml](http://www.freetaiichi.org/practice.shtml).

Dance on Aug. 16, 8-11:30 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. 8-9pm Mambo lesson; 9-11:30 p.m. \$15. 703-759-2685.

Go to the farmers markets and enjoy the local bounty.

Oak Marr Farmers Market. 8 a.m. - noon, Wednesdays. Oak Marr Park & RECenter, 3200 Jermantown

Road, Oakton. <http://www.fairfaxcounty.gov/parks/farmersmarkets/viennamkt.htm>.

Frying Pan Farm Stand. Wednesdays. 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. <http://fryingpanpark.org/2014/05/15/farm-stand/>

Fair Lakes Farmers Market. Wednesdays. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. [www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va](http://www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va).

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 1-Nov. 13. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St, Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 1-Oct. 30. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. [www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm).

McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 2-Nov. 21. 1659 Chain Bridge Road, McLean. [www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm)

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 3-Nov. 9. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

Oakton Farmers Market. 10 a.m.-2 p.m., Saturdays. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. [www.smartmarkets.org/](http://www.smartmarkets.org/)

Great Falls Farmers Market. 9 a.m.-1 p.m., Saturdays. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. [www.celebrategreatfalls.org/FarmersMarket.html](http://www.celebrategreatfalls.org/FarmersMarket.html).

Vienna Farmers Market. 8 a.m.-12 p.m., Saturdays. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. [www.viennafarmersmarket.com](http://www.viennafarmersmarket.com).

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 10-Nov. 1. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com](http://www.fairfaxsatdaymarket.com).

Tysons-McLean Farmers Market. 10 a.m.-2 p.m., Sundays. Parking lot of the National Automobile Dealers Association 8400 Westpark Drive, McLean. [www.smartmarkets.org/](http://www.smartmarkets.org/)

## Why Can't Everyone Be Cool?—Part 2



### INDEPENDENT PROGRESSIVE

BY JOHN LOVAAS

RESTON IMPACT PRODUCER/HOST

**L**ake Anne homeowners still bound by covenant to the aging Reston Lake Anne Air Conditioning (RELAC) chilled water system have petitioned Reston Association to hold a referendum on eliminating the covenant. Elimination would allow all homeowners to have a choice among alternative A/C systems or continuing with RELAC. The referendum likely will be held in the fall. A referendum held seven years ago failed by a vote of 130 to 100. The campaign pitted neighbor against neighbor. A third of affected homeowners opted not to vote. The core problem is that the aging, once innovative, system is the same as when it was built 50 years ago, while conventional A/C has greatly improved and cools

more effectively and quietly now, at a lower cost, than RELAC. Many homeowners are unhappy. They are unable to cool their homes to a comfortable level, and must contend with high electric bills as well as soaring RELAC bills, up nearly 60 percent in recent years. But, others with homes exposed to less direct sunlight, better location on the distribution system or condition of pipes, or more tolerance for higher temps are reluctant to invest in new A/C equipment. Meanwhile, Lake Anne businesses and the Community Center have been granted exceptions to the monopoly because they serve the public and don't feel they get adequate cooling from RELAC. The firm redeveloping Lake Anne says they will not use RELAC in new residential or commercial units. One ardent covenant supporter in the last referendum opted off RELAC to install conventional A/C needed by an ailing spouse. About 30 others have gotten exemptions for health reasons. The system may still be

adequate for some, it is not for others. The last referendum campaign was unpleasant. Some favoring continued monopoly accused those favoring free choice of simply failing to maintain their homes and RELAC system. As one who replaced every single window and door in our home, installed a new reflective roof, and religiously maintains the A/C system, I resent such unfounded arguments.

Another argument of the RELAC faithful is that given free choice, many might opt to invest in conventional A/C causing RELAC to further raise their costs or go out of business. I doubt it is that simple. In fact, if some left the system, RELAC can reduce costs, perhaps improve service with a less demand on it.

In this connection, it seems to me that the Reston Association could ease tensions, and perform a vitally important service for its members tied to RELAC. Instead of making exemptions to RELAC more difficult to obtain as the current RA

Board is doing with Lake Anne reps leading the charge, why shouldn't RA instead help to clarify for all the principal issues involved by bringing independent technical expertise to bear on them. RA could contract with experts to examine the level of service being provided to representative home and business sites to see in fact if there are different levels of service being delivered and how they compare to that delivered by conventional A/C in side-by-side locations, for example. Why do businesses, the Community Center, developers and doctors see differences? RA cannot, of course, dictate to RELAC how it conducts its business. But, it seems well within its mandate to look out for member property values and general welfare by providing sorely needed, independently sourced information before the referendum. Or, we can go through another nasty campaign with an outcome based on charges and counter-charges instead of providing voters with valid data.

## Reston CONNECTION

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## COMMENTARY

# Thank You, DCRA

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



**T**he opening of the Silver Line brought an overflow crowd of dignitaries and well-wishers to cut the ribbon and ride the first train. The half-completed project received a lot of acclaim with its airy and sleek stations and gleaming new equipment. The first-phase extension of Metro that will increase the size of the mass transit system by 25 percent has clearly captured the spirit of most of the community.

The feelings about heavy-rail transit in the Dulles Corridor have not always been viewed so positively. While the idea of mass transit to Dulles Airport has been around for more than 50 years, positive steps to make it a reality were slow in taking place. When I organized the Dulles Corridor Rail Association (DCRA) in August 1998 to provide mass transit in the corridor, there were many doubters, naysayers and skeptics. The original board made up of community and business leaders and professional planner Patty Nicoson, who became and remains president of DCRA, went about building the case for a mass transit approach. Population growth projections for the region provided the clearest evidence that highways and cars would not be adequate to meet transportation needs in the future. The idea that the nation's capital did not have a rail connection to its international airport was appalling to many. Air pollution's effect on the health of the region was also a concern.

DCRA was able to get the conversation going about

mass transit for the corridor and kept it before the attention of public officials as the many issues related to the project were debated. Should rail just go to Tysons Corner? Dulles Airport? Loudoun County? Should it be bus? Bus rapid transit? Light rail? Heavy rail? Should it be a subway system? Aerial system? How many stations? Where?

DCRA played a role in making sure that public officials got a regular flow of information on what was happening in other localities, advantages and concerns related to options, and the costs and consequences of inaction. As planning progressed and the project went through its ups and downs and near-death experiences, the DCRA board and its members were there to write letters, provide fact sheets and opinion columns, line up speakers for public hearings, and even run full-page ads in The Washington Post at a critical time in the approval process for the project. Twice a year DCRA held receptions at significant locations along the route of the rail line, and recognized individuals and organizations that had contributed to moving the project forward.

I was honored to be asked to speak at the opening ceremony for the Silver Line where I acknowledged as I want to do here the critically important and very effective work of Patty Nicoson towards the success of this project and the significant help of current and past DCRA board members. Many have mentioned that we might still just be talking about it if not for the work of DCRA and its success in keeping it truly nonpartisan. I am pleased to have been a part of such an effort that will be transformative for our region.

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# Touring Artists Series Returns to Reston's CenterStage

**Tickets go on sale for general public, Reston residents on Aug. 8.**

Reston Community Center (RCC) announced the 2014-2015 Professional Touring Artists Series at the CenterStage. The season begins in September 2014 and continues through May 2015 with performances by a mix of new artists and those that Reston audiences have come to know and love. The tickets will be available to the general public on Aug. 8.

The season kicks off with a 10-day festival by Reduced Shakespeare Company in honor of the 50th Anniversary of the founding of Reston. These comedians have been entertaining Reston audiences for decades and return with a series of eight performances and additional special events. The Reduced Shakespeare Extravaganza takes place Sept. 12 – 21.

In addition to the performances, Reston Community Center is continuing the Parents Time Out Series. During select PTAS performances, parents will have the opportunity to sign up children ages 4-9 for activity-based childcare while they attend the performance. This option is available for DakhaBrakha and New York Festival of Song. Parents Time Out for 2015 shows will be announced in the 2015 Winter/Spring Program Guide, due out in mid-November.

Featured performances in the 2014-2015 Professional Touring Artist Series include:

- ❖ Reduced Shakespeare Company: The Complete History of Comedy (abridged); Friday, Sept. 12 at 8 p.m. (\$30 Reston/\$60 Non-Reston)

Reston Premiere plus opening Night Party

- ❖ Reduced Shakespeare Company: The Complete Works of William Shakespeare (abridged) [Revised]; Saturday, Sept. 13 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

In honor of the Sesquicentennial of Shakespeare's Birth.

- ❖ Reduced Shakespeare Company: The Complete History of America (abridged); Sunday, Sept. 14 at 3 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Reduced Shakespeare Company: Selected Readings from The Lost Works (abridged); Wednesday, Sept. 17 at 8 p.m. (\$15 Reston/\$30



PHOTO COURTESY OF ANNA DEAVERE SMITH

## Anna Deavere Smith

Non-Reston)

Including (but not limited to) The Ultimate Christmas Show (abridged) & The Complete Millennium Musical (abridged), songs/verses cut from other shows, readings from RSC books and radio shows. Recorded live for future podcast.

- ❖ Reduced Shakespeare Company: The Complete World of Sports (abridged); Thursday, Sept. 18 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Reduced Shakespeare Company: The Bible: Complete Word of God (abridged); Friday, Sept. 19 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

...Questioning? Seek answers after the show with the cast!

- ❖ Reduced Shakespeare Company: All the Great Books (abridged); Saturday, Sept. 20 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Reduced Shakespeare Company: Completely Hollywood (abridged); Sunday, Sept. 21 at 3 p.m. (\$30 Reston/\$60 Non-Reston)

Plus a post-show discussion with Bob Mondello and a farewell toast.

- ❖ 2014 National Heritage Award

Fellows at the Reston Multicultural Festival — Saturday, Sept. 27, at RCC Lake Anne (Free; open to the public).



PHOTO BY BILL REITZEL

## Turtle Island Quartet with Tierney Sutton.

(\$15 Reston/\$30 Non-Reston)

In 2013, Blanco was chosen to serve as the fifth inaugural poet of the United States, following in the footsteps of such great writers as Robert Frost and Maya Angelou. Blanco wrote and performed One Today, becoming the youngest, first Latino immigrant, and openly gay writer to hold the prestigious honor.

- ❖ DakhaBrakha — Saturday, Nov. 15 at 8 p.m. (\$20 Reston/\$40 Non-Reston)

The vocal range of this Ukrainian quartet is accompanied by traditional Indian, Arabic, African, Russian and Australian instrumentation to create a transnational sound rooted in Ukrainian culture.

- ❖ Cashore Marionettes: Simple



PHOTO BY MEGHAN MOORE

**From left — Reed Martin, Austin Tichenor and Matt Rippey. In celebration of Reston's 50th Anniversary, Reston Community Center (RCC) has announced a 10-day Reduced Shakespeare Company Extravaganza.**

Gifts — Saturday, Nov. 22 at 3 p.m.

(\$5 Reston/\$10 Non-Reston)

Children of all ages will love this series of touching portrayals and poignant scenes from everyday life set to stunning music by composers such as Vivaldi, Strauss, Beethoven and Copland. Children can make their own sock puppet after the show (Space is limited, separate registration required).

- ❖ Cashore Marionettes: Life in Motion — Saturday, Nov. 22 at 8 p.m. (\$15 Reston/\$30 Non-Reston)

Appropriate for ages 14 and up, this collection of marionette masterworks presents characters of depth, integrity and humanity in a series of scenes set to beautiful classical music from Beethoven, Vivaldi, Strauss and Copland.

- ❖ New York Festival of Song: At Harlem's Height — Friday, December 5 at 8 p.m. (\$20 Reston/\$40 Non-Reston)

Founded in 1988 by pianists Steven Blier and Michael Barrett, NYFOS is hailed for its thematic programming, which The New Yorker said has "reinvented the song recital." At Harlem's Height celebrates the creative and intellectual power of black American music of the Harlem Renaissance.

- ❖ Anna Deavere Smith: Snapshots: Portraits of a World in Transition — Sunday, Jan. 18 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

Best known for crafting one-woman, multi-character plays about American social issues, Anne Deavere Smith uses Walt Whitman's idea "to absorb

www.ConnectionNewspapers.com

## Tickets

August 8: Sales Open to the General Public; Online Sales Begin

The general public, along with Reston residents and employees, can purchase tickets.

Box Office Business Hours are as follows:

- ❖ Tuesday, Wednesday, Thursday: 4 – 9 p.m.

- ❖ Saturday: 1 – 5 p.m.

- ❖ Two Hours Prior to Curtain Time for Each Performance

To find the programs or events that are right for you, visit [www.restoncommunitycenter.org](http://www.restoncommunitycenter.org) or call 703-476-4500.

Dance Place, choreographer Cynthia Oliver fuses Caribbean performance textures with African and American aesthetic sensibilities to create a new duet that uses spoken word and dance to explore black femininities and gender and racial dynamics.

- ❖ Trout Fishing in America with Special Guest Dana Louise — Sunday, April 26 at 3 p.m. (\$15 Reston/\$30 Non-Reston)

Reston favorites Trout Fishing in America redefine "family music" when they welcome Ezra's daughter Dana Louise to the stage for an afternoon of infectious folk/pop music influenced by reggae, Latin, blues, jazz and classical music.

- ❖ Persistent Voices Choreographed by Daniel Phoenix Singh — Wednesday, May 6 at 8 p.m. (\$15 Reston/\$30 Non-Reston)

Co-commissioned in partnership with Dance Place, this world premiere by local choreographer Daniel Phoenix Singh combines poignant choreography, thought-provoking poetry and evocative visual designs to explore the effect of AIDS on our lives.

- ❖ Turtle Island Quartet with Special Guest Tierney Sutton (vocals): Poets & Prayers — Saturday, May 30 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

Turtle Island Quartet returns with acclaimed jazz vocalist Tierney Sutton to present a celebration of the muse - from the moving traditional hymn Wade in the Water to Joni Mitchell's All I Want to settings of Coltrane's A Love Supreme. Come early for a 7 p.m. pre-show meet-and-greet with members of Turtle Island Quartet.

*Unless otherwise noted, all performances take place at the CenterStage, located at Reston Community Center Hunters Woods. Additional information about each of the performances is available online at*

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

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# WELLBEING

## Preventing Sports Injuries

How to keep kids safe while they're having fun.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**s students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries.

Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

"I believe the benefits of sports participation far outweigh the risks. Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense," said Shane V. Caswell, Ph.D., professor and Athletic Training Education Program executive director at the Sports Medicine Assessment, Research & Testing (SMART) Laboratory at George Mason University in Fairfax.

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a sprain in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

**PARENTS, GUARDIANS AND CARETAKERS** can take active roles in helping to prevent injuries, said Caswell. "To help ensure that their children are safe, parents need to take ownership of their child's safety," he said. "We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?"

Youth sports organizations should take precautions to ensure safety, continued Caswell. "It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety

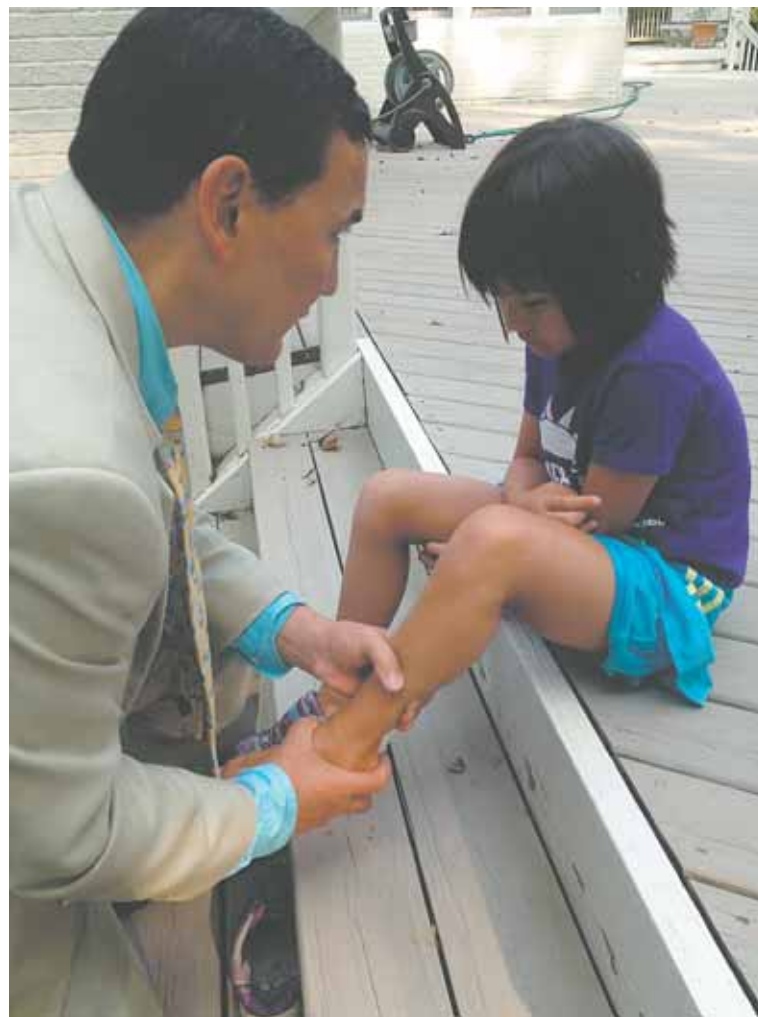


PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER

**Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.**

SEE EXPERTS, PAGE 11



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# CALENDAR

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.

## TUESDAY/AUG. 5-FRIDAY/AUG. 15

**To the Beach.** 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Acrylics by Karen A. Pida. 703-476-4500.

## THURSDAY/ AUG. 7-SATURDAY/AUG. 23

**Greater Reston Arts Center Artist Member Exhibition.** 11 a.m.-5 p.m. Greater Reston Arts Center, 12001 Market Street Suite #103, Reston. Come see the first of what will become a biennial exhibition highlighting the talents of our artist members. 703-471-9242.

## FRIDAY/AUG.8- AUG. 29

**New Solo Exhibits Open at Reston Corners One and Two.** 8:30 a.m.-4:30 p.m. 12001 and 12005 Sunrise Valley Drive, Reston. The League of Reston Artists showcases the compositions of Melanie Zucker Stanley and Cristina Abbate Jacobson. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

## SATURDAY/AUG. 9-THURSDAY/AUG. 14

**To the Beach.** 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Come see acrylic paintings by Karen Pida. 703-476-4500.

## SATURDAY/AUG. 9

**Family Fun Entertainment Series at Reston Town Square Park.** 10-10:45 a.m. Reston Town Center, 11900 Market Street, Reston. Come for Prelude Brass performances and captivating stories of how instruments evolved from shells and animal horns to their modern versions. 703-579-6720.

**Cine Classics at Bow Tie Cinemas.** 11 a.m. Reston Town Center, 11900 Market Street, Reston. Classic films back on the big screen. 703.464.0816.

**Wine Tasting, Wine Dinner, and Cooking Class at Il Fornaio.** 3-5 p.m. Il Fornaio, 11990 Market St, Reston. Sample 10 wines and appetizer or pizza of choice. \$25. 703-437-5544.

**Reston Concerts on the Town Series – Baaba Seth.** 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Reggae, funk and world fusion. 703-579-6720.

**Trees, Please. They're More than Meets the Eye!** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. In this program students will discover the importance and prevalence of trees in their daily lives, through a variety of unexpected angles. School Age. 703-689-2700

## SUNDAY/AUG. 10

**Lake Anne Summer Film Festival.** 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy Casablanca under the stars. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**Exercise Series with Athleta and Reston Town Center.** 10 a.m. Reston Town Center, 11900 Market Street, Reston. Enjoy various fitness classes including yoga, pilates, self-defense, cardio and core strength. 703-668-0256.

**Sunday Bourbon and Blues Brunch at McCormick and Schmick's.** 10 a.m.-2 p.m.



**Catch Donna Ulisse and The Poor Mountain Boys in concert this Friday, Aug. 8 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.**

Reston Town Center, 11900 Market Street, Reston. A southern-inspired bourbon brunch featuring live blues music performed by local artists. 703.787.7766.

**Cine Classics at Bow Tie Cinemas.** 11 a.m. Reston Town Center, 11900 Market Street, Reston. Classic films back on the big screen. 703.464.0816.

**Lake Anne Summer Film Festival: Casablanca.** 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy Casablanca under the stars. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

## SUNDAY/AUG. 10-WEDNESDAY/SEPT. 3

**"Past and Present" Reston Art Gallery and Studios Exhibit.** 10 a.m.-5 p.m. Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Come meet the artist at the opening reception August 3 from 2-4 p.m. 703-481-8156.

## MONDAY/AUG. 11-AUG. 25

**Oil Paintings by Morgan Johnson Norwood.** 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. A contemporary artist, Morgan Johnson creates paintings that evoke images of stones to trees to human cells and nerve endings. 703-476-4500.

## MONDAY/AUG. 11

**RCO Summer Reading Sessions.** 7:30 p.m. - 10 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Wondering what it would be like to play with the Reston Community Orchestra? Looking for a chance to



**View fine art by the 11 artists of Reston Art Gallery & Studios (RAGS) at ArtSpace Herndon from July 29 – Aug. 24.**

play between seasons or semesters? Is that musical instrument collecting dust but keeps calling you back? Come out and play! See why Reston loves its symphony orchestra. All classical musicians are welcome at RCO's Open Rehearsals. \$10 adults, \$5 students. Sign up at <http://restoncommunityorchestra.org/free-concert-series/open-rehearsals/>.

**Mr. Knick Knack! Children's Performance.** 10:30-11:15 a.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

**Make Reading a Hobbit!** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Return to Middle Earth in story and song as we celebrate the man behind his myth. Dress as your favorite Middle Earth resident if you wish. School age to Teen. 703-689-2700.

## TUESDAY/AUG. 12

**Read to the Dog.** 7 p.m., 7:15 p.m., 7:30 p.m, 7:45 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose a book from the library. Call for a 15-minute session. Preschool-School Age. 703-689-2700.

## WEDNESDAY/AUG.13

**Wednesday Book Club.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Second half of The Outlander by Diana Gabaldon. Adults. 703-689-2700.

**Spectacular Science.** 2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore the secrets of fireworks, bubbles and more with Mad Science. Ages 6 to 12. 703-689-2700.

## SATURDAY/AUG. 16

**Reston Concerts on the Town Series – The Real Geniuses.** 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Hits from the 50s to today. 703-579-6720.

**The Big 8 Wine Tasting at The Tasting Room Wine Bar & Shop.** 2-3 p.m. Reston Town Center, 11900 Market Street, Reston. Taste the "Big 8" and learn more about wine varietals, regions and what to expect when tasting them. \$15. [thetastingroomwinebar.com](http://thetastingroomwinebar.com).

## SUNDAY/AUG. 17

**Spiders, Spiders Everywhere.** 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Find out which spiders will eat fish, how many eyes they have, where their webs come from, and which spiders you shouldn't touch. \$5-\$7. Reservations required at [naturecenter@reston.org](mailto:naturecenter@reston.org) or 703-476-9689 and press 5.

## THURSDAY/AUG. 21

**Friends of Reston Regional Library Children and Teen Book Sales.** 10 a.m.-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Library will hold sales of gently used books and teaching materials for children, educators and teens. 703-829-5467.

## SATURDAY/AUG. 23

**Top Parisian Hits of 1500: Songs of the Renaissance.** 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Experience a French Renaissance street festival and hear top Parisian hits from the 1500s. 703-956-6590 or visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org).

# Experts Provide Tips on Preventing Injuries

FROM PAGE 10

the number one priority.”

Parents should then ask to see the league's youth safety policies and procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said

“Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do,” Caswell said. “Youth sports organizations

should have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be reviewed annually and practiced regularly so that when an emergency occurs everyone is prepared.”

**STRETCHING TO MAINTAIN** muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

“As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which can pose a problem during sports,” she said. “Strength training is a great way to help children resist injuries. It doesn't have to be the typical ‘go to the weight room’ type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports

related skills like coordination, cutting, changing directions and high speed movements.”

Ochiai underscores the importance of using protective gear, including helmets. “Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football,” he said. “Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity.”



# SPORTS



PHOTOS BY DONNA MANZ/THE CONNECTION

Amber Carrico, 12, takes hitting direction from coach Michelle Petree.



Pure Performance Softball Training Center coaches Jennifer Hammond, Rosie Anderson and Michelle Petree are all softball athletes.

## Where Softball Holds High Court

Pure Performance Softball Training Center coaches girls and young women on softball techniques and strategy.

BY DONNA MANZ  
THE CONNECTION

Tucked away in a concrete industrial park on Mill Street is a unique training facility for women and girls. It's not a fitness center or a dance studio. It is a training facility for softball players of today and tomorrow, from youngsters mastering the techniques of consistent batting and pitching to college-age athletes honing their skills. It calls itself Pure Performance Softball Training Center, an allusion to the benchmark standards of training and practices of softball. It is the only female-specific sport training facility in the area.

"I think it's important that young girls have a place to go and not have to play next to the boys," said Rosie Anderson, Pure Performance's main pitching coach. "The girls in this area take a lot of pride in their softball."

Pure Performance opened in Vienna in January 2013. It instructs girls and young women from the region surrounding Vienna. The staff, all former softball athletes in high school or college, have a passion for the sport, and through their years of personal experience know what strategies work to impart skills to their charges. Many of the instructional staff play baseball, as well.

Pure Performance services run the gamut from individual and group lessons in softball techniques to fitness training and nutrition, and, even, video analysis. Lesson are

available as one-on-one and up to four-on-one.

**THE FACILITY** is open for rentals by male and female teams, and features pitching lanes, batting cages, and an open space for glove work, footwork and agility.

Founder Anya Adams has focused on sports performance, fitness, and nutrition since 2000. She competed as a Division I athlete, and, after college graduation, became a certified strength and conditioning specialist. In 2012, Adams was the head varsity softball coach at the National Cathedral School, leading her team to its league's regular season and tournament championships. Adams has more than 10 years experience instructing and coaching young athletes.

Pure Performance sponsored the Vienna Chipmunks under-six softball team in 2014.

"You can improve but you have to want to do the practice, do drills and know what your strong points and weak points are," said assistant director Jennifer Hammond. "All our instructors have been there, done that."

Amber Carrico, 12, has been training at Pure Performance for about a year now. The youngster began playing softball in Vienna when she was 9 years old. Amber plays for the Reston Redbirds and comes to Pure Performance to work on her hitting skills.

"It's a passion in her," said Amber's mother, Anna Marine Carrico. "It's something she loves and hitting is one of the things she's really very good at." Amber travels from Falls Church once a week for

her private batting lessons. The traveling-team softball player said she comes because it is "fun" and that she enjoys being coached by Megan Blank.

"I love this place," said Amber's mom. "They really hone in on her abilities and strengths. I have seen an improvement, not only on the field, but her confidence has grown, too."

The warehouse-setting is designed for individual lessons and practices, and for open-facility practice, as well. Netting on

tracks separates practice compartments and can be pulled away to open up the facility. The heart of Pure Performance, though, is instruction.

"Vienna is a huge, vibrant softball community," Hammond said.

**FOR MORE INFORMATION** on Pure Performance and its services, go to [www.getpureperformance.com](http://www.getpureperformance.com) or call 703-255-0002. Pure Performance is located near the end of Mill Street NE, at # 514, Vienna.



### Great Falls Rapids Wins Division 6 Championship

The Rapids Dive team from Great Falls Swim and Tennis Club won the Division 6 title and trophy, finishing undefeated this season. Some team members are not present in the photo.



## THE COUNTY LINE

# Planning Commission Tables Residential Studio Amendment

Discussion on affordable housing likely to continue.

BY JANELLE GERMANOS  
THE CONNECTION

**A**lthough more than 15 public meetings and seven committee sessions have been held since Oct. 13, the Fairfax County Planning Commission voted unanimously last week to table the proposed Residential Studio Amendment, which would have provided apartments to residents working low-income jobs.

"It was unlikely that the Residential Studio Committee would reach consensus about the proposed use. There were several unresolved issues, such as the districts in which RSUs should be permitted, the potential scale of the use, potential modifications and waivers under the special exception process, and the potential for impacts on surrounding properties," said Tim Sargeant, an at-large member of the Planning Commission and chair of the Residential Studio Committee, at the July 30 meeting.



PHOTO BY JANELLE GERMANOS/THE CONNECTION  
**The Residential Studio Committee, pictured here in January, has been disbanded and the residential studio amendment was tabled at the July 30 meeting of the Planning Commission.**

The Residential Studio Committee was created following the Board of Supervisors authorization of a Zoning Ordinance Amendment in July 2013. This would have allowed these efficiency apartments of at least three per building and not more than 80, to be designated for at least 80 percent of residents in any building who make less than \$45,000 per year, or more than 60 percent of the median income of the area.

The committee, however, has been dis-

banded.

"It became apparent that additional dialogue is necessary regarding affordable housing," Sargeant said.

At the community meetings, many residents voiced concerns with the amendment, including where the RSUs would be built.

"It is not an easy discussion, but it is necessary. Our region and county population continue to increase and our workforce economy continues to change. The discus-

sion of affordable housing is likely to come up again as we continue to look at ways to manage growth and meet the housing needs of future generations," Sargeant said.

"I just wanted to say that this is a beginning, not an end. It's an important discussion. It's a critical topic for the county and for young professionals and for people of limited income. I hope we will not allow the report to languish and find a way to make these concepts reality," Janyce Hedetniemi, at-large member of the planning commission, said at the meeting.

According to a December 2013 study conducted by George Mason University's Center for Regional Analysis, 548,298 housing units need to be added to the Washington, D.C. area in order to support the region's 857,334 net new jobs, which will be added from 2012 to 2032. This includes entry-level positions and other low-wage jobs.

The study also found that the housing for the workers needs to be affordable, with a requirement of 44.1 percent of the new housing units to be less than \$1,250 per month.

According to the Northern Virginia Affordable Housing Alliance, in 2013, a person earning minimum wage would have to work three full-time jobs that pay this amount of \$7.25 per hour in order to afford an efficiency apartment in the county.

## Fairfax Considering Changes to Rules on Food Trucks

Planning Commission continues food truck discussion.

BY JANELLE GERMANOS  
THE CONNECTION

**F**airfax County is considering a change to the zoning rules concerning the operation of food trucks within the county.

Under new rules, vendors would pay under \$200 for licensing and would require permission from property owners.

This is compared to the \$16,375 fee that is required under the current ordinance, which classifies food trucks as free-standing fast-food restaurants and requires two public hearings.

Food truck vendors would be required to receive permission from the property owners before operating their trucks. The Virginia Department of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The Planning Commission held its first



PHOTO BY JANELLE GERMANOS/THE CONNECTION  
**The Fairfax County Planning Commission held a public hearing concerning the operation of food trucks, like these in D.C., on July 30.**

public hearing on the food truck ordinance on July 30.

"This is an important and unique ordinance for the county. We want to get it right the first time. I think we have people on

the side of the issue who are willing to compromise, to express their ideas, and we want to ensure they have a venue to do so," said Janyce Hedetniemi, at-large member of the planning commission.

## Search and Rescue K-9s Come to Fairfax

Fairfax County Fire and Rescue Department will receive two newly trained search and rescue K-9s, Saturday, Aug. 9. The dogs and their handlers will arrive at Dulles International Airport from Southern California at approximately 5:30 p.m., near the arrivals area, door one.

The dogs have been trained by the National Search Dog Foundation for approximately one year and have been partnered with two firefighter/dog handlers, working a 24-hour shift with their handlers. The foundation has rescued hundreds of dogs, many on the brink of euthanasia, and turned them into highly skilled rescuers. The training has produced 144 Canine/Firefighter Search Teams, 72 are still active throughout the country. Various teams have responded to 104 missing person searches and disasters, including the World Trade Center attack, Hurricane Katrina, Haiti and Japan earthquakes, and scores of local and regional emergencies.

As part of the FXCFRD, both K-9 teams will be available to respond to missing person incidents, and will be a valuable resource during search and rescue operations within collapsed structures. The dogs will be a shared asset between the department and Virginia Task Force One, Fairfax County's Urban Search and Rescue Team.

The dogs and training were provided at no cost to Fairfax County. The K-9s and handlers will be available for interviews.

For more information, contact the Virginia Task Force One Program Manager at 571-722-7046.



# Stride Right

By KENNETH B. LOURIE



Not that I've felt that my attitude toward being diagnosed with stage IV ("terminal") non-small cell lung cancer at age 54-and-one-half was ever to be considered as model behavior, but I do believe, after the initial shock wore off, eventually I assimilated its effects into my routine reasonably well. Not without a million bumps and bruises along the way, however, both physically and emotionally; nevertheless, though time has not healed all that has preceded this column, I've managed to find and maintain an extremely delicate balance between "joie de vivre" and "c'est la vie."

And speaking specifically about the column which preceded this one, published in our July 30, 2014 editions, entitled "CanSir," framing my approach – and emotional reaction to – being diagnosed with cancer and my method of coping, if you will, as an approach wherein I've tried to be respectful and courteous of the disease and never, ever arrogant, presumptuous or particularly over-confident about any unexpectedly good results (lab work, diagnostic scans, physical examinations, etc.), or terribly negative about the disappointing results – I would like to expound upon my approach a bit more. I've tried to...wait for it...take it in stride, both the good and the bad. (Although, as you might imagine, the good is much easier to take than the bad; however, taking the bad just as well as one takes the good might actually be more important in the short, middle and long term. Certainly the jury is still out, but so far, after five years and nearly six months, I'm still alive to dispute any notions to the contrary). And you'll never hear any complaints from me about any of it, good, bad or indifferent, but...

That's my point, sort of. This column is not espousing a methodology to the madness that cancer patients (or any other patients diagnosed as "terminal" by their doctors) should follow. It's simply an admission by yours truly of some very personal reflections on how, not why, I've survived my original "13-month to two-year prognosis." At the initial Team Lourie (my wife, Dina and my brother, Richard) meeting with my oncologist, he laid bare my diagnosis/prognosis/abbreviated life expectancy with the following advisory: "I can treat you. But I can't cure you." In response to our instinctive, how-could-cancer-happen-to-me question – considering both my parents lived into their mid-eighties WITH NO history of cancer and I had NEVER smoked cigarettes – my doctor's concern was about moving/treating me forward, not discussing the past, and so we've always looked ahead, not behind. Now whether or not the previous treatment protocols for my diagnosis/prognosis were indeed prologue, I was determined, eventually, to not let them be my epilogue, so a journey began which enabled me to live my life in a way most suitable to who I am without making me crazy, nervous, anxious, miserable and stressed out worrying all the time. It wasn't easy. It's not easy. Thankfully, amazingly, life has gone on.

What I've intended to do, mostly without fail, (although I've had my moments, to be sure, as you regular readers have read), is to walk quietly, write regularly, joke way more than I cry and not presume too many facts not in evidence, and try to be positive and believe there are exceptions to every rule. And with respect to medicine and its treatment of patients, stories abound of "exceptional" patients. I may not be "exceptional" yet, but I'm sure happy to still be writing these columns, if you know what I mean.

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

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## Providence Baptist Preschool

- McLean is seeking classroom aides and teachers for the 2014-2015 school year. Hours are T-F from 9:00-1:30. Previous experience preferred. Please contact Sheila Farthing at sfarthing@providencetoday.org or 703.893.6286.

## Vet Assistant/Reception

Heritage Animal Hospital in Sterling, Va has an immediate opening for a FT/PT Veterinary Assistant/Receptionist position. Strong communication skills/computer knowledge/Some experience working with animals preferred. Willing to work flexible hours. Please call 703-444-4804 or send resume to heritageanimal3@aol.com

## MUST LOVE CATS

Volunteers needed for cat caretaker shifts with Lost Dog & Cat Rescue Foundation at 7 Corners/Falls Church, Tysons Corner, Reston or Leesburg PetSmart locations. Morning, mid-day or evening shifts available, need varies by location. Shifts are generally 60-90 minutes, training provided. Great opportunity for student service hours. Also opportunities for transport volunteers and fostering. Email cats@lostdogrescue.org with questions or interest.

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## WEEK IN RESTON

## RCC Seeks Candidates for 2014 Preference Poll

Reston Community Center (RCC) seeks candidates for the 2014 Preference Poll to fill three seats on the RCC Board of Governors. Candidate handbooks and statements can be found at RCC Hunters Woods, RCC Lake Anne or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). Interested persons must submit a Candidacy Statement by 5 p.m. on Friday, Aug. 15 in order to have their names placed on the Preference Poll ballot.

The Board of Governors is a nine-member body responsible for overseeing the operations of RCC. All residents of Small District 5, age 18 or older, are eligible to run for appointment to the RCC Board of Governors. This year's Preference Poll will fill three positions for three-year terms on RCC's Board of Governors. A full schedule of key dates is available below.

#### Key Dates

❖ Aug. 1-15: Candidate Filing Period

❖ Aug. 15: Candidate Orientation & Photos

❖ Sept. 8: Preference Poll Candidates Forum

❖ Sept. 13: Ballot Voting Begins

❖ Oct. 2 at 5 p.m.: Deadline for mail ballots

❖ Oct. 3 at 5 p.m.: Deadline for online or walk-in ballots

For more information on the 2014 RCC

Preference Poll or Board of Governors, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

## Artwork Sought for Reston Multicultural Festival Exhibition

Reston Community Center seeks artwork for the Reston Multicultural Festival art exhibition, Art, Mirrors, Culture. Entry forms are due by Aug. 24; the exhibition begins on Sept. 3.

The art exhibition is presented in two galleries in conjunction with the 14th Annual Reston Multicultural Festival on Sept. 27 at Lake Anne Plaza. Reston-area fine artists and photographers are invited to be a part of the two-dimensional exhibition in the Jo Ann Rose Gallery. Artists may also submit ceramics, sculptures, bead work, mosaics, stained glass, woodwork and other 3D art forms for inclusion in the 3D Gallery Exhibit. Entries should celebrate the many cultural heritages represented in Reston. Artists are welcome to interpret the meaning of culture in a variety of ways, but a strong visual connection with cultural heritage is encouraged. Artists can submit up to two works, along with descriptions that explain the cultural influences.

Interested artists should fill out the appropriate entry form, available on RCC's website at [www.restoncommunitycenter.com/multiculturalfestival.shtml](http://www.restoncommunitycenter.com/multiculturalfestival.shtml).

## BULLETIN BOARD

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.

### FRIDAY/AUG. 8

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**Let's Talk - ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### SATURDAY/AUG. 9

**Community Yard Sale.** 8 a.m. - 1 p.m. Dogwood Cluster in Reston, intersection of Glade and White Cornus Lane.

### MONDAY/AUG. 11

**ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### TUESDAY/AUG. 12

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Advanced Students.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### WEDNESDAY/AUG. 13

**Red Cross Blood Donation.** 8 a.m.-1:30 p.m. Department of Interior BSEE, 381 Elden Street, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.

**ESL for Intermediate Students.** 11 a.m.

Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### THURSDAY/AUG. 14

**ESL for Advanced Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**Red Cross Blood Donation.** 8 a.m.-1:30 p.m. The Hallmark Building, 13873 Park Center Road, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.

**Red Cross Blood Donation.** 8 a.m.-1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.

**Red Cross Blood Donation.** 9 a.m.-2:30 p.m. URS Corporation, 13825 Sunrise Valley Drive, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.





PHOTOS BY DEB COBB/THE CONNECTION

## County Fair Held at Frying Pan

And the 66th Fairfax County 4-H Fair is officially opened: Fairfax County 4-H Fair Board members and invited guests cut a ribbon to mark the opening of the Fair at Frying Pan Farm Park. From left: 4-H Fair King — Isaac Green, Alina Ampeh, Fair Board, Esther Williams, Fair Board, 4-H Fair Queen — Arielle Ampeh, Fairfax County Board of Supervisors Chairman Sharon Bulova, State Senator David Marsden, Congressman Gerry Connolly, State Senator Chap Petersen, Supervisor Cathy Hudgins (D-Hunter Mill), State Delegate Kenneth Plum and Sam Nagurny, Fairfax County 4-H Extension Agent.



Fairfax County 4-H Fair King, Isaac Green, member of the Hoofers and Heifers 4-H Club and Airelle Ampeh, participate in the closing ceremony of the 66th Fairfax County 4-H Fair on Aug. 3.



Jamie Soucie of Oak Hill, returns her goat to the Kidwell Farm barn after competing at the Fairfax County 4-H Fair at Frying Pan Farm Park on Aug. 3. Soucie is a member of Hoofers and Heifers 4-H club that meets at the park.



Isobel Cobb, with the Krazy for K9s 4-H Dog Training Club, competes with her dog Juno at the 2014 Fairfax County 4-H Fair Dog Show on Aug. 3.



Kira Baugh and her dog Riley, members of the Krazy for K9s 4-H Dog Training Club, demonstrate advanced agility techniques at the Fairfax County 4H Fair on Aug. 3.



PHOTO BY REENA SINGH/THE CONNECTION

Reston Association's board chose Dannielle LaRosa as the temporary North Point director at their July 31 meeting.

## New RA Board Member Chosen

Dannielle LaRosa is temporary North Point director.

BY REENA SINGH  
THE CONNECTION

A longtime Reston resident was chosen to be the temporary North Point director at Reston Association's last board meeting.

The board voted to place Dannielle LaRosa into the position at the July 31 board meeting due to her community involvement and financial expertise.

"We had four very good candidates, so it was a very tough call," said board president Ken Kneven.

LaRosa is replacing Tim Cohn, who left for health reasons. LaRosa's position is effective until the board election in May.

"There are so many aspects to North Reston that it is hard to choose just one area to tackle first," said LaRosa. "First would be to ensure that the lines of communication are wide open between residents, cluster associations and RA to make sure that concerns, comments and ideas are responded to in a timely manner."

She also wants to address cyclist and pedestrian traffic in the area and "make sure Reston residents are getting the most out of their dues."

She has lived in Reston since 1991 and has served as Parent-Teacher Association president and treasurer at Aldrin Elementary and a girl scout troop leader, among other community roles.

"Longevity, especially in Reston, is important," LaRosa said during her interview with the board. "It shows how long we've received the benefits of living here, and it also shows how long we've seen changes here and what changes we've seen."

She also has more than 15 years of experience in finance and accounting.

"This is not an easy position," said South Lakes district board member Richard Chew. "It's frustrating. It's also a great deal of fun if your mindset is right."

Board Vice President Ellen Graves asked how LaRosa plans to improve the board's communication with the community.

LaRosa said she likes the weekly emails the board sends to the community, and suggested a separate North Point newsletter be sent out while she is on the board. She said it would be important to embrace the Internet for communication.

"I feel you guys are a talented board, and I would love to be a member of it and hope my financial background can fit in," she said.