

'We The People' Champions

NEWS, PAGE 12

From left - back row:
Ria Singh, Amrit
Gorle, Varshini Babu,
Sophie Halkett. Front
row: Debbie Dong,
Maggie Sparling.
These six Rachel
Carson Middle School
eighth graders were
all part of the Cynthia
Burgett's "We the
People" competition
championship team.



What's Coming?

HERNDON OUTLOOK, PAGE 3

Accepted Into All Eight Ivy League Schools

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WE CHANGE LIVES



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

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

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

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

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

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

Yours in fitness,
The Team at Koko FitClub

**30
Days
for \$30**
No obligation

Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



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

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

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



~ Scott Kreitz

Koko
A Digital Gym

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls
571-612-2330

Koko FitClub of Herndon
571-612-2331

Koko FitClub of Reston
571-612-2333

www.kokofitclub.com

HERNDON OUTLOOK: SPRING 2015

What's Coming?

HERNDON CONNECTION EDITOR
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HERNDON@CONNECTIONNEWSPAPERS.COM



1 Herndon Metro Station A, Phase 2 of Silver Line projected to open in 2019.

<http://www.dullesmetro.com/silver-line-stations/herndon/>

In the median of the Dulles Airport Access Highway/Dulles Toll Road, the Herndon Silver Line Station will serve the Herndon-Monroe Park and Ride. There will be parking for 3,500 cars, racks for 35 bicycles on the north side and 46 more in the garage. Phase 2 construction will be complete in the next five years and the opening date is to be determined by the Metropolitan Washington Area Transit Authority. Trains will run every six minutes during rush hours as with the other two stations listed below.

The Metropolitan Washington Airports Authority announced Monday that a combination of safety modifications and last winter's severe weather will delay the completion of Phase 2 of the Metro Silver line by about 13 months, and that design modifications made for safety and reliability will add \$76 million to the previously announced cost of Phase 1. Toll rates on the Dulles Toll Road will not be affected. Phase 2 of the Silver Line project, will extend service from the end of Phase 1 at Wiehle in Reston, through Herndon and Washington Dulles International Airport and into Loudoun County.

2 Innovation Center Metro Station B

<http://www.dullesmetro.com/silver-line-stations/innovation-center/>

In the median Dulles Toll Road/Airport Access Highway near the intersection of Route 28 and will serve the area by the Center for Innovative Technology. There will be parking for approximately 2,000 cars and it will have 45 bicycle racks in the garage and seven bicycle racks on the north side.

3 Dulles Airport Station

<http://www.dullesmetro.com/silver-line-stations/dulles-airport/>

The Dulles Airport Silver Line Station will serve the Washington Dulles International

Airport and will be along the face of Parking Garage 1 opposite the terminal. One station entrance will access the underground pedestrian tunnel with moving sidewalks that connects to the baggage claim level of main terminal.

4 Trinity Land, SE 2014-DR-052 11801 Leesburg Pike

Woody's Golf range is scheduled to be closed by November. The 28.9 acre property is currently zoned R1 and can be developed by-right with 30 homes. Trinity Land seeks a special exception to build 30 single family units utilizing a cluster development configuration. Staff recommended approval at a hearing on March 12, 2015. The Board of Supervisors is currently scheduled to hear the application and hold a public hearing on May 12, 2015.

See <http://ldsnet.fairfaxcounty.gov/ldsnet/ZAPSMMain.aspx?cde=SE&seq=4192058>.

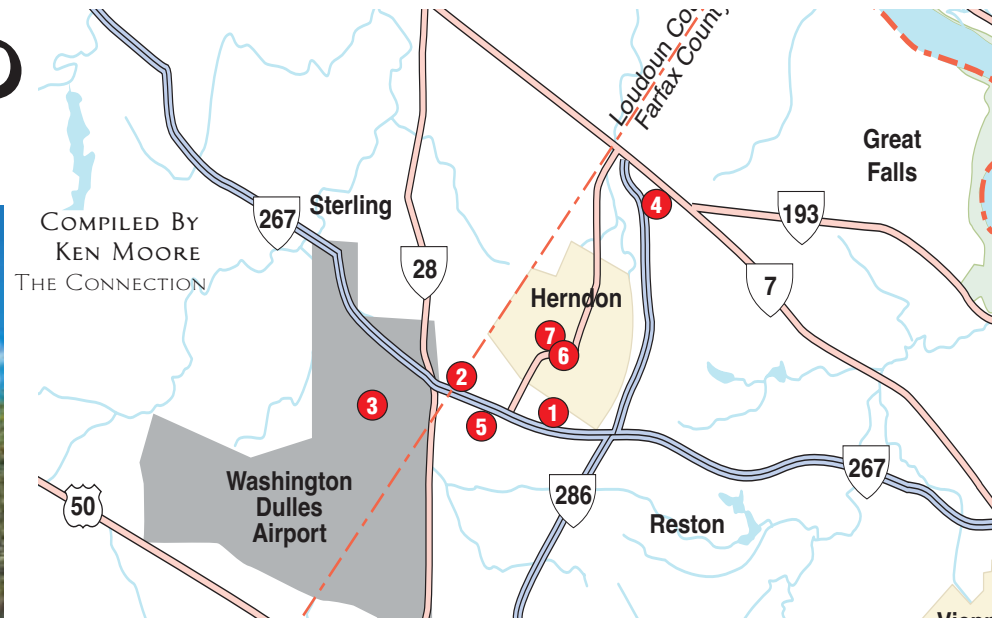
5 JLB - RZ 2013-DR-017 Dulles Technology Drive/River Birch Road

JLB Dulles Tech wants to develop a 450-unit multi-family development on 11.6 acres. The site is approximately one half mile south of the planned Innovation Center Metro Station on the south side of Dulles Technology Drive about 450 east of its intersection with River Birch Road. Planning and Zoning has scheduled a public hearing for June 18 at 8:15 p.m. Planning staff are scheduled to issue a staff report on June 3, 2015.

See <http://ldsnet.fairfaxcounty.gov/ldsnet/ZAPSMMain.aspx?cde=RZ&seq=4181075>.

6 Herndon Fire Station 680 Spring Street

The new Herndon Fire Station, estimated to cost \$13.35 million, is anticipated to be completed in the Summer of 2016. The 14,500 square-foot fire station at 680 Spring Street will be a two-story facility with below-grade parking. A temporary fire station has been constructed at 791 Elden Street so Fire and Rescue can maintain service during construction. The project is funded through a bond referendum that Fairfax



County voters approved last November. The old fire station on Spring Street was the oldest station still in operation in Fairfax County.

7 Vinehaven Homes Center and Vine streets

The construction of 17 single-family

homes at the intersection of Center and Vine streets and along the W&OD Trail in the Historic District is nearing completion. Evergreene Homes is marketing its new development to promote its proximity to the Silver Line as well as the charm of being in historic Herndon. They showcased their model homes this past weekend.



Accepted into All Eight Ivy League Schools

TJ senior — a former Nysmith School student in Herndon — makes headlines.

BY MARISSA BEALE
THE CONNECTION

Smiling, professional and business-like, Pooja Chandrashekar comes across as an American high school senior aiming for success. And recently, she made headlines for gaining admission into all eight Ivy League schools, an accomplishment that's not only exceptional but also rare. Stanford, MIT, Duke, the University of Michigan, Georgia Tech and the University of Virginia also offered her admission.

"I was just really surprised to get into one," said the Thomas Jefferson High School for Science and Technology (TJHSST) student of her accomplishment. Chandrashekar, from Potomac Mills, attended middle school at Nysmith School for the Gifted and Talented in Herndon, before applying and gaining admission into TJHSST. She has a 4.57 GPA, a 2390 SAT score and top scores on all 13 of her AP tests. While these numbers are impressive before college admissions, Chandrashekar was focused on different numbers.

DURING HER FRESHMAN YEAR at TJHSST, she noticed that there were only three girls, including herself, in her AP Computer Science class. She was especially surprised since this was at one of the premier schools for science, technology, engineering and math. To combat this issue, she established ProjectCSGirls, a nonprofit that aims to introduce middle school girls to the sciences.

"[ProjectCSGirls] is a national youth-driven nonprofit to encourage more girls to pursue science and technology," said Chandrashekar about the organization. "We do this by running a national computer science competition for young girls. We ask them to pick a social problem that they are familiar with, and develop something using science and technology as their response by that."

Chandrashekar's motivation comes from the way that middle school played a key role in developing her interest in science. She hopes that exposing more girls to the sciences at an early age will encourage them to pursue it more in high school.

"For me, being the only girl wasn't a prob-



PHOTO COURTESY OF POOJA CHANDRASHEKAR

Pooja Chandrashekar, TJHSST senior, was recently accepted into all eight Ivy League schools.

lem because of the strong foundation I had in middle school, which is why I focus my attention on middle school," said Chandrashekar. "In my middle school, everyone had to take the STEM classes, whereas in high school there was an option to take different classes."

She has already found ways to turn her

scientific interests into real-life applications, designing a Parkinson's disease app that can diagnose the disease quantitatively, using speech recording. She will present this research at the May 2015 Society for Industrial and Applied Mathematics (SIAM) Conference on Applications of Dynamical Systems. She credits her research mentor, Dr. James Ellenbogen, for her public speaking success.

"I really strive to make a difference. From the research I've done and my work with ProjectCSGirls, I really take up projects that can have a big impact on people. I want to help girls around the country realize their interest in computer science."

IN COLLEGE she plans to study biomedical engineering and computational neuroscience, while still focusing on her nonprofit. The key to her success is a willingness to do things that seem intimidating.

"Do what you really love to do and take risks and go for it. Don't be hesitant to take a chance and take a risk. If you want to start something or do something, you really shouldn't be hesitant, you need to just step up and go for it," said the high school senior.

She still has time to make a decision, but wherever Chandrashekar goes, she is sure to leave an impression.

Northwest Federal Reaches Out to Herndon Area

Herndon NWFCU hosts several community events.

Northwest Federal Credit Union branches in Herndon hosted several events this spring, including a local art exhibition and the annual youth club carnival on Saturday, April 25. The Herndon branch lobby was transformed into an arts gallery Friday and Saturday, April 17-18 for the Spring ArtFest featuring local artists. The exhibit is part of a partnership program with the League of Reston Artists (LRA) through the Credit Union's Community Partners program.

"Providing a venue for these gifted artists to display their work not only helps give them an opportunity to share their talent but also provides an enriching experience for the community," said Chris McDonald, president/CEO of Northwest Federal.

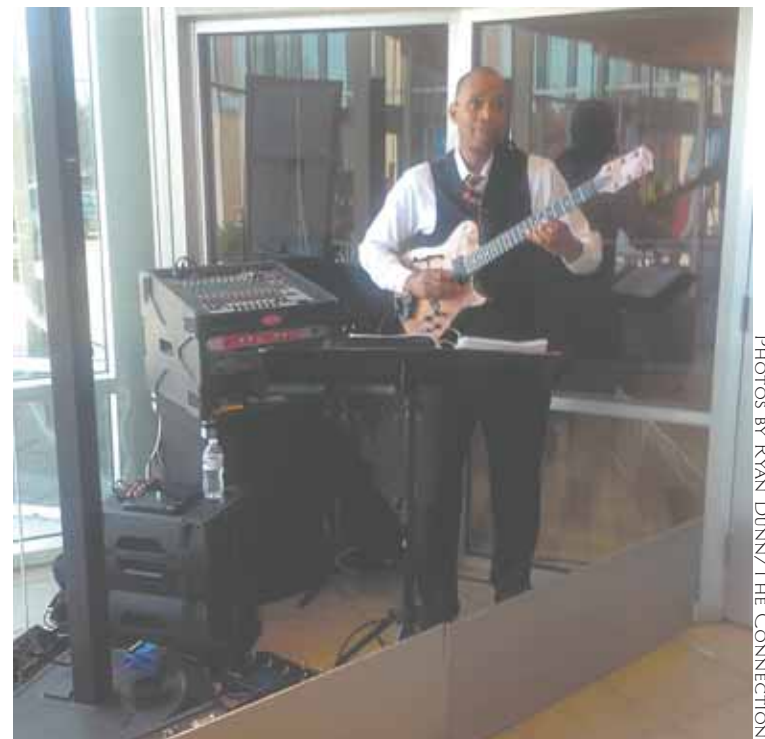
Participating in "hometown" Herndon events is natural for Northwest Federal, as the credit union recently opened its second area branch in the Herndon Village Center area. Altogether, Northwest Federal has seven branches to serve members' financial needs in addition to online and mobile services.

On Sunday, March 22, there were 229



Children had the opportunity to enjoy several attractions at the April youth club carnival at Northwest Federal Credit Union. At the Herndon branch at Spring Street there was a bounce house.

participants in the Town of Herndon's inaugural "Ice Breaker Family Fun Run." Northwest Federal Credit Union's Herndon branch at 200 Spring St. was the starting



PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon musician Al Robertson displayed his guitar expertise at the Northwest Federal Credit Union Herndon lobby during the Spring ArtFest which featured local artists.

gate for the first 5K of the year. This 5K took runners on a scenic path through the Herndon Parkway and Sugarland Run Trail before finishing back at the credit union.

The credit union serves more than 125,000 members at locations in Chantilly, Gainesville, Herndon, Leesburg, Manassas and Vienna.

NEWS

Public Safety Telecommunicators

"If you ever visit the police station, and I emphasize visit, you go in the lobby and there will be a couple of big windows. Take a look into the window, look at the people in there, wave, smile and give them a big thank you," said Councilmember Dave Kirby.

The Herndon Town Council honored Public Safety Telecommunicators at its last Council meeting on April 15.

"We express appreciation to these extraordinary people, who give their time, energy, compassion, professionalism, understanding and resources to assist others, ensuring our community is a safer place to live," said Kirby.

Public Safety Telecommunicators respond to calls for emergency assistance and for dispatching assistance to help save the lives and property of our citizens. Of course, they respond 24 hours a day, 365 days a year.

"Though you may never see our faces, we truly are on the front lines of service to this Town," said one of Herndon's public safety telecommunicators.

"This is a commitment that we take seriously," she said, "It's an honor to appear here to represent my fellow dispatchers here and nationwide."

— KEN MOORE

Envy of the Neighborhood

The neighbor with Herndon's "best yard" will be honored by Herndon's Cultivating Community committee in May, June, July and October.

"Yard of the Month is an opportunity to recognize the efforts of town residents whose yards contribute to the beautification of the town and its neighborhoods," according to Council documents.

"The criteria for Yard of the Month Award selection includes the following: grass, trees, shrubs and plants that are well-cared for and aesthetically pleasing; rocks, logs, short fences or other decorative elements are in good condition and neatly placed; flowers and other vegetation are well-landscaped and make good use of color; and yards free of trash and clutter.

Nominate your own yard or a neighbor's yard. Winners receive gift certificates from Meadows Farms and are recognized by the Mayor and Town Council at public meetings.

Nomination forms for the Yard of the Month Awards are available on the "Cultivating Community" page of the town's website, herndon-va.gov or at the Herndon Municipal Center and the Herndon Community Center.

For more information, call 703/435-6800 X2084 or email information@herndon-va.gov.

Herndon's Farmers Market to Open May 7

Herndon's Farmers Market begins with opening day on Thursday, May 7.

All vendors from 2014 are scheduled to return and are located within a 125 mile radius of Fairfax County.

New Vendors for 2015 include Lamb's Quarter, featuring grass fed pork, lamb, free range poultry and eggs. Wigglesworth Granola will offer fresh granola and granola bars.

Mother's Day Gala Brunch Buffet

at the **BACKYARD GRILL**

Brunch Buffet
Sunday, May 10th
10 AM to 3 PM

Special Mother's Day Menu

Carving Station
 Prime Roast Beef Au Jus
 Virginia Baked Ham
and Featuring
 Steamed Spiced Shrimp
 Seafood Newburg
 Chicken Champagne

Side Dishes
 Green Beans Almondine
 Rice Pilaf

Traditional Breakfast
 Eggs, Eggs Benedict
 Bacon, Sausage, Grits
 Potatoes, Corned Beef Hash
 French Toast

Omelet & Waffle Station
 Design your own Omelet
 Enjoy a Freshly Made Waffle

Desserts
 Chef's Creations

Treat Your Special Mom to the Best
Call for Reservations Today!
703-802-6400
 13999 Metrotech Dr. • Chantilly, VA
BackyardGrillRestaurant.com

Adult Buffet \$21.95
Children Buffet (10 & under) \$9.95
RESERVATIONS RECOMMENDED

CHANTILLY DAY

The Air & Space Capital of Virginia

Saturday, May 16th 11am-5pm
Join us & Celebrate what makes Chantilly Great!

Chantilly Day will feature:

- Astronauts
- Taste of Chantilly
- Fun Zone
- Rides, Rockwall, Moon bounces
- Business Expo
- Educator of the Year awards
- Pet adoption
- Hourly giveaways
- Stage entertainment by groups, troupes and area students

Fun & Entertainment

Chantilly Day is brought to you in part by:

Chantilly Day is produced by:

KAISER PERMANENTE WESTFIELDS **BEATTY COMPANIES** **CHANTILLY-CENTREVILLE CHAMBER OF COMMERCE** **DULLES REGIONAL CHAMBER OF COMMERCE**

Taking place in the Babies-R-U's parking lot on Metrotech Dr.
www.ChantillyDay.com

DULLES ELECTRIC

MID-ATLANTIC'S LARGEST LIGHTING SHOWROOM

OUTDOOR LIGHTING

20% off SALE
KICHLER
 Reg. Priced Kichler Outdoor Lighting | April 1 - May 2

BAY SHORE COLLECTION
 Lifebrite Polished Brass Finish

Guaranteed for a lifetime to look fantastic while being capable of withstanding the harshest elements no matter where you live.

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MUST BRING THIS AD
 Mon-Fri 9-6, Sat 9-5
 22570 Shaw Road Sterling, VA
 703.450.5700

#9913PB

OPINION

Fostering Connections, Faltering

Why are federal dollars acceptable for roads, but not for helping foster children?

While there is plenty of competition for the title “most vulnerable,” foster children are certainly among them.

In Fairfax County right now, there are more than 240 children in foster care. There is no benign way to end up in foster care. Foster children are victims of abuse and/or neglect significant enough for them to be removed from their families. On Tuesday, April 29, the Fairfax County Board of Supervisors announced that May is Foster Care and Foster Family Recognition Month.

Ironically, May, 2015 could be a month of uncertainty for older foster children in many places in Virginia because of a failure in the Virginia General Assembly.

About 50 foster children a year “age out” of the foster care system in Fairfax County. There are children who may have spent much of their lives in foster care, and reach the age of majority while they are still in foster care, without being reunited with their families or being adopted.

“The research shows that our youth who have been in foster care are extremely traumatized,” said Carl E. Ayers, director of the Virginia Division of Family Services. “Children who have aged out of foster care are much more likely to be homeless, to end up in psychiatric hospitals, to end up in jail, to be young parents, to be on public assistance and just in general have higher rates of poverty. If you can think of a negative outcome, that’s what we

see [at high rates] with foster children who age out.”

But right now, about 150 young people between 18-21 who are receiving foster care services in Virginia, with as many as 50 of them here in Fairfax County, are discovering that because the General Assembly failed to pave the way for Federal “Fostering Connections” funding, they could be aging out sooner than they expected.

In 2008, President George Bush signed the Fostering Connections Act that gives states the ability to use federal dollars for children who were in foster care up until the age of 21.

In Virginia, the General Assembly passed in 2014 a plan for implementation that required legislation in 2015 session. But that bill died in committee, and Virginia Family Services has begun the process of letting local agencies, like Fairfax County Department of Family Services, that once a foster child turns 18, they must be transitioned out of foster care.

By spending a little over \$3 million, the state could have gained more than \$10 million in federal money to help these emerging adults at a critical moment. Savings to localities would have been more than \$3 million.

But instead, foster children 18 or older will need to have services transitioned. Ayers says the department will work with local agencies to be sure that none ends up homeless, no one ends up in the hospital. But for youth in foster care 18 or over, a new plan will have to be

Learn More: Foster Care

Orientation meeting, second Monday monthly, 7 p.m.
Department of Family Services, Pennino Building
12011 Government Center Parkway
Fairfax, VA 22035
703-324-7639
www.fairfaxcounty.gov/dfs/childrenyouth/fca.htm

worked out, and each such youth will have to deal with one more uncertainty.

“It is very, very important that no one is turned on the street,” said Ayers, citing specific instructions that local agencies contact him personally if they are having trouble identifying services for any of the youth being transitioned.

Localities got the word via a “broadcast” memo on April 15, and are still sorting out what it all means.

In Fairfax County, the goal is for youth who are currently in foster homes to be able to stay in them by shifting how they are served, but there will certainly be a financial impact.

“With this being so new, our immediate step was to see exactly which kids will be affected, timelines and expectations,” said Nannette Bowler, director of Fairfax County Family Services. “We’ll scramble and do an assessment on all these children to figure out we can support them given what has occurred.

“We’re going to have ... look any avenue that we can to be sure these children are not derailed.”

Stand by, because it is going to take a village to raise these children.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

Celebrate Mom, Dad—Without Selling One Short

BY CHRISTIAN PAASCH

In today’s marketing environment, it seems as though one gender cannot make progress without disparaging another. However, a few inspiring and refreshingly positive television ads have recently managed to gain popularity while avoiding this pitfall. I applaud Dove, Nissan and Toyota for having the courage to step away from the norm and, in doing so, not only bring men into the mainstream picture of the modern American parent, but also for doing so in a way that is perhaps more innovative than anything else: championing one gender without attacking, alienating or poking fun at the other gender.

Toyota has done a terrific job of bridging the strong bond between fathers and daughters. In the company’s latest ad, Toyota depicts the various stages of a daughter’s life where her dad is there to console, protect, guide

and eventually, set out into the world with tears in his eyes. The message of the ad is to make bold choices — what better term to describe what any parent would want for his or her child, in particular a daughter?

In a seeming balance to Toyota, Nissan focused on the relationship between a father and his son. Perhaps too stereotypically, the father here is depicted as the absent father, a race car driver in this instance, and the son looking on, wanting to be just like his father. Of course, the soundtrack to this commercial is none other than “Cats In The Cradle,” but thankfully, the father realizes before it’s too late that his son needs to physically see him and know that their relationship is more important than any job.

Dove has arguably the most moving, yet simple ad: clip after clip of young and adult children calling for “Dad” or “Daddy” at various stages of their lives. From

the toddler needing help to the adult calling his father with the wonderful news of a pregnancy, the commercial ends with a simple question and answer: “What makes a man stronger? Showing that he cares.”

So why do these ads matter? Why are they so special? Here again, the answer is simple: because they are a rarity. Because they champion the roles dads play in the lives of children, both boys and girls, without denigrating the crucial and complementary role mothers play in those same children’s lives. This spirit of gen-

der equality is one to celebrate and emulate.

In fact, the path these three companies have forged serves as a marketing model for others and reminds parents everywhere that they are parents first, united by the love for their children and made stronger by a mutual appreciation of their unique strengths and differences.

Christian Paasch is chair of the National Parents Organization in Virginia and has been appointed by Virginia Gov. McAuliffe to Virginia’s Child Support Guidelines Review Panel. He lives in Alexandria. Email christianpaasch@nationalparentsorganization.org.

WRITE US

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection

1606 King St. ♦ Alexandria VA 22314
Call 703-917-6444 or email north@connectionnewspapers.com

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CALENDAR

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

FRIDAY/MAY 1-AUG. 28

Herndon Friday Night Live. 6:30 p.m. 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. Visit herndonrocks.com/schedule.php for more.

SATURDAY/MAY 2

Pet Fiesta 2015. 10 a.m. - 4 p.m. Reston Town Center. The Pet Fiesta draws local businesses, rescue groups and thousands of pet owners for a day of interactive activities, demonstrations, exhibitions and animals galore Visit www.petfiesta.org for more.

Opening Day of Reston Farmers Market. 8 a.m. - noon. Lake Anne Village Center, 11404 Washington Plaza W, Reston. Nearly all of your favorite vendors from last year will be there, as will four new ones we think you will enjoy. The Reston Farmers Market is sponsored by the Fairfax County Park Authority and features fresh, local fruits, vegetables, homemade foods and home-grown plants. For more information, go to www.restonfarmersmarket.com or call 703-318-9628.

Pirate Fest. 10 a.m. - 5 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. This festival celebrates Virginia's seafaring past. Join with Ships Company Chanteymen singing traditional sea chanteys, tavern tunes and pirate ditties. Experience the life of a sailor first hand with our many fun activity stations. Wear your most dashing pirate clothes and enter our costume contest. Learn about global trade in the 18th century, and discover the luxury goods from international ports that compelled pirates to sail the seven seas.

Reston Spring Festival. 1-5 p.m. Walker Nature Center, 11450 Glade Drive, Reston. The Spring Festival is fun for all ages with live animals, fishing activities, craft-making for kids, displays and information from environmental groups, and family-friendly entertainment. Entertainment sponsored by Reston Community Center.

SUNDAY/MAY 3

Wild Edibles. 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Many naturally occurring plants can make a nutritious and tasty addition to your diet. Sample some "wild" dishes and take home recipes to try on your own. After an indoor presentation that includes the ethics of collecting and how good foraging starts at home, we'll hike the trails in search of edible plants, and harvest some to take home. Guest Presenter: Lori Thomas. Reservations required by April 30. Fee: \$7/person RA members, \$9/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

THURSDAY/MAY 7

Farmers Market. 8 a.m. - 12:30 p.m. Old Town Herndon, 700 block of Lynn Street, By the Red Caboose. Every Thursday vendors sell products they grow and are located within a 125-mile radius of Fairfax County, ensuring that your purchases will be fresh. For information visit <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>.

Nature Walk: Sunset at Sunrise Valley Wetlands. 7 - 8 p.m. Sunrise Valley Wetlands - 12700

The Open Air Market in the Lake Anne Plaza is open for business starting May 2. Featuring artisans, global imports and health products like the many "Beehive Remedy" offerings of InterNutrionals, LLC of Oakton. Michele Bucharnikov had her hands full with customers a plenty.

Sunrise Valley Drive. Park on the left (west) side of the office building. Adults. Sunrise Valley Wetlands is an aquatic jewel on the border of Reston and Herndon. Twilight is a time of transition as diurnal animals shelter for the evening, while nocturnal animals begin their nighttime activities. Enjoy a leisurely stroll through the wetlands as we try to catch glimpses of nature's "shift-change". Reservations required by May 4. Co-sponsored by Reston Historic Trust. Free.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

THURSDAY/MAY 7 - FRIDAY/MAY 8

Big Truck Days. 9 a.m.- 3 p.m. Thursday, 9 a.m. - 7 p.m. Friday. Herndon Public Works Complex, 1479 Sterling Road, Herndon. The Town of Herndon's Department of Public Works hosts its annual "Big Truck Days," an opportunity for children - and their parents - to see the town's big trucks and heavy equipment on display. All ages. Free. <http://www.herndon-va.gov/>.

FRIDAY/MAY 8

Friday Night Live! 6:30 p.m. - 10:30 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Outdoor concert series featuring popular local and regional acts from up and down the east coast. For information visit www.herndonrocks.com.

SATURDAY/MAY 9

This is My Country: An American Tribute. 4 and 7:30 p.m., Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Join The Reston Chorale as we celebrate America and honor those who keep it free with a patriotic pops concert. Free tickets for military personnel and their immediate families, as well as veterans, while supplies last. Tickets for all others: \$25/Adults, \$20 Seniors, Free for Youth 17and under (with adult/senior ticketholder). For tickets and information: www.restonchorale.org.
Spring Farm Day. 10 a.m.- 3 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come see puppet shows, do some crafts or play some games. You can even milk a real cow. \$8 if at the door, \$7 if bought in advance, kids under 2 free.

Mother's Day Tea Party. 10:30 - 11:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. In honor of Mother's Day, bring your mom to a delightful morning at the nature center. Sip tea or juice and

sample a variety of pastries and fruits. Make a bouquet of paper flowers for mom to display on her special day. Take a stroll through the gardens to look for spring-blooming wildflowers. Reservations required by May 6. Fee: \$7/person RA members, \$9/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

FRIDAY/MAY 15

Senior Tea. 1 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Special for May 15 we will feature singer Kitt Potter. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

SATURDAY/MAY 16

Spring Gala. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Enjoy a spring evening honoring Elma "The Queen of Herndon" Mankin while enjoying the beautiful chamber music of the Beau Soir Ensemble. Tickets, per-person, \$25 in advance, \$30 at the door. Semi-formal. Proceeds from this event will go directly to the continuation and enhancement of fine arts programming at ArtSpace Herndon. <http://www.artspaceherndon.com/spring-gala/>.

Herndon High School's Annual Paige Saucedo 5k Memorial Fundraiser. 9 a.m. - noon. Herndon High School, 700 Bennett Street, Herndon. Herndon High School will host the 4th Annual Paige R. Saucedo 5K Scholarship Walk/Run. Registration is \$20 per adult and \$10 per child (under 18). T-shirts will be given to 5K registrants as supplies last. Proceeds of event will benefit Herndon High School ESOL students demonstrating academic excellence and financial need to support post- high school opportunities. Two 1st place \$500 scholarships will be awarded to student race winners, male and female (age 14 - 18) regardless of second language criteria.

FRIDAY-SATURDAY/MAY 16-17

Northern Virginia Fine Arts Festival. At Reston Town Center, an event attracts more than 50,000 patrons and provides an interactive experience to view, purchase, and experience art directly from the artists who have created it. Visit

<http://northernvirginiafineartsfestival.org> for more.

SUNDAY/MAY 17

Free Junior Golf Clinic. 12:30 p.m. - 2 p.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Kids come out to the course for a free clinic. Register at www.herndongolf.com.

WEDNESDAY/THURSDAY/MAY 22-23

Brides Against Breast Cancer. 6 p.m. Shertaon Reston Hotel. Brides Against Breast Cancer is a national nonprofit that tours the country selling donated wedding gowns with the proceeds directly going towards programs and services for people who are impacted by cancer. Tickets: \$5. <http://www.bridesagainstbreastcancer.org/index.php?src=gendocs&ref=Reston%2C+VA+-+May+2015>

SATURDAY/MAY 23

Golf Customer Appreciation Day. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Stop by the Golf Course for it's Customer Appreciation day. www.herndongolf.com.

MONDAY/MAY 25

Memorial Day Observance. 10 a.m. Chestnut Grove Cemetery, 831 Dranesville Road, Herndon. The Herndon Woman's Club has partnered with Chestnut Grove Cemetery to honor our Veterans with the placement of dedication wreaths. 703-435-3480.

THURSDAY-SUNDAY/MAY 28-31

Herndon Festival. Check website for specific times. Herndon Town Green, 777 Lynn Street, Herndon. Four day outdoor festival with three entertainment stages, a carnival, two fireworks displays, Kid's Alley with children's art area, arts and craft show and more! All ages. Visit www.herndonfestival.net for more information.

SATURDAY/MAY 30-SEPT. 5

Reston Concerts on the Town. 7:30-10 p.m. Reston Town Center. The 25th season is extended through September 5 and kicks off with swing/jump blues favorite Big Joe & the Dynaflows. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. Presented by Reston Town Center and Reston Town

Center Association. Alcohol permitted at restaurants only. Concert information: 703-912-4062 www.restontowncenter.com/concerts

SUNDAY/MAY 31

5K/10K Races. Check website for specific times. Herndon Town Green, 777 Lynn Street, Herndon. A race that takes you through historic downtown Herndon during the Herndon Festival weekend. Both races are USATF Certified. For registration and information visit www.herndonfestival.net.

SATURDAY/JUNE 6

The 2nd Annual Born to Run Memorial 5K and Family Fun Run. 8:30 a.m. Sponsored by the Franklin Middle PTA, it's in tribute to former Franklin P.E. teacher Jannine Parisi, a domestic-violence victim who died Nov. 20, 2013. The majority of proceeds will go to the National Alliance on Mental Illness of Northern Virginia. All participants will receive medals, and those registered by May 24 will receive commemorative T-shirts. For more information and to register, go to mhtts://pracing.enmotive.com.

SATURDAY-SUNDAY/JUNE 12-13

2nd Annual Lake Anne Chalk on the Water Festival. 11 a.m.-5 p.m. Lake Anne Plaza Waterfront, 1609 Washington Plaza, Reston. If you ever wanted to paint the bricks without getting in trouble, all ages are welcome to paint Lake Anne Plaza in a technicolor hue as participants turns the plaza into a chalk art gallery. \$5-\$15. Register at www.chalkonthewater.com for more.

FRIDAY-SUNDAY/JUNE 19-21

Taste of Reston. Friday: 3-11 p.m.; Saturday: noon-11 p.m. Sunday: 10 a.m. - 8 p.m. Reston Town Center, 11900 Market St., Reston. Carnival games and rides with a family fun zone. Visit www.restontaste.com for more.

FRIDAY-SUNDAY/JUNE 26-JULY 5

World Police & Fire Games Athletes' Village. Thousands of athletes from 70 countries will converge in Fairfax County for 10 days of competitions. Entertainment and activities will be hosted by Reston Town Center during the games. Fairfax2015.com

SATURDAY/JULY 4

Herndon 4th of July Celebration. 7 p.m. Bready Park at the Herndon Community Center, 814 Ferndale Ave., Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Visit www.herndon-va.gov for more.

ONGOING

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online.



PHOTO BY ANDREA WORKER/THE CONNECTION

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News

'Play It Forward' with the Council of the Arts of Herndon

Details

May 7, 6-9 p.m.,
Jimmy's Old Town
Tavern, 697 Spring
Street, Herndon.

On May 7, the Council for the Arts of Herndon (CAH) will again be teaming up with Jimmy's Old Town Tavern to provide an evening of live music; food and drinks; raffle prizes; all for a wonderful cause.

The Play it Forward program is an instrument donation program. CAH collects good quality instruments for students who would otherwise not have been able to rent them. The program was first proposed in 2013 by Laura Readyoff, owner of The Music Loft, who was hearing from local music teachers who were concerned about losing frustrated young musicians whose resources could not cover the cost of purchasing or renting good quality instruments.

Readyoff proposed that the CAH fund a modest program to collect and refurbish used instruments that had been gathering dust in people's closets and attics, in order to provide these young future musicians with such limited resources with the tools that would make practicing more joyful and effective.



PHOTO CONTRIBUTED

The first Play it Forward event at Jimmy's Old Town Tavern, April 2013. From left, Grace Han Wolf (immediate past president, CAH), Signe Friedrichs, executive director, CAH and Elysa Birman, board member and owner, Friendly Computers Herndon.

Since then, this program has become an annual event, culminating with celebratory fundraiser at Jimmy's Old Town Tavern. This event includes live music by Jerry Irwin, in addition to the raffles and giveaways.

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To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Oak Hill/Herndon Connection, "Me and My Mom Photo Gallery,"
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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.

SPORTS

Freshman Duston's Goal Helps Herndon in Search for Respect

Hornets play to 1-all tie against 2014 state runner-up Centreville.

BY JON ROETMAN
THE CONNECTION

Herndon girls' soccer coach Nick Stames said the Hornets struggled for the first 15 minutes of Monday's match against Centreville.

As for reserve forward Olivia Duston, it didn't take the Herndon freshman nearly that long to make a positive impact for the Hornets.

Duston subbed into the game late in the first half and roughly one minute later, scored the tying goal in the 33rd minute. Neither team scored in the second half nor overtime and the Hornets and Wildcats finished in a 1-all tie on April 27 at Herndon High School.

"It's like we couldn't get our legs going," Stames said of Herndon's slow start. "Passes weren't connecting; everything was a little bit disorganized in our midfield."

Duston had no such problem.

"Both subs contributed to that goal," Stames said. "Jenessa Collymore went in, pressured the ball, got a deflection and Olivia scored on that. Both subs that we made made an impact immediately."

Centreville sophomore Camryn Conklin scored in the game's opening minute. Both teams had opportunities in the second half and overtime, but neither could score a second goal.

"We talked about a few things at halftime, made a few adjustments in how we were going to play and I think the girls played well in the second half," Stames said. "The thing is, you don't get many great chances to score and you've got to finish your chances. I think if we do, we win that game."

The draw moved Herndon's record to 3-4-2, including 0-2-1 against Conference 5 opponents. Centreville, which finished 6A state runner-up last season, moved to 7-1-2, including 1-0-2 in the conference.

While the Hornets didn't come away with a win, they might have come away with something else.

"I think because [of] years of losing, I don't think a lot of teams give Herndon a lot of respect," Stames said. "We talked about; let's get some respect from



Freshman forward Olivia Duston scored Herndon's lone goal during a 1-all tie against Centreville on April 27.



Megan Klenk (6) is the Herndon girls' soccer team's leading goal-scorer this season.



Adriana Garcia, right, is a captain for the Herndon girls' soccer team.

this game."

Stames said this is the deepest team he's had at Herndon. Junior forward Megan Klenk is the Hornets' leading goal-scorer this season.

"She strikes the ball pretty well with both feet," Stames said. "She just has a knack around the goal about getting herself free. She uses her body well as a target. She's also deceptively quick. She can get a first step on you and hit a ball."

Herndon will host Chantilly at 7 p.m. on Thursday, April 30.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



PHOTOS CONTRIBUTED

Kaleem Shah (right) with Bob Baffert before the 2014 Breeders Cup which Bayern Won at Santa Anita Park.

Vienna's Horse in Kentucky Race

Meet the Vienna man who owns the favored horse in the Kentucky Derby.

BY BRIAN MCNICOLL

Kaleem Shah won't have a wager on Saturday's Kentucky Derby. "I do not gamble," he says.

But he will have much more than a rooting interest. Shah, who lives in Vienna, is the owner of Dortmund, one of the favorites in this year's Run for the Roses.

Shah grew up in Bellary in southern India. His father, a horse trainer who twice won the Triple Crown of India, told him not to get into the business until he earned a degree and made money on his own so he wouldn't have to go through the hand-to-mouth existence of many horse people.

So after earning a degree in electrical engineering in India, Shah came to the United States and earned graduate degrees from Clemson and George Washington University. In 1989, he founded CALNET, a government contracting firm, and built it into a multimillion-dollar company.

Then, in 1996, he got into horse racing. He started small, purchasing inexpensive horses in Maryland, then began to move up. In 2014, his horse, Bayern, won the Haskell Stakes, the Pennsylvania Derby and a Breeders Cup race. "We were knocking on the door last year," he said. "This year, we got in."

And in a big way. Dortmund is a co-favorite – "I would be honored if he were the favorite, but it's going to be close,"



Kaleem Shah with wife Lubna in the saddling area at Santa Anita Park

Shah says – with a horse known as American Pharoah. Both horses are trained by Bob Baffert. Shah's father is known as the Bob Baffert of India.

Shah says his horse "arguably could be among the best of his generation. He has these long strides ... he can cover as much distance with one stride as most horses do in two."

So far, Dortmund is six-for-six and won the Santa Anita Derby, a key prep race.

Shah said he will go to Louisville a couple of days early and looks forward to spending time on the track's backside. "That's where the action is," he says.

On race day, he looks forward to "doing the walk (through the paddock area) with my son."

It will be easy to pick out which horse is Shah's. His owner silks are the stars and stripes of the U.S. flag. "It's because of my love for this country," said Shah, who became a U.S. citizen in the early 1990s. "I support the country. I support the troops. The country has done so much for me and for all of us."

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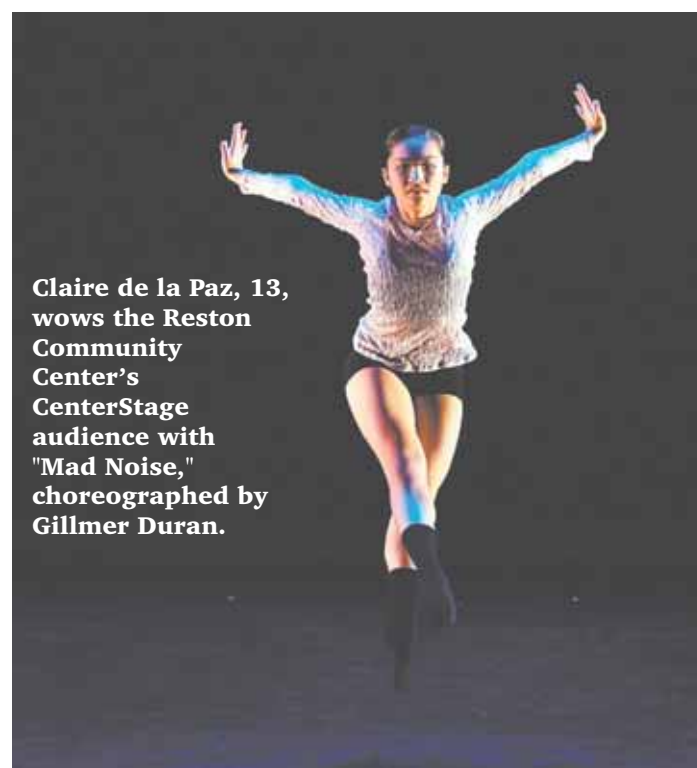
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THE CONNECTION
NEWSPAPERS



Claire de la Paz, 13, wows the Reston Community Center's CenterStage audience with "Mad Noise," choreographed by Gillmer Duran.

PHOTO COURTESY OF KATIE AND TONY DE LA PAZ

Discovering the Arts in Everyday Places

Classical Ballet Theatre will participate in a creative collaboration for this year's edition of the Northern Virginia Fine Arts Festival. A regional favorite, this event invites art fans of all ages to interact with multiple visual artists and their works in fun, outdoor spaces at Reston Town Center. Attendees will also enjoy unique performances, as four dance companies will be presenting choreography in response to sculptures created by Mary Anne Mears and Patrick Dougherty.

Representing the only pre-professional dance organization invited, the Classical Ballet Theatre (CBT) students and Artistic Director Gillmer Duran are thrilled about this opportunity. With his signature style, Duran is creating a piece titled "Branching Out," with music by

Zoe Keating. Duran said, "I find the words that Ms. Mears and Mr. Dougherty use to describe their sculptures to be inspiring. Both artists created pieces that respond in unique ways to the physical and spatial qualities of the sites that host them. 'Branching Out' is my way of offering a performing arts element that harmonizes with these essential qualities, while also bringing physical energy and exhilaration. It is yet an additional way to celebrate the importance of human interaction with art in everyday life."

Duran thanks the Greater Reston Arts Center for inviting CBT to perform, and he encourages all who enjoy the arts to come to Reston Town Center on Saturday, May 16 and Sunday, May 17. Visit northernvirginiafineartsfestival.org/Artists2015/ArtistList2015.php.

BULLETIN BOARD

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

WEDNESDAY/MAY 13

Reston - League of Women Voters meeting on growth in Fairfax County. 7:30-9 p.m. North County Governmental Center, 1801 Cameron Glen Drive, Reston. Where is the County's growth going to go? What has changed in Fairfax County's land use and where do we go from here? Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

ONGOING

Food Addicts in Recovery.

Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Fairfax County's Meals on Wheels urgently needs drivers in the Reston and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

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Deep Space Mind



By KENNETH B. LOURIE

A few years back (OKAY, more than a few years back; I'll blame the cancer for my time lapse), there was a spin-off from the original *Star Trek: Star Trek: The Next Generation* captained by Jean-Luc Picard (a.k.a. Patrick Stewart) which itself spawned two other spin-offs: *Star Trek Voyager* and *Deep Space Nine* (commanded by Avery Brooks, a.k.a. Captain Sisko). I was reminded of this television-watching time of my life recently when I saw a former *Deep Space Nine* actor's name (the son, actually: Remy) in the credits of a recent "The Good Wife": Auberjonois.

On *Deep Space Nine*, René Auberjonois (the father) played a non-humanoid character from a race known as Changelings, shape shifters; a species able to transform/conform/reform itself into any shape. For the purpose of the show, Constable Odo, as he was known, who was the director of security on the space station, "shape shifted" himself into a humanoid form. He mostly looked, acted and spoke as any other human. However, his facial features were noticeably imperfect, and his ears were also a bit unusual. Occasionally, when Odo did not go to his quarters in a reasonable cycle of time (never really specified) and in turn did not have the opportunity to return to his natural state: described as "gelatinous goo," to reside in his bucket, his features would begin to lose their shape and he would appear to be melting (an occurrence/appearance he was determined to hide). Though this circumstance rarely manifested itself, when it did, Odo explained how stressful it was for him to maintain the shape/illusion of a humanoid (given the intricacies of the species) and how the demands of doing so (consciously, subconsciously) were nearly overwhelming. This story line was not dominant, but us regular viewers understood the ongoing strain on Odo and what might happen if he didn't have the time to regenerate in his bucket.

Now I don't have a natural state other than the obvious, or a bucket for that matter (I have a couch), but I can certainly relate to Odo's emotional/psychological fears and anxieties and the effort required to maintain what appears – to the outside world anyway, to be a "normal" existence. For a cancer survivor/patient, "normal" no longer exists. In fact, the date of your diagnosis/prognosis is the day/date when normal ceases to exist. For me, that date was February 27, 2009, the date Team Lourie first met with my oncologist and heard the unbelievable news that I had non-small cell lung cancer, stage IV, a "terminal" diagnosis. My oncologist further added that he could "treat me but he couldn't cure me." "Excuse me. What did you say?"

And just like Odo, I try to hide/minimize my situation. I don't want to, if at all possible, exhibit any of the signs or circumstances of my diagnosis. I try to live life as normally as possible and not bring attention to myself or my particular challenges. Let me assure you, maintaining this façade would be a lot easier if I too had a bucket in which I could return to some gelatinous-type goo and regain my strength. But I don't. I only have my privacy, where I can retreat in an attempt to summon up the fortitude necessary to take each day as it comes without further adieu. Some days are more difficult than others, particularly those days waiting for the results of a current CT Scan two months after a prior scan showed new tumors/growth. Odo mostly managed to endure his unique challenges, and I am striving to do the same. Seeing the actor's name on television the other week inspired me that even though I am often alone with my thoughts, I am not alone. And as one who has been there and done that, I know there is strength in our survivor numbers; hopefully in reruns too, especially when you've been given a "terminal" diagnosis.

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

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Rachel Carson Wins 'We The People' Nationals

Herndon middle schoolers crowned national champions.

BY ANDREA WORKER
THE CONNECTION

They did it! In February, The Connection reported that the students of Cynthia Burgett's special Civics class at Rachel Carson Middle School in Herndon had won the State Championship of the "We The People Competition" and were determined to bring home the gold at the National Invitational. On April 20, at the Marriott Fair Lakes, they did just that, being crowned the national champions at the third annual Middle School Division event. The qualifying rounds of the nationals took place at George Mason University, where the Rachel Carson kids were up against eight other teams from around the country, including the junior high group from Indiana who had taken the top honors for the last two years. "We were so excited when we heard that we were going on to compete for first place," admitted team member Maggie Sparling. "Yes," agreed classmate Debbie Dong. "That meant no matter what, we wouldn't place less than third overall. We wanted to do our school and teacher proud!"

THE COMPETITION, part of the outreach efforts of the California-based non-profit Center for Civic Education, requires serious commitment from the students and their teacher. The team was formed back in October of last year. To get to the final round of competition, the youngsters had to survive numerous practice rounds, the regionals in Purcellville and the state championship in Williamsburg, where they finally earned the right to represent their school and the Commonwealth.

Formatted to simulate congressional hearings, the competition divides the students into six groups based on the six units of the textbook "We the People: The Citizen and the Constitution" where they act as constitutional experts "testifying" before a panel. In this case, the panel, rather than comprising senators or congressmen, is made up of recognized experts in the field of constitutional law, government, foreign affairs and related areas. "It was pretty intense," acknowledged Maggie Sparling, whose team was tasked with the unit covering the Bill of Rights and the concept of Due Process. "The judges

"The judges were attorneys, professors, people like that from all around the country. You really had to know what you were talking about."

— Maggie Sparling



"We won!" Students from Rachel Carson Middle School, participating in the national finals of the "We The People" competition, react when they hear the announcement for the second place winners. "That meant we were the winners! We just went a bit crazy. We couldn't believe it," said team member Debbie Dong.



The young winners of the Middle School Division "We The People" competition title from Rachel Carson Middle School in Herndon pose with their first place plaque.

were attorneys, professors, people like that from all around the country. You really had to know what you were talking about."

Each "hearing" opens with a Unit giving a four-minute speech about their subject. The judges then have six minutes to ask follow-up questions, or probe for knowledge by asking new questions within the field of study.

"I think there were a few surprises," said Varshini Babu, who was part of the Unit 3 team, "but we had a good strategy. Each person on the team had a strength and a depth of knowledge on a certain piece of the unit and we knew how to get the right person to answer each question."

Developing those strategies for studying, preparation of speeches and for communicating the team's comprehensive understanding of each topic and ability to apply their knowledge to current day affairs was as important as learning the actual textbook material, according to the youngsters who represented their winning team members during an interview.

The Winners

Unit 1

Varun Gannavarapu
Ria Singh
Angie Sohn
Ananya Vavilala

Unit 2

Amrit Gorle
Shivam Gandhi
Ethan Nguonly
Bindu Srinivasa
Serena Xia

Unit 3

Varshini Babu
Shruti Chennamaraja
Ryan Kim
Sitara Uppalapati

Unit 4

Sophie Halkett
Esha Saini
Rachit Sinha
Noah Yeh

Unit 5

Cameron Khan
Vikrant Mahajan
Alexa Schwartzman
Margaret Sparling
Meenoti Thakore

Unit 6

Debbie Dong
Noah Grausz
Eli Kaufman
Joyce Liu

For example, Unit 2 expert Amrit Gorle noted that the judges seemed to like a bit of disagreement among the team members. "If you politely showed different opinions that were based on knowledge, and then came to agreement for your answers, it showed them that you all knew the information and really thought about it."

"That was a good thing," declared Debbie Dong from Unit 6. "We had some battles in our group." "Don't forget the tie back," said Ria Singh.

"We found it was really important to bring our answers back to the original question, or the basis of our unit. I think it showed that we could keep it all together and stay focused," Singh said.

While some of their strategies were applied universally across all six units, the students were also able to adapt strategies unique to their individual units to accommodate the strengths and weaknesses of individual team members.

THE TROPHY and the recognition make all of the hard work worthwhile, but other lessons and benefits garnered

seemed to be of equal import to the winners. The opportunity to make new friends ("Real ones, that you can have real conversations with," as defined by Maggie Sparling) came in high on the list of the good things to take away from the experience. "Learning to collaborate," was a benefit to Amrit Gorle, and "learning and practicing effective communication, being clear, concise and pertinent," was a valuable lesson for Varshini Babu.

"This was a real life experience," said Unit 4 member Sophie Halkett, "where you were tested and had to think on your feet. It was hard work and sometimes scary, but I wouldn't have missed it for anything."

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Beginning Sunfish classes sail from the dock on a summer morning to practice the day's maneuvers.

Summer Sailing Camp

BY SHIRLEY RUHE
GAZETTE PACKET

Amy Zang has just returned from a week sailing the British Virgin Isles with nine members of her extended family ranging from her 78-year-old, legally-blind father to her brother's 4- and 6-year old children.

"I was the captain of the 46-foot catamaran, but I had to get used to it. It is the biggest boat I have sailed. You use the same sailing skills but adapt the technique when the boat is this large."

Zang is the director and owner of the Youth Sailing Day Camp at the Washington Sailing Marina. The Washington Sailing Marina camp offers six different youth sailing classes in the summer with the Sunfish for beginners and the Flying Scot for intermediates. The advanced class uses a Hobie Cat. The racing class sails a Collegiate 420 that is a fast, maneuverable boat allowing campers the chance to work on boat balance and roll tacks.

Adventures on a Big Boat sails a Catalina 25. This group has a picnic lunch under anchor on Thursdays and they, along with the intermediate boats, sail to Old Town for lunch on Fridays. Other groups get smoothies on Friday "so everyone gets a treat."

Sailing students must be certified before moving on to the next level. Some campers come for one week and others move up the skill level over successive weeks at camp. Windsurfing is also offered.

The camp opens June 1 and runs weekly through Aug. 22, and is already over 50 percent full. The classes run from 9:30 a.m.-4:30 p.m. and are open to rising third graders-15 years of age. She thinks children choose sailing for summer because "it is different, it is outside, it is hands on and they get immediate gratification." They walk away with a life skill that they can

carry into adulthood, she says.

Sailing class is empowering, Zang says. Children don't have much in their lives that they can be fully in charge of. "I give them trust, here is a boat, and you can learn to sail it and they give trust back. They learn responsibility and it is a huge confidence builder for both male and female students. Sailing isn't about strength." She adds, "When kids come they love it and keep returning year after year." She said word of mouth is powerful and she has had a number of children for many years.

She calls each day "controlled chaos" where she has to be mentally two steps ahead watching weather, keeping track of the boats at all times and supervising the instructors as well as tending to children who may need special attention. "Every single cog in the wheel has to work." Zang describes herself as a big communicator and sends group email updates to parents during the week. If there are specific things to pass along she emails the parents directly.

At this time of year, Zang is interviewing staff, rescheduling returning staff, reviewing insurance policies and other business, organizing buses, getting boats ready for the season "putting a screwdriver to every screw, washing out boats and getting them in the water."

Zang offers bus service pickup from Bethesda. This year, a mom organized a group of 24 sailing campers from Chantilly so "I am sending a bus there to pick up the kids that week." Sailing students come from all over the metropolitan area and some are visiting relatives and attend sailing camp for a week or two. "We have a lot of diplomat kids, too, a nice diverse population."

The staff includes more than 40 full-time summer counselors; many started in sailing camp themselves a number of years ago. "I have one counselor this year who started camp when he was 9." She has better than a 1-6 ratio of staff to campers.

Preparing for Summer Camp Away

Many emotions arise when a child leaves for camp.

BY MARILYN CAMPBELL
THE CONNECTION

Julie Kaminski remembers the language from her desperate letters to her parents: “I love you. I want to come home now!” She recalls penning a dramatic plea to be rescued from residential summer camp more than 40 years ago. Today, Kaminski is preparing for her daughter’s first camp experience away from home this summer.

“Looking back, I can see how going away to camp helped me become more self-sufficient, self-confident, self-reliant and taught me how to get along with so many different kinds of people,” said Kaminski, a local mother of two children.

“Of course I didn’t think that at the time. I was extremely homesick even though it was my idea to go to sleep away camp in the first place.”

A child’s first residential summer camp experience can be fraught with emotions that run the gamut from excitement to terror. While glee at the thought of a summer filled with sports, swimming, crafts and new-found friendships can be the dominant feeling, the thought of an extended period of time away from home can cause sadness and anxiety for both parents and their children.

An American Camp Association study showed that 96 percent of children who attend sleep away camps experience homesickness at some point during their stay. While these emotions are normal, parents can help children tame the pre-camp jitters. The life-long lessons gained from such camps make it worth the effort.

“Becoming comfortable with your child being away at summer camp, perhaps the first extended separation you have had, is a matter of trust,” said David Kaplan, Ph.D. of the American Counseling Association in Alexandria, Va.



PHOTO CONTRIBUTED

Summer camp experiences can help children become self-confident and self-reliant.

“Trusting your child that they can handle themselves without your supervision. Trusting that they can handle relationships with other children. Trusting that they can get up in the morning, take a shower, wash their clothes, and change their sheets without your prodding.”

ACKNOWLEDGING THAT homesickness is normal and many campers experience it, can help children accept and cope with their emotions.

“Expecting to miss home and feel somewhat anxious helps children feel less surprised and overwhelmed when it occurs,” said Barbara Meehan, Ph.D. executive director, Counseling and Psychological Services, George Mason University in Fairfax, Va.

A child’s apprehension can be eased when parents share their own camp experiences,

particularly positive memories.

“Don’t let your child get caught up in your own anxiety about leaving for camp,” said Linda McKenna Gulyn, Ph.D., professor of psychology at Marymount University in Arlington, Va. “Kids sometimes worry about the parents they left behind. Be positive, but not sad that your child is leaving.”

Meehan says that developing a few self-soothing activities like playing outdoors or reading is one strategy for helping children deal with feelings of missing home. Identifying people with whom young campers can share their emotions is another means for dealing with homesickness.

“Talking to a camp counselor and even peers can help ease the difficult feelings and often they will learn they are not alone,” said Meehan.

Encouraging a child to make friends and become involved in camp activities will put

the focus on the positive aspects of camp. Packing letters and stamped envelopes and developing a plan for letter exchange can help a child feel connected to their families.

“Isolating and avoiding what feels hard can often worsen anxiety and homesickness,” said Meehan. “Remind your child they are stronger than they feel in the moment and that engaging in camp activities can be helpful.”

There are times however when a child might not be ready for residential camps. The American Camp Association reports that while most cases of homesickness subside, there are cases — if a child is not eating or sleeping, for example — when it could be time to seek help. “Consult with camp professionals about resources if your child’s anxiety worsens or persists,” said Meehan.

Camps&Schools●Notes

Paralympic Sports Team Seeking Players

The Fairfax Falcons Paralympic Sports team, a Fairfax County Neighborhood and Recreation Services Therapeutic Recreation program, is recruiting new players. The team provides a variety of sports experiences to athletes with physical disabilities impacting their lower extremities ages 4 1/2 to 18 (or high school graduation). Not all athletes use wheelchairs for everyday use. Some athletes are ambulatory and only use a wheelchair for sports. Their primary sport is wheelchair basketball, which runs late August through April. In the spring, they

offer a variety of sports including floor hockey, track, field, fishing, rugby, golf, and football. For more information, email fairfaxfalcons@gmail.com.

Summer at Massanutten

Each year, Massanutten Military Academy offers a five-week intensive summer school program, an opportunity for students to get ahead in their learning, make up for bad or failing grades, or increase their knowledge and participation in their JROTC leadership skills. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and weekend activities. The program is offered June 27-Aug. 1, 2015.

Credit for academic courses is transferable to the student’s current school. JROTC leadership credit equals one high school course credit.

STEM CAMP Massanutten offers STEM Summer Camp, two two-week camps running from June 29-July 10 and July 20-31, open to students grades 7-12. This summer camp offers students the chance to explore the many facets of STEM education including hands-on experiences. Upon completion of the STEM Summer Camp, students will receive a certification of completion. Massanutten Military Academy offers the safety of a structured learning environment, as well as the fun of a summer camp through a combination of classroom time and activities. Visit www.militaryschool.com/summer-school-2015.asp.

Diverse Camps Offer Summer Fun

BY STEVE HIBBARD
THE CONNECTION

Scores of local camps in Northern Virginia that offer many opportunities for summer fun and learning. Here is a sampling of diverse camps that range from art to theater to field trips to swimming, tennis and music. There's even a camp for aspiring musicians who want to form a band.

ROAM Rock Camp

ROAM Rock Camp gives children the opportunity to build communication skills and confidence through the language of music. The camps are designed to focus on why each participant wants to be in a band, why they love music and what they want to get out of it. The goal is to create an environment or band that children will thrive in. They will hand select each member to create a group that best fits their age and or experience. During the camp, groups will learn three to four of their favorite songs or even write songs if they wish. At the end of the week they will record the group and give them a CD to take home to show off their progress.

"The best thing about these camps is that we are able to show these young musicians from first-hand experience how to be players and performers. I wish I had something like this when I was growing up," said John Patrick, owner/director, who is the former co-founder of the national touring act Virginia Coalition.

Camps are offered from June 1 to Aug. 28. To register, contact ROAM to let them know every week your child would be available to do a camp. Deadline for registration is June 1.

Contact info: Rock of Ages Music, 114 E. Del Ray Ave., Alexandria VA 22301; call 703-838-2130. Email Roam.rockofagesmusic@gmail.com.

Burgundy Farm

Burgundy Farm offers two summer camps: a day camp at the 25-acre Alexandria campus in eight week-long sessions, and a sleep-away camp in three sessions at Burgundy Center for Wildlife Studies in Capon Bridge, W.Va. Both camps are great options for children excited about learning in the outdoors with dedicated counselors. Day campers swim every day, and programs include sports, science and performing and visual arts. Sleep-away camp provides a mix of structure and freedom, fostering a respect to the natural world through greater knowledge of nature and self.

"At Burgundy Farm Summer Day Camp, our campers enjoy all the benefits of a sleep-away camp with the convenience of a day camp, including swimming, animal encounters, nature exploration, forming strong bonds and friendships with other campers and counselors, and the opportunity to build self-esteem and confidence in a fun and



PHOTO CONTRIBUTED

Campers enjoy the rock climbing wall at Burke Racquet and Swim Club's Sports Camp.

friendly environment," said Hugh Squire, director of auxiliary services.

Burgundy Farm Summer Day Camp is located on the Alexandria campus of Burgundy Farm Country Day School, 3700 Burgundy Road, Alexandria. Lower and upper divisions, grouped by age and interest, for children ages 3-years-8-months to 12 years old. Camp runs Monday, June 15-Friday, Aug. 7. Register at www.burgundyfarm.org/summer-programs. Contact Hugh Squire at hughs@burgundyfarm.org or 703-842-0480.

Burgundy Center for Wildlife Studies Camp is located within 500 acres in a secluded valley near Capon Bridge, W.Va. Overnight junior session (age 8-10) for one week in August - currently waitlist only; senior sessions (11-15) for two weeks in June, July or August; adult weekend (21+) in July. Register at www.burgundycenter.org. Contact Michele McCabe at michelem@burgundyfarm.org or 703-842-0470.

Burke Racquet and Swim

Burke Racquet and Swim Sport Camp has been a hidden treasure in Burke for more than 27 years. Tucked behind the Kaiser Permanente Building in Burke, the indoor camp is the ideal setting for children who want to do a variety of sports. It offers swimming, tennis, and rock climbing daily. It also offers Zumba, soccer and camp games.

All of the Sports Camp staff has been back-



PHOTO CONTRIBUTED

The Girls Junior Elite enjoy soccer camp at the Soccer Academy at E.C. Lawrence Park in Centreville and Patriot Park in Fairfax this summer.

ground checked through Fairfax County; they are CPR/AED trained.

The camp offers full day (\$280 per week) and half day mornings or afternoons (\$180 per week). There is before and after camp care for working parents. The first week of camp begins June 22 and goes through Aug. 28. Call Burke Racquet and Swim Club at 703-250-1299.

Soccer Academy Inc.

The Soccer Academy offers a wide range of innovative, state-of-the-art programs that meet the interests and playing abilities of all players and teams. It caters to individuals and teams of all ages. All residential camps include a goalkeeping camp. Day camps include E.C. Lawrence Park in Centreville and Patriot Park for ages 5-14. Residential Camps at University of Mary Washington, Fredericksburg and Randolph Macon Academy, Front Royal, for ages 9-18. Visit www.soccer-academy.com for camp locations, costs, dates and times. Call 703-393-7961 or email soccer@soccer-academy.com.

Kenwood Summer Day Camp

Kenwood Summer Day Camp makes it their mission to provide campers with new experiences and lasting friendships each summer. "Whether it's watching a baseball game, riding a roller coaster, or seeing knights joust from the front row, we take pride in giving them these opportunities and watching them share it with their new friends," said Justin Elcano, camp director.

Kenwood Summer Day campers can go on daily field trips to exciting destinations including water parks, mini golf, roller skating, amusement parks and more. Campers

also have a wide variety of activities to keep them entertained while they are on campus. There is a large wooded playground that is home to many kickball, capture the flag, and basketball games. They have five themed rooms that hold arts and crafts, video games, board games, ping pong, air hockey, and movies.

Kenwood summer day camp is open to children who have completed kindergarten through 8th grade. Camp starts June 15 and goes through Sept. 2. Visit the website to find a calendar with a schedule for each week at www.camp.kenwoodschool.com. Call 703-256-4711 or email camp@kenwoodschool.com.

Metropolitan School of the Arts

Metropolitan School of the Arts offer professional summer dance, music theater and acting camps. It also offers a wide variety of youth summer camps where students can explore and learn many facets of the performing and visual arts, including mini camps for the youngest students, ages 3-5, youth camps for students in grades 1-6, and intensives for students age 8 and up. Private summer music lessons are also available for piano, voice, guitar, violin and drums.

"MSA summer camps are the perfect way to try something new and a great way to keep young bodies active and develop new friendships," said Melissa Dobbs, president of Metropolitan School of the Arts in Lorton and Alexandria. "Whether your child is passionate about the performing arts or just looking to have some fun, MSA camps offer creative programs for all skill levels."

The Lorton campus is at 9601 Ox Road, Lorton, and the Alexandria Campus is at

Northern Virginia has scores of local camps for summer learning and fun.



PHOTO CONTRIBUTED

FCPA Camps and the Rec-PAC Program camps take place all over the county.

5775 Barclay Road, Kingstowne, Va. Call 703-339-0444 or visit www.metropolitanarts.org.

Langley School Summer Studio

The Langley School Summer Studio features more than 70 classes that allow for the personal, social, and intellectual growth of each camper in preschool to 8th grade. Innovative and engaging academic and STEM programs stimulate with math adventures, robots, and Raspberry Pi. Exploration abounds as campers take exciting field trips to become field scientists who investigate the Chesapeake Bay, cyclists who traverse local mountain bike terrain, and magicians who create illusions. The spotlight also shines on experiences that get campers "in the studio" with a Pulitzer Prize-winning photographer or the lead choreographer and dancer for MC Hammer.

"Each year, we look to add to our diverse roster of classes while growing the perennial favorites to ensure The Langley School Summer Studio offers the best possible experience for our campers," said Director of Auxiliary Programs Jennafer Curran. "Whether taking part in one of many field trips, exploring a new interest like soccer or dance, or refining math or reading skills, our campers develop academically, socially, and emotionally ... and have a great time in the process."

The Langley School Summer Studio will run in six weekly sessions from June 15 – July 31, for students in preschool to grade 8. Classes are held at The Langley School in McLean, and take advantage of the 9.2-acre campus, featuring a wooded nature area, state-of-the-art athletic center, artificial turf field, computer labs, and age-appropriate



PHOTO CONTRIBUTED

Children participate in Field Day at Kenwood Summer Day Camp in Annandale.



PHOTO CONTRIBUTED

The Art League's Summer Art Camps in Alexandria includes Fiber Art Camp.

playgrounds. Visit www.langleyschool.org/summerstudio for details or to register online. Call 703-356-1920 or email summer@langleyschool.org.

Bishop Ireton Camp

Bishop Ireton High School offers campers the opportunity to participate in sports and/or theater while developing individual and group skills and fostering a love of the activity. It offer boys camps (baseball, basketball, lacrosse and football); girls camps (basketball, lacrosse and volleyball); and coed camps (soccer, theater). Age ranges for the camps are rising 1st graders to rising seniors depending on the camp. The 17 camp sessions are conducted by the school's coaches or teachers and assisted by student counselors. Lunch is provided for full day camps by the cafeteria at no extra cost.

"Last year we had nearly 600 campers attend one of our sports or theater camps. The camps are a great way for youngsters to get to know us and for our coaches and theater teachers to get to know them," said Peter Hamer, summer camp director.

The camp brochure and sign up form can be found under the athletics tab at www.bishopireton.org. Contact Peter Hamer at hamerp@bishopireton.org or 703-212-5190.

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Diverse Camps Offer Summer Fun

FROM PAGE 5

Centreville Dance Academy

Summer Camp at Centreville Dance Academy is a great way for a child to experience dance in a fun and safe atmosphere. It offers a Princess Party Camp, Broadway Bound Camp, Glitz & Glam Camp, and Me & My Doll Camp. Dancers will enjoy pretending to be their favorite characters, dressing up, and creating fun crafts. On the final day of camp there will be an in-studio performance for family and friends.

"Summer camp is a great way to expose your child to all that dance has to offer. Dance camp is a wonderful place to build lasting memories and relationships with the CDA teachers and new friends. We love seeing the dancers grow each year," said Kathy Taylor, owner/director.

Princess Party Camp offers The Little Mermaid from July 6-10; Frozen from July 27-31; Princess Ballerina from Aug. 3-7; and Frozen from Aug. 17-21.

Broadway Bound Camp is July 13-17. Glitz & Glam is July 20-24 and Aug. 10-14. Me and My Doll is June 29-July 13.

Register on the website through the Parent Portal. Centreville Dance Academy is located at 14215-G Centreville Square, Centreville. Visit www.centrevilledance.com, call 703-815-3125 or email office@centrevilledance.com.

Park Authority and Rec-PAC

The Fairfax County Park Authority offers more than 1,400 summer day camp options at 100 locations plus the six-week theme-based summer Rec-PAC programs at nearly 50 elementary schools every summer.

Camps are held at RECenters, historic sites, lakefront parks and schools and offer a variety of camp titles. Both camps and Rec-PAC offer children a chance to have fun, build friendships and have a safe and rewarding summer experience. The Rec-PAC program runs June 29 through Aug. 6 from 8:30 a.m.-3:30 p.m. daily and is open to children in Fairfax County who are rising first graders through those who finished sixth grade.

Registration begins April 27 online at www.fairfaxcounty.gov/parks/recpac. There is an \$8 discount per week for those who register before June 12. Partial scholarships are available for those who qualify through free and reduced lunch program. The large summer camp program begins early June with camps for preschoolers and later in June for school age campers.

From crafts and games to high-tech and high adventure, the Park Authority has something for everyone. Many camps offer swimming at RECenters each day as well as

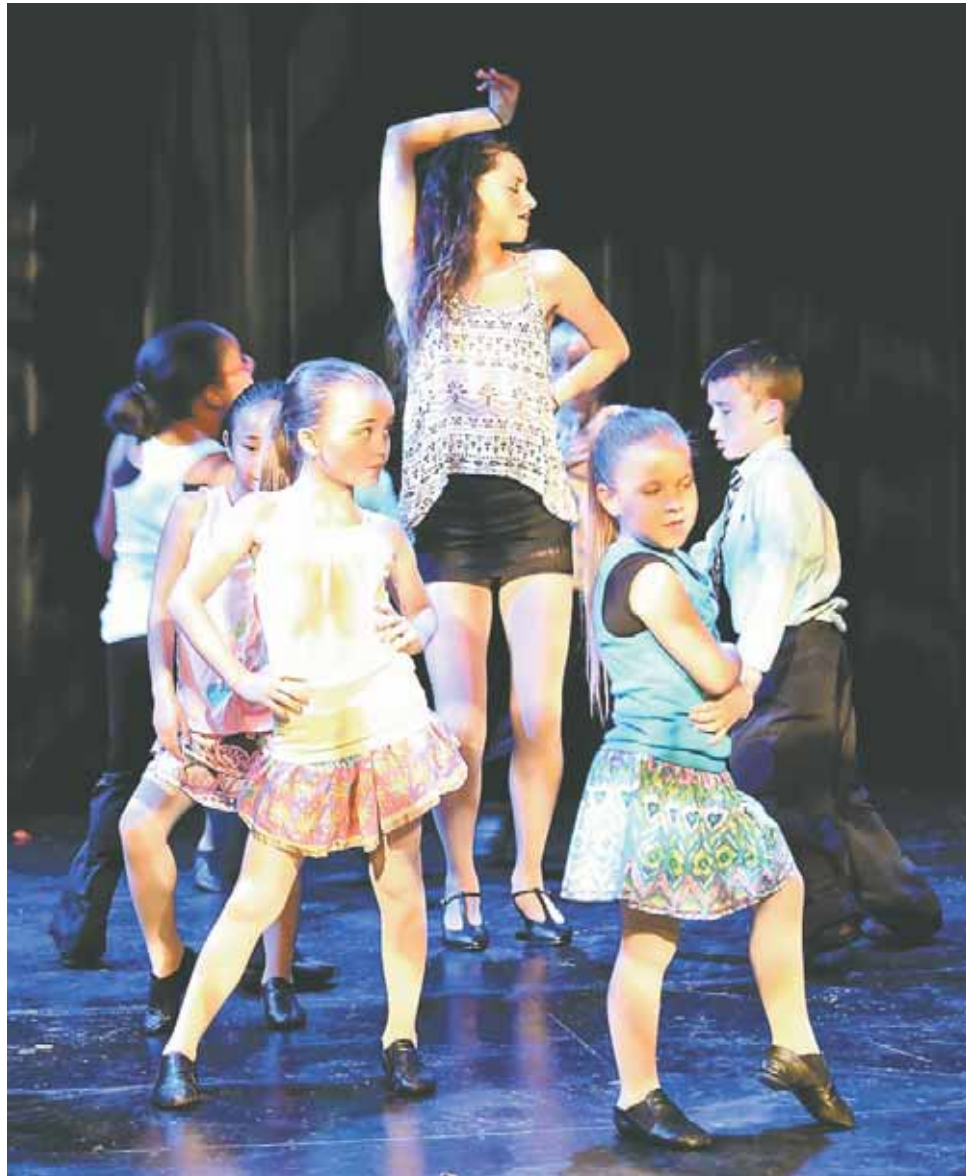


PHOTO COURTESY OF GLENN COOK

Students enjoy summer camps at Metropolitan School of the Arts in Lorton and Alexandria; musical theatre camps are just one of the many camps offered.

extended care for working parents. Sports enthusiasts can choose from an array of skill-development camps, including British soccer, basketball, football, baseball, cheerleading, archery, lacrosse or extreme sports programs. Enjoy the outdoors? Then check out the boating, fishing and biking camps. Specialty camps such as Young Chef's Cooking, Chess, Geocaching and Girls Leadership allow for exploring new interests or developing a new skill. There is also an array of STEM programs that stimulate cognitive development and enhance critical thinking. New camps are available in 2015 and include Ninja Stars, Longboarding Camp, Brazilian Soccer, Overnight Camps, Stand-Up Paddle Boarding, Kayak Fishing, fun new art camps, tons of new engineering camps and many more. The search and browse options on the website (www.fairfaxcounty.gov/parks/camps) make it easy to narrow choices by location, age of children, type of camp and week of summer or check out the 2015 Summer Camp Guide.

For more information about Rec-PAC or camps, call 703-222-4664 Monday through Friday, 9 a.m.-4 p.m.

The Art League's Summer Art Camps

The Art League's Summer Art Camp provides children ages 5-15 a wonderful introduction to visual art. In the regular art camp, each day brings a new project that may include drawing, painting, printmaking, or sculpture. Projects vary from week to week, so campers can always come back for more. The specialty camps, like Drawing Camp or Painting Camp, focus on immersion in one particular medium.

"Inspiring young artists and helping them discover the joy of innovation is a big part of our mission. It's as rewarding for us to see what the campers create as it is for them," said Executive Director Suzanne Bethel.

The Art League's Summer Art Camps are



PHOTO CONTRIBUTED BY PETER HAMER

Bishop Ireton Cardinals summer camps in Alexandria are gearing up for their eighth year of sports and theater camps.

held weekly. Half-day and full-day camps include regular art camp, painting, photography, jewelry, ceramics, sculpture, fiber, drawing, cartoons, and more. Camps run weekly from June 22 through Aug. 21, 2015 at The Art League's Madison Annex, 305 Madison Street in Alexandria. Register and find details online at www.theartleague.org. Contact The Art League at school@theartleague.org or 703-683-2323.

SummerTimes

St. Stephen's & St. Agnes SummerTimes programs offers campers ages 3-18 an enjoyable and enriching experience with programs designed to stimulate curiosity and creativity, develop talents, and encourage exploration and personal growth. Most of the camp directors are SSSAS teachers and coaches, supported by alumni and students. Operating on three campuses with state-of-the-art facilities in the heart of Alexandria, the camp strives to inspire campers all summer long.

"At SummerTimes, your child will have the opportunity to see new sights in Washington, D.C., to expand artistic horizons in an art or filmmaking camp, learn about computer programming or jewelry making, challenge their abilities in one of our many sports camps, try their hand in TechPlay, or participate in a variety of fun activities in our traditional Day Camp. We pride ourselves on offering camps that will spark an interest in your camper, and will encourage them to create and try new things on their own in a safe and nurturing place," said Jim Supple, Director of Summer Programs.

St. Stephen's & St. Agnes summer programs run from June 15-Aug. 14, offering nine weeks with a variety of camps. With more than 145 different camp sessions to choose from, there is something for campers of every age. Visit www.summertime.org to view camp offerings, pricing, registration procedures and more. Email summerprograms@ssas.org or call 703-212-2777.

Summer Fun for Adults

The region offers a wide range of programs for adults.

BY MARILYN CAMPBELL
THE CONNECTION

Summer fun is no longer reserved for children. Whether one's interests lie in exploring nature and hiking in the woods or immersed in history, art and literature on a university campus, the region abounds with warm weather opportunities.

The Osher Lifelong Learning Institute (OLLI) at George Mason University offers its members a chance to satisfy their intellectual and cultural curiosities. Want to read and discuss the "Iliad" or play Symphony No. 5 on the piano? Classes in Homer's writings or classical music are available in Fairfax, Reston and Sterling, Va. \$375 gives members access to more than 400 trips, courses and clubs ranging from memoir writing to French cooking.

"This summer you can get outside with OLLI trips to the National Gallery of Art, the Hillwood Estate, Museum and Gardens,

and The Franciscan Monastery," said Jennifer Disano, OLLI executive director.

From oil painting to soap making, Arlington County is offering a diverse smatter of classes for adults. "We have a smorgasbord of programs and really cool classes where you can learn about nature or go on hikes," said Susan Kalish, a spokeswoman for the county.

Potomac residents who want to distinguish an amethyst from an iolite are in luck this summer. A gemology class is among the most popular adult classes at the Potomac Community Recreation Center.

"We've got a host of different programs from tai chi, yoga and karate," said Peter Selikowitz, the center's executive director. "There's even a laughter fitness class which is a fun way to reduce stress."

For those wanting to learn how to avoid internet scams, Marymount University has teamed up with City of Falls Church to present "Living Better with the Internet." The series of five classes is designed for seniors and will be held at the Falls Church Community Center this summer. "The best news of all is that the classes are free," said Odette Shults, a spokeswoman for the University.

Educators say that an uptick in interest among adults, particularly seniors, has lead



PHOTO CONTRIBUTED

Summer camp experiences can help children become self-confident and self-reliant.

to a diverse offering of learning opportunities. "There is an absolute trend and evidence-based research is driving the trend," said Andrew Carle of George Mason University. "Adult activities are being reinvented. What used to be arts and crafts and

now their being called wellness and enrichment and address the physical, cognitive, social and spiritual needs of adults. We're seeing people being given more choices on how to improve their lives rather than just giving them activities."

Play Unified

BY RICK JEFFREY
PRESIDENT, SPECIAL OLYMPICS VIRGINIA

In my 20-plus years in Special Olympics I still, on occasion, make the same mistake. I miss the boat. I underestimate the abilities either cognitive or physical of our Special Olympics athletes; athletes with intellectual disabilities. But by continually making this mistake, I, in essence, pretty much make them like everyone else; just another person, available to be judged and limited by what we see or what we think we see. You see, the limitations that all of us place on each other determine how we perceive each other, treat each other, like each other, fear each other, raise each other up or marginalize each other.

Ask most coaches out there and they will tell you that the biggest limitations on any student athlete are the ones coaches place upon them, among which might be too slow, not big enough or not tough enough. It might not be much different in the classroom where teachers might see a student as too lazy, too distracted or not interested. And these are just student athletes in any sport, in any classroom, at any high school in Virginia.

Now compound that with Down syndrome, autism or an undiagnosed disability resulting in a student's inability to keep up with peers. In most cases, the limitations in a school environment, an environment that moves all too fast, are enormous. And even in schools with wonderful inclusive classroom environments, the opportunity to



interact and really build friendships and relationships remains limited.

These students with intellectual disabilities are, in most cases, not receiving an opportunity to really participate in sports; an activity that, at its heart, teaches teamwork, trust and communication; an activity that at its core promotes competency, credibility and caring; the building blocks of human relationships. Sports and sports teams are probably more conducive to building relationships and creating friendships than possibly any other school activity. Plus throw in the opportunity to "wear the colors" and represent your school and you create an emotional bond that may be the most inclusive opportunity for any student.

IMAGINE A PARTNERSHIP between Special Olympics and high schools throughout Virginia. Imagine the opportunity for a student with an intellectual (or any) dis-



PHOTO CONTRIBUTED
Rick Jeffrey

COMMENTARY

ability to play alongside his or her peers without disabilities in a Unified Sports team environment; to rely on each other, to communicate with each other, to believe in each other, to become Champions Together.

Imagine no more because Champions Together is here. In fact, it's right here in Fairfax at Robinson Secondary School and Robert E. Lee High School – and in 22 other high schools in Virginia.

This partnership with the Virginia High School League is aimed at bringing together youth with and without disabilities to build the first unified generation, a generation where youth will build upon the friendships and life lessons learned through sports and the Special Olympics movement so, later in life, they will not be afraid to live, work and THRIVE alongside their peers with different ability levels.

Champions Together high schools will form inclusive track and field teams this spring that will compete against other local high schools. Other components of the program include an inclusive student-led leadership team that will organize an awareness event to promote respect and inclusion, and promote philanthropy to support the future of the program.

AT SPECIAL OLYMPICS, we dedicate ourselves each day to building communities more respectful in their conduct, more inclusive in their makeup, more unified in their fabric. And each day the Virginia High School League is promoting education, leadership, sportsmanship, character and citizenship for students by establishing and maintaining high standards for school activities and competitions.

A new, young, energetic base of athletes and volunteers, which could include the sons or daughters of many reading this op-ed piece, will eventually transition from the schools into our communities and help Special Olympics Virginia and the Virginia High School League continue to achieve our missions.

The Champions Together program is new, and as it develops, we will learn a lot about how to build it, refine it and make it the best that it can be for everyone. And do you know who we will learn this from? We will learn it from our young people with and without disabilities who, through their participation and their ownership of this inclusive program, will prove to us that they are the future.

Let's Play Unified!

Rick Jeffrey has been the President of Special Olympics Virginia since 2000. He has served on many national and international committees for Special Olympics, and is currently serving on the United States Leadership Council where he is chair of the Sports Committee.

Award-Winning Connection Newspapers

More Reasons the Connection Newspapers are the Best-Read Community Papers

Winners of Awards in the 2014 Virginia Press Association and Maryland-Delaware-D.C. Press Association Editorial Contests

First Place Winners

Steven G. Artley, *Alexandria Gazette Packet* – Editorial Cartoon. Judge's comments: Smart and insightful.

Bonnie Hobbs, *Centre View* – Feature Series or Continuing Story. Judge's comments: Clear and concise writing with a good flow. Journalist captured the emotion of the event and engaged the reader well.

Michael Lee Pope, *Mount Vernon Gazette* – Business and Financial Writing. Judge's comments: First-rate, data-driven reporting and analysis on important issues. Fine work.

Michael Lee Pope, *McLean Connection* – Health, Science and Environmental Writing. Judge's comments: Michael Lee Pope's stories on driving habits, cesarean deliveries and the Affordable Care Act are well-researched, clearly written and engaging. His use of real-live people high up in his stories to illustrate his findings makes for very compelling material. He seems quite capable of turning some of these topics into a book. If he does, I'll read it.

Jon Roetman, *Vienna/Oakton Connection* – Sports Writing Portfolio. Judge's comments: Strong and clear writing and excellent storytelling helps game stories feel more like features. Excellent work.

Victoria Ross, *Oak Hill/Herndon Connection* – Government Writing. Judge's comments: An engaging look at a lobbyist who fights for the little guy; an entertaining story on a political candidate, helping readers put the upcoming election into context; one of the better budgeting stories I've seen lately that helps readers understand how the county's budgeting process is going to cost them more money. The supporting sidebars help bring the message home.

Jeanne Theismann, *Alexandria Gazette Packet* – Personal Service Writing, Obituaries. Judge's comments: These stories provide a glimpse inside the lives of people who have played significant roles in their communities. The writing is engaging and well-researched. And the stories serve as an example to others of how to live a life of purpose.

Jeanne Theismann, *Alexandria Gazette Packet* – Column Writing, Entertainment. Judge's comments: Ms. Theismann's entertainment columns demonstrate a breadth of knowledge that gives her opinions a ring of authority and authenticity.



Steve Artley



Bonnie Hobbs



Michael Lee Pope



Jon Roetman



Victoria Ross



Jeanne Theismann



Jean Card



Steve Hibbard



Louise Krafft



Joan Brady



Veronica Bruno



Vernon Miles



Marilyn Campbell



Mary Kimm



Steven Mauren



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Laurence Foong



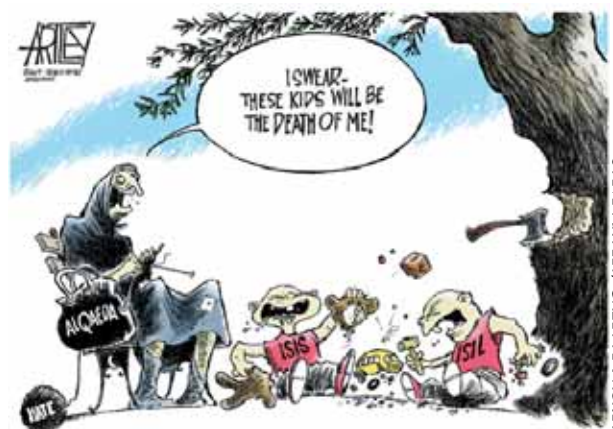
Renee Ruggles



Ken Moore

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Though I live nowhere near her area, I found it easy to be influenced by her writing and to wish that I had the opportunity to attend some of the events she talked about. All three examples are nicely written.

Jean Card, Jeanne Theismann, Steve Hibbard, Louise Krafft and Kara Coleman, *Alexandria Gazette Packet* – Lifestyle or Entertainment Pages. Judge's comments: Good balance. Front page article has good detail and info.

Second Place Winners

Joan Brady, *Great Falls Connection* – Column Writing.

Veronica Bruno, *Mount Vernon Gazette* – Feature Story Writing.

Jean Card, *Alexandria Gazette Packet* – Page Design.

Vernon Miles, *Arlington Connection* – Breaking News Writing.

Jeanne Theismann, *Alexandria Gazette Packet* – Headline Writing.

Third Place Winners

Steven G. Artley, *Alexandria Gazette Packet* – Editorial Cartoon.

Marilyn Campbell, *Chantilly Connection* – Health, Science and Environmental Writing.

Bonnie Hobbs, *Fairfax Connection* – Personal Service Writing.

Mary Kimm, *McLean Connection* – Editorial Writing.

Michael Lee Pope, *Alexandria Gazette Packet* – Public Safety Writing.

Steven Mauren, Mary Kimm, Steve Artley, Geovani Flores and Laurence Foong, *Alexandria Gazette Packet* – Editorial Pages.

Jean Card, Renee Ruggles and Laurence Foong, *Mount Vernon Gazette* – Informational Graphics.

The *Potomac Almanac* participates in the Maryland-Delaware-DC Press Association, and while 2014 award-winners there will not be fully announced until May 1, 2015, we do know that Ken Moore and Marilyn Campbell are winners.

