

'Zucchini All Day'

NEWS, PAGE 16

Kyrie Diep, 5 months, knows exactly what he wants at his first experience at the Reston Farmers Market. His mother, Courtney Diep, loves the educational component to shopping for produce and herbs at a farmers market. "I ask as many questions and they teach me all I can learn," she said.



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PHOTO BY MARY KIMM/THE CONNECTION

Bob Simon and Marion Myers at the reception before dinner.



PHOTO BY KEN MOORE/THE CONNECTION

The check presented to Cornerstones is made out for \$539,796.

Best of Reston

750 attend gala to celebrate the Best, raise \$540,000 for Cornerstones.

BY KEN MOORE
THE CONNECTION

Casey Veatch roused 750 people to a standing ovation near the end of the Best of Reston Awards for Community Service ceremony Thursday Night at the Reston Hyatt.

"I prefer honoring other people, but I learned from others along the way that you give praise for those who thank you and

thank those who praise you," he said. "I'm especially proud to accept this in my hometown."

Veatch called himself a child of Robert E. Simon's vision. "I'm continuously grateful to my friend," he said, looking to Reston's founder dressed to the tilt like most in attendance Thursday.

The Best of Reston, a joint venture of the Reston Chamber of Commerce and Reston's

SEE BEST, PAGE 4



PHOTO BY MARY KIMM/THE CONNECTION

Supervisor Cathy Hudgins (D-Hunter Mill) and Kate Fulkerson of the Reston Association.

And the Winners Are ...

Outdoors: The In Place

Larry Butler grew up in Vienna and he said he first learned to love Reston's outdoor spaces when he rode his dirt bike around Lake Audubon when the area was under construction.

"I was a dirt bike rider," he said.

When he first got a job with the Reston Association, he was asked, "If you see someone on a minibike, get him off," Butler said.

"Three decades later, I understand why they want to protect open space," said Butler.

Reston Association's Senior Director of Parks, Recreation and Community Resources, Butler was honored for making Reston's natural outdoor spaces, "part of the soul of Reston," an essential part of his work and personal life.

Butler was "instrumental in the success" of the Reston Triathlon, Reston Sprint Triathlon and the "Kids Tri," according to those who nominated him. Butler raised funds and developed partnerships to get 50 bikes donated to children who didn't have bikes to compete in the kids-tri and then keep the bikes in order to keep on biking and triathloning.

"I've been blessed to work with a huge group of dedicated people and all these organizations that get people outside moving," he said Thursday night.

Working with the Initiative for Public Art-Reston, Butler helped guide the construction of an interactive, mosaic-clad fountain at the reno-



PHOTO BY KEN MOORE/THE CONNECTION

Larry Butler was honored as Individual Community Leader.

vated Dogwood Pool and the "Pyramid of Light" at Lake Thoreau, a temporary sculpture beautifying the lake's spillway that involved a team of South Lakes High School students.

"The payoff is getting people out and involved. People see their community in another way. Places and events define a community and bring people together," Butler said.

His Hidden Treasures

Lois and Troy Hughes founded the nonprofit, His Hidden Treasures.

"We're here to celebrate the people of Reston, to give us the ability to offer his hidden treasures," said Troy Hughes.

He and his wife met in 2011 and both had lived separate lives with periods of wealth and success and periods of bankruptcy and near homelessness. When they met, Lois worked for a company that furnished executive apartments. Troy was the owner of a junk hauling business, Junk Be Gone, which he still owns.

When they came together, their partnership and faith steered their shared skills and experiences to the 2012 creation of their nonprofit ministry that helps people working their way

SEE WINNERS, PAGE 4



PHOTO BY KEN MOORE/THE CONNECTION

Lois and Troy Hughes won the Civic/Community Organization award.

PHOTO BY KEN MOORE/THE CONNECTION

Casey Veatch, right, with Master of Ceremonies Phil Tobey, was the winner of the Vade Bolton-Ann Rodrigues Legacy Award. Veatch roused the 750 people in attendance to a standing ovation.



Best of Reston Honored

FROM PAGE 3

Cornerstones program, gave Veatch the Vade Bolton-Ann Rodrigues Legacy — Entrusting Our Community's Future Award.

Introduced in 2013, the award is named for two past Best of Reston honorees who played a special role in the development, growth and work of Cornerstones and the Greater Reston Chamber of Commerce. "Ann Rodriguez and Vade Bolton believed strongly in developing and mentoring future leaders and the importance of giving back to our community. This prestigious award has only been presented to two honorees: Amanda Misiko Andere (2013) and now Veatch," according to Best of Reston organizers.

DURING THE CEREMONY, the 750 attendees got a glimpse of Veatch in action via a documentary short about him as a coach and mentor; the audience heard from the people, youth and adults, that he inspires day after day.

"One of the gifts God gave me is to see potential in people," he told Best of Reston organizers.

"Love your neighbor as yourself," and I try to live up to that," he said Thursday night.

The Greater Reston Chamber of Commerce partnered with Cornerstones 24 years ago to create the annual Best of Reston: Awards for Community Service. Cornerstones promotes self-sufficiency by providing support and advocacy for people in need of food, shelter, affordable housing, quality childcare, and other human services.

The event has raised more than \$1.7 million the previous two years, and another \$540,000 last Thursday night.

"When you raise a half million dollars, it's a good night," said Chamber of Commerce President Mark Ingrao. "We are overwhelmed by the generosity of this community."

"I hope it inspires everyone else because so many of you do such great work," Veatch said.

"Congratulations, you're all the best," said Del. Ken Plum.

"I feel a lot of friendship in this room to-



PHOTO BY KEN MOORE/THE CONNECTION

Lynn Lilienthal, winner of Robert E. Simon Lifetime Achievement Award, was surprised with the award at the gala.

night. I think that makes this special night very special indeed. Thank you for being my friends. Thank you," said Fran Steinbauer.

"What you all do is so inspirational, no one can do what you all do," said Mike Collins, outreach director for U.S. Rep. Gerald Gerry Connolly.

"We're here to celebrate the people of Reston," said Troy and Lois Hughes, of His Hidden Treasures which works in partnership with organizations dedicated to ending homelessness and transforms transitional rental housing into homes for families, personalized with lovingly restored furniture and donated store floor samples and new housewares, according to Best of Reston nominations.

"There's so much more to do and so much more we can do," Hughes said.

"Is this not the Best Night Out in Reston?" said Ingrao.

"I so look forward to the future," said Kerrie Wilson of Cornerstones.

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Winners

FROM PAGE 3

out of homelessness to gain much-needed self-esteem in newly furnished homes.

"It's a passion now not only a ministry," said Troy Hughes.

"Working in partnership with organizations dedicated to ending homelessness, His Hidden Treasures transforms transitional rental housing into homes for families, personalized with lovingly restored furniture and donated store floor samples and new housewares," according to Best of Reston documents.

Selective about the furnishings they provide, Lois and Troy insist that every bedroom have brand new mattresses, pillows and fresh linens.

Civily Engineering Community Roots

Fran Steinbauer looked to all of the 750 people in attendance for the Cornerstones and the Reston Chamber of Commerce evening.

"I feel a lot of friendship in this room tonight. I think that's what makes this special night very special indeed," said Steinbauer. "Thank you for being my friends. Thank you."

Robert E. Simon, Reston's founder, lured Steinbauer away from his role as project manager for Dulles Airport to work on Simon's vision of Reston.

"Those principles are what draw you in," he said.

"We were experimenting," he recalls. "The world around us thought we were nuts. We were selling townhouses in the woods. There was nothing else out here but dairy farms. The first pioneers, they put their money on a risky business and were proud of the fact that it was socially different."

Steinbauer has involved himself in all of Reston for five decades, from his roles on the boards of Reston Association, Greater Reston Chamber of Commerce and Reston Homeowners Association to coaching youth sports and to being a key architect of Cornerstones' affordable housing programs.

"For Fran it was always about making homes, neighborhoods, and places where people could

"Beds are paramount to me. I won't work with an agency that doesn't provide beds," said Lois. "The body needs to restore itself before you're mentally able to move on."

Last year, the couple furnished 50 homes and sold \$200,000 worth of restored items on Craigslist to support their nonprofit endeavors, according to those who nominated them.

"We consider it an honor to do this," said Lois.

"Rebuilding that's no small task, it takes courage," she said on Thursday night, in front of 750 people at the Best of Reston ceremonies.

"Our mission is to help. There's so much more to do and so much more we can do."



PHOTO BY KEN MOORE/THE CONNECTION

Francis C. Steinbauer, winner of an Individual Community Leader award.

thrive," according to the Best of Reston nomination. "He continues to work for the ideal that anyone — regardless of their means — can live in neighborhoods with everything from the most basic to the most elaborate housing options."

Sharing Success Like Family

Maid Bright, Small Business Leader

Yusuf Mehmetoglu founded Maid Bright, a house-cleaning business, 10-years ago.

Maid Bright has provided free house cleaning services to women with cancer, catered dinners for the hypothermia shelter and do "move-out" cleaning for Cornerstones' transitional housing units so incoming residents find "a sparkling clean welcome."

"There is always time to give back to your community," he said Thursday night, after receiving the Best of Reston's Small Business Leader award.

Zeynamp Mehmetoglu beamed as Yusuf spoke.

Maid Bright participated in the 2013 Love Your Body fundraiser for Cornerstones. They consistently offer discounts to seniors, veterans, firefighters and teachers; participate in the annual Reston Help the Homeless walk; and donate to the plight of Syrian refugees.

Being active, contributing members of the



PHOTOS BY KEN MOORE/THE CONNECTION

Zeynamp and Yusuf Mehmetoglu of Maid Bright, honored as Small Business Leader.

Northern Virginia community, they say, is good for growing a business and a natural and inherited part of their culture, where sharing "the fruits of your success is expected," according to Best of Reston nomination.

"It allows us to set a good example to our children and future generations," he said. "The payback is that you experience a different kind of happiness that you can't get anywhere else."

New Neighbor, Fully Engaged

Leidos came to the Reston area less than two years ago, and employees have generated more than 32,000 volunteer hours.

"We have a thousand people who come to Reston," said Leidos CEO Roger Krone.

SEE WINNERS, PAGE 13



Roger Krone, CEO of Leidos, winner of the Corporate Business Leader Award.



WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

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Nick Konarski, General Manager,
Koko FitClub of Northern Virginia

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"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance



were not what they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
Koko FitClub, Reston

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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

EDITORIAL

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America. In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: <http://map.feedingamerica.org/>

ON SATURDAY, MAY 9, as they deliver mail, postal carriers will collect donations of non-perishable food left by residents near their mailboxes. They will be joined by retired letter carriers, by family members and friends, and by volunteers to help collect and distribute the sacks of non-perishable food items that get left next to mailboxes that morning.

People are encouraged to leave a sturdy bag containing non-perishable foods such as canned soup; canned vegetables; canned meats and fish; pasta; peanut butter; rice or cereal next to their mailbox before the regular mail delivery on Saturday. Carriers will bring the food to local food banks, pantries and shelters.

CONNECTION FILE PHOTO

The annual food drive is held in more than 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

Garza Calls Community to Help #saveFCPS

Superintendent says FCPS faces deficit of more than \$100 million; FCPS excellence at risk.

Statement from Fairfax County Public Schools Superintendent Karen K. Garza following the Fairfax County Board of Supervisors passage of the Fairfax County Fiscal Year (FY) 2016 budget:

Once again, we find that the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools (FCPS). This is extremely disheartening — we entered this budget year making a good faith effort to work collaboratively with the Board of Supervisors. We worked for nearly a year with the County Executive and the Board of Supervisors to develop a reasonable budget that met only the very minimal needs of FCPS, and in the end they did not deliver.

Supervisors are sending a clear message that they are unconcerned about the increasing challenges of our students, our teach-

ers, and our schools. The supervisors refused to fully fund our budget for the 2015-16 school year (FY 2016), when faced with a nominal \$7.6 million deficit. We have grave concerns as to what will happen in the 2016-17 (FY 2017) school year when we face a devastating shortfall of more than \$100 million.

The entire Fairfax County community has a critical decision to make: either we invest the necessary funds in our students and schools, or we will have to work together to decide what to cut — and we cannot cut our way to excellence.

Due to years of chronic underfunding coupled with a decade of significant enrollment growth and increasing student needs, we will not be able to sustain the current quality nor the full range of academic programming

we currently offer our students. We have sought to protect the classroom to date, but with the scale of the FY 2017 shortfall, we will have to take a serious look at the programs that we must cut starting in the 2016-17 school year. These cuts will likely affect all current academic programming including limiting elective choices, reducing career and technical programs, impacting advanced offerings, and again raising class sizes at all levels. We must make these difficult choices by December 2015 because students begin their course selections in January 2016.

Since 2008, we have cut 2,175 positions and nearly a half-billion dollars from our budget affecting every school and department. We have fallen so far behind in teacher salaries that we are no longer com-



Karen K. Garza

petitive and are losing talented staff to neighboring school districts. Our teachers are the reason FCPS students excel and achieve. Losing our most experienced teachers will have a significant effect on student performance and will ultimately affect the reputation of FCPS.

Fairfax County public schools are frequently cited as one of the main reasons that businesses choose to relocate to the county, and Fairfax has some of the highest property values in the country, but without excellent schools as a foundation — corporate investment in Fairfax and property values will decline.

In the education of our children, every year matters; we cannot hope to make up deficits in their education in their later years. It is critical we take action now.

I hope our community will join me to #saveFCPS.

COMMENTARY Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID
SHERIFF, FAIRFAX COUNTY

Across the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in

Fairfax County with regard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the systemic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedi-

cated our lives to law enforcement and for members of the community who believe in dignity and fairness for those who come into contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored.

From the beginning, the Sheriff's Office has cooperated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a close. I have not offered more than passing comment because, as both a law enforcement official

SEE KINCAID, PAGE 15

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We the People

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



In Virginia as in states throughout the South and the Midwest, there is a continuing stream of legislation that attempts to place the power of the states over that of the federal government. Most recently the passage of the Affordable Care Act resulted in a torrent of bills attempting to stop implementation of the federal law. Virginia has a not-so-proud history in this regard. From asserting states' rights as a justification for being able to own slaves to "Massive

COMMENTARY

Resistance" to prevent the racial desegregation of the schools, Virginia has too often been a leader in arguing against history and asserting a right to interpose itself between the federal government and the people.

Recently I had the pleasure of discussing with a middle school class the meaning of "We the People." I could not have been more impressed with their knowledge of history and constitutional law! Only later did I learn that this group of scholars at Rachel Carson Middle School in Fairfax County had won the middle school championship in a "We the People" competition by besting eight other teams from around the country. The competition is part of the national "We the People's: The Citizen and the Constitution Program" sponsored by the Center for Civic Education (<http://www.civiced.org/home>) to promote civic competence and responsibility among middle and high school students.

The students at Rachel Carson were able to explain why the Articles of Confederation that had made the state preeminent had failed and to discuss

the expansion of civic participation during our history with the passage of the 13th, 14th, 15th, and 19th amendments to the Constitution and the Voting Rights Act of 1965. They had a clearer grasp of our history than I have found in some debate in the state legislature. Congratulations to teacher Cynthia Burgett and the students on their wonderful achievement. I could recognize many civic leaders in the class who I know will be contributors to our communities and to our

government in the future. They will make "We the People" a reality.

Last week I also participated in the 40th anniversary of the Volunteer Learning Program in Fairfax County Public Schools.

I was part of starting the program that continues with much success to place volunteer tutors from the community with volunteer learners who want to complete their education. The ability to serve diverse learners with different goals at locations throughout the County at times of their availability has been possible only through utilizing an experienced teacher to train volunteers who work with students one on one. For some students the goal is to learn to read and write; for others it is to learn English. Some students have employment goals. Congratulations and thank you for all those who work to expand educational opportunities in our community. More information is available if you want to be a tutor or need assistance the program provides at <http://www.fcps.edu/adulth/vlp/aboutvlp.html>.

We the people can have a better government when we know our history. We can have a better community when we contribute to the advancement of others.

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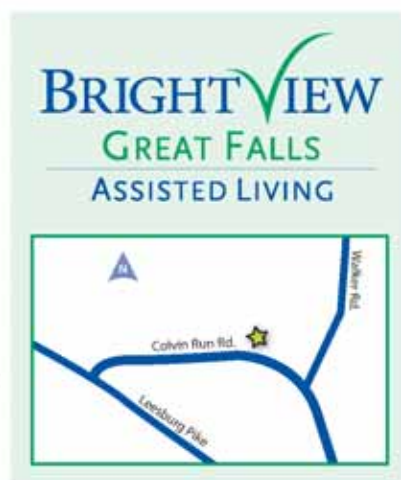
"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." - Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." - Sophia C.



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Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

BY MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Guly, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount University. Seniors who have active social connections are better able to fight disease, they experience greater psychological wellbeing and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

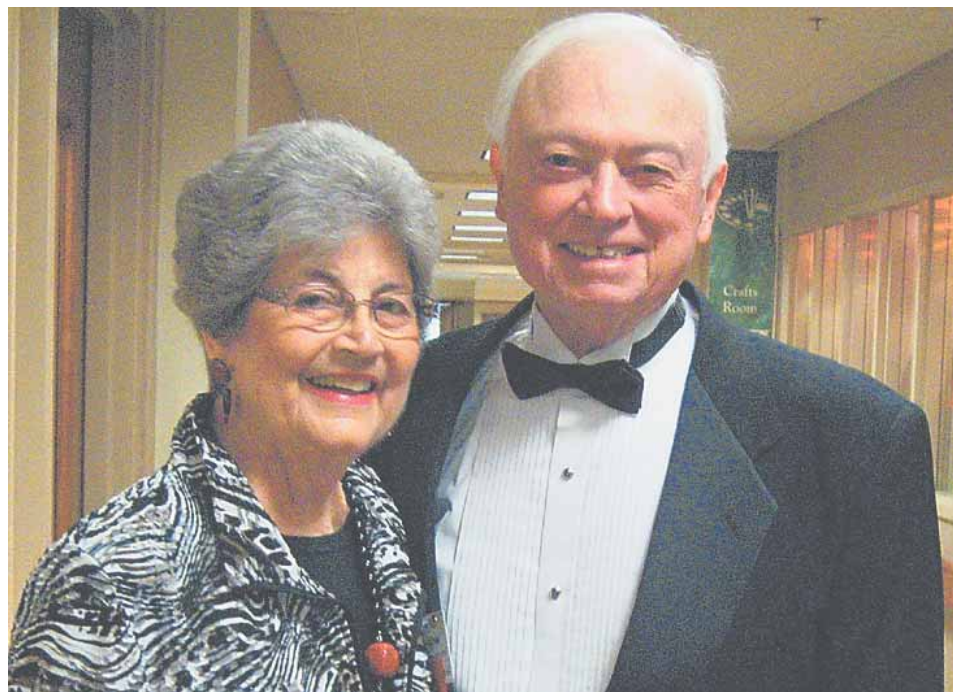


PHOTO COURTESY OF GEORGE & PEGGY WHITE

George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.

"One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

— Dominique S. Hubbard, professor of psychology



PHOTO COURTESY OF BILL & BETTY KENEALY

Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., (associate professor of psy-

chology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few."

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends.

"Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected.

"Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and current," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that offer positive social interaction from those that simply provide contact with another person. "Social support means, 'Does this individual feel supported by those in his or her life?' It doesn't mean the number of friends or support persons one has," she said. "Older adults who have a lot of social interaction because they need assistance with activities of daily living ... do not experience these interactions as positive. People are helping them because they have lost the ability to do the tasks themselves."

While social media has made staying in touch with friends easier for some, there are dangers. "Unfortunately, there is a negative correlation between time spent on social networking sites and the internet in general and the time spent with friends," said Stratton. "Also, several studies indicate that more time on Internet predicts depression. So while in-person relationships are great buffers for stress and protect physical and mental health, online relationships may actually... hurt mental health and social connections."



The charity run attracted participants of all ages.

Running for Mental Health

Forty-three brave runners, walkers and toddlers came out early on Sunday morning to participate in the Becky Love Foundation event at Turner Farm Park on Sunday, May 3. Raising money to support mental health, the event drew around 100 people over all, 4 horses and a gaggle of kids, doing spin art, jumping in the moon bounce, and running challenges in the obstacle course. Ponies and horses did gymkhana games in the ring after the 5k ride around Turner Farm Park. In the Second Annual Mothers for Mental Health, best in each age bracket from under 12 to over 60 won gift certificates to Potomac River Running, a local running store chain that

timed the sanctioned event. Supervisor John Foust (D-Dranesville) came to the event early on Sunday, bearing bananas for the exhausted runners. He shared his appreciation and congratulated the participants as they crossed the finish line. Started in 2013, the Becky Love Foundation raises awareness and funds for mental health, supporting those who have lost loved ones and struggle to move forward, bereavement camps for kids who have lost a parent or sibling, and suicide awareness. Now registered with the National Capital Area Combined Area Campaign, Code, 94250, the Becky Love Foundation looks for wider exposure to raise funds for mental health.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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 5/20/2015...A+ Camps & Schools, Proms, Summer Planning
Memorial Day is May 25
 5/27/2015Summer Fun, Food, Arts & Entertainment

JUNE
 6/3/2015 Wellbeing
 6/10/2015 Father's Day Dining & Gifts
 6/10/2015 HomeLifeStyle
 6/17/2015 A+ Graduations & Summer Learning
 6/17/2015 Father's Day Dining & Gifts
Father's Day is June 21
 6/24/2015 Independence Day Preview
 6/24/2015...Professional Profiles & Business in the Community

JULY
 7/1/2015 Wellbeing
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American Tourists in Normandy

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

We now know for certain that spring is here and summer is not far behind. How so? Because the Reston Farmers Market opened for its 18th season on Saturday. The weather gods smiled on opening day once again and the turnout was huge—perhaps the largest ever. It was a grand rite of spring with an air of celebration and vendors selling more than they expected on a terrific opening day. Having just returned from a trip to France with old friends, we were ready for the big day.



Our travel took us first to Paris to see the typical tourist sites of this beautiful city with its wide boulevards, Arc de Triomphe, the Basilica of the Sacred Heart of Montmartre, the Eiffel Tower and more. Then we cruised down the River Seine to Normandy, stopping along the way in the town of Vernon (pronounced vair-noh) and the charming village of Giverny, the home of Monet with the idyllic gardens portrayed in many of his paintings. Nearby was a small, primitive church which I found more interesting than some of the grand cathedrals. The church sat on a hillside with a graveyard up behind it. A particularly interesting monument included a huge propeller blade from a British Lancaster bomber sticking up out of the ground. It had crashed on that site after a raid on Nazi installations nearby late in WWII. The monument honored the seven British crewmen killed in the crash.

Farther down the river, as we neared the English Channel, we left the boat and took a bus to the beaches of Normandy, site of the June 6, 1944 D-Day landings. My father served in the infantry in WWII. He was not part of the D-Day landings but did fight at the Battle of the Bulge months later. I had never visited the area and was not prepared for the impression of awe it left me with. We drove southward along the beaches of Sword, Juno, Gold, Omaha, and Utah. The landing zones went on for miles—where tens of thousands of American, British, Canadian and other allied troops were greeted by German mines, artillery and fierce gunfire. Despite extensive preparation and a huge force, winning the beachheads proved to be a monstrous and deadly fight. The weather was foul, the seas heavy—so much so that the Americans at Omaha Beach lost 27 of 29 tanks they attempted to land with the aid



A view from the ship at the Eiffel Tower.

of flotation devices which failed in the huge swells. Many of the thousands of young GIs drowned as they jumped from their landing craft into deep water with heavy packs and equipment trying to avoid the withering German gunfire. Thousands of others were killed by mines and the relentless gunfire. The fighting went on for hours and into the night at the five landing zones before the beachheads were secured. Before returning to our boat, we stopped at a couple of the massive German bunkers with their ghostly rusted artillery pieces still facing the beaches. We went on to the main American cemetery a short distance from Omaha and Utah beaches. There we saw 9,400 gleaming, white marble crosses and stars of David marking the final resting places of those who gave their lives. Taps was played during a brief ceremony in tribute to those buried there. There wasn't a dry eye in our entire tour group. Note: Next of kin were given the option of having remains of loved ones repatriated to the U.S. Nearly half did so. On the way back to Paris, we stopped at the richly ornate, massive Palace of Versailles, the French showpiece built by Louis XIV. Impressive, but it could not compare to what we had seen at the beaches of Normandy.

What Is the Cost of Not Buying the TETRA Property?

To the Editor:

It seems that most Restonians are in favor of RA buying the Tetra property but are concerned that the price may be too high. Viewing this purchase in the context of a commercial purchase is, in my view, the wrong perspective. Rather the purchase should be viewed from the perspective of value in the context of residential Reston. This is a unique, perhaps one time, opportunity to purchase wonderful water-front property located between Reston owned spaces and in the heart of a number of residential communities. If RA does not purchase this property one can be certain that at some point it will be developed commercially to its maximum commercial value – perhaps repeatedly over the years. Commercial development in the heart of a residential area will have a tremendously negative impact on the value and quality of residential Reston.

Viewing this purchase from a commercial investment point of view, I believe, misses the point. Part of the point of the purchase is in fact to prevent commercial development. Of course the owner wants to sell for its maximum commercial potential value. RA wants to use the property but also to pre-

vent such commercial development. However, to expect to be able to purchase the property at a non-commercial value is unrealistic. And it makes it difficult to negotiate with the owner when the purchaser's bottom line is (rightfully so in this case) publicly available.

We moved to Reston over 20 years ago. We did not move here for its commercial value. We moved here because of its residential value. We moved here because of the woods, the open spaces, the trails, the wildlife and the beautiful peaceful lakes. For us RA is primarily in the business of assuring excellent residential quality. If the primary purpose of RA was commercial development then we should cut down all the trees and fill the open spaces with high-rises and commercial development.

Failure to purchase this property would be a huge mistake. If RA cannot purchase the property and has no control over its development and use, years from now, as this property is developed Restonians will look back with regret and say "I can't believe we let this opportunity slip away."

Please vote YES to purchase the Tetra property!

Dave Williams
Reston

Who Pays for a Mistake?

To the Editor:

So the agreement was reached to pay John Geer's family just under \$2.95M for the mistake of a police officer. My heart goes out to the family.

But I am concerned about the payment.

Why are taxpayers responsible to pay for this? Where is the statute that justifies this?

I pay over five digits in real estate tax, personal property tax, car registration fees, licensing fees, and who-knows-how much in sales tax.

But the Board of Supervisors pays millions to a victim of a mistake; yet the roads I have to drive on are still full of lumps, bumps, cracks, and potholes. Where is the money for that? What gives?

Bob Fritz
Oakton

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Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at www.restoncelebrates.org. For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:











WWW.RESTONCELEBRATES.ORG

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.

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. <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>.

Nature Walk: Sunset at Sunrise Valley Wetlands. 7 - 8 p.m. Sunrise Valley Wetlands - 12700 Sunrise Valley Drive. Park on the left (west) side of the office building. 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. Free. naturecenter@reston.org. 703-476-9689 and press 5.

Food Truck Thursdays. 11 a.m. - 2 p.m. Reston Town Square Park. First Thursday of the month, a variety of food truck vendors.

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/>.

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 17 and under (with adult/senior ticketholder). For tickets and information: www.restonchorale.org.
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. Reservations required by May 6. Fee: \$7/person RA members, \$9/person Non-members aturecenter@reston.org. 703-476-9689 and press 5.

Patriotic Pops Concert. 4:30 & 7:30 p.m. Reston Community Center, 1609 Washington Plaza, Reston. General admission tickets are \$20/ Seniors, \$25/Adults and free for youth 17 and under with an adult or senior ticket holder. www.restonchorale.org.



PAINTING BY ANN BARBIERI

The Northern Virginia Fine Arts Festival will take place Friday-Saturday, May 16-17, at Reston Town Center, where individuals can view, purchase, and experience art directly from the artists who have created it. Visit <http://northernvirginiafineartsfestival.org> for more.

MONDAY-TUESDAY/MAY 11-12

Slimy Salamanders. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Salamanders look like lizards, but they are actually amphibians with moist skin. Get your hands messy while learning how this slimy skin protects them. Enjoy a snack while reading The Salamander Room by Anne Mazer. Go on a short hike to discover where salamanders live and what they eat. Reservations required by May 6. Fee: \$7/child RA members, \$9/child Non-members. naturecenter@reston.org. 703-476-9689 and press 5.

Rain Barrel Workshop. 10:30 a.m. - 12:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Rain barrels are a great way to help capture and control stormwater from rooftops, prevent erosion, improve water quality, and conserve water. This workshop is a quick and inexpensive way to recycle a black pickle barrel into a rain barrel for your home. Participants must register and submit payment online at www.arlingtonenvironment.org/barrel.php. Reservations required by May 12. Fee: \$55 per barrel (Limit 2 per household.) 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

Downfall: The Empire's Last Stand. 2 p.m. Reston Regional Library, 119235 Bowman Towne Drive, Reston. Local historical tour guide Jim Lewis presents the Allied leadership's 1945 plan for a massive invasion of Japan, "The Largest Invasion That Never Happened." Adults.

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. northernvirginiafineartsfestival.org

SUNDAY/MAY 17

Hansel & Gretel. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCO performs a special Hansel & Gretel with Pamela Ferguson and her Little Green Dragon. Maestro Dingwall Fleary presents RCO youth soloist Mika Cutler playing Kreisler's Praeludium and Allegro. Free Admission. Tickets required.

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Photo by Kenneth M. Wyner

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SPORTS

61 Sports Events over 10 Days

Fairfax County hosting the 2015 World Police & Fire Games.

BY BONNIE HOBBS
THE CONNECTION

A huge event on a scale Fairfax County has never before seen — that's the 2015 World Police & Fire Games. It'll run June 26-July 5 and promises to be a once-in-a-lifetime experience for area residents.

"We expect over 12,000 first responders from more than 70 countries," said county police Maj. Rich Perez, who's heading up security. "There'll be 61 sporting events spanning 10 days, and with more athletes than the summer Olympic Games."

Perez is in charge of bringing together 37 different federal, local and state entities to provide security for the events. These groups include the county Fire and Rescue Department, Sheriff's Office, Virginia State Police, the U.S. Department of Homeland Security, the TSA, ATF, and Department of State.

The World Police & Fire Games started in San Diego, Calif., in 1985 and are held every two years. "We're celebrating the camaraderie, honor, courage and athleticism of first responders from around the world," said MPO Michelle DuBois, one of the county Police Department's athletic outreach ambassadors.

Both active and retired fire and law-enforcement personnel will be competing. "This is the 30th anniversary of the games, so there'll be dignitaries here, too," said DuBois. "And it's also the 75th anniversary of the Fairfax County Police Department."

THE OFFICIAL website is Fairfax2015.com and, said Perez, "It's getting 9 million hits a day. The local, economic impact is expected to be \$70 million to \$80



Police officers Rich Perez and Michelle DuBois discuss the upcoming World Police & Fire Games.

million for those 10 days." That's because, in addition to the athletes, themselves, an estimated 30,000 visitors are also expected to attend the games here.

Some 80 county firefighters and 50 county police officers are registered to participate, including Police Chief Ed Roessler Jr. "He registered for the triathlon and has been diligently working out and preparing for it," said Perez.

Some other local first-responders will be defending their awards won previously. Fire Department Battalion Chief Jerome Williams won a gold medal in stair climbing in the last games, held in New York. And county police officer, Lt. Mark Kidd, is the current gold-medal holder in darts.

But all the participants are special, said Bill Knight, president of the World Police & Fire Games. "These athletes are truly he-

roes from around the world," he said. "And they deserve to be treated like Olympians."

The various athletic competitions will be held at 53 different venues, but more than 70 percent of the games will take place in Fairfax County. Athletes will participate in events including archery, badminton, baseball, beach volleyball, bench press, billiards, body building, bowling, boxing, cross country, cycling, darts, dodge ball, flag football, golf, hockey, judo, karate, lacrosse, half marathon, motocross, motorcycle and mountain biking. They'll also vie in orienteering, paintball, pistol and rifle competitions, police service dogs, rowing, rugby, skeet shooting, soccer, softball, swimming, table tennis, tae kwon do, tennis, track and field, triathlon, ultimate firefighter, volleyball, wrestling and wrist wrestling.

Several of the events will be held in the

local communities. There'll be baseball at Westfield High; Toughest Competitor Alive at the Cub Run Rec Center; clays, skeet and trap shooting, Bull Run Regional Park; cycling, police driving track in Chantilly; darts, Fairfax County Police Association Hall in Fairfax; and lacrosse, Centreville High.

GMU will also host baseball games, as well as basketball, bodybuilding, boxing, swimming, tennis, and track and field. At the Reston Town Center will be the athlete village and check-in, plus the half marathon and honor guard competitions.

Martial arts will be held at NOVA's Ernst Center, and weightlifting will be at the Herndon Community Center. Meanwhile, archery, cycling, mountain biking and orienteering will take place in Fairfax Station's Fountainhead Regional Park. And Tysons Corner will host dodge ball and stair racing.

MASS TRANSIT will be used as much as possible to transport the athletes to and from each venue.

"There's no cost to attend and view any of the events," said DuBois. "So we encourage people to bring their families and friends to them and enjoy."

But such a huge undertaking can't be accomplished without volunteers, and some 4,000 of them are needed. Signups are at <http://fairfax2015.com/volunteer>.

"We need medical personnel at each venue to cover the athletes, volunteers and spectators," said DuBois. "People are also needed to check in the athletes and direct them to the next station. Volunteers must be 18 or older and able to read, write and communicate in English. They must also pass a background check to keep everybody safe."

Urging people not to pass up this opportunity to lend a hand, she said, "You can play a key role in one of the largest, multi-sport, multi-venue events in the world. Instead of just watching, you can be a part of history."

Herndon's Conference Record, 5-2

Herndon junior Graham Seitz pitches against Chantilly on May 1. The Hornets lost 7-1, dropping their Conference 5 record to 5-2. Herndon faced Westfield on Tuesday, after The Connection's deadline. The Hornets will host Centreville at 6:30 p.m. on Friday, May 8.

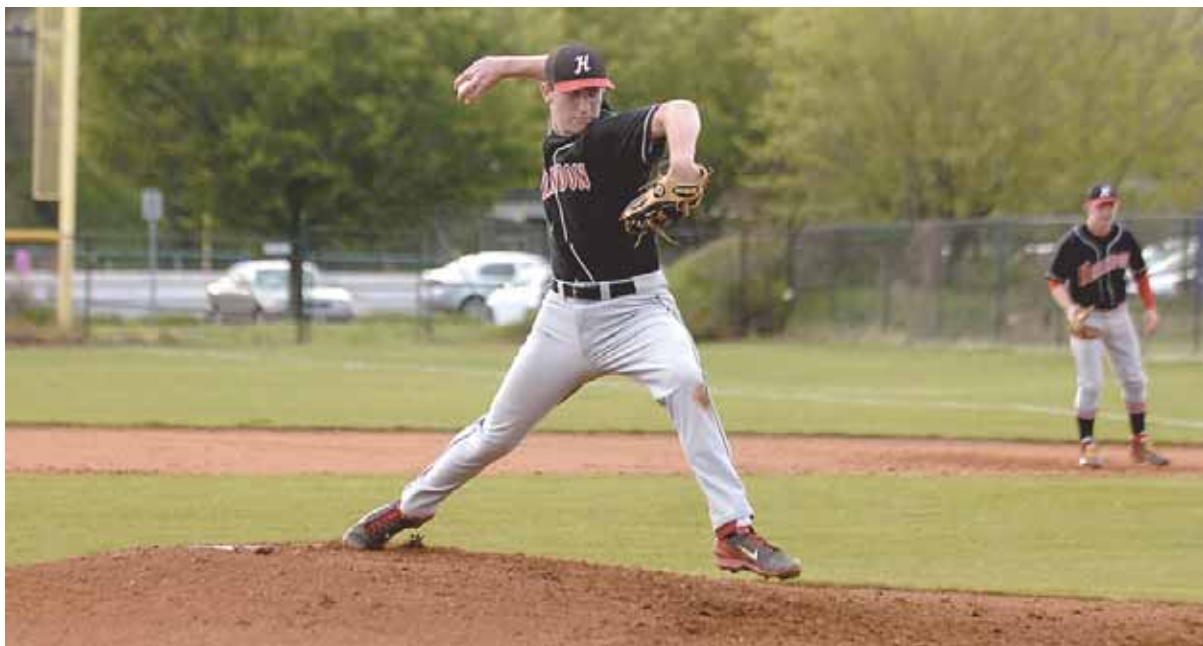


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Winners

FROM PAGE 4

"We wanted a place where people wanted to come to work, where they felt committed and thrilled to be here."

Leidos, a worldwide leader in science and technology, has helped with educational Science, Technology, Engineering and Math opportunities in 12 Reston schools, art experiences through the Greater Reston Arts Center, the Initiative for Public Art-Reston (IPAR), and the annual Ethics Day at South Lakes High School.

Leidos has lent its support and presence to meeting basic human needs through the American Cancer Society Relay for Life (Reston) and American Heart Association (Run Your Heart Out,

Reston); has organized the "Inspired Living Day" walk at Reston Town Center; has become a Strategic Partner contributor for affordable housing and workforce development with Cornerstones; and has engaged in Habitat for Humanity construction projects.

Leidos' employees have engaged with Paralyzed Veterans of America, Tragedy Assistance for Survivors, and the USO. In 2014, it also launched Operation MVP to hire, train and support returning veterans.

"It has been a terrific experience for us," said Krone. "I am so proud of what our employees have done."

Serving People

Maximus and its employees have supported a wide-range of organizations who work locally to strengthen the safety net for homeless and at-risk families, or those with special needs, including Herndon-Reston FISH, Cornerstones, Jill's House, FACETS, The Women's Center, Wolf Trap Foundation for the Performing Arts, and the Kids on a Mission program of Touching Heart.

"We do this from our hearts to help those individuals who aren't as fortunate. We thank you for supporting this initiative this evening," said Maximus CEO Richard A. Montoni. "These folks are committed to making a better community. They take an incredible sense of pride in giving back to the community."

He called Reston a model. "What started here is being rolled out globally," he said.

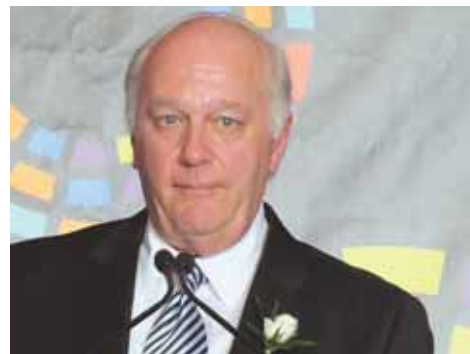


PHOTO BY KEN MOORE/THE CONNECTION

MAXIMUS won the Corporate Business Leader award, Richard Montoni, CEO, accepts the award.

Best of Reston Honored

FROM PAGE 4

ALL PROCEEDS from Best of Reston support the programs and services of Cornerstones.

Since 1970, Cornerstones has helped 250,000 people in need overcome tough economic times in an already high cost-of-living region. Through advocacy and support services, the agency connects clients to the resources they need to help build more stable families and self-sufficient lives. Cornerstones provides an array of programs that solve requirements for housing, childcare, food or financial assistance.

"I'm really proud that businesses come year after year after year to support this," said Ingrao. "We are overwhelmed by the generosity of this community."

"When Reston was first created, the citizens asked the Board of Supervisors to build a homeless shelter in this community. That

tells you the kind of people that are here, that people want to help people less fortunate," he said. "You see the results all the time."

"Absolutely, it's the best night out in Reston," he said.

The Chamber and Cornerstones surprised Lynn Lilienthal with the final award of the evening — the Robert E. Simon Lifetime Achievement Award given to honor a previous Best of Reston award winner whose vision, spirit, compassion and belief in community has made Reston the great place that it is, and who serves as a model of continued engagement and ongoing service.

Lilienthal joins these extraordinary lifetime contributor and Robert E. Simon award recipients:

Joe Ritchey (2009); Charles A. "Chuck" Veatch (2010); Priscilla Ames (2011); Jim Cleveland and Karen Connell Cleveland (2011); William "Bill" Bouie (2013).

OBITUARY

Ruby Lee Seering, 71, a Long-time Reston Resident, Dies

Ruby Lee Seering, 71, passed away on April 16, 2015 in Myrtle Beach, S.C. of natural causes. She was born on Nov. 30, 1943 to James and Winifred Seering.

Ruby is survived by her daughter Mary Anne Baird, surrogate daughters Rini Segar and Arwen Tinker, brother Jim Seering, sisters Barbara Anderson and Mary Gray, grandchildren Sara, Jessica and William, and caretaker Richard Brown.

Ruby moved to Reston in 1979 and was an active member in the community and in the church. You would see her around town in

her colorful clothing and her signature mohawk hair do. She carried that look with her when she moved to Conway, S.C. in 2014.

A celebration of life service will be held at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston, on May 9, 2015. Remembrance will begin at 1:30 p.m. with the service starting at 2. Interment to follow service.

In lieu of flowers the family asks that you provide an act of kindness and Pay it Forward in honor of Ruby — a motto she lived by.

MOTHER'S DAY PHOTO GALLERY

"My mother was 86-years-old when this photo was taken. Our family has always remarked that she looked much younger and quite radiant as she enjoyed the celebration of Michaela Callaghan's wedding reception. Mom had been a Reston resident for about a year in the mid-1980s after moving here from Maine." John Callaghan sent a photo of his mother, Margaret (Peg) Callaghan taken on Nov. 1, 2008. The occasion was her granddaughter's wedding reception in upstate New York. This was the first grandchild of 13 grandchildren to get married.



"We celebrate two Mother's Day each year, the Arabic Mother's Day and the American one. This photo was taken on the Arabic Mother's Day last year, where we took our beautiful mother out for lunch," writes Sara Elbayya, of Reston.



From left: Lauren Roehr (age 9), Melissa Roehr, Mackenzie Branch (age 13), Terry Maynard (grandma & mom). "Celebrating a beautiful day with family, my niece in her Confirmation at Arcola United Methodist Church, in Arcola, Va.," writes Melissa Roehr, of Reston.

"CT Looked Good"



By KENNETH B. LOURIE

Cryptic? Hardly. Words I can live with the for the next three months until my next CT Scan? Absolutely. I'm going to stop now before I make this initial paragraph a priceless MasterCard moment. What this column is about, however, is an update about the good-make-that-great news I received electronically from my oncologist late Friday afternoon, two days after I had completed my most recent CT Scan, and a full week before our next face-to-face appointment, when the scan results both good and bad are typically shared and discussed. And though my oncologist understands and appreciates – per last week's column – that waiting is excruciating for the patient/survivor; his fear of providing misinformation and/or misinterpreting the radiologist's report, and in turn my overreacting to one or the other, accounts for the timeline that probably doesn't suit either one of us.

Nevertheless, it is what it is, it's what it has been and I doubt, living into the future, it will be any different. Writing a column or two about its drag on my coefficient is healthy enough, I suppose (better to get it out than to keep it in, the mental health professional might say). But I'm guessing the correlating/paralleling universe might be that obsessing/"compulsing" over something I can't change is likely not good for this soul or psyche either. And if there's any substance to the anecdotal claim that cancer patients/survivors who can eliminate some stress from their lives will have a better outcome/longer life, then the sooner I understand and accept control and/or lack thereof, with respect to my treatment/process/overall cancer experience (maybe a few other areas, too), the more rewarding my future will be. As Clint Eastwood said near the end of *Magnum Force*: "a man got to know his limitations," so too must a patient know and accept his.

I likely can't change how and when my doctor communicates to/with me, though. He has procedures; I have mine. He has rules, preferences, timelines, etc. As the patient, I would say mine are probably different. As to the oncologist who has kept me alive six-years-going-on-seven after originally giving me a "13-month to two-year" prognosis, my reply to his e-mail was more wordy: "Thank God and thank you! Now we can relax a little bit until we see you at our next appointment on the 24th." To say we're looking forward to that next appointment would be a bit naïve. Still, we're not in fear for our lives, as sometimes has been the case.

Once in-office, we'll look at the computer and compare the two previous scans, and likely evaluate and discuss the past, present and future. These meetings are as much about strategy as anything else. I certainly don't expect any guarantees, nor do I expect any warm and fuzzies. I'm sure he'll be smiling as will we, and be grateful as well, for our amazing good fortune. Nevertheless, this is an extremely serious business with an unpredictable outcome. Moreover, as much as I appreciate MasterCard's "Stand Up To Cancer" campaign; being a cancer patient is hardly priceless. In fact, it's all it's cracked up to be. That being said, when the three words typed in your e-mail subject box are the title of this column, for the moment, all is right in your world – until the next scan of course, three months hence. It's a cycle of loom for sure, but it sure beats the gloom it could have otherwise been.

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

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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.

Wednesday Morning Book Club for Adults. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 10:30 a.m.

Call branch for title.

ESL for Intermediate Adult Students. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 11 a.m. Join Richard's Wednesday conversational group.

Precious Preschoolers. Herndon Fortnighly Library, 768 Center Street, Herndon. 11 a.m. Ribbit, Ribbit: Frogs Fact and Fiction. Ages 3-5 with adult enjoy stories, songs, rhymes, and games about these fun amphibians.

Kincaid

FROM PAGE 6

and a citizen, I do not want to prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal documents — for the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care during their incarceration. More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management. The Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest and avoid unnecessary incarceration. In no way whatsoever is this intended to justify inappropriate, improper or illegal behavior by law enforcement officers anywhere; it is simply a fact.

As I have done for years, I will continue to advocate locally and in Virginia for more treatment centers for minor offenders who are seriously mentally ill and would be better served in a mental health facility than in a jail.

I have pledged my 28-year career with the Sheriff's Office in service to the safety, security and well being of all Fairfax County residents, and to do so as fairly and transparently as possible. I will continue to work with mental health organizations in search of solutions to an intractable problem facing vulnerable individuals for whom all of us, out of nothing more than common human compassion, must assume some responsibility.

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Mike McCormick, a former Langston Hughes Middle School teacher, is Farmer Mike from Ladybug Mountain Farm, offering fresh cut herbs, flowers, seasonal vegetables and shiitake mushrooms.



Robin Collins, owner of Virginia Vistas, says a lot of avid plant people come to Reston's Farmers Market. "I've been doing this my whole life," she said, as she helps customer Jean Boston.

'Zucchini All Day'

Sun shines on opening day of Reston Farmers Market in festival atmosphere.

BY KEN MOORE
THE CONNECTION

Benjamin Stoessel, 15 months, loves his fresh vegetables, said his mother Laura Stoessel. "Zucchini all day," said his father Tim Stoessel.

On Saturday, May 2, The Reston Farmers Market opened its 18th season with 30 vendors at Lake Anne Plaza and joyful crowds in the sunshine. More than 60 vendors applied to be part of the Reston tradition this year, said Market Masters Fran and John Lovaas.

"This is the best place to be on a Saturday morning. This is the in-crowd," said Mike "Farmer Mike" McCormick, an eco-friendly farmer at Lady Bug Mountain Farm. "If they're not curious, I hope they will be after they have some time with me."

Farmer Mike has been with the Reston Farmers Market since its beginning in 1998. When one consumer looked at his flowering peonies, the former Langston Hughes Middle School teacher stepped back into his familiar educating role.

"When you get home, cut it off. When you get it in the ground, it will grow even better," he said. "Smell it. This was grown inside a greenhouse, that's why it's flowering. When you put it outside, give it as much sun as you can."

THE EDUCATIONAL COMPONENT to the Saturday morning market is Courtney Diep's favorite part of shopping for produce and herbs at Lake Anne's market on Saturday mornings.

Her son Kyrie, 5 months, helped his mother make monetary and informational exchanges. "He'll be an eco-friendly shopper," said Courtney. "I can ask questions. They teach me all the things I can learn."

Bryce Sahagun, from Toigo Orchards, set

numerous varieties of heirloom tomatoes and apples out for people to munch.

"The customers are informed. It's fun to help them directly and share my knowledge," he said. "When the season is at its peak, it can be a pretty exciting job."

Jeff Boogaard, from Breezy Meadow Farm, welcomes questions about his practices.

"I like it when they are interested in how the animals are raised," he said. Customers ask if his cattle are raised humanely, naturally, and what their feed practices are all about. He even teaches people about how natural rabbit fertilizer is used and why it is so effective and ready to use in its ideal pellet size.

"If it isn't grown or produced on the farm, it doesn't come on the farm," he said.

Craig and June McMullen opened their own business, Nitro's Creamery, two years ago, and are at the Farmers Market for their first year. They get their cream and milk from a small farm in Maryland.

"Everybody seems so eco-friendly and caring about what's going on in the environment," said Craig. He and his wife received the cutest smiles of the day after the littlest members of families enjoyed their freshly made ice cream. The market's opening day is like "the first day of spring," said Greg Butcher.

EVERY YEAR, "the season extends longer and longer," said Linda Fuller. "After redevelopment, we're hoping it extends year round."

Ken Knueven, past president of the Reston Association, passed Butcher and Fuller on his way to pass out information at the Reston Association information booth. He lifted up his bag of produce as he walked by. "Anybody want an apple," said Knueven.

Cole Lovaas, 14, visits his grandparents,



Market Masters Fran and John Lovaas.



Benjamin Stoessel loves fresh vegetables. Zucchini is his favorite said parents Tim and Laura Stoessel.

Sibylle Schuman buys fresh radishes from Glascock's Produce that Fred Swartzendruber will help her consume.

PHOTOS BY
KEN MOORE/
THE CONNECTION



Heirloom History and Tomatoes

The Reston Farmers Market opened Saturday, May 2, and will be open through Nov. 14, 2015 on Saturday mornings from 8 a.m. to noon at Lake Anne Village Center. The market has more than 30 vendors, and is the largest in the county, said Market Master John Lovaas.

See restonfarmersmarket.com for a complete list of vendors and produce and history.

Get information on all farmers markets in Fairfax County at www.fairfaxcounty.gov/parks/wp-farm-mkt.htm

Fran and John Lovaas, the Market Masters of Reston's Farmers Market, from Bristow.

"I love all the stuff here, it's great," he said. "I like to use the goat cheese and bacon to make a burger. I use fresh vegetables to make a stir fry." Although he talks like a chef primed for Food Network competition, he doesn't have such aspirations.

"If I can be a scientist [for career] and cook at home, that will be alright with me," said Cole, who has specialized interest in reptiles and amphibians.

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