

Reston CONNECTION

Silver Anniversary Coming to Arts Festival

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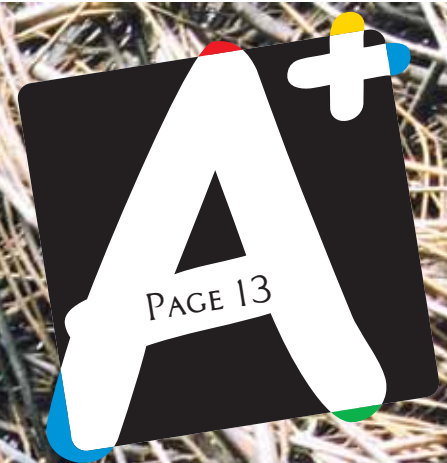
Caden Pelletier, 6, engages with his sister in and out of Patrick Dougherty's sculpture "A Bird in the Hand" made of tree saplings at Reston Town Square Park. Festival organizers do a great job attracting youth's imagination and expression, said Erin Pelletier. "We spent an hour in one pavilion."

Three for One, and One For All?

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More Area Residents Bike To Work

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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.

Why not make this year different?

At Koko FitClub, we believe there's a better way to get fit. We are a unique training gym, combining patented fitness technology with the latest in exercise science and training methodologies to get you the results you really want.

And at Koko, we know that COACHING is the key to success. (In fact, Koko is a Japanese word that means "one to one.") That's why we include coaching with every single workout – from our one-of-a-kind, 24/7 digital coaching, to personal 1:1 training with a caring, supportive, certified fitness coach. With Koko, you'll always know exactly what to do, every step of the way, for the fastest results.

We feel we have the best gym in the world, but let us prove it to you. We invite you to try **30 days of coaching and complete fitness at Koko FitClub for just \$30. No risk. No obligation. Just great results!** If you don't love Koko in 30 days, we don't deserve you as a client. It's that simple.

Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,
Nick Konarski, General Manager,
Koko FitClub of Northern Virginia



*Some restrictions may apply. See club for details.

WE CHANGE LIVES

"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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Three for One, and One For All?

Board of Supervisors, Rescue Reston and Reston Association all filed legal appeals of the Board of Zoning Appeals April ruling regarding Reston National Golf Course.

BY KEN MOORE
THE CONNECTION

The Fairfax County Board of Supervisors, Rescue Reston and Reston Association last week filed legal appeals of the county's Board of Zoning Appeals.

Reston Golf Management seeks to redevelop the 166-acre Reston National Golf Course property, while Reston Association and Rescue Reston want to preserve the golf course as open space.

"We each [RA, County, Rescue Reston] have different specific pieces we may appeal, but appeal we must," said Rescue Reston's Connie Hartke. "As we said last week: 'Letting the BZA ruling stand unchallenged will disadvantage, now and in the future, the County and the Reston community from being able to regulate and control redevelopment requests for the 166-acre golf course property and potentially other properties in Reston within the RPC/PRC District.'"

Supervisor Cathy Hudgins announced at the Tuesday, May 12 meeting that the Board of Supervisors also seeks legal relief from the Fairfax County Circuit Court regarding the April ruling.

"BZA erred as a matter of law when it did not uphold all of the Zoning Administrator's correct decisions regarding the zoning regu-



Reston Golf Management wants to build homes here. The Board of Supervisors and Reston Association will appeal last month's Board of Zoning Appeals ruling in Fairfax County Circuit Court.

lations," according to Tony Castrilli, Fairfax County Director of Public Affairs.

The Board of Supervisors held a closed meeting at its regularly scheduled meeting on the golf course April 28.

The Board objects to the "specific findings of fact incorporated into the BZA's decision, as well as the BZA's disregard for the Reston Master Plan and the approved development plans governing the golf course property," Castrilli said.

Reston Association filed its own petition and hired Odin, Feldman & Pittleman, PC "to coordinate with Fairfax County, its Zoning Administrator and other homeowners adjacent to the golf course, to file an appeal," according to Reston Association documents.

"The decision reflects RA's position that any redevelopment of PRC zoned land within Reston, including the Reston National Golf Course, must be reviewed and compared to the existing zoning develop-

ment plans, and any proffers or conditions attached to the development plans," according to RA. "This review and comparison is mandated under Fairfax County Zoning Ordinance Section 16-202 with the purpose of protecting the Reston community from unplanned changes to the development pattern previously approved by the Fairfax County Board of Supervisors."

Reston Golf Management's attorney Francis McDermott did not immediately return a phone call from the Connection seeking comment by its press deadline.

ON APRIL 15, The Board of Zoning Appeals was expected to issue a ruling on the golf course owner's appeal of the Zoning Administrator's "determination that redevelopment of property in the PRC District from a golf course to residential uses would require an amendment to the Reston Master Plan, a development plan amendment and Planned residential Community Plan

approval from the Board of Supervisors," according to Fairfax County documents.

But it took more than two hours for the appeals board to rule that it could not rule, other than to uphold some portions of the case but to overrule other portions of the Zoning Administrator's previous ruling.

Rescue Reston, in its legal brief, called the BZA discussion "unclear and disjointed."

"There was no clear or concise motion by the BZA. There was no clear explanation of the bases for the BZA's rulings. And there were no clear findings of fact and conclusions of law made by the BZA," according to their attorney Randall T. Greehan.

"Most or all of the adjacent landowners also purchased their respective properties with knowledge of and in reliance on the Reston Master Plan and zoning documents showing the adjacent golf course as both intended and approved for golf course and open space uses," Rescue Reston states in its brief. Reston Association agrees in its legal brief. "The BZA decision will directly affect more than just the golf course – it will affect any redevelopment within approximately 450 acres – which includes the golf course, nearby private residences, and both improved and natural common area land owned by the RA," according to its attorney John L. McBride.

"Reston was founded as, and continues to be, a planned community, with a deliberate and balanced mix of the built and natural environments," he wrote.

"An interconnected balance of recreational, open space and residential uses was specifically approved by the Board of Supervisors through approval of the 1971 rezonings and their required Development Plan," said McBride. "The BZA's decision to allow RN to pursue conversion of the Golf Course Property to a residential use, without requiring an amendment to the approved Development Plans, runs directly contrary to the Zoning Ordinance and to the specific recreational/open space designation of the Golf Course shown on the Development Plan."

The Price No Longer Matters?

One third of eligible Reston Association voters casted ballots, with 53 percent of those voters in favor of authorization for RA Board of Directors to borrow \$2.65 million to purchase the Tetra property, formerly known as the Reston Visitors Center.

During the month-long referendum, dozens of people on both sides of the debate, held a robust dialogue on the merits of purchasing the 3.47 acres property at 11450 Baron Cameron Avenue.

Many opponents objected to the cost of the building and the value of the purchase; the price is not right, they said. The assessed value is about half the purchase price.

The Reston Association pitched the purchase of the Lake Newport property as a chance to protect that area against overdevelopment, and to increase and enhance green space by removing the commercial office/restaurant development potential on the site. The Reston Association says the property will be used to expand community and recreational use opportunities.

"This is an invaluable addition to the Reston community," said RA Board President, Ellen Graves. "We are creating a much-needed space for additional programming and community activity, while also preserving the open space and environmental integrity of Reston."

Before the final tally, Tetra owner Bill

"It is with a heavy heart that the association will not be completing the transaction with the Tetra owner, Bill Lauer."

— Ellen Graves

Lauer was found dead in his Reston home on May 5.

"It is with a heavy heart that the association will not be completing the transaction with the Tetra owner, Bill Lauer," said Graves. "His unexpected death has brought

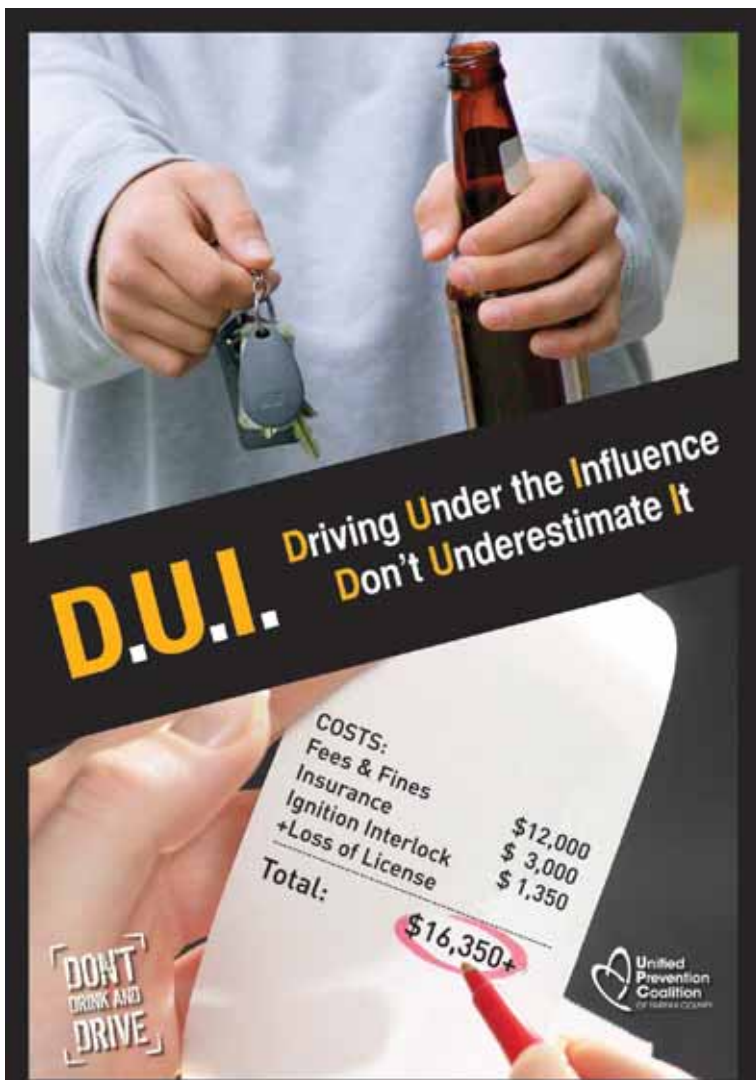
great sadness to many in the community who greatly valued his business acumen and giving nature.

He will be missed."

By the end of May, RA will establish a working group to assist staff with community input and concept plan development for the property, according to Reston Association.

The working group will be composed of one representative from each of the association's four voting districts, three members from the neighborhood immediately surrounding the Tetra property and one representative from each of the association's advisory committees.

— KEN MOORE



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Community Partners: City of Fairfax Police Department; Commonwealth's Attorney for Fairfax County; Fairfax County Department of Transportation; Fairfax County Police Department; Fairfax County Public Schools; Fairfax County Oversight Committee on Drinking and Driving; George Mason University (GMU); GMU University Police; Northern Virginia Community College (NOVA) - Annandale Campus; NOVA Police Department; Towns of Herndon and Vienna Police Departments; Virginia Department of Alcoholic Beverage Control

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THE CONNECTION NEWSPAPERS



OPINION

Looking Ahead to the 2015 Elections in Fairfax County

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

When we go to the polls in November, the ballot will include not only our state legislators, but also the Fairfax County Board of Supervisors (Chairman and 9 district supervisors) and School Board (12 reps-9 district members and 3 at-large).

I've been thinking. What if we rated, or graded, incumbents based on their actual performance? In the case of the Board of Supervisors (BOS), what if we rated them on how well they handled their most important functions. In the case of the BOS, that would be leadership in public education and public safety. Not only do those two functions impact us all, but they are also the two biggest chunks of the Fairfax County budget—an estimated 65 percent of the total.

It is still a little early. There are over five months until election day, Nov. 3. However, at this stage it does not look good for the incumbents. In public education, it is charitable to rank BOS collective performance any better than poor. Why? Because they are at loggerheads with the Superintendent and the School Board, and our schools are in decline. Fairfax teachers' pay is no longer competitive in the region after several years of freezes. Morale is down and the best teachers are starting to leave. Class sizes are above optimal levels and growing. Summer school is zeroed out. Meanwhile, the Board voted themselves a fat \$20,000 pay increase. If it weren't for some blame for the School Board as well, it in fact would be fair to say the Supervisors are failing our kids. The BOS performance on the public safety side has been worse. The August 2013 police killing of unarmed John Geer was the latest example of the lack of police accountability and was briefly a national scandal. The Fairfax County Police kept the



name of the killer and all facts of the case hidden from the public for 18 months until a court ordered the information released. The shooter is still on the job, has not even been charged. The Supervisors have averted their eyes and remained silent the whole time. The Geer killing was the most recent of several questionable killings by FCPD officers in recent years. Only a national epidemic of police violence with race overtones kept Fairfax County off the front pages.

In April, Chairman Bulova acted to create a Commission to review "Police Practices." The Commission has broad representation and looks promising. But, it is oversized (36), with a large police contingent, and is due to complete its work just a month before the election. Thus, reforms, including independent investigation and oversight of police, are unlikely until after the elections—when the pressure is off. It may be that only change can bring reform.

The School Board might receive an interim grade of C-, only because they made good progress in setting later school start times for teens after a decade of foot dragging, and recently broadened anti-discrimination protections for students. These commendable actions only partially offset their dismal failure to recognize and support teachers, and their absolute chutzpa in granting themselves a 65 percent pay increase for next year shortly after stiffing teachers once again!

If the election were held today, this voter would have to pause before voting for incumbents on the Board of Supervisors. For the School Board, I might flip a coin or leave the block empty. If the incumbent is one of the five who voted for their pay raise, the challenger likely gets my vote.

Incumbents still have five months to improve and maybe do some extra credit work before they can stand up to credible challengers.

WEEK IN RESTON

Reston Chorale to Present Patriotic Sing-Along

The Reston Chorale will be saluting America's troops and honoring those who serve with a patri-

otic sing-along in Reston Town Center Pavilion on Saturday, May 23 at 2 p.m. All are invited to attend this free presentation. The Reston Chorale is also collecting items for care packages to send to troops deployed overseas. Attendees are en-

SEE WEEK, PAGE 5

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COMMENTARY

Lull before the Storm

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



If the Virginia political scene seems to you to be quiet at the moment, stick around for we may just be experiencing a lull before the storm. There are elections every year in Virginia, and at this point in the voting cycle there are numerous state and local offices on the ballot this fall. There are no federal elections. At the state level, there are no statewide offices, but all seats in the General Assembly are up for election. State Senate seats are for four-year terms and contrary to the federal system where a third of the seats are up for election at any given time all 40 state senate are up this year. Delegates have two-year terms, and all 100 are on the ballot this fall.

Local elections vary by locality, but in Reston and Fairfax County all members of the Board of Supervisors are up for election this year as is the at-large chairman. In addition, offices referred to as "constitutional offices" because they are provided for in the state constitution are up for election this fall. In our region that includes the sheriff and clerk of the court. Judges in Virginia are elected by the legislature and not by direct election of the people.

Traditionally election season has started the day after Labor Day, but increasingly it seems that the season never ends with one set of campaigns over-lapping others. In instances where candidates are chosen by primary election, the primaries are not held until early

June. With the extensive gerrymandering of districts, there are fewer contested elections in the fall and greater attention to primary elections. With the divisions in the Republican Party among traditional Re-

publicans, Tea Partyites, and other factions, there are significant primary elections this year. The Speaker of the House of Delegates is being challenged by a Tea Party member. As in previous decades with Democrats, a win in a Republican primary is tantamount to winning the general election in the fall.

Overlaying state and local elections are the activities at the federal level leading up to the presidential election next year. There are numerous Republican candidates that would provide much amusement if the business they are about would not be so serious. The Democratic field will narrow quickly.

As with any storm, we need to be prepared and to be vigilant. I fully recognize that most people do not get as excited about the political process as I do, but we do need to keep in mind that those persons offering themselves for office will determine the kind of government and future we will have. Do not be turned away by the lighting and thunder that some campaigns generate. Inform yourself with knowledge of the candidates who will bring us a better future. Of course, I am biased in the persons I support, but ultimately I am concerned as we all need to be about the best future for the citizens of the Commonwealth.

WEEK IN RESTON

FROM PAGE 4

couraged to bring donations of items such as single-serve snacks; powdered drink mixes; non-aerosol, unscented toiletries; paperback books and magazines; hand-held games (and non-lithium batteries), playing cards and other fun items, all listed here:

- ❖ Single-serve, sealed powdered drink mixes and snack packs (flip-top canned fruit, jerky, tuna pouches, sunflower seeds, cookies, crackers, gum, individually wrapped hard candy, etc.)

- ❖ Non-aerosol, unscented toiletries (lip balm, lotion, antibacterial wipes, baby wipes, toothbrushes, toothpaste, deodorant, sunscreen, etc.);

- ❖ Paperback books and magazines (mysteries, action, drama, science fiction books and sports, news, entertainment, travel or nature magazines);

- ❖ Comfort items (hand-held fans and misters with non-lithium batteries, insect-repellent wipes, bandannas, etc.),

- ❖ Hand-held games and non-lithium batteries, puzzle books, playing cards, Nerf balls, water guns, Frisbees, Yo-Yo's, etc.

For more information, visit www.restonchorale.org or call 703.834.0079.

Reston Association – Notice of Public Hearing

The Reston Association Board of Directors will be holding two public hearings to consider adding to the RA real property known as Comstock Partners LC – BLVD Residential at Reston Station, located at Map 17-4((01))-17A and 17-4-((24))-3.

The hearings will be held on Thursday, May 28, 2015 at 6 p.m. and Thursday, June 25, 2015, 6 p.m. both at Reston Association's Conference Center located at 12001 Sunrise Valley Drive, Reston 20191.

More information, including the conditions of the addition, can be found at www.reston.org.



www.reston.org

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Remembering on Memorial Day 2015

On Memorial Day, take at least one minute to reflect on those who have died.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

As many as 620,000 soldiers died in the line of duty in the Civil War, stunningly about 2 percent of the population at that time. To compare, while more than 2.5 million soldiers have served in Iraq and Afghanistan, that number is still less than one percent of the U.S. population.

Since Sept. 11, 2001, more than 6,800 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

On Memorial Day, there are many ways to remember the fallen, including a visit to Arlington National Cemetery, or many other local commemorations. But at a minimum, wherever you are, you can observe a moment of silence at 12:01 p.m. along with Iraq and Afghanistan Veterans of America (IAVA), or you can set your own moment at some point during the day.

EVERY YEAR before Memorial Day, *The Connection* names the local men and women who have died in military service since Sept. 11, 2001.

Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghanistan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Master Sgt. George A. Banner Jr., 37, of Orange, died Aug. 20, 2013, of injuries sustained when enemy forces attacked his unit with small arms fire in Wardak Province, Afghanistan.

SpC. Caryn E. Nouv, 29, of Newport News, was one of two soldiers who died July 27, 2013 in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who was a Marine. "He was always my protege," William Coti told the Arlington Connection. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed.

Staff Sgt. Jessica M. Wigg, 42, of Alexandria, Va., died Aug. 27, 2012 in Kuwait City, Kuwait.

In February, 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

Sgt. Aaron X. Wittman, 28, of Chester, Va., died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Va., died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Va., died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen

More than 52,000 U.S. military service members have been wounded in action, although that number is likely to be revised upward. In 2013, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.5 million troops who have served in Iraq and Afghanistan.

The long-term consequences of many of these injuries, including mental health consequences, are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Since Memorial Day 2014, with military operations winding down in Afghanistan, the Department of Defense announced the deaths of two military service members from Virginia. Sgt. Charles C. Strong, 28, of Suffolk, died Sept. 15, 2014 in Herat province, Afghanistan while conducting combat operations. Sgt. David H. Stewart, 34, of Stafford, was one of three Marines who died June 20, 2014 while conducting combat operations in Helmand province, Afghanistan.

C. Prasnicki, 24, of Lexington, Va., died June 27, 2012, from a roadside bomb.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

SpC. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011. when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After Sept. 11, 2001, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he successfully lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand province, Afghanistan. 2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Ga. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in a "friendly fire" incident. In April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

A FEW WAYS TO PAY TRIBUTE ON MEMORIAL DAY

- ❖ **Monday, May 25, Arlington National Cemetery, National Memorial Day Observance** to honor America's fallen military service members. 10:30 a.m., prelude by U.S. Marine Band. 11 a.m., Presidential Armed Forces Full Honor Wreath-Laying Ceremony at the Tomb of the Unknown Soldier, to be followed by an observance program hosted by the Department of Defense in Arlington's Memorial Amphitheater. Free and open to the public. Attendees are encouraged to be at the Tomb of the Unknown Soldier or seated in the amphitheater by 9:30 a.m. Free parking and shuttle in the Arlington National Cemetery Welcome Center's parking lot from 8 a.m. to 7 p.m.
- ❖ **OBSERVE A MOMENT OF SILENCE** at 12:01 p.m. This Memorial Day, Iraq and Afghanistan Veterans of America (IAVA) will lay a wreath before the Tomb of the Unknown Soldier at Arlington National Cemetery at 12:01 p.m. and urges people across the country to pause for a national moment of silence to honor those who have made the ultimate sacrifice.
- ❖ **Alexandria - May 25, 11 a.m. - Memorial Day Ceremony** - Versace Plaza/Memorial in Alexandria, Mount Vernon Recreation Center at 2701 Commonwealth Ave.
- ❖ **Arlington - May 25 - Air Force Association's Memorial Day Ceremony, 9 a.m.** commemorative Memorial Day wreath-laying ceremony at 9 a.m., at the Air Force Memorial. - 1 Air Force Memorial Dr., Arlington
- ❖ **Herndon - May 25 - Herndon Memorial Day Observance** - Town of Herndon Memorial Day Observance, Chestnut Grove Cemetery, 10 a.m.

Army 1st Lt. Thomas J. Brown, 26, a George Mason University graduate and Burke resident, died on Sept. 23, 2008, while serving in Iraq, from small arms fire.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet.

Ami Neiberger-Miller lost her brother, U.S. Army SpC. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

SpC. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

U.S. Army Specialist Felipe J. Garcia Villareal, 26 of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after Sept. 11, 2001.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Iraq five days earlier.

SEE MEMORIAL DAY, PAGE 7

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OPINION

Remembering on Memorial Day 2015

FROM PAGE 6

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria; Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obles-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church; Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

Capt. Jesse A. Ozbat, 28 of Prince George, Va., died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, Va., died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Afghanistan. Maj. Samuel M. Griffith, 36, of Virginia Beach, Va., died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011 in combat in Afghanistan. Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, after being been seriously wounded months before. Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30, of Virginia Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM.

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Reston artist Connie Slack watches people admire her work at the Fine Arts Festival Sunday, May 17. “The ones that engage me and engage in the work, that makes me feel good.” See connieslackartist.com.



Chris and Lynn Corrie, husband and wife, from Monticello, Ill., work on their stained glass works together. They have been selected to participate in the Northern Virginia Fine Arts Festival for three years. “It’s one of the best shows we do.”



Celesta White came from New Mexico to see the Fine Arts Festival this weekend. She and her sister, Kathi Robinson of Reston, talk with Reston artist Dana Ann Scheurer. “I have one of Dana’s works,” she said.



Many of Dana Ann Scheurer works are based on Reston themes. Bob Simon is in her work, “Midtown Community Mural,” which will be displayed at the Midtown North-Reston Town Center condominiums. See danascheurer.com.

Silver Anniversary Coming to Arts Festival

Bob Simon’s silhouette, sculpture, painting, jewelry, birds’ nests, marimbas, stained glass windows and more attracts 40,000 to Reston this past weekend.

By KEN MOORE
THE CONNECTION

Dozens stopped to watch Adam Crowell play his art Sunday at the Northern Virginia Fine Arts Festival.

“Teachers said it over and over when I pounded on desks, lockers and books. ‘That’s not a drum,’” he said.

But Crowell, a professional Los Angeles percussionist who now resides in Charleston, S.C., tunes his furniture-calibur “drums” or “marimbas” to a different key based on where the wood takes him.

His “lumber guy” found the rosewood that he gave a mini-concert on, wood that had been laying around since the 1950s, he said. Crowell knew he had one shot at turning the wood into something of visual and tonal beauty.

Based on the crowds he attracted Sunday to his booth of “Boxed Music,” he succeeded.

More than 40,000 people attended this year’s festival that showcased the works of 200 artists from around the nation at the 24th annual Northern Virginia Fine Arts Festival on Saturday, May 16 and Sunday, May 17.

The festival spanned more than six Reston blocks in Reston Town Center.

Reston Artist Dana Ann Scheurer has displayed her work all 24 years. “This started out with about 25 artists, it was so tiny,” she said. “I’ve



Ginny Herzog, from Minneapolis, has traveled to Reston’s art festival for 15 years. She has a following in Reston and many of works are displayed in Reston homes and businesses. “It’s been a dynamite show for me,” she said. See herzogart.com.

seen it grow each year. It seems to get better and better every year.”

Many of Scheurer’s works have Reston themes, including one that is displayed as a mural for the Midtown North Condominium at 12025 New Dominion Parkway in Reston.

“I focus here. I have a following,” she said.

Bob Simon’s silhouette even makes appearances in her works, as well as Simon’s vision for Reston.

Kathi Robinson, of Reston, has one of Scheurer’s pieces and stopped at Scheurer’s booth with her sister Celesta White who visited from New Mexico to see the show.

this calibre in their neighborhood.”

Festival jurors selected artists in 10 categories of fine arts and crafts to exhibit and sell their work at GRACE’s event, which is one of the largest independent outdoor art festivals on the east coast.

Chris and Lynn Corrie are a husband and wife team from Illinois who work on their stained glass together.

“It’s one of the best shows we do,” said Lynn Corrie. “It’s so well organized, in fact, it’s perfectly organized. They get good crowds, they get the right people.

“Almost everybody does well just by being here,” she said.

THE FESTIVAL PROVIDES one third of the GRACE’s annual budget.

GRACE (Greater Reston Arts Center) provides year round programs including exhibitions, education programs for youth and adults including summer camp sessions, and special events, such as the Northern Virginia Fine Arts Festival. Grace Art program, formerly known as Art in the Schools, reaches 20,000 students in more than 40 schools each year and supports and supplements local children’s art experiences in schools.

Erin Pelletier’s son, Caden Pelletier, 6, engaged in Patrick Dougherty’s recently installed art sculpture made of tree saplings in Town Square Park, which can be explored by viewers inside and out.

And hands-on art activities, including hat making, stencil drawing and more were available for children at the Reston Town Center Pavilion.

“I love it,” said Erin Pelletier. “It’s really good for children. We spent an hour in one pavilion.”

A broad array of works were displayed, ranging from functional furniture and ceramics to kinetic sculpture, from original photographs to paintings both abstract and naturalistic, and from wearable art to handcrafted jewelry.

Dance performances choreographed to respond to Patrick Dougherty’s sculpture installed at Town Square Park in April took place as well as classical and live music concerts.

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Dance performances choreographed to respond to Patrick Dougherty’s sculpture installed at Town Square Park in April took place as well as classical and live music concerts.

SCULPTOR THOMAS WARGIN attends 20 art shows around the country each year. This is his second year at Reston.

“Sometimes I have a vision that hits me and I decipher it,” he said. Other times, he writes an idea down until the vision eventually appears.

Many patrons stopped at his booth to look at his sculpture, “Choices.”

He says he attempts to engage people’s experiences into his work. “Some of the most difficult choices we comprehend and contemplate are made within the confines of the places we feel most power,” he wrote.

Next year will be the Northern Virginia Fine Arts Festival’s 25th celebration.



Adam Crowell, from Charleston, S.C., attracted crowds to listen to his homemade “drums” Sunday tuned to different keys based on where the wood led him. See boxedmusic.com.



Thomas Wargin, from Wisconsin, displayed a piece called choices. “Sometimes I have a vision that hits me and I decipher it,” he said. Wargin displays his work at approximately 20 shows a year. This was his second time at Reston’s show. See wargin.com.



Be careful for the giraffe and elephant crossings near the center of the festival. More than 40,000 attended the annual arts festival.

PHOTOS BY
KEN MOORE/
THE CONNECTION

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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
7/8/2015 HomeLifeStyle
7/15/2015 A+ Camps & Schools
7/22/2015 Pet Connection
7/29/2015...Professional Profiles & Business in the Community

AUGUST

8/5/2015 Wellbeing
8/12/2015 HomeLifeStyle

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- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

CALENDAR

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

THURSDAY/MAY 21

Blind Curves - One Woman's Unusual Journey. 11 a.m. - 2 p.m. Reston Community Center, 2310 Colts Neck Rd., Reston. After completing a 2,500 mile road trip the author tells a story of how a woman of a certain age can break with tradition and turn frustration into triumphant joy. \$15 Reston/\$30 Non-Reston. Call 703-390-6157 or visit www.restoncommunitycenter.com.

FRIDAY/MAY 22

Great Decisions Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion on the U.S. foreign policy process. May's topic is U.S. Policy Towards Africa. Discussion materials will be available two weeks before the event.

Just for Fun Acrylic Class/ Freedom Flag. 11 a.m. Art Frame Solutions, 11529 Sunrise Valley Drive, Reston. Enjoy a paint session painting the American Flag. All art supplies and cold beverage included. \$35. Reserve your space here: <https://my.placefull.com/just-for-fun-acrylic-class-freedom-flag>.

Artist Growth Path. 9 a.m. - 9 p.m. Hunters Woods Gallery, 2310 Colts Neck Road, Reston. Bob Kaminski is a sculptor and painter who lives Reston. His works emphasize the relationship between the human experience, spirituality and different philosophies that exist around the globe.

FRIDAY-THURSDAY/MAY 22-23

Brides Against Breast Cancer. 6 p.m. Shertaon Reston Hotel, 11810 Sunrise Valley Drive, Reston. 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>.

"The Sleeping Beauty." Friday: 7:30 p.m. Sunday: 2 p.m. Reston Community Center Stage, Colts Neck Road, Reston. Children and adults of all ages will delight at the spectacle of color as the beautiful fairies attempt to protect Princess Aurora from the evil sorceress, the Cruel Fairy Carabose. Call 703-437-9664 for ticket information.

THURSDAY/MAY 28

History Lecture Series. 7-9 p.m. Reston Community Center, 2310 Colts Neck Rd., Reston. Film clips and a panel presentation on "The Mobil Years - Reston in the 1980's." Vicky Wigert will show film clips from Storycatcher Productions that capture some of the stories of those years. These will be followed by a discussion among panelists who were instrumental in Reston's development during the Gulf years.

FRIDAY/MAY 29

Wine Tasting. 4 - 6 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Senior Adults, 55 years and older. Sample red and white wines along with a variety of cheese and crackers. Ashleigh@reston.org. 703-435-6530. Reservations required by May 26. Fee: \$10/person RA members, \$14/person Non-members.

Family Splash at RCC Pool. 7-9 p.m. Drop in for a night of family fun. The family splash entry fee is \$15.50 Reston/\$31 Non-Reston (for groups up to seven people). Groups of eight or more must pre-register by calling



PHOTO CONTRIBUTED

Carnival Rides are traditionally one of the most popular festival attractions at Herndon Festival, May 28-30, Herndon Town Green, 777 Lynn Street. This four day outdoor festival has three entertainment stages, 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.

Events Honoring Memorial Day

SATURDAY/MAY 23

Salute the Troops: The Reston Chorale Patriotic Sing-Along. 2 p.m. Reston Town Center, 11900 Market Street, Reston. The Reston Chorale will be saluting America's troops and honoring those who serve with a patriotic sing-along. The Reston Chorale is also collecting items for care packages to send to troops deployed overseas. Attendees are encouraged to bring donations of items such as single-serve snacks; powdered drink mixes; non-aerosol, unscented toiletries; paperback books and magazines; hand-held games (and non-lithium batteries), and playing cards. www.restonchorale.org. 703-834-0079.

SUNDAY/MAY 24

Annual Memorial Day Concert. 5 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The National Men's Chorus will present their annual Memorial Day concert. Patriotic songs will be played. Tickets: \$20 at the door. www.nationalmenschorus.org.
17th Annual Ride of the Patriots. 6:30 a.m. Route 29 between Draper Drive and Eaton Place. Fairfax Harley Owners Group and Patriot Harley-Davidson's gathering of the motorcycle riding community will pay tribute to America's servicemen, women and veterans and raise awareness of American POW and MIA soldiers of all wars.

703-390-6150.

SATURDAY/MAY 30

PetMAC Grand Opening. 1-4 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. World Champion dogs from the Chesapeake Dock Diving Dog Club will demonstrate their amazing leaps and jumps into the lake. There will also be Dog Scent Work demos by Kissable Canine, cooking demonstrations by Culinary Cooking School, face painting, music, as well as free giveaways and raffles. 571-325-2099.

We've Got Your Back Race for Spinal Health. 9 a.m. - noon. 1831

After assembling at the Patriot Harley-Davidson on Lee highway in Fairfax, a parade of bikers will follow a route to the Pentagon where it will join other bikers to the National Mall and the Vietnam Veterans' Memorial to pay their respect.

MONDAY/MAY 25

Great Falls Annual Freedom Memorial Day Ceremony. 11 a.m. Freedom Memorial behind Great Falls Library, 9830 Georgetown Pike, Great Falls. The event will include a Taps bugler, patriotic songs by the St. Thomas a Becket Catholic Church Family Choir/Ensemble, remarks by retired Marine Corps Lieutenant General Arthur C. Blades, a reading of the names and bell-ringing for each of the 25 residents of Great Falls who have fallen in service to our country, a wreath-laying by local dignitaries, and a raising of the flags by Boy Scout Troop 55. The proceedings will conclude with the dedication of a white oak tree to the memory of the founder of the Great Falls Freedom Memorial, the late retired Marine Corps Colonel Pete Hilgartner.

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 Veterans with the placement of dedication wreaths. 703-435-3480.

Wiehle Avenue, Reston. Join the Spinal Research Foundation for a timed 5K, 1 mile Fun Run, Healthy Living Festival, Kids Corner and celebration of Spinal Champions.

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 Dynafloes. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062 www.restontowncenter.com/concerts



COURTESY PHOTO

Fairies in ravel Dance Studio's production of "The Sleeping Beauty."

Ravel Studio to Present 'The Sleeping Beauty'

Ravel Dance Studio will present "The Sleeping Beauty" at the Reston Community Center Stage at Colts Neck Road in Reston on Friday, May 22, at 7:30 p.m. and Saturday, May 23, at 2 p.m. and at Dominion High School, 21326 Augusta Drive in Sterling on Saturday, May 30, at 2 p.m.

This classic fairy tale is rarely performed. Children and adults of all ages will delight at the

spectacle of color as the beautiful fairies attempt to protect Princess Aurora from the evil sorceress, the Cruel Fairy Carabose.

Audiences will thrill at the wedding scene where many of the most popular fairy tale characters are brought to life: Little Red Riding Hood and the Wolf, Puss and Boots, Cinderella, Princess Florina and the Bluebirds. Call 703 437-9664 for ticket information.



PHOTOS CONTRIBUTED

Teachers Taste Appreciation at Lake Anne

Teacher appreciation is being expressed in different ways at the Lake Anne Elementary this week. In a photo above, second grade teachers pick out their favorite doughnuts; in the picture below - teachers are waiting in line to pick their own yogurt treat from the PTA sponsored frozen yogurt truck.



More Area Residents Bike To Work

Reston and Herndon host pit stop for cyclists on Bike to Work Day.

BY RYAN DUNN
THE CONNECTION

On Friday, May 15, commuters swapped gas pedals for bike pedals in the metropolitan Washington region to participate in the annual Bike to Work Day (BTWD) event. Registration for the event increased 4 percent over last year. The first BTWD was held in the region in 2001. Participants were encouraged to register for the event and then check in at one of the 79 pit-stops within the District of Columbia, Maryland and Virginia. This year's Bike to Work Day had the highest ever registration in the D.C. metro area with more than 17,500 riders, and in Herndon pit-stop registration at 428 was an increase of 19 percent

over the previous best. "It is exciting to see the growth in participation knowing that it means more people are choosing a clean, fun, and healthy way to get to work," said Cindy Roeder, director of the Town of Herndon Parks and Recreation.

Mild weather encouraged an increase in participation, and the W&OD Trail had a steady stream of bicyclists using the trail to arrive to their destinations. Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), cyclists enjoyed free refreshments, bike tune-ups, entertainment, and pit-stop giveaways. "We're grateful for the ongoing support from Bike to Work Day participants, volunteers, sponsors, and elected officials who've allowed the event to grow bigger and better each year," said Director of Commuter Connections Nicholas Ramfos.

At Herndon, biking store A-1 Cycling was the first bike shop sponsor for the Town of Herndon and helped begin the Herndon bike pit stop. In 2013, the bike and coffee shop Green Lizard Cycling opened a lease at the Nachman Building in downtown Herndon on

718 Lynn Street. Bike mechanics and employees with A-1 Cycling and Green Lizard helped tune and repair bikes, and refreshments including bread from Great Harvest Bread Company was available. The Herndon Pit Stop had morning and afternoon hours from 4 to 6:30 p.m., with lively entertainment compliments of the kids from Bach to Rock Herndon.

"It's exciting to see how Bike to Work Day has grown and been supported by the residents, businesses, and organizations in the region," Nicholas Ramfos, director of Commuter Connections, said in a statement. A pit stop at Reston was located on the Plaza at the Wiehle-Reston East Metrorail Station. The location is above Fairfax County's first secure bike parking facility, blocks from the W&OD Trail. Over 500 riders stopped by, five of whom won Reston Bicycle Club water bottles and memberships. Virginia ranks 13th nationally among states in supporting bicyclists, and tops in the South, according to the Virginia Department of Transportation (VDOT). The commonwealth moved up from 18th in last year's survey, conducted by the League of Ameri-



PHOTO BY RYAN DUNN/THE CONNECTION

Friday, May 15 was the annual Bike to Work Day (BTWD). Registration for the event increased 4 percent over last year. Both Reston and Herndon had bike pit stops for cyclists.

can Bicyclists. In October last year, Fairfax County adopted a comprehensive 10-year Bicycle Master Plan. Fairfax County will get about 34.6 miles in new bicycle lanes or

markings, as the Virginia Department of Transportation starts its summer paving program, according to a news release from the county.

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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:



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South Lakes Baseball Ends Regional Tournament

**Wojciechowski
throws four-hitter,
strikes out 11
against W-L.**

BY JON ROETMAN
THE CONNECTION

In 2014, the South Lakes baseball team entered the Conference 6 tournament as the No. 2 seed and in prime position to end the program's lengthy regional tournament drought, which reached all the way back to 2003.

But despite having standout Matt Wojciechowski on the mound during the quarterfinals, the Seahawks lost at home to a McLean team that caught fire during the postseason, eventually reaching the state tournament.

The defeat ended South Lakes' season.

ONE YEAR LATER, the Seahawks were back at home in the conference quarterfinals and Wojciechowski, now a senior, was back on the bump. The right-hander ran into trouble early against Washington-Lee on Friday, surrendering a solo homer to pitcher Teddy Herbert in the first inning, but Wojciechowski's performance during the final six innings helped ensure South Lakes' season would continue.

Wojciechowski baffled the Generals, allowing just four hits while striking out 11 as the Seahawks earned their first regional berth in more than a decade with a 3-1 victory on May 15 at South Lakes High School.

South Lakes, the No. 3 seed, was scheduled to face No. 2 Madison in the semifinals on Tuesday, after The Connection's deadline.

"At the beginning of the year we had two goals: make the regional tournament and win the [conference]," Wojciechowski said. "Goal one is accomplished and now on to goal two. It's a great feeling and a huge win for our program in general."

With the score tied at 1, W-L had runners at first and second with two outs in the top of the sixth inning with Herbert, who had already homered, at the plate.



Matt Wojciechowski struck out 11 and helped the South Lakes baseball team earn its first regional berth since 2003 with a 3-1 victory over Washington-Lee on May 15 in the Conference 6 tournament quarterfinals.



South Lakes catcher Jared Abelson went 2-for-3 with an RBI against Washington-Lee on May 15.

Wojciechowski got out of trouble by striking out Herbert, leading to a celebratory reaction from senior catcher Jared Abelson.

South Lakes took the lead with a pair of runs in the bottom of the sixth, and Wojciechowski finished off the Generals by striking out the side on 10 pitches in the seventh.

"We couldn't ask for more," W-L head coach Doug Grove said about having Herbert at the plate in the sixth inning. "He's been our horse all season long. Right guy in the right situation. [Wojciechowski] made good pitches. ... You saw what he was made of in the seventh inning – 10 pitches, nine for strikes."

Wojciechowski surrendered a solo home run in the first inning, but allowed just three singles the rest of the game. He threw 89 pitches, including 65 for strikes, and did not walk a batter.

"In baseball you have to have a short memory because that can happen all the time," Wojciechowski said about giving up the first-inning homer. "After that I was like, 'I'm bearing down, they're not scoring again.' ... On the mound I'm a bulldog and if I say I'm going to do something, I'm going to go out there and do it."

W-L didn't lead for long as Abelson tied the score at 1 with a two-out RBI double in the bottom of the first. The senior catcher finished the night 2-for-3.

"We all knew that one run wasn't going to win this game and it turned out true," Abelson said. "When I hit that double I think it just sparked a little ... swagger. We were probably pretty nervous coming in — win one game and we go to regionals for the first time [since 2003]."

The score remained tied until the bottom of the sixth, when Herbert walked South Lakes first baseman Kyle King with the bases loaded, forcing in what proved to be the game-winning run.

TWO BATTERS LATER, with two outs and the bases still loaded, South Lakes center fielder Jonah Goll added an insurance run with a straight steal of home, sliding in just under the tag.

"It was just kind of the situation," said first-year South Lakes head coach Morgan Spencer, who was a Herndon assistant last season. "We try to cover every aspect of the game and that's something that we work on. We just felt that [Herbert] was pretty focused on the batter at that point in time and felt if we could get to a certain point down the line that we were going to take a shot. Jonah saw it and went. Worked out perfect, obviously."

Herbert suffered the loss, allowing three runs on four hits. He walked five and struck out six.

Pinch hitter Johnny Micka and shortstop Marty Gryski each had a single for South Lakes. Second baseman Will Burgess had two hits for W-L, and first baseman Cameron Anderson had one.



Pat Kendrick, former Head Women's Volleyball Coach at George Mason University brings over 30 years of coaching to the Patriot Volleyball Camps to be held at the Cassel's Awards Volleyball Courts in Herndon (off of Route 28). The camp schedule is as follows:

July 10-12, Friday through Sunday: High School All Skills #1 (rising 9th through 12th graders), 6-9 pm on Friday, 9 am - 3 pm on Saturday and Sunday. Cost: \$170.

July 25-26, Saturday and Sunday: Elementary/Middle School All Skills (rising 5th through 8th graders), 1 - 6 pm on Saturday and Sunday. Cost \$140.

August 1-2, Saturday and Sunday: High School All Skills #2 (rising 9th through 12th graders), 9 am - 3 pm on Saturday and Sunday. Cost \$150.

Each camp is discounted \$10 if registered by June 8th. There is also a discount for signing up for both High School Camps. Here's the link for online registration <https://campscui.active.com/orgs/PatriotVolleyballCamp>. For further information contact Pat Kendrick @ pkendric@gmu.edu.

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Parents' Role in Educating about Alcohol and Drugs

Suggestions for talking to teens about staying safe.

BY MARILYN CAMPBELL
THE CONNECTION

Graduation, prom and the summer before heading off to college are some of the highlights of a teen's high school experience. While the season brings landmark events, it can be marred by the consequences of engaging in harmful activities.

Parents can play a pivotal role in keeping teens safe. The Unified Prevention Coalition of Fairfax County reports that teens cite their parents as the leading influence for them not to drink, and say that it is not difficult to get alcohol from their family home, older siblings or friends. Initiating a dialogue with teens about the dangers of unsafe behaviors such as drinking and drug use can be daunting for some parents.

"We know that teens who receive consistent messages from their parents about their expectations that their child not use alcohol are much less likely to use," said Diane Eckert, deputy executive director, Unified Prevention Coalition of Fairfax County.

The season brings celebratory activities and less supervision, and therefore more opportunities to take chances, said Eckert. It's critical that parents "sit down with your teens and talk with them about your expectations," she said. "With less structure and more excitement, teens can find themselves taking more risks, so it's important for parents to be involved."

Conversations about safety during activities

"... It is about finding ways to talk about the risks without your teen walking away feeling hyper-vulnerable and disempowered."

— Amy L. Best, Ph.D.,
George Mason University

where teens will have more freedom can be difficult to navigate. "For sure those are hard conversations," said Amy L. Best, Ph.D., professor of Sociology and chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. "Parents want to be careful not to drown out the fun times that prom and graduation also represent. It's about finding balance. Part of it is about finding ways to talk about the risks without your teen walking away feeling hyper-vulnerable and disempowered."

The dialogue should be factual and non-threatening. "Ask open-ended question about what is going on at school and with their friends," said Best. "It easier to open those con-

Tips for Keeping Teens Safe

Help make prom and graduation night safe for teens by following these tips:

- ❖ Do not serve or allow alcohol at any party you are hosting; an adult who provides alcohol to a minor is breaking the law and risking that teen's life.
- ❖ Know where your teenager is attending a party; verify there will be parental supervision, and that it will be alcohol-free.
- ❖ Make it clear to your teen(s) that you do not approve of their drinking alcohol.
- ❖ Report underage drinking parties by calling the Fairfax County Police Department's non-emergency number: 703-691-2131. Your call can be anonymous and may prevent injuries or a fatal car crash.
- ❖ Educate your family on the risks associated with underage drinking and its proven harmful effects on the brain. The legal drinking age is 21, and students who wait until their early 20s to drink are 84 percent less likely to develop an addiction than those who start earlier.
- ❖ Make sure your teen has a plan for the night and that you know what it is.
- ❖ Do not rent hotel rooms for prom-goers.
- ❖ Know who is driving — if it's a limo, check their policy on not allowing any alcohol in the vehicle and driving any teen who clearly has been drinking.
- ❖ Encourage your senior to attend their school's All Night Graduation Celebration.

— UNIFIED PREVENTION COALITION OF FAIRFAX COUNTY

versations when you're not talking about your child, and you're collecting information about what is going on at school and with their friends." Best is author of "Prom Night: Youth, Schools and Popular Culture" (2000 Routledge), which was selected for the 2002 American Educational Studies Association Critics' Choice Award.

Difficult conversations are made easier if there is a history of open, honest communication between a parent and child. While parents should make their expectations for their child's behavior clear, Best warns against lecturing or talking down to a teen. "The prom should not be the first time that theses conversations occur," she said. "It's really important that kids to be able to express their feelings and have an active role in the conversation. Trust has to be built into the relationship in order for that to happen."

A concrete plan for ensuring safety should be part of the conversation. "Kids are often in situations where alcohol is being consumed and they may not be the ones consuming it," said Best. "So safe driving arrangements are important."

"The good news is that a lot of kids are opting out of drinking and greater awareness around the potential for sexual assault," said Best. "The message has to be communicated in advance and schools have a role to play in that."

In Arlington, School Resource Officers are collaborating with local high schools to focus on alcohol use prevention and awareness programs now that prom and graduation season is underway. Programs such as "Drive to Stay Alive" and "Prom Promise" are in place to educate students in having a safe and fun prom season. One of the roles of the officers is to provide positive guidance to students "and to act as positive role models both inside and outside the school environment."

Kathy Ely, spokeswoman for Connelly School of the Holy Child, an all-girls school in Potomac, Md., says her school, as well as most schools, have safety plans in place. "We understand the pressures that these girls are under, and work hard to educate them about effects not just now but for their future," she said.



PHOTO BY GREG BRIGHT, ADULT.

From left: Sydney Crutcher, Amirah Kirwan and Nathan Nkomba in South Lakes High School's production of "Hairspray."

A Warm Welcome To the '60s

BY KATHERINE BYRNES
CONNELLY SCHOOL OF THE
HOLY CHILD

South Lakes High School's production of "Hairspray" showed that "you can't stop the beat" of these performers.

"Hairspray," originally a 1988 film, was made into a stage musical and debuted on Broadway in 2002, where it ran successfully for six years. Set in the 1960s, "Hairspray" chronicles the crusade of the

heavyset, yet talented Tracy Turnblad in her efforts to become a "regular" dancer on the Corny Collins Show. The upbeat and comical music manages to also touch on more serious issues, such as racial segregation and having a positive body image, through Tracy's defiance of the time's societal norms. Her awkward best friend Penny Pingleton, newfound friend Seaweed J. Stubbs, crush Link Larkin, and supportive parents accompany Tracy on her adventures.

Mely Megahed, who played Tracy, wowed the audience with strong dancing and vocals. Megahed poured the essence of her character Tracy into all of her lines and songs. Harrison de Wolfe, who played the suave Link Larkin and develops a romance with Tracy, executed his choreography exactly and charmed the audience with his smooth voice, exhibiting a wide vocal range in the songs "It Takes Two" and "Without

Love." Karin Hoelzl, cast as Tracy's adversary Amber Von Tussle, nailed her vocals and acted with the intensity and exasperation of Amber's character.

Tracy's parents Wilbur and Edna Turnblad, played by Arthur Payne and Jacob Kemp, displayed chemistry and captivated the audience with their cute song "You're Timeless To Me." Kemp, who played the traditional drag role of Edna, embodied Edna's protective and comical personality. Maddy Murphy-Neilson played the innocent Penny Pingleton, stunning the audience with her melodious solos and delivered lines with explicit comedic timing. Although the ensemble's energy dropped low at times and some of the group choreography was not executed at the same time, the ensemble kept the show going no matter what and showcased their best dancers, especially during the second act.

Generally, the props, makeup, hairstyles, and costumes fit the styles of the '60s and helped transport the audience to Baltimore at that time. Set changes were efficient and effective. The voices of all of the actors with microphones were audible. Lighting was simple yet sufficient. The band added energy to the show and played each piece with precision.

The combined efforts of South Lakes High School's cast, crew, and band gave the audience a warm "Welcome To The '60s!"

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In Contrast



By KENNETH B. LOURIE

Even though my previous CT Scan "looked good," nonetheless I am already, two months out, thinking about my next scan, scheduled for July 15. I am not nervous or anxious about it yet. But I am something. Typically, those emotions begin a week or so before the scan and last a week or so after, until we learn the results. What I am addressing in my own way, is what challenges some cancer patients, certainly me: we can't leave well enough alone and, as a related condition, might not savor the moment/good news because the underlying diagnosis – in my case, non-small cell lung cancer, stage IV – is so bad, and by bad I mean incurable. In fact, that was the first thing I remember my oncologist saying to me/Team Lourie: "I can treat you but I can't cure you."

Nevertheless, here I am six-plus years later, alive and abnormally well, given my original prognosis: "13 months to two years." Still undergoing chemotherapy, still not cured; characterized by my oncologist as his "third miracle." As I wait for the other shoe to drop, other than experiencing symptoms – which I rarely have – and evaluating my every-three-week pre-chemotherapy lab work, the diagnostic scans (CT Scan for me mostly, occasionally an MRI or a bone scan) are the best indicators of tumor growth, movement and/or new activity. To get the clearest radiological picture/assessment, often a dye (a.k.a. "contrast") is injected into the patient to provide the computerized tomography what it needs to create a more detailed rendering of the affected area. Given my pre-existing, chemotherapy-affected kidney damage, and factoring in that the "contrast" would be filtered through the kidneys, causing potential stress to that organ, per doctor's orders (or lack thereof), I've not had a CT Scan with contrast for three or four years (and I usually have four CT Scans per year).

However safe he/we have been, neither my oncologist nor I are the least bit sorry about it. He has been able to reasonably track the tumors in my lungs; and so far, so good (amazing, actually). But, for the next scan, he has ordered that it be completed with contrast. When I asked him why now/what about my elevated creatinine/kidney function, his answer was something about my levels being higher than normal but not trending up, so, since it's been years, he thought it prudent – and timely, all things considered – to proceed. Seemed reasonable, so I consented; so "contrasting" we shall go.

I can't imagine there will be confirmation that all is indeed well and what the oncologist initially feared was trouble two months ago will be even less of a concern than he expressed two weeks ago when we last met and discussed the findings of this most recent scan. But what do I know? Certainly it's possible. I'm living proof of that. Still, this next scan/result is two months away. I shouldn't even be thinking about it now. I should be enjoying the positive findings of my last scan, not anticipating what could possibly be worse with the next one. But I am.

This is the life, albeit an extremely lucky one, of a "terminal" cancer patient (this one, anyway). I want to live for today but it's hard not to worry about tomorrow.

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



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Jennifer Griffith



Cookie Lipin



Tom Aman

Chairman's Club \$5 - \$10 Million in Volume or 25 - 63 Units



Virginia Clark



Thadd Kezar



Joyce Shuemake



Brian Cook



Raynelle Araque



Pat Judy



Mimoza Puce



Tracy Pless



Kathy Shipley



Maureen Amendola



Donna Shaffer

President's Club \$3 - \$5 Million or 19 - 24 Units



Shelia Jackson



Lily Moslehi



Craig Smith



Starla Vitori

Director's Club \$2 - \$3 Million or 13 - 18 Units



Lisa Ducibella



Julie Gray-Roller



Mirjana Stanisavljev



Lisa Covert



Joyce McKenzie

Executive's Club \$1 - \$2 Million or 7 - 12 Units



Andy Zsirai



Liz Gavin Pao



Lucy Murad

We'd love to have you join our team. For a confidential appointment, please contact us at 703-437-3800.