

Reston CONNECTION

The Reston Concerts on the Town have grown from an audience of a few hundred to a few thousand. A view at the Town Center during Saturday's season-opening concert.

Swinging Into Summer in Reston

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PHOTO BY CAMILLE KIDWELL/THE CONNECTION

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South Lakes Girls' 4x400 Relay Team Sets Record at Regionals

SPORTS, PAGE 8

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

PUBLIC HEARING

Design Guidelines and DRB Application Forms



JUNE 16, 7 P.M.
Reston Association, 12001 Sunrise Valley Drive, Reston, Virginia 20191

The Reston Association Design Review Board (DRB) will be holding a public hearing during its meeting to discuss changes to the Design Guidelines and DRB application forms. The meeting will begin at 7 p.m. and the changes will be discussed after other agenda items. The proposed changes can be found online at www.reston.org under Property Owner Resources, Design Review. For more information, contact Barbara Ramey at bramey@reston.org or call 703-435-6573.



NEWS

Hunter Mill Supervisor Cathy Hudgins, Del. Ken Plum (D-36), Reston founder Robert E. Simon, Fairfax Chairman Sharon Bulova and Va. State Sen. Janet Howell.



PHOTO CONTRIBUTED

“Reston—A ‘New Town’” Dedicated

Robert E. Simon has a new place to sit in his “new town.”

Last Friday, May 29, Simon sat with Board of Supervisor Cathy Hudgins, Del. Ken Plum, Fairfax County Board of Supervisors Chairman Sharon Bulova and Virginia State Sen. Janet Howell underneath a historical marker that will remind everyone that Reston was one of the first master-planned communities in the United States.

“In 1961, Robert E. Simon Jr. began developing 6,750 acres of Sunset Hills Farm as a community open to all races, ages and incomes,” according to the highway marker. As planned, Reston features “residential clusters, mixed-use development, landscape conservation, ample recreational

space, walking and biking trails and public art.”

The marker tells readers that “the architectural firm of Whittlesey & Conklin designed a ‘New Town,’” and in 1963 construction began on Lake Anne Village. The dedication and unveiling ceremony for the marker took place at the sign’s location at the entrance to the Plaza at Lake Anne in Reston. The “Reston—A ‘New Town’” marker was sponsored by the Reston Historic Trust, which, along with the Lake Anne Condominium Association, covered the cost of the sign’s manufacture. The marker was approved by the Department of Historic Resources in March 2014.

— KEN MOORE

FREEMAN'S

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As America's oldest auctioneer, Freeman's has been a constant within the art market for more than 200 years. Built on the expertise of our specialists and our traditions of excellence, generations of collectors have benefited from buying and selling fine art, antiques, and jewelry with our firm. We are pleased to introduce a new auction to the 2015 autumn season. Curated by specialist Frederick Oster, an internationally recognized authority on the violin family and American fretted instruments, this new sale will include violins, violas, violoncellos, basses, cellos, and guitars.

For a complimentary auction estimate with a view to sell in the upcoming sale, please contact Mr. Oster. He will be in the area on these dates:

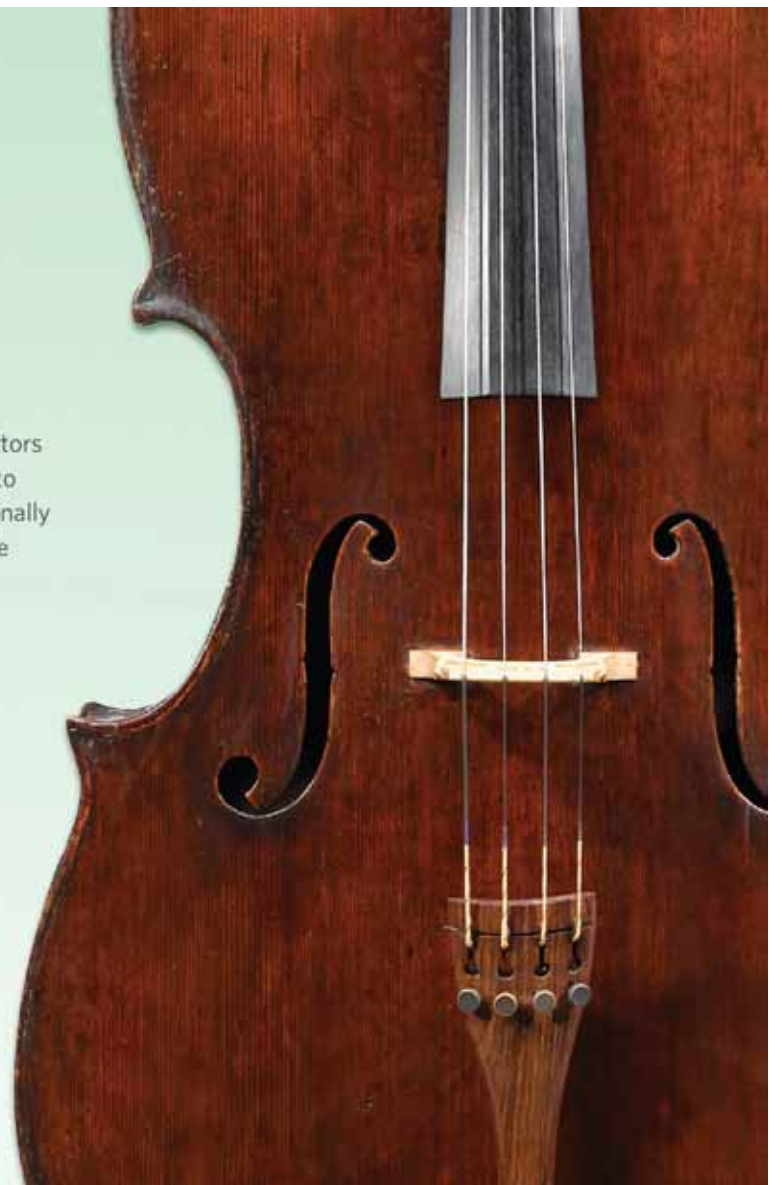
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The Ninth Annual Reston Sprint Triathlon was held on May 31. The swim was in the Lake Newport pool at 11601 Lake Newport Road, Reston. The bike segment was within North Reston.



Reston Hosts Sprint Triathlon

Community event benefits Cornerstones.

BY RYAN DUNN
THE CONNECTION

Sunday, May 31, was the date of the Ninth Annual Reston Sprint Triathlon. Proceeds from the event were donated to one of Reston's oldest, and Northern Virginia's most successful, nonprofit organizations, Cornerstones (formerly Reston Interfaith). Cornerstones promotes self-sufficiency through support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other services.

"We are so grateful to the CORE Foundation for sponsoring this community, Reston event," said Jill Norcross, chair of the board for Cornerstones.

The Reston Sprint Triathlon is covering 15 miles of swimming, biking and running. Athletes swim 400 meters in Reston's only 50 meter pool, then bike 11.28 miles around Reston, and run 3.2 miles (5 km) along part of Reston's famous paths. The race is always held the Sunday after Memorial Day weekend. Before this year's event began, Joseph Letteri gave a presentation of the Star Spangled Banner. The CORE Foundation, in cooperation with Reston Association, presented the event.

This year's event had the biggest turnout yet, with

over 850 athletes registered to participate. Good weather helped increase the turnout and spectators who cheered on participants. "It was a great day," said Herndon resident Douglas Landau, who participated in this year's triathlon. "The Reston and Herndon areas are unique in having venues with community events like this," said Landau.

More than 240 volunteers helped make sure the event ran smoothly. Also present was founder of the Reston Sprint Triathlon and director of the CORE Foundation, Reston resident Doug Bushée. "It is a great event for the volunteers and a great event for Reston," said Bushée. Having seen the big turnout in autumn triathlons, Bushée worked with Cornerstones to set up an event in May. "This is our way of giving back," said Bushée.

The swim was in the Lake Newport pool at 11601 Lake Newport Road, Reston. The bike segment was within North Reston, with police and volunteer course monitors. The run segment takes advantage of Reston's famed pathways for the 3 mile run. In the female overall results, first was Nicole Rayson with a finish time of 1:02:29, followed by Katie Palavecino with a finish time of 1:02:52. For the male overall results, first place went to John Baldwin with a finish time of 57:17, followed by Kevin Kunkel with a time of 59:38. Approximately \$210,000 was raised from this year's race. With a family-friendly atmosphere, fast course, and early morning start, the race is always a special event. For more information, visit www.restonsprinttri.org.



The Ninth Annual Reston Sprint Triathlon included a bike segment within North Reston, with police and volunteer course monitors.

PHOTOS BY RYAN DUNN/THE CONNECTION.



Reston Sprint Triathlon founder and director of the CORE Foundation, Reston resident Doug Bushée with Reston resident Diana Hirshfeld. "My favorite part of the event is that it's community event for both new and seasoned racers," said Hirshfeld.

Reston Community Orchestra Members Visit Aldrin Elementary

Fourth-graders at Aldrin Elementary School got a special visit from five members of the Reston Community Orchestra on Wednesday, May 6. The students heard many familiar pieces and learned interesting facts about the composers of those pieces. Orchestra members also answered questions about their instruments and experiences as a musician.



Overdose Deaths Are Preventable

New “safe reporting” law encourages people to seek help in time.

The death rate due to heroin overdose more than doubled between 2010 through 2013, according to the Centers for Disease Control (CDC), with an average increase of 37 percent per year in the United States.

What the statistics don't say is that most of these deaths are preventable nearly to the last breath. Heroin and other opioids affect the part of the brain which regulates breathing, and opioids in high doses can cause respiratory depression and death.

Naloxone, which is effectively an antidote to opioid overdose, will completely reverse the effects of an opioid overdose if administered in time.

Emylee Lonczak, a McLean teenager who died of an overdose in what was reported to be her first encounter with heroin, might still be alive if the people with her at the time had taken her to a hospital or called 911.

New legislation designed to protect people seeking help for friends experiencing overdose should make it simpler to do the right thing.

State Sen. Chap Petersen sponsored the bill, Safe Reporting of Overdoses, which was signed

by Gov. Terry McAuliffe last week.

“The next step is to get the word out to young people: If a friend is in distress, you have a responsibility and now you have legal protections. Do the right thing. Make a call to save a life,” said Petersen said after the Governor signed the bill.

The law also applies to alcohol overdoses. Petersen collaborated with a Fairfax High School classmate, Gerald Lawson, now a professor at Virginia Tech, in pressing for protection for Good Samaritans in these circumstances.

The Food and Drug Administration last year approved a hand-held auto-injector designed for family and caregivers who might be witness to an overdose to administer a single dose of the drug naloxone.

EDITORIAL

Safe reporting of overdoses SB 892, summary as passed.

Establishes an affirmative defense to prosecution of an individual for (i) simple possession of a controlled substance, marijuana, or controlled paraphernalia; (ii) intoxication in public; or (iii) the unlawful purchase, possession, or consumption of alcohol if such individual sought or obtained emergency medical attention for himself or for another individual because of a drug-related or alcohol-related overdose and if the evidence for the charge was obtained as a result of the individual seeking or obtaining emergency medical attention. The bill provides that the affirmative defense may only be invoked by an individual who (a) remains at the scene of the overdose or at any location to which he is transported for emergency medical attention until a law-enforcement officer responds to the report of an overdose or, if no law-enforcement officer is present at either the scene or the other location, cooperates

with law enforcement, (b) identifies himself to the responding law-enforcement officer, and (c) cooperates, upon request, with any criminal investigation reasonably related to the drug or alcohol that resulted in the overdose. No individual may assert this affirmative defense if the emergency medical attention sought or obtained was during the execution of a search warrant or during the conduct of a lawful search or a lawful arrest.

Send Photos for Father's Day

Father's Day is Sunday, June 21, and once again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos as soon as possible, with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 15.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Reston Recognized as ‘New Town,’ Republicans in Retreat

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST

On Saturday morning when we opened the Reston Farmers Market at Lake Anne, the first thing we saw at the entrance to Washington Plaza was the brand new and very impressive historic marker proclaiming Reston-A “NEW TOWN.” Its 15 lines of engraved text are the most I recall seeing on any historic marker. I think it is our first historic marker. It is a welcome and overdue addition to this special place-even though we still are not a town.

It may be just my own twisted political slant, but I find it an interesting coincidence that at the same time Reston's historic marker is implanted, the Republican Party is in full retreat for the upcoming 2015 general elections for local offices in our region. On our ballot November 3 are: State Senator, State Delegate, Chairman of



INDEPENDENT
PROGRESSIVE

the Fairfax County Board of Supervisors, Hunter Mill District Supervisor, County Sheriff,

Commonwealth Attorney, Clerk of the Court, and Hunter Mill District School Board Representative (nominally a nonpartisan office, for which Democrats and Republicans “endorse” candidates). Of these eight offices, only one incumbent is Republican—John Frey is Clerk of the Court, the guy who for 23 years has registered your wills, issued marriage licenses and such. The other seven are Dems. Can you, dear reader, name all the incumbents? Just seven of the eight, because I'm giving you Mr. Frey. Needless to say all incumbents are all running for re-election as they always do.

What is happening in our area

this year is symptomatic of what's going on throughout the American political system. And, it is not healthy. Just like in the economic marketplace, competition is essential to a healthy political system. Corrupt practices and dollars drive our system these days and we are paying a huge price for it. Really—where do you see positive direction in public policy and people you would characterize as statesmanlike, working hard for the public interest instead of special interests and lowest common denominator actions to enhance re-election prospects? I can think of a few good ones, but not many.

Are you pleased with results in the Virginia General Assembly in improving their ethics, or providing basic health care for the poor? And, in Fairfax County, do you find the impunity of the County Police while Supervisors avert their eyes, and erosion of our vaunted public schools more than a little discouraging?



For me, it is sad there is so little competition among Democrats who, once elected, see office as a right for life. But, it is amazing that with the problems and scandals we've seen lately that no Republicans will stand for public office, other than Clerk of the Court and Sheriff and a perennial for Chairman. When I asked a couple of Republicans what is going on, why no candidates, guess what they said? “No money.” Seriously!

Reston
CONNECTION

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Couples seen swinging on the dance floor at Reston Town Center.



The audience enjoys the season-opening concert at Reston Town Center last Saturday.

Swinging Into Summer in Reston

Reston Concerts on the Town kicks off Summer with Big Joe and the DynafloWS.

By CAMILLE KIDWELL
THE CONNECTION

After 25 years, the people of Reston are still dancing about summer. Such a scene was evident at the first Reston Concerts on the Town, hosted this past Saturday. Featuring “Big Joe and the DynafloWS” in a tribute to legendary BB King, the Town Center was brought to life by swing music and the abundant sound of laughter.

As soon as the band struck their first notes, couples immediately took to the floor. Dancers young and old, friends or strangers, found a partner and began to swing dance. Some of the more seasoned dancers were even spotted putting duct tape on the soles of their shoes for optimal sliding across the dance floor. These hoppin’ audience members were accompanied by the group “Gottaswing,” America’s largest swing dance instruction and dance event promotion company. The scene was spectacular; from those experienced in styles like the jitterbug, to those who just liked to “jitter,” the echoes of feet tapping and people laughing brought smiles to hundreds of faces.

Founder and Executive Producer of the series, Dena Verrill, had nothing but grins when reflecting on the past 25 years of summer concerts. “We have grown from an audience of 300, to a few thousand! It’s amazing.” Sponsored by the Reston Town Center Association and Boston Properties, the event has flourished over the years, even gaining national recognition.



PHOTOS BY CAMILLE KIDWELL/THE CONNECTION

A view from behind the stage.

“The idea is to present a diversified group of musicians, with all different kinds of music: from bluegrass, jazz, even reggae,” she said. “Each act is carefully selected, and

many are recording and touring internationally.” Smiling, she noted: “Music is the universal language. We can bring all these people together of such diverse

backgrounds to celebrate our differences. There is so much harmony”.

Harmony and loyalty are the greatest themes found at this concert event. Most spectators said they had been attending this event since they first moved to Reston, and for many that spanned 25 years. A concertgoer Don said that that when he moved to the area in 1987, “Reston Town Center was nothing but fields of grass. When I started coming to these concerts in 1990, the town center ended right down there at the end of the street, just past the movie theatre. Over the past 25 years, this place has continued to grow but one thing has remained the same, the summer concert series. It is so wonderful and we are so lucky that we can come over to the town center, have dinner at any number of fabulous restaurants and then set up our chairs and enjoy this wonderful music each and every week.”

A front row audience member Stuart Gibson said this was the favorite event of his summer. Coming for the past 25 years, he noted that he will most definitely be back next week for the Beatles and laughing added, “And I will be dancing!”

VIEWPOINTS

What brings you to the Reston Concert Series?



Lorie Crandall, Gottaswing, Arlington

“The Reston Concert series is a great event! I love that it is outdoors and we can swing outside. The weather is beautiful and it is just so fun. I can even bring my dog!”



Anne Hale, Gottaswing, Reston

“Live music is always great. We love coming out to dance at the Town Center. We love to swing, especially at a caliber like this”.



Dena Verrill, executive producer, Georgetown

“It is so important to expose people to different kinds of music. All different styles and backgrounds are represented through the different concerts. It is especially important for children to be exposed to this, and see all different kinds of instrumentation.”

CALENDAR

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

ONGOING

THROUGH SUNDAY/JUNE 28

HestiaMa'at Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. In Hestia Ma'at artists Milagros Pongo from Paraguay/Peru, Alex Garcia from the Dominican Republic, Celso Trufel, from the Dominican Republic, and Vicky Benitez, from Uruguay/Paraguay present a bold exhibit of art and photography resonating with the artists' spirit of inner peace and faith in life.

THROUGH FRIDAY/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 for more.

SATURDAYS/MAY 30-SEPT. 5

Reston Concerts on the Town. 7:30-10 p.m. Reston Town Center. The 25th season is extended through September 5 and kicks off with swing/jump blues favorite Big Joe & the DynafloWS. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association. Alcohol permitted at restaurants only. Concert information: 703-912-4062 www.restontowncenter.com/concerts

THURSDAY/JUNE 4

Community Cookouts. 5 p.m. Hunters Woods Pool, 2501 Reston Parkway, Reston. Bring the family out for a free cookout at the pool. Cookouts are co-sponsored by Reston Association and the Reston Community Center. Hot dogs, hamburgers, chips and drinks are provided along with live music.

Food Truck Thursdays. 11 a.m. - 2 p.m. 11900 Market St., Reston. The first Thursday of each month, through October. A variety of food truck vendors provide lunch and dessert options. Cash and credit cards accepted.

FRIDAY/JUNE 5

Ikebana International Special Event. 10 a.m. Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Ikebana is the ancient art of Japanese flower arranging. There will be a Ginza, starting at 10 a.m., featuring pottery and Japanese artifacts, with a small exhibition of flower arrangements from members of different Ikebana schools. Luncheon will be seated at 11:30 a.m., followed by the demonstration at 1 p.m. It is possible to attend only the demonstration, if wished.

SATURDAY/JUNE 6

Hestia Ma'at Exhibit Artist Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. An opening reception of this bold exhibit of art and photography resonating with the artists' spirit of inner peace and faith in life. The exhibit and artists reception are free and open to the public.

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

UPCOMING FESTIVALS

SATURDAY-SUNDAY/JUNE 12-13
2nd Annual Lake Anne Chalk on the Water Festival. 11 a.m.-5 p.m. Lake Anne Plaza Waterfront, 1609 Washington Plaza, Reston. If you ever wanted to paint the bricks without getting in trouble, all ages are welcome to paint Lake Anne Plaza in a technicolor hue as participants turns the plaza into a chalk art gallery, \$5-\$15. Register at www.chalkonthewater.com for more.

SUNDAY/JUNE 14

Love Your Body Yoga Festival. 10 a.m. - 5 p.m. Reston Town Center, 11900 Market Street, Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Presented by Beloved Yoga. www.belovedyoga.com.

Lake Anne Summer Film Festival: My Big Fat Greek Wedding. 8 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free outdoor festival will take place each month on selected Sunday's and will feature some great flicks from classic to comedy. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy flicks under the stars.

THURSDAYS/JUNE 18-SEPT. 3

Take a Break Concert Series. 7-9 p.m. Lake Anne Plaza, 11404 Washington Plaza W, Reston. On Thursdays, take a break with this outdoor concert series. Visit www.restoncommunitycenter.com/take-a-break.shtml for weekly lineup.

FRIDAY-SUNDAY/JUNE 19-21

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

register, go to <https://pracing.enmotive.com>.

History of the C&O Canal. 2 p.m. Reston Regional Library, 119235 Bowman Towne Drive. Mike High, author of the C&O Canal Companion, will present an illustrated lecture on the ways Great Falls, the Potomac River, and the C&O Canal shaped the history of Northern Virginia. Books will be available for sale and signing.

Summer Bird Count. 6:45 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Meet local bird experts, learn tips on identification and have fun while helping us obtain important information to help our feathered friends. Reservations required by June 3. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SUNDAY/JUNE 7

Sunday Country Western Dance. 6:30-9:30 p.m. Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please. Ticket admission purchased at the door. Ticket Price: \$5. Non-Reston Ticket Price: \$10.

Solar Oven Workshop. 2 - 4 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults and children 10+ years. Solar ovens use sunlight to slow cook or warm foods without electricity or other fuel sources. Join

us for a solar cooking demonstration and build a simple oven to take home for your yard or next camping trip. All supplies and recipes provided. Co-sponsored by Reston Community Center. Reservations required by June 3. Fee: \$7/person RA members, \$9/person Non-members.

MONDAY/JUNE 8

Fun with Eric Carle. 9 a.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Children are introduced to a variety of Eric Carle books while playing games and learning about life cycles and nature. The fun includes arts and crafts, puppetry, acting, hiking and songs. An activity fee of \$5 is due on the first day. Bring snack, lunch and drink daily. For information call 703-689-3104. (Katydidd Camps) to register, call 703-222-4664.

Mr. Knick Knack! Children's Performance. 10:30 a.m. - 11:15 a.m. 11900 Market St., Reston. Unique, heart-centered music for kids and their grown-ups.

MONDAY-TUESDAY/JUNE 8-9

Daring Dragonflies. 10 - 11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Dragonflies are fierce aerial predators, catching other flying insects as their prey. See how a dragonfly sees, using its large eyes to find food. Make your own dragonfly to take home. View dragonflies in action at the pond. Reservations required by June 3. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-

476-9689 and press 5.

WEDNESDAY/JUNE 10

Wednesday Morning Book Club. 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Book discussion group.

THURSDAY/JUNE 11

Paint Your Own Pet. 6:30-8:30 p.m. Brown's Chapel, 1575 Brown's Chapel Road, Reston. Paint for a cause by sending in a photo of your pet and it'll be pre-sketchd with his/her features onto an 11x14" canvas. During the class, apply painting techniques that will bring your portrait to life. A portion of the proceeds will be donated to local animal shelters. Fee: \$60 per person. Includes all materials, gourmet goody bags and light refreshments. Register online www.TheArtStation.com/RestonPYOP. Must register and send photo by June 1. Info@TheArtStation.com. 703-777-3737.

FRIDAY/JUNE 12

Walking Stick Workshop. 7 - 8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. School's almost out, and it's time to explore new territory. Make a walking stick that can travel with you on your next hike. Choose the perfect stick, make a leather grip, and with help, engrave your name or initials to make it your own. All supplies included. Reservations required by June 9. Fee: \$7/child RA members, \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SATURDAY-SUNDAY/JUNE 12-13

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

SATURDAY/JUNE 13

Bushes of Beetles. 11 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. Beetles are the largest group of insects, and they come in a dazzling array of sizes, shapes and colors. Go on a short hike to discover the different places that beetles live. Reservations required by June 10.

SUNDAY/JUNE 14

"Inter-Play" Meet the Artist. 2-4 p.m. Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. A show of a new series of oil and acrylic paintings by Claudia Samper on exhibit from June 5 until July 2.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JUNE

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

8/19/2015.....A+ Camps & Schools – Back to School – Private Schools

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SPORTS

South Lakes senior Tess Rayle allowed two runs — one earned — in six-plus innings in the pitcher's circle and went 2-for-4 at the plate against South County on May 29.



PHOTO BY LOUISE KRAFFT/THE CONNECTION

South Lakes Softball Falls to South County in Region Tournament

Seahawks finish season with winning record.

BY JON ROETMAN
THE CONNECTION

With the score tied and the bases loaded in the bottom of the seventh inning, the defending state champion South County softball team had the chance to finally shake the up-and-coming South Lakes Seahawks and advance to the 6A North region quarterfinals.

Next up in the Stallions batting order: Cara Yates. Did head coach Gary Dillow have any advice for his shortstop?

"She's a senior. She's been through a lot," Dillow said. "... I didn't need to say anything to her."

Yates came up clutch, driving in the game-winning run with a single as the Stallions defeated the Seahawks 2-1 on Friday in the opening round of the regional tournament at South County High School.

A SINGLE by South County second baseman Sydney Haas, a walk to pitcher Aubrey Bates and a single by center fielder Victoria Figueroa loaded the bases with no outs in the bottom of the seventh, setting the stage for Yates. The senior shortstop fell behind 0-2 before pulling a pitch through the left side of the infield.

"I was just pretty much looking to get the ball in play because I felt like if I just hit it hard somewhere we would get a run in," Yates said, "and if I didn't, I knew the people behind me would."

South County was scheduled to face Robinson on Monday in the region quarterfinals.

Yates and sophomore Haas each finished 2-for-3 at the plate. Figueroa, a freshman, went 2-for-4. Senior third baseman Elyssa Dunn and Bates each had a double, and senior first baseman Riley Wilkinson had a single.

Yates' walk-off single gave South County its only lead of the night against a South Lakes team making its first regional tournament appearance in at least five years. The Seahawks, the No. 3 seed from Conference 6, took a 1-0 lead in the top of the third inning, when third baseman Jazmyn Stokes' single and a South County error allowed a run to score.

The Stallions, the No. 2 seed from Conference 7, tied the score during the following half inning when a South Lakes error allowed a run to score.

South County pitcher Aubrey Bates took over from there, surrendering just a pair of infield singles dur-

ing the final four innings. The junior right-hander earned the win in the pitcher's circle, allowing one unearned run on seven hits while walking one and striking out four in seven innings.

South Lakes had at least one runner in scoring position in four separate innings, but managed just one run.

"She did great," Dillow said about Bates. "She didn't have her best stuff tonight and she just kind of battled through. They had some good at-bats and they had quite a few baserunners. Aubrey pitched out of jams when she got into them. I'm very happy with her performance tonight."

Former South County standout Rebecca Martin was the Stallions' go-to pitcher in big games during her four-year career, culminating with a victory in the 2014 state championship game. Did Bates feel any pressure taking over the role of regional-playoff pitcher?

"I didn't really feel much pressure," she said. "I just went into it like any other game."

Winning Friday's game kept South County's season alive and improved the Stallions' record to 17-5. Meanwhile, South Lakes ended its most successful season in recent years with a 14-9 record.

"These guys truly turned the program around in the last few years," said first-year head coach Carlos Soto, who spent the previous six seasons coaching the JV program. "South Lakes hasn't had a great history of getting his far."

SENIOR PITCHER Tess Rayle gave the Seahawks a chance to win both in the circle and at the plate. The right-hander allowed two runs — one earned — on nine hits in six-plus innings. She walked one and struck out three.

"I don't know what their pitcher was throwing," Dillow said. "She was very crafty. [She] kept us off balance. We didn't get a whole lot of good swings on the ball."

At the plate, the South Lakes' leadoff hitter and only senior starter finished 2-for-4, including a double to deep left-center in the top of the first inning.

"At the beginning of the season, Tess was probably batting fifth, sixth," Soto said. "She worked her way up to bat [in] the leadoff spot and she was our spark almost every time she was there."

Sophomore third baseman Stokes, sophomore catcher Danielle Barr, sophomore center fielder Natalie Pritz, sophomore shortstop Rachel Abelson and junior first baseman Anne DiMaio each had a single.

Rayle earned first-team all-conference honors. Stokes was a member of the all-conference second team.

RESTON CONNECTION SPORTS EDITOR JON ROETMAN
703-752-4031 OR JROETMAN@CONNECTIONNEWSPAPERS.COM



PHOTO BY ED LULL

The South Lakes girls' 4x400 relay team of Claire Nieuwsma, Jordan Lozama, Golden Kumi-Darfour and Devyn Jones turned in a record-setting performance at the 6A North region meet.

South Lakes Girls' 4x400 Relay Team Sets Record at Regionals

With all four members running sub-60 minute splits, the South Lakes girls' 4x400 meter relay team won the event and eclipsed a 28-year-old region meet record at the 6A North region outdoor track and field championships on May 30 at Robinson Secondary School.

Seniors Jordan Lozama (58.1), Claire Nieuwsma (57.7), junior Golden Kumi-Darfour (56.5) and sophomore Devyn Jones (59.7) ran a 3:52.50 in winning the event and setting the record. The previous mark of 3:54.01 was set by Hayfield Secondary School in 1987.

Both the boys' and girls' SLHS teams finished sixth in the 26-team event.

The girls' 4x800 relay team of freshmen Olivia Beckner and Emily McGrath and juniors Monica Lannen and Kumi-Darfour finished fifth with a school-record time of 9:24.37. Sophomore Nikayla Hoyte and seniors Ozioma Chinaka, Comfort Reed and Samantha Webb ran a 50.01 for fourth place in the 4x100 meter relay.

Along with their relay accomplishments, several members also did well in individual events: Jones was third in the 100-meter hurdles (15.26) and fifth in the 300-meter hurdles (47.26). Kumi-Darfour took third in the 800 meters (2:16.83), Nieuwsma finished fifth in the 400 meters (59.21) and Webb was seventh in the 100 meters (12.78). Senior

Natalie Schauer scored for the Seahawks with her eighth-place finish in the discus throw (96-04.00).

Senior Nathan Stone led the boys' team with a photo-finish victory in the 110 high hurdles (14.84). Junior Anas Fain finished third in that event (14.78) as well as in the 300-meter hurdles (39.58). Fain teamed with juniors Nikolai Waithe, Skander Ballard and senior Sam Arpee for third in the boys 4x400 meter relay (3:22.59). Ballard, junior Eric Kirlew, senior Timothy Logan and sophomore Timiebi Ogobri ran a 43.59 for sixth place in the 4x100 meter relay.

In individual events, Kirlew finished fifth in the triple jump (44-11.75), senior Jeremiah Norman was seventh in the discus (129-02.00), junior Alex Rudison also placed seventh in the pole vault (12-00.00) and Ogobri was sixth in the 100 meters (11.38). Arpee, who ran a state qualifying time of 50.16 in Friday's preliminaries, finished seventh in the 400 meter finals (51.07).

On the opening day of competition (May 28), junior John LeBerre and seniors Andrew McCool, Collin Weirick and Sean Miller finished ninth in the 4x800 meter relay but with a state qualifying time of 8:08.06.

SLHS will have all six relay teams competing in the 6A State Championship June 5-6 in Newport News.



Alexander Miller and mom Jenna are having a ball in the class for the littlest swimmers. Learning to relax in the heated water, the children also practice other motor skills and how to share and take turns.



Itsuko Scoville, 7, is comfortable enough to take some “pose” time during her swimming session. The youngster made numerous trips back and forth across the pool — with confidence.

Reston’s ‘Tropical Resort’ Young swimmers enjoy a tropical environment at Goldfish Swim School.

BY ANDREA WORKER
THE CONNECTION

PHOTOS BY ANDREA WORKER

The story behind the Goldfish Swim School in Reston might sound like a bit of a fish tale, but there’s plenty of evidence to prove otherwise. Just a few years ago, owner Gina Bewersdorf took her young son to one more swim class near their hometown in Michigan in hopes that this new facility would be the one to overcome his obvious dislike of the whole process.

“It probably didn’t help that I was scared to death myself,” she admitted. Turns out that Bewersdorf made a good — and life changing — decision. “From the very first lesson things were different. You could see his comfort and confidence blossoming.” Within a month, her son Asher was striking out to the play “island” in the middle of the pool.

After seeing her reluctant son’s success, and getting to know the staff (“They were just so kind, caring and patient”) Bewersdorf decided to learn to swim at age 39 with the help of Ken Turner, one of the Goldfish instructors. Fifteen months later she was ready to achieve a longtime goal — competing in a triathlon that included a 2.4 mile competitive swim.

Not long after taking the plunge, the Bewersdorfs decided to go “all in” and open a Goldfish in Reston.

WHY RESTON? First, they are familiar with the area. Bewersdorf is a physician and has spent professional time here. Her attorney husband has done business in the D.C. area. After about a year of research, “this seemed to be just the right place for our location,” said Bewersdorf in a phone interview. “There’s already a population with an obvious interest in fitness and physical activities. There is certainly competition with other pools and facilities where swimming is taught. But I honestly believe there is nothing like the Goldfish way or environ-



From left, standing: Assistant General Manager Tommy Hamilton and General Manager Ken Turner. Seated: Sam Gordon and Madi Cook. The Goldfish Swim School crew is at the ready at the facility’s front desk.

ment.” A location far from home base might seem like a risk, but Bewersdorf reduced her worries by recruiting her own instructor, Ken Turner, as the General Manager of the new venture. Turner came on board during the construction phase and reports that after six months in operation, all is looking well.

Just a stroll around the Goldfish Swim School’s 10,000 square-foot facility at 12340 Pinecrest Road in Reston could easily sway you to Bewersdorf’s way of think-

ing. It’s light and bright and designed to look like a Disneyesque tropical resort. The private changing rooms resemble Caribbean cabanas and there are “palm” trees and “palm” thatched “huts” and covered tables where kids and parents look quite comfy while they wait their turn in the warmth of the 90 degree 25-meter heated pool.

“No shivering or pool shock,” said Turner. “It’s like a wonderful warm bath. Everyone is relaxed and ready to learn and have fun.”

Turner and assistant General Manager

Tommy Hamilton, have both worked at several community pools and other facilities. In Turner’s opinion, there is nothing to compare to the Goldfish curriculum or environment. Goldfish instructors go through 40-50 hours of training in the proprietary learning plan, and the core curriculum was developed by a 17-time Collegiate All-American swimmer with a degree in early childhood development and family studies. Class sizes are small with a 4:1 student-to-teacher ration.

Another advantage to the Goldfish school, according to Turner, is the “perpetual” lesson formula. Children are grouped based on age and ability, rather than a sign-up time, or a prescribed set of sessions, allowing them to advance to the next class when they are ready. Toward the end of each 30-minute session parents hear the call to “Enter the Pool Deck!” where they can more closely observe their children and receive an update from the instructor on the child’s progress.

“You don’t wait for a month, or for the end of a six-week series to find out how your child is doing and how you can participate in the learning process,” said Turner.

USING FUN, age-appropriate props (like a foam canoe and a mini-“island”) Goldfish Swim has 12 different class levels, for ages 4 months to 12 years. Private, semi-private and casual “drop-in” lessons are also available, as are “Jump Start Clinics,” recreational swim teams and even family swim times.

Turner, Hamilton and the Goldfish Swim School staff are “all hands on deck” ready to show visitors around and let them see the aquatic action themselves. As Gina Bewersdorf says, “your toddler may not be able to play soccer yet, but they can swim. Swimming is wonderful for your whole body and it is something you can do your whole life.”

Visit www.goldfishswimschool.com, or call 703-348-3261.

Weight For It; Wait



By KENNETH B. LOURIE

Given some post-chemotherapy eating challenges I've experienced during the past few months, and the subsequent weight loss which has occurred, my oncologist has prescribed Dronabinol, common brand name: Marinol. Dronabinol, a.k.a. THC, is "a man-made form of the active natural substance in marijuana" synthesized to stimulate my appetite. It's been my observation over the six-plus years that I've been a chemotherapy patient, that weight loss is a particularly worrisome indicator. Steps are often taken to make sure that the patient – especially during the six-hours-per-day, three-days-a-week, heavy-duty chemotherapy often infused at the beginning of treatment – eats regularly and ingests sufficient vitamins and nutrients. Though I haven't suffered too much of late, other than the eating/tasting problem I've described, my oncologist was quick to this fix. No eating is no good. And even though the potential side effects: "dizziness, drowsiness, confusion, feeling 'high,' an exaggerated sense of well being, lightheadedness, nausea, vomiting or stomach pain," don't exactly turn me on; neither do they bum me out. I need to eat – doctor's orders – so if marijuana pills are the ticket, then I'm ready to buy. Someone has to do it, and as a cancer patient/survivor trying to stay in the game, these pills are a much appreciated resource to help fend off an evil adversary.

This is a road I have been down before – in the 70s, but that was more of a pleasure trip. This is a completely different road – and trip, and therefore one that requires thinking and treating outside of the box, if necessary. And since I don't want to be boxed, I need to remain open to remedies and alternatives that might offer a glimpse into a future that six years ago was not assured. In fact, assurances were the last thing I was given. What I was given, as you regular readers know, was a "13-month to two-year" prognosis with a corollary admission from my oncologist: "I can treat you but I can't cure you." Having successfully navigated an extremely bumpy road since February, 2009, I am still afraid for myself and fearful of my circumstances. Nevertheless, giving in is not an option. Nor is giving up. These pills are just another addition to my ever-expanding arsenal (most recent additions: wheat grass, beta glucans, dandelion root, milk thistle). This is a dynamic time in cancer research and when one considers the conventional along with the non-conventional, there are reasons for hope and dare I say, excitement, for our respective futures.

It's ironic to consider that back in the day, smoking marijuana was thought to possibly contribute to or even cause lung cancer and now, decades later, it is being prescribed by oncologists for their lung cancer patients to help them cope with the side effects of their treatment. When we first met my oncologist, it was mentioned that I smoked pot in the 70s and perhaps that was a cause of my current diagnosis. The doctor's response was that he wasn't interested in the past; he was only interested in the present/future and treating me forward. And so too have I embraced that philosophy. My life now is about securing a future, not explaining a past.

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

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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

Koko
A Digital Gym

**Changing lives right here
in Northern Virginia**

To get started with your 30-day trial,
simply call or stop by a location below.

Koko FitClub of Great Falls | 571-612-2330
Koko FitClub of Herndon | 571-612-2331
Koko FitClub of Reston | 571-612-2333
Or click! try.kokofitclub.com/30daynova