

Oak Hill ♦ Herndon CONNECTION

The stretch of the Herndon Farmers Market. Herndon residents come to the market Thursdays to support local businesses and enjoy fresh food.

Buying Fresh at Herndon's Farmers Market

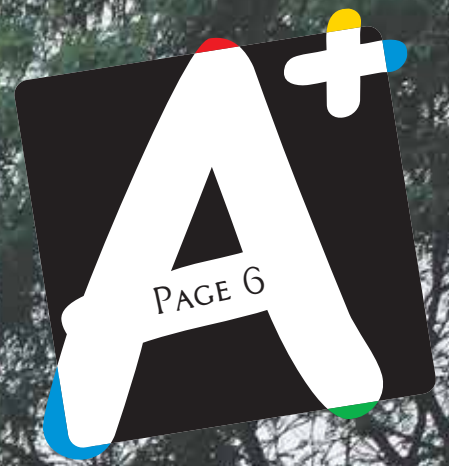
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PHOTO BY CAMILLE KIDWELL/THE CONNECTION

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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Dulles International Airport Challenges

A demand for change at Dulles Airport.

By RYAN DUNN
THE CONNECTION

Washington Dulles International Airport, located in Fairfax and Loudoun Counties in Virginia, was once surrounded by farmland. An image of the Dulles Airport decorates the seal for the Town of Herndon. Yet Dulles airport is fighting an image problem. Virginia political and business leaders are trying to reverse passenger declines at Dulles Airport, as more passengers travel through Reagan National Airport.

In 2005, 27 million passengers flew through Dulles; in 2014, the number was 21.6 million. In comparison, 17.8 million passengers flew through Reagan National Airport in 2005. By 2014, that number of Reagan passengers had become 20.8 million. Three times in 15 years, Congress has lifted the 1,250-mile perimeter and added new flight slots at Reagan National.

Some travelers have said Dulles Airport is difficult to navigate through. It has also been getting a bad reputation for luggage issues. Dulles had 1,086 total claims, out of which 331 were approved or settled for a total of \$67,952.16 between 2010 and 2014. A USA Today investigation found the TSA is taking a hit for damaged bags, paying out \$3-million in claims for lost, broken or stolen items.

TSA PAID OUT 7.6 claims per million passengers at Washington Dulles International, about two and a half times the number of losses paid at nearby Reagan National and



PHOTO COURTESY OF CREATIVE COMMONS

Virginia political and business leaders are trying to reverse passenger declines at Dulles Airport, as more passengers travel through Reagan National Airport.

nearly four times more than the airport ranked with fewest complaints among the 30 busiest Airports in America, Detroit Metropolitan Airport.

In the meantime, Metropolitan Washington Airports Authority (MWAA) is trying to increase revenue while more passengers are using Reagan National. Dulles is expensive for airlines. Most large airlines fly a “hub-and-spoke” network where they fly almost entirely to and from their hubs. Without a United hub, there are no flights to smaller eastern cities from Dulles, since United de-

pends on connecting passengers to fill them.

United CEO Jeff Smisek said United is reluctant to expand at Dulles because it is more expensive than other airports. Airports have to be self-sufficient and pay for their facilities and operations through revenue they earn inside the airport (like restaurants, concessions) and fees airlines pay. When an airport wants to build new facilities, it must take on debt that raises the costs for the airlines.

In January of 2015 Virginia Governor Terry McAuliffe unveiled new, large versions of the “Welcome to Virginia” signs at Dulles Airport. In April, a seminar was held at the Sterling AOL Campus, titled Dulles Matters. The event was sponsored by the Committee for Dulles. Stewart Schwartz, executive director of the Coalition for Smarter Growth, said although Dulles is a key regional asset, the public must be sure leaders are making the smartest choices when it comes to spending taxpayer money.

A study commissioned by the MWAA showed Dulles generated more than \$1.2 billion a year in tax revenue and nearly \$10 billion in labor income. More than 19,000 people work at Dulles, but nearly 250,000 jobs are tied to the airport. MWAA operates National and Dulles. “We need to rally and put Dulles and this region onto a positive growth path,” said Keith Meurlin, president of the Washington Airports Task Force and former Washington Dulles International Airport manager.

Phase 2 of Metro’s new Silver Line will include a station at Dulles, and construction may be complete by 2020. The MWAA

may amend its ground transportation policy to allow Uber, Lyft and similar services access to airport property at National and Dulles. The Maryland Aviation Administration, which oversees BWI, studied practices at other airports to develop a “comprehensive review” of its ground transportation service, and plans to update regulations in coming months, officials said.

Traditional cabs pay a \$3-per-fare fee to operate at National, unless it’s a prearranged trip, and they must wait in line to be dispatched. Uber and Lyft drivers can pull up to the curb to collect passengers. “They are popular with a certain segment of the population,” said John Massoud, vice president of M&R Taxi Company, Inc., trading as Arlington Blue Top Cab, which has provided taxi service to Northern Virginia since 1984. A locally owned family business, M&R Taxi Company, Inc. has potential taxi drivers go through a detailed screening process including a drug test, training and an exam. “Only then we do allow someone to drive a Washington Flyer taxi,” said Massoud. Although taxi companies have few worries for the Metro Silver Line, they have expressed specific concerns regarding rider services such as Uber.

DULLES AIRPORT has been reviewing three potential sites for hotel development including a 2.6-acre site used as employee parking at the east end of the terminal. The other two sites include: a 5.6-acre site behind a daily garage facing the main terminal, near the future Metro station; and a 13.7-acre lakefront site near the existing Dulles Airport Marriott hotel, which has a lease to operate at Dulles through 2027. On-airport hotels have been popular for travelers who have early flights.

Buying Fresh at Herndon Farmers Market

Herndon residents come to the market to support local businesses and enjoy fresh food.

By CAMILLE KIDWELL
THE CONNECTION

“There is none better! This is the best of the best, a great time! I love it!”

This description is for none other than the Herndon Farmers Market. Held every Thursday in old town Herndon, the market is a place where members of the community come together to support local businesses and enjoy fresh food.

When walking down the street, the vibrancy of delicious smells and sights of the market can be overwhelming: Accompanied by the smiling faces of all the vendors, the market is an inviting place

to spend the morning.

Herndon area residents have had the opportunity to create, produce and sell their own products through entering into the market. Local businesses must apply and be approved to sell their products, and are then given the chance to sell during the upcoming season. One such vendor is Laura Wigglesworth, who is often joined by her daughter Claire at their granola stand. “We sell granola bars and bagged granola” said Wigglesworth, whose interest was sparked by having fun in the kitchen and experimenting with new food. “This is my first and only market, and we love it,” she said. The family offers different flavors of granola bars every week, a favorite for many con-

sumers who grab their morning breakfast at their stand, while simultaneously buying vegetables for dinner.

Everything one needs for a meal is within walking distance. Yet, what makes this market unparalleled is the quality of its products. All items are homegrown and fresh, made within 24 hours of selling. This is the point that vendors pride themselves upon. Owners of “Sweet Thang” bakery, who have been in the market for three years, buy nearly all of their products from the individuals at the stands next to them. “All of the eggs, fruits and vegetables that gets put into our products are from the market. It sustains our friends and lets our consumers know that our products are, fresh,” said owner Alan Smith. Businesses therefore work together to improve their products and keep one another sustainable.

From cakes, breads, salsa, to popcorn, the market has it all.



CAMILLE KIDWELL/THE CONNECTION

Laura and Claire Wigglesworth, from Wigglesworth Granola LLC, offer different flavors of granola bars every week.

The list of vendors includes: 100 Bowls of Soup, Chef Eloy’s Kickin Salsas, Chelsea and Pam Love Goats Farm, Fun Country Kettle Corn, Grace’s Pastries, Hutt Produce LLC, J & W Valley View Farm, McCalls Ferry Farm LLC, McCleaf’s Orchard, Mt Olympus Farm, Santa Cruz Produce, Sweet Thang Bakery LLC, The Lamb’s Quarter, Whim Pop and Wigglesworth Granola LLC.

For more information visit <http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm>

NEWS



A stage was set up for musicians who played at the July 11 Annual Ukulele Festival at Reston's Lake Anne Plaza. Pictured are members of the Hula Monsters, an East Coast band which have been performing since 1988.



PHOTOS BY RYAN DUNN/THE CONNECTION

Musician Stuart Fuchs with Oak Hill resident and musician Glen Hirabayashi of the Aloha Boys. Both played at the Ukulele Festival. The festival was hosted by the Lake Anne Merchants with support from the Reston Community Center, Friends of Lake Anne (FOLA), and the Northern Virginia Ukulele Ensemble.

Ukulele Festival Held at Reston's Lake Anne Plaza

Aloha! Ukulele festival a success in Reston.

BY RYAN DUNN
THE CONNECTION

A signature summer event of Reston is the Lake Anne annual Ukulele Festival, held this year on Saturday, July 11. The free festival featured performances by internationally known and local ukulele musicians, music demonstrations, open to the public jam session, vendors and family-friendly activities. "I drove from Arlington to attend this event," said patent agent Mihal Gross. Gross is a member of the ukulele group which meets at Cafe Montmartre, also located at Reston's Lake Anne Plaza.

The Saturday morning farmers market and craft market took place as usual, and many crafters stayed through the festival. For local merchants, the event brought in more visitors and patrons. "This is my favorite event at the plaza," said Doris Tyler, owner of Chesapeake Chocolates. Tyler has operated at Lake Anne since 2007, and offers a variety of chocolates, regional beers and wines.

One of the vendors was Herndon resident Stacie Blythe, who brought some handmade instrument hangers. "My husband picked up the ukulele a year and a half ago," said Blythe. Musicians were able to display a variety of styles and approaches to music with the ukulele.

THE EVENT featured many artists, including Nashville musician Donna Frost. This was her first year performing at the Reston Ukulele Festival. Frost was invited to visit the festival some years earlier, and was inspired to learn the ukulele. "I was so blown away by the music, this festival was a key



Herndon resident Stacie Blythe, who brought some handmade instrument hangers, was one of the vendors who attended the July 11 Annual Ukulele Festival at Lake Anne Plaza.

point in my life," said Frost. Frost played music from her album "Ukeabilly Mama."

Many of the attendees agreed the ukulele is an interactive instrument, with an active community. This festival is the only ukulele festival in Northern Virginia, which has brought thousands of people to Lake Anne from across the region for this event. "At Lake Anne, we like to incorporate unique events," said marketing strategist Maurisa Potts, who attended the festival with her family. The family-friendly event brought many visitors of all ages to Lake Anne to hear the live music.

Oak Hill resident Glen Hirabayashi, a

member of the Aloha Boys returned to perform again at the festival. Based out of the Washington D.C. area, the Aloha Boys have played at numerous functions including the Birchmere and The Kennedy Center. "This is a great event," said Hirabayashi, a founding member of the Aloha Boys. Hawaiian transplants, the founders of Aloha Boys met at Halau O' Aulani, a Hawaiian cultural school in Arlington, where their children were studying. They first formed their group to provide Hula music to the school.

Other featured artists included New Hampshire folk artist Stuart Fuchs who has played at festivals and theaters across the

nation, and the band the Hula Monsters, which has been hailed for their ability to play a mix of swing, rockabilly, Hawaiian and blues. The Chantilly based Isa Pacifica Dancers gave a luau show and encouraged audience participation in a traditional Hawaiian dance.

THE FESTIVAL was hosted by the Lake Anne Merchants with support from the Reston Community Center, Friends of Lake Anne (FOLA), and the Northern Virginia Ukulele Ensemble. Reston's Lake Anne Plaza will host its 9th Annual Lake Anne Jazz Festival on Sept. 5 beginning at 2 p.m.



The Hula Monsters were one of the music groups which performed at the July 11 Annual Ukulele Festival at Reston's Lake Anne Plaza. The event brought many guests and patrons to hear the music and visit the area stores.

OPINION

Backpacks for All

Thousands of students will begin school this fall at a disadvantage; help now so they have the basics.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many if not most families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 7-9. Purchases of certain school supplies, clothing and footwear are ex-

empt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See <http://www.tax.virginia.gov/content/school-supplies-and-clothing-holiday>.

This is a good place to start, but these students need more than backpacks. In this area, we need to address the impacts of income inequality in the schools. If we succeed in effectively educating these students, the savings overall will be enormous. These students need protection from budget cuts in their classrooms. They need help addressing inequality in the face of "bring your own device policies," and other technology needs.

Here are a few ways to give:

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided 90,000 supply kits and backpacks in its first three years. They seek donations of cash, backpacks donated by citizens and calculators donated by businesses. Contact Jay Garant in Fairfax County Public Schools Office of Business and Community Partnerships at 571-423-1225 jay.garant@fcps.edu or Sherry Noud SMNoud@fcps.edu 571-423-4300, Fairfax County Public Schools Office of Social Work Services.

<http://collectforkids.org/resources/>

❖ **Cornerstones in Reston** needs 3,000 backpacks. Each year, Cornerstones and its partner, Kids R First, equip thousands of K-12 children in the Reston-Herndon area (Cornerstones' clients, as well as other local students who receive free or reduced cost school meals) with brand-new backpacks. You can buy backpacks online and have them delivered to Cor-

nerstones. Or deliver the backpacks to Cornerstones Administrative Office at 11150 Sunset Hills Road, Suite 210, Reston; Aug. 10-14 (Monday - Friday); 9 a.m. - 5 p.m. Contact Alacia Earley, Volunteer and Drives Manager, 571-323-9568.

<http://www.cornerstonesva.org/donations/drives/back-to-school/>

❖ **United Community Ministries** annual Back to School campaign is underway, and they rely on your support to meet the needs of students from low-income families in the Mount Vernon community. They especially need larger-sized backpacks for middle and high school students, and seek cash contributions to buy supplies. <http://www.ucmagency.org/back-to-school-2015.html>

❖ **OUR DAILY BREAD** Collect for Kids Back to School program runs each summer in partnership with with Collect for Kids in a county-wide effort to ensure that the neediest children in our community receive the supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. Contact Dawn Sykes at 703-273-8829.

❖ **Arlington Partnership for Affordable Housing** APAH is collecting backpacks and supplies for more than 400 children among the 1,200-plus households a year served by APAH, providing low income families with affordable housing. Purchase items on their list. Donations can be dropped off at the APAH office: 2704 N. Pershing Drive in Arlington. Questions? Contact Emily Button, Resident Services Manager, at 703-851-3635 or ebutton@apah.org. <https://www.roonga.com/apahschoolsupplydrive/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Virginians Have Paid for Medicaid Expansion

To the Editor:

The concern expressed in the letter regarding Medicaid Expansion in Virginia (How to Pay for Medicaid Expansion?, Connection, June 24-30) focused on the question of "how to pay for it" and that those favoring expansion "do not discuss cost specifics."

The writer would have readers believe that we in Virginia have not already paid for Medicaid expansion with our tax dollars, Virginia tax dollars that are now going to other states, states that have

expanded Medicaid; and some of those states are led by Republican governors that have favored Medicaid expansion because they saw it as a good deal financially as well as a reasonable way of making healthcare accessible to so many of their working poor — 400,000 in Virginia would benefit from the expansion.

With respect to the writer's fiscal concerns, that issue has been addressed multiple times by The Center on Budget and Policy Priorities and The Commonwealth Institute. The conclusion, which is documented by the numbers cited in the various reports, is this: "Medicaid Expansion is Producing Large Gains in Health Care and Saving States Money."

The letter-writer's fiscal concerns have already been essentially addressed, but opponents have apparently already made up their minds and have manifested little interest in the documentation provided. This documentation has been cited numerous times, and it is not reasonable to assume that Delegate Ken Plum, a delegate re-elected multiple times that takes seriously his fiduciary responsibilities, and other legislators in solidarity with him have not looked at the numbers before advocating for the expansion of Medicaid

Dr. Paul Krugman, an economics professor at Princeton and the winner of the Nobel Prize for Economics in 2008, recently asked this question: "But why would any state

choose to exercise that option (not expand Medicaid)? After all, states were being offered a federally-funded program (a program already paid for by taxpayers) that would provide major benefits to millions of their citizens, pour billions into their economies, and help support their health-care providers. Who would turn down such an offer?"

It is the same question many of us in Virginia have been asking and have not received any satisfying answers from the Republican legislators that dominate the Virginia House and Senate.

John Horejsi (and SALT's 1200 advocates)
SALT Coordinator
Vienna

Oak Hill & Herndon CONNECTION

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

SATURDAY/JULY 18

One-To-One Technology Help. 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Stop by for this Saturday technology assistance help session. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 21

Spanchats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join this ongoing Spanish Spanchats conversation group. Beginners to fluent are welcome. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

THURSDAY/JULY 23

Social Security Workshop. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security income. For adults ages 60-65. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 28

Spanchats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join this ongoing Spanish Spanchats conversation group. Beginners to fluent are welcome. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

ONGOING

Free Support Group for Parents with Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free 12 step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia.

For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

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

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits.

Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman

Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.



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Art supplies and games that allow for creative play can be an important part of unstructured free time.

Unsheduling Summer Play

Experts praise the benefits of free play for children.

By MARILYN CAMPBELL
THE CONNECTION

What was once a time for catching fireflies, swimming and exploring has evolved into a period of elite day camps, academic enrichment classes and top-dollar sports clinics. For many children, summer is packed with so many activities that it can hardly be called a break, say local educators, reminding parents of the benefits of unregulated play. “Camps and activities are fine in moderation because children need structure,” said Andrew Clarke, Ph.D., an Arlington-based child psychologist. “But allowing children to have free time during the summer is important for their self-confidence and overall well-being. ... Children can become enriched simply by being allowed to explore their own environments.”

NOT ALL CHILDREN are naturally self-directed, but parents can provide minimal structure through which children can gain the benefits of unstructured free time. For example, help children develop a list of potential activities that might interest them. This could assist children who have difficulty thinking of things to do on their own or who might be prone to saying “I’m bored” when faced with free time and no planned activities. “I recommend giving kids suggestions of various activities and having them choose,” said Stacie B. Isenberg, Psy.D., a child psychologist

based in Bethesda, Md. “Sometimes it is helpful to make a list together with them and post it on the refrigerator or other prominent place.” Isenberg suggests including activities such as playing board games, reading books, hula hooping, kicking around a ball, blowing bubbles, doing mazes, puzzles or painting. “When it’s time for a new activity, have them check out the list,” she said. It’s especially beneficial if the activity won’t require constant supervision. “Provide safe spaces for them to play in,” said Joan L. Ehrlich, Ph.D., a coordinator in the Interpreter Services Office at Northern Virginia Community College. “If you know the space is safe, you can give them more leeway to play on their own, and can pull back on the direct supervision.”

PARENTS SHOULD ALSO SET boundaries and standards regarding acceptable and unacceptable activities, she continued. “When my kids were small, we had designated ‘no screen’ time. It was wonderful to hang back and watch them engage in a board game or card game. You would be amazed at what kids will choose to do when televisions, computers [and other electronics] are not an option. Nothing against those devices, but, let’s face it, they can be addictive which makes it hard to compete with other healthy, educational options.”

“All you need to do to facilitate unstructured downtime is to not over schedule them ... and provide an open-ended learning environment,” added Gail Multop, an early childhood education professor at Northern Virginia Community College. She believes the tools for such play are simple: “Puzzles, books, an art table with supplies and time outdoors in nature.”

COMMENTARY

Paying for Our Schools

By KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)



The recent tension between the Fairfax County Board of Supervisors and the School Board over approval of the budget for the public schools left one big factor out of the equation for funding schools—the role of state government in financing public education in the Commonwealth. Public education as defined in the state constitution is a partnership between state and local governments. For some years, the state funded on average statewide more than half the cost of public education. In recent years there has been steady slippage in state support, and local governments have had to pick up the difference.

“Virginia Issues and Answers,” an excellent publication of the Virginia Tech School of Public and International Affairs, took a look at the issue of financing K-12 education in Virginia in its spring 2015 issue. While the national average of state funding for public education has been around 50 percent, “Virginia, however, has provided a smaller fraction of funding with its contributions typically 10 percentage points below the national average.” With the Great Recession, funding for education dropped nationally while in Virginia in 2010 it dropped to 37 percent to be in the lowest quartile among the states.

As would be expected, in a look at local funding the opposite is true. In Virginia, localities have been asked to pick up a greater share of education costs. The study found that on average local governments in Virginia have to put in about 10 percent more for

education than their counterparts in other states. “Whereas most other states rely more heavily on state revenue to fund their schools, Virginia relies more heavily on local revenues from local property and sales taxes,” the report stated.

Federal funds typically provide 10 percent or less to the revenues of schools in the states. Interestingly, in 2009 the federal share of funding schools in Virginia increased by 4 percent as Virginia accepted without fanfare or objection American Recovery and Reinvestment Act monies that otherwise Virginia politicians like to rage against. The Virginia Tech study found that during the Great Recession other states cut their per pupil spending less than cuts in Virginia.

The funding for schools is complicated by the necessity under the federal Constitution to ensure that children throughout the state are equally protected to have access to public education. The equalization aspect of the state funding formula for schools results in a higher percentage of state dollars going to the poorest communities over the more prosperous ones. While the success of the formula is open to debate on equalizing access to education, reductions in the amount of dollars available disadvantage all school divisions.

Local governments in Virginia can pass only those taxes that are permitted by state government. Fairfax County cannot pass a meals tax, for example, without state authorization and approval in a local referendum. Fairfax County residents expect the best schools and under current laws and practices have to shoulder most costs through the property tax. As the debate goes on in Fairfax City about funding our schools, we need to have a discussion about the state’s shrinking role.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Herndon High School Senior, **Charlie Shen**, earned four perfect scores consecutively on the National Latin Exam. He is one of 10 students in the entire country to have done so. Sophomore Kyle Nielsen will represent Virginia as the History specialist on the Novice level Certamen team at National Junior Classical League Convention this summer. Sophomore Dora Drezga, who earned this honor last year, earned a spot as an alternate on the Intermediate level Certamen Team. The Certamen team is sponsored by Latin Teachers, Emily Lewis and Bethany Abelsest

Momentum Realty and Holly Weatherwax are extremely proud to announce the recipient of the 2015 Momentum Realty Book Scholarship at Herndon High School. This year’s recipient, **Ester De La Cruz** of Herndon, will attend Northern Virginia Community College where she plans to study nursing. The award was presented on June 11 at the Herndon High School Senior Awards Ceremony.

Emily George, of Herndon, has been placed on the Dean’s List in recognition of academic excellence during the spring 2015 semester at New River Community College.

Kendall Crouther, of Herndon, Master of Urban Education, graduated from Union University May 16 during spring commencement services of the 190th graduating class at Oman Arena.

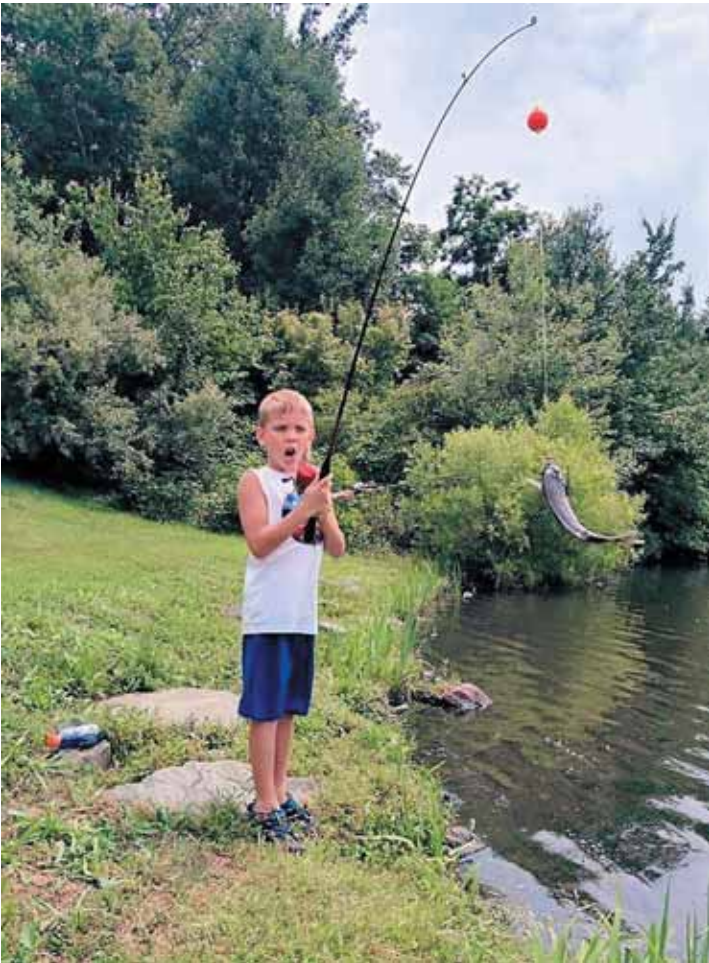
Adam John, of Reston, is among four students named to the Phi Theta



Adam John of Reston

Kappa Top Ten All-Virginia Academic Team during a recognition ceremony April 22, in Richmond. The four students were nominated by Northern Virginia Community College. John, 25, studied biology at NOVA’s Loudoun Campus and served as president of the Alpha Zeta Rho chapter of Phi Theta Kappa. He completed two research-based internships and will transfer in the fall to Columbia University to study neuroscience. He hopes these experiences will help him gain acceptance to a MD-Ph.D. program so he can pursue medical research in brain function.

Teams of students from three Fairfax County public schools won top honors in the recent Virginia State Odyssey of the Mind tournament. Top teams came from



Seven-Year-Old Catches a Whopper

James Adair, 7, of Reston, caught two large bluegills – maybe 1-1/2 lb. size - in Lake Audubon in Reston on July 5.

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SPORTS

HERNDON CONNECTION SPORTS EDITOR JON ROETMAN
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Penultimate Weekend of Swim Meets

Despite the early threat of thunderstorms last Saturday, RSTA swimmers reported to their pools ready to swim, and swim they did! Five teams had swimmers set new team or league records.

For Lake Anne, Darius Truong came in at 31.55 in the 11-12 men's 50-meter backstroke to beat the previous league record of 32.56 set by Ryan Ha in 2012 and his own All-Stars record of 32.60. In the 11-12 men's 50-meter breaststroke, he clocked a blistering 35.85 to beat his own record of 36.46.

The 8 & under girls' 100-meter freestyle relay team of Jacqui Go, Amber Lu, Claire Munro and Katie Semanchik set a new team record with a time of 1:28.27, replacing a record set in 2003.

For Glade, Isabella Gati clocked in at 30.08 in 15-18 women's 50-meter butterfly, beating a league record set in 1996. She also set a new team record.

Sophia Landeryou set a new team record for 11-12 women's 50-meter freestyle with a time of 29.41, replacing a record set by her sister in 2012.

The 15-18 women's 200-meter medley relay team of Madeline LaPorte, Meghan Benedetto, Isabella Gati, and Emily Landeryou set a new team record at 2:16.31.

For Lake Newport, Anna Redican set a new record time of 32.57 for 13-14 women's 50-meter backstroke.

The 15-18 men's 200-meter medley relay team of Casey Storch, Michael George, Jack Edgemon, and Grant Bommer set a new record of 2:02.53.

For Newbridge, Ryan Ha set a new team record for the 15-18 men's 50-meter backstroke with a time of 29.43.

For North Hills, Joseph Sciortino set a new team record of 29.40 for 11-12 men's 50-meter freestyle.

The 11-12 men's 100-meter medley relay team of Miles Yang, Evan Zhang, Joseph Sciortino, and William Xu replaced their previous record with a new team record of 1:09.23.

The 13-14 men's 200-meter medley relay team of Ryan Hill, Ryan Luczak, Abhishek Bazaz, and Ryan Grimes replaced their previous team record with a new time of 2:12.44.

North Hills Hurricanes 645, Lake Anne Stingrays 481

For North Hills, triple event winners Katie Cazenias, Albert Huang, and Sarah Sciortino. Double event winners were Allison Boone, Michelle Boone, Eleanor Boyer Uriarte, Marlee Czarny, Emily Deker, Ishan R Ganjoo, Landan Grange, Ryan Hill, Ada Langston, Benjamin Livaudais, Piper Luczak, Emily Ren, Samantha Sciortino, Carly Shaffer, Caroline Xu, and Evan D Zhang.

For Lake Anne, triple event winners were Rowan O'Connor, Darius Truong, Devin Truong, and Fred Zhang. Double event winners were Ben Dealey, Patrick Fouse, Joanne Fu, Joseph Letteri, Emily Meilus, Molly Mescall, and Katherine Susla.



Glade's Girls 15-18 200-meter Medley Relay team of Lainie Davison, Madeline LaPorte, Isabella Gati, and Emily Landeryou set a new team record in the event at 2:16.31.

Hunters Woods Marlins 615, Autumnwood Piranhas 481

For Hunters Woods, triple event winners were Nolan Dunkel, Jack Henry Ham, Spencer Line, Ashley Nobles, Ashley Thai, Jair Valenzuela, Gwyneth Wagner, and Brian Zhou. Double event winners were Nathan Cheng, Charlotte Hoelzl, Joseph Jerome, Ruth Kelly, Prana A Owen, Philip Pan, Liam Tolbert, Katie Vintimilla, Evelyn Wagner, and Roger Zeng.

For Autumnwood, triple event winners were Emily Hur, Blake Jackson, and Diya Murthy. Double event winners were Anna Y Byrd, Drew Daly, Will Daly, Olivia Heatherly, Anne Kennedy, Anna C Nielsen, and Josephine A Taylor.

Lake Audubon Barracudas 616, Glade Gators 470

For Lake Audubon, triple event winners were Sydney Cook, Robby Cordts, Max Daum, Matthew Fritz, Marley Mulvaney, and Griffin Scanlan. Double event winners were Troy Elliott, Andrew Fritz, Emily Fritz, Alya Giavis, Angelika Giavis, Spencer Harris, Dylan Mulvaney, Bryce Onozuka, Sasha Osinovsky, Sophia Randall, Alejandro Romero Jennissen, Aidan Scanlan, and Maxwell Wilson.

For Glade, the triple event winners were Clara Landeryou and Sophia Landeryou. Double event winners were Nicholas Bowen, Alec Brown, Blake DeHoust, Isabella Gati, Sara Maslouhi, Kellie McCrea, Maggie Thomas, Amanda Wagner, and Yanglan Xu.

Lake Newport Lightning 636, Newbridge Dolphins 464

For Lake Newport, triple event winners were Max Bear, Caroline Kohn, Anna Redican, Siena Shannon, and Casey Storch. Double event winners Henry Collins, Caitlin Connolly, Joshua Gregory, Dan Ni, Meghna Sharma, Alyssa Spar, Lauren Spar, Britt Trucksess, Amy Zhao, and Michael Zhou.

For Newbridge, triple event winners were Justin Compton, Ian Ha, and Erin Irlan. Double event winners were Elise Baldwin, M. Byrnes, Jean-Louis Guill, Ethan Ha, Sam Joyner, Christian Kalinowski, Greg Mayo, and Mia Milosevic.



PHOTO CONTRIBUTED

Lake Audubon's Juana Hernandez (top) and Glade's Dierdre Curry race in the Girls 11-12 50-meter Breaststroke



Kathryn Cole (LA) and Isabella Gati (GL) race for the finish in the Girls 15-18 50-meter Butterfly.



Evan Melnick of Autumnwood swims the Boys 11-12 50-meter Backstroke.



Lake Newport's Michael George swims the breast stroke leg of the 15-18 Men's 200-meter Medley Relay team helping set a new record of 2:02.53.

CALENDAR

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

ONGOING

Herndon Town Calendar

Photography Exhibit. Through July 26 at ArtSpace Herndon, 750 Center Street, Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. The photographs were taken within the corporate limits of the Town of Herndon. Many of the entries depict people participating in seasonal or community events.

Frying Pan Farm Arts in the Parks.

Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

Herndon Friday Night Live. Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. herndonrocks.com/schedule.php.

Take a Break Concert Series.

Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

Reston Concerts on the Town.

Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. 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

Summer Reading Program.

Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/rr/>.

THURSDAY/JULY 16

Dragonfly Class: An Introduction.

7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn to identify Reston's common dragonflies, and get a basic introduction to their bizarre behavior and complex history. Reservations required by July 13. Fee: \$5/person. naturecenter@reston.org.

Under the Sea. 2:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Meet live sea creatures. Ages 6-12.

School's Out Book Discussion Group. 6 p.m. Reston Regional Library, 11925 Bowman Towne



Tucker Winfrey suffered from a sprinal cord injury while at the beach in December 2013 and now has found a passion in painting. Winfrey will be holding his first art exhibition on July 24 at the Frying Pan Park Visitors center.



View Herndon's Town Calendar Photography Exhibit on display through July 26 at ArtSpace Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. Many of the entries depict people participating in seasonal or community events. Pictured is "My Butterfly" by Chuck Mauro.

Drive, Reston. Join this lively discussion of "Running out of Time" by Margaret Peterson Haddix. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

Art Educator's Exhibition: "In Practice". 5-7 p.m. Reston Town Center, 11900 Market St., Reston. Celebrating the accomplishments of metro area art educators.

All-corners' Group Fun Run. 6:30 p.m. Reston Town Center, 11900 Market St., Reston. Potomac River Running. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. Visit www.potomacriverrunning.com

SATURDAY/JULY 18

The Art of Camouflage. 11 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. From green-colored frogs and bugs blending into the undergrowth to moths that resemble bird droppings, there are amazing examples of camouflage right under our noses. Explore the gardens and trails in search of hidden critters. Reservations required by July 15. Fee: \$5-\$7/person. naturecenter@reston.org.

Homeless Cooking. 10 a.m. - 12 p.m. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Cooking for the homeless and

delivering meals to those in need on the streets of Washington, D.C.

Family Fun Entertainment Series:

Rocknoceros. 10-10:45 a.m. Reston Town Center, 1190 Market St., Reston. Enjoy D.C. area's award winning band Rocknoceros who write terrific songs for children of all ages. Free. Visit www.restoncommunitycenter.com.

Reston Concerts on the Town

Series. 7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the pavilion for jazz all-stars Chuck Redd and friends, featuring trumpeter/vocalist Brian Stripling. Free. Visit www.restontowncenter.com/concerts.

SUNDAY/JULY 19

Dragonfly Count. 10 a.m. - 4:30 p.m. Meet at Bright Pond - Park at the end of the Bright Pond Lane cul-de-sac. Adults. Join local dragonfly experts, learn tips on identification and have fun while helping to obtain important information on our fast-flying friends. Reservations required by July 16. naturecenter@reston.org.

Reston Fit Club at Reston Town

Center Pavilion. 11 a.m. Reston Town Center, 11900 Market St., Reston. Enjoy various fitness classes including yoga, dance, self-defense, cardio and core strength.

MONDAY/JULY 20

Preschool Science 123. 2:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Mad Science presents fun and amazing experiments. Ages 3-6 with adult.

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center, 11900 Market St., Reston. Heart-centered music for kids and their grown-ups. Free. Visit www.restontowncenter.com

TUESDAY/JULY 21

The Kindercise Show. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sing and dance with Wolf Trap teaching artist John Taylor. All ages.

Explore More! at GRACE. 11 a.m.-5 p.m. Reston Town Center, 11900 Market St., Reston. Walk-in art-making program designed for preschool and elementary school aged children. \$5 per child. Visit www.restonarts.org.

All-Corners' Group Fun Run at Potomac River Running. 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. Visit www.potomacriverrunning.com.

WEDNESDAY/JULY 22

I'm A Builder! Story time With Wood Blocks. 11 a.m. Herndon

Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create and learn (STEAM). Ages 3-5 with adult.

Farm Explorers. 4:30- 5:30 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Hands-on activities for children. Tickets: \$6. Visit fairfaxcounty.gov.

Meet Me at the Movies- Senior Movie Day at Bow Tie Cinemas. 10 a.m. Reston Town Center, 11900 Market St., Reston. Reston Association presents "Black or White." Refreshments and door prizes are provided prior to the movie. Free for those 55 years or older. Doors open at 9:15 a.m. Visit www.reston.org.

THURSDAY/JULY 23

Rocketry 101. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Participants will use simple materials and balloons to explore the basic principles of rocketry. See how thrust, gravity, and weight affect an object. (STEAM) Ages 7-12.

All Join In. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for children ages 2-5.

FRIDAY/JULY 24

Exotic Combustion of Art. 7:30 - 10 p.m. Frying Pan Park Visitors Center, 2709 West Ox Road, Herndon. Tucker Winfrey suffered from a sprinal cord injury while at the beach in December 2013 and has found a passion in painting and is holding his first art exhibition.

Frying Pan Fridays. All day. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Hands-on activities and hikes with your kids. Tickets: \$8. Visit fairfaxcounty.gov.

MONDAY/JULY 27

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy under the sea story fun with fish and other sea creatures. Age 2 with adult. Visit <http://www.fairfaxcounty.gov/library/branches/he/>

Little Hands on the Farm. 9:45 - 11:45 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Meet farm animals and play games with your kids. Tickets: \$8. Visit fairfaxcounty.gov.

TUESDAY/JULY 28

Lego Club. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Use engineering and problem solving skills by playing with Legos. Ages 6-12.

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"Scant" Know For Sure Anymore



By KENNETH B. LOURIE

After six years, four months and two weeks since being diagnosed with stage IV, non-small cell lung cancer (the "terminal" kind), I can say with certainty that I have no sense of what my next CT scan, scheduled for July 15th, will indicate. Previously (multiple scans over multiple years), I've felt something in my upper chest/lungs where the largest tumors are located and the subsequent scan showed nothing of consequence. On other scan occasions, I've felt nothing of consequence in my chest and the scan showed tumor growth, enough to change my medication. On still other scan occasions, I have felt something in my chest (where the tumors are located), and sure enough the CT scan showed some growth. Finally, and conversely, on still other CT scans, I've felt nothing of consequence and there was no tumor activity of concern. As a result of these four contradictory indicators of possible growth/no growth, for the weeks, then days, leading up to my every-three-month CT scan, I never know what to think I feel any more than I know what to feel I think. Thirty or so scans into my cancer-controlled life, I'm still teetering emotionally before, during and after the computerized tomography. And though the actual scan itself takes less than a minute, the damage is done and can only be undone after we learn the results.

Which oddly enough presents another similarly juxtaposed problem. In the early years, during our post-scan "scanzxiety," waiting the week or so until our next face-to-face appointment with my oncologist to learn the results was unbearable, so usually I would call a day or two later and get a message to him or my oncology nurse, attempting to speed up a response. Typically, I would hear back sooner rather than later. Eventually, e-mail communication became part of the process, and after my scan was completed, I started e-mailing my oncologist directly, advising him of my status and asking for results.

Usually, the news was good. Occasionally the news was not. And though my oncologist would rather have delivered bad news in person, he certainly could appreciate how difficult it was for me/patients to wait, so he continued to e-mail. One time however, the post-scan e-mail he sent us was discouraging and said he would discuss it further at our next appointment, scheduled as usual within the week. When he saw us in person, he was surprisingly upbeat and immediately told us/apologized for having e-mailed us some incomplete information concerning my scan, and told us instead that the "results were good," not bad, something about the radiologist comparing the wrong scan (he had me at "results were good"), the exact kind of potential miscommunication waiting and discussing results in person eliminates. As a result, we have, with experience gained over the last few years, begun to be able to wait for the appointment to discuss the scan and not stress too much in the interim, generally.

Since we stopped e-mailing and requesting scan results, my oncologist oddly enough has, on his own initiative, e-mailed us good news, not e-mailed us bad news and not e-mailed us good news. This inconsistency has remade the time leading up to the scan stressful again, because now we don't know what not hearing from the oncologist might mean; heck, it might mean nothing, it just might just be that he's on vacation (as was the actual case one time and it was no one's responsibility to inform us of anything so no one did). Of course, we didn't know, so naturally we went negative thinking it was bad news.

Similar to the CT scan results meaning/not meaning, this is not exactly two halves making a whole, this is more like eight quarters making up two different wholes. Unfortunately, easy is the last thing it has become, when it's the first thing it needs to be. Cancer is tough enough on its own. It doesn't need any help. I'm extremely grateful to still have a chance. I just wish I had more of a choice.

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

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21 Announcements

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Lake Anne Brew House, LLC trading as Lake Anne Brew House, 11424 Washington Plaza West, Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Brewery and Keg Permit license to sell or manufacture alcoholic beverages.

Melissa Romano, Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Victoria from Australia, 17 yrs. Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.



Giorgio from Italy, 16 yrs. Loves to play basketball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

Be a part of our **Wellbeing** pages, the first week of every month.

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Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Aug. 11, 7-8 p.m.** to discuss "Keeping Organized as a Caregiver." Register at www.fairfaxcounty.gov/dfs/olderadultservices and click on Caregiver Support. Call 703-324-5484, TTY 711.

Fairfax County's **Long Term Care Ombudsman Program** needs **volunteer advocates** for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit the Northern Virginia Long Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

The **Wakefield Senior Center** in **Annandale** needs an experienced **Canasta Player**, an **Art Instructor** and certified instructors **Pilates** and **Ballroom Dance**. For these and other opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Adult Day Health Care Center** needs a **Piano Player** to play classical or music from the 1960s and before. For these and other opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs instructors for the following classes: **Basic Guitar**, **Italian**, **Pottery** and **Ballroom Dance**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County Meals on Wheels needs **coordinators**, **co-coordinators**, and **substitute drivers** for routes throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant** and a **Zumba Gold Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Country Western Line Dance Instructor**, **Mosaic Art** or **Jewelry Making Instructor**, **Hula Hoop Class Leader** and an **African Style Dance Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.



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 jiggly 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.

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



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

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance were not what



they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
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