



A Community of Dog Lovers

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Raquel and Adam enjoy taking their rescued dogs, Dia and Murphy, out to the park as an opportunity to further connect with the community of dog lovers.

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A Beginning, Not an End

BY TIM PETERSON
THE CONNECTION

School board approves “Ignite” Strategic Plan, new chairman and vice chairman.

Citizen Michael Ducharme has lived with dyslexia since he was a student. His two daughters both have dyslexia. The father, representing the parents’ movement Decoding Dyslexia, spoke at the July 9 school board meeting in support of the proposed Fairfax County Public Schools Strategic Plan that specifically addresses challenges in the schools facing students with dyslexia.

“We’re now faced with the fact tomorrow is today, the fierce urgency of now,” Ducharme said. “It’s time for vigorous and positive action in this plan.”

The plan, which the board approved on Thursday night, is a long-term strategic document with four main objectives of student success, caring culture, premier workforce and resource stewardship. It was developed with input and feedback from over 30,000 “stakeholders,” according to Fairfax County Public Schools.

“Our growing and vibrant school system is now the 10th largest district in the United States, and having a clear plan and focus is critical to meet the needs of every child and deliver our Portrait of Graduate,” superintendent Dr. Karen Garza said in a statement. “Ignite is about energy – it is about expending the time and effort on the actions necessary to close achievement gaps, support our teachers, provide resources to our schools and help our students succeed in life.”

According to the release from Fairfax County Public Schools, some of the specific areas for attention and priorities highlighted in the plan include:

- *Developing a more holistic approach to education by addressing students’ social and emotional needs

- *Eliminating achievement gaps

- *Helping students develop real-world skills

- *Creating a balanced assessment framework as a way to decrease instructional emphasis on test preparation

- *Increasing instructional time available to prepare students for success along with providing more equitable access to resources, especially technology

- *Hiring and retaining high quality teachers

- *Confronting budget issues that have led to the elimination of educational programming and employee positions

The board voted 11 to 1 in favor of the plan, with Springfield representative Elizabeth Schultz as the only dissenting opinion.

“I feel like it sort of became a Mr. Potato Head: you have all the parts, but you’re not sure what it’s going to look like at the end,” she said. “The biggest concern I have is not specifically identifying what the known challenges are, or perceived challenges are, with changing demographics, growing student population, types of education our students are needing... the nexus of all of these



Pat Hynes accepts the gavel from Tammy Derenak Kaufax and begins her term as school board chairman.



FCPS superintendent Dr. Karen Garza comments on the new Strategic Plan during the school board’s meeting.

PHOTOS COURTESY OF FAIRFAX COLIC SCHOOLS



Steven L. Greenburg, president of the Fairfax County Federation of Teachers, voices his support for the new Strategic Plan being voted on by the school board.

I think we just didn’t get to in this document.”

Dranesville representative Jane Strauss said the nature of the plan is that it’s built to grow and change. “The Strategic Plan is really a beginning, it’s not an end,” she said, “an evolving plan, not set in stone. It lays out and solidifies our belief in the direction we need to go. It gives us a roadmap forward but does not create guardrails that are so high we cannot make adjustments.”

Providence representative Patty Reed supported the plan and asked there be “detailed discussions on how do we actually use the document.”

“How do we use it to make budget decisions?” Reed asked. “Everything in here obviously has been well thought out... But we all know our budget realities. How can this document help us make some tough decisions.”



Michael Ducharme of Decoding Dyslexia applauds the new Strategic Plan for Fairfax County Public Schools for specifically addressing challenges for students with Dyslexia.

Dr. Garza, speaking on the plan, said, “I would urge this board: Let’s adopt this plan, move forward, spend time perfecting it over time. Otherwise we’ll continue to spin.”

The plan calls for a quarterly status report to be filed, with a school board reassessment scheduled for June to make updates or adjustments.

THE BOARD ALSO VOTED ON A NEW CHAIRMAN and vice chairman to replace Tammy Derenak Kaufax and Ted Velkoff, respectively, for one-year terms.

In her outgoing remarks, Derenak Kaufax used candy to sum up some of her experiences with the board and its work going forward.

“We’ve had our Hot Tamales moments, a few Circus Peanuts moments,” she said, “Mostly we’re a group of dedicated Smarties

passionate about our desire to educate the next generation. To do so effectively, we must be funded properly, so we’re always on the hunt for that extra 100 Grand, or million.”

Pat Hynes was nominated as the only candidate for chairman and subsequently voted through.

Board members spoke highly of Hynes’ nine years as an elementary school teacher in Fairfax County Public Schools as well as her law background.

“I think the combination of your lawyerly skills and your very recent and constant view from the classroom to be very important to this board,” said Strauss.

Mason representative Sandy Evans said Hynes “has been a very thoughtful member of our board as well as a very candid one.”

Schultz offered her criticism that she would’ve liked to see more competition for the position, rather than a decision being made prior to the meeting. I think it’s healthy for us as an organization,” she said. But she didn’t withhold her support for Hynes, saying the candidate is “going to get a cautious yes from me... the proof will be in the pudding.”

After receiving the gavel from now former-chairman Derenak Kaufax, Hynes said, “The job of the chairman and vice chairman is to protect the process for everyone. Collaboration is an important skill and I will be relearning it this year and looking forward to it.”

Ted Velkoff nominated Sandy Evans for the vice chairman position. Evans also ran unopposed and also carried the vote.

“I would say she played a critical role in a couple of the signature accomplishments of this board,” said Velkoff, including “reform of discipline process, later high school start times.”

“The key trait,” Velkoff added, “is willingness to compromise.”

For more information on the “Ignite” Strategic Plan, visit the Fairfax County Public Schools website www.fcps.edu/news/strategic.shtml.

News



PHOTO FROM THE OFFICE OF CONGRESSMAN GERRY CONNOLLY

A grand opening ceremony for the Robert E. Simon, Jr. Children's Center was held on Saturday, July 18. The preschool is located at 12005 Sunrise Valley Drive in suite 120 in Reston. Holding the microphone is U.S. Congressman Gerry Connolly.



PHOTO BY RYAN DUNN/THE CONNECTION.

Delegate Ken Plum, Celia Jiao a lead teacher at the preschool and Reston resident, and Sen. Janet D. Howell at Reston's Robert E. Simon, Jr. Children's Center. The preschool held an opening ceremony on July 18.

Ribbon Cutting Held For Robert E. Simon, Jr. Children's Center

Preschool celebrates reopening in Reston.

BY RYAN DUNN
THE CONNECTION

Robert E. Simon, Jr. Children's Center, called a "hidden treasure" in Reston, held a grand opening on Saturday, July 18, at 12005 Sunrise Valley Drive in suite 120. Attending the ceremony were families and local dignitaries including Reston founder Bob Simon, U.S. Rep. Gerry Connolly (D-11), Del. Ken Plum (D-36), State Sen. Janet Denison Howell (D-32), Supervisor Catherine M. Hudgins (D-Hunter Mill) and others. The "Simon Center" meets the educational and social needs of children ages 3 months to 5 years (Pre-K).

"This place is a quintessential place for kids to learn. The infrastructure here fits nicely," said Mark S. Ingrao, CEO of the Greater Reston Chamber of Commerce. The preschool previously was located for 25 years on Cameron Glen Drive in Reston. This site will become an indoor recreation center for the area known as Town Center North. The Town Center North area is about

a mile from the future Reston Town Center Silver Line Metro station, expected to open by 2020.

A COMMUNITY OPEN HOUSE was held from 12 to 3 p.m. The Robert E. Simon, Jr. Children's Center has serviced the children of families in both Fairfax and Loudoun County, and employs 23 staff members. The preschool can service 110 children, and currently has 76 enrolled in its programs.

"The conclusion has been education starts primarily in the home, the peer group and school room. When you think about it, the first years are the most important years," said Simon. The real estate visionary bought 6,750 acres in Fairfax County in 1961. In the past 50 years, the Reston community has grown to include nearly 60,000 residents and about 60,000 daily workers. Simon had his 101st birthday this year, and took the opportunity to tour the preschool's new facility.

"There is a strong sense of community here. It is a home away from home for parents, children, and staff," said Leila Kaszubinski, an assistant director at the preschool. The new location includes a full service kitchen as well as break rooms for the staff. Pat Hynes, Hunter Mill representative to the Fairfax County School Board,



PHOTO BY RYAN DUNN/THE CONNECTION.

After the opening ceremony, the Robert E. Simon, Jr. Children's Center held an open house on Saturday, July 18. The preschool was previously located for 25 years on Cameron Glen Drive in Reston.

and chair of the board also visited the Simon Center. "They are doing important work here. The new space is beautiful," said Hynes, a resident of Reston.

"We are excited about this new place and glad to have the center here," said Celia Jiao, a lead teacher at the preschool and Reston resident since 1988. "When people look at the quality of life, there is not a better investment than preschool education. Early experiences make a dramatic impact

in the long haul," said Plum. Plum praised the staff at the Children's Center, saying it is a top-notch location. Representatives from Bartaco Reston and Barcelona, a Spanish tapas restaurant, also brought food samples to the grand opening event.

"This school is committed to serving a broad range of kids," said Howell, a resident of Reston who serves on the nonprofit Southern Regional Education Board (SREB). A goal of the SREB is to increase accessibility of early childhood program. Terry McAuliffe, Governor of Virginia is a board member of the SREB.

THE SIMON CENTER preschool classes have learning centers that include art, reading, dramatic play, science, math, computers, sensory, music, etc. Children are encouraged to explore, and choose activities to foster their development in all these areas.

The Simon Center opened in January 1990 as part of the Reston Area Child Care Consortium, a consortium of employers, community residents, parents, educators and varied professionals concerned about the childcare needs in the community. The center is licensed by the state of Virginia, and has been accredited by the National Association for the Education of Young Children (NAEYC) since August 2000.

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COMMENTARY

Traveling Abroad

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

While I am far from a world traveler, I find the trips I take to other countries to be relaxing, fun and educational. I agree with those who stress the value of traveling abroad to a complete education. An increasing number of colleges and universities have made study in other countries available and sometimes required of their students. I seem to be happiest when I am learning, and a couple of weeks immersed in another land and culture brings new discoveries, challenges to my own paradigms, and the excitement of seeing and doing.

The recent vacation Jane and I took to the Netherlands, Belgium, and the Mosel Valley in Germany was no exception. While it can be questionable to draw too many conclusions after being in a place for only hours or days, curiosity can be aroused that can be verified with some research when you get home. I always pay close at-



tention to how other countries deal with their transportation needs. Never have I seen as many bicycles as there are in Amsterdam. Multiple

levels of covered parking for bicycles at the airport and train station accommodate thousands of bicycles. Most every lamp post, park bench, and railing had bicycles chained to it. Checking on my observations when I returned home I found that Amsterdam and other Dutch cities are the most bicycle-friendly in the world. There are more than 22,000 miles of bicycle lanes in the Netherlands with more than a quarter of all trips made by bicycle. That number is 38 percent in Amsterdam, a city of about a million people, and in the university city of Groningen 59 percent of all trips are by bicycle. A typical street scene in Amsterdam would include a narrow lane for automobiles, bicycle lanes in both directions, trolley rails, and a sidewalk for pedestrians. Men and women dressed for work were among those on bi-

cycles as were many seniors. Spending a couple of days there makes it obvious why it is considered one of the best cities in the world in which to live.

Brussels is likewise a beautiful city to visit, but I think it is especially noteworthy as the center for the cooperative efforts that are going on in Europe with the Euro-

pean Union and the European Parliament. At a time when there is so much strife among countries, it is reassuring to see the progress being made in mutual support and cooperation in Europe even if it is slow given the strong sense of nationalism and history that exists among the countries.

Of course I pay attention to

things that relate to issues I deal with as a delegate, but do not let me mislead you about our vacation. I also give equal or more time to enjoying the flowers and foliage of the region, the local foods, and the people we meet. That's what is great about traveling abroad: you learn a lot while you are relaxing and having a good time.

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OPINION

What's Special about Your Community?

Share tips in upcoming Newcomers and Community Guides.

The Connection's annual Newcomers and Community Guides will publish Aug. 26.

A bevy of interns, plus staff writers and editors, are preparing this year's editions, but we need help from our readers.

What tips do you have for someone getting to know the community?

EDITORIAL

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Friday, Aug. 14.

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After One Year, Silver Line is Changing the Face of Northern Virginia

BY U.S. REP. GERRY CONNOLLY (D-11)
SPECIAL TO THE CONNECTION NEWSPAPERS



If you were among the thousands descending upon Tysons Corner Center this summer for the grand opening of the new Hyatt Hotel, which included a concert and fireworks, you experienced firsthand the transformation taking place there and throughout the Dulles Corridor thanks to the arrival of Metro's Silver Line.

It was just one of many milestones we've celebrated as we reach the one-year anniversary of completion of Phase 1 of Silver Line service from East Falls Church through Tysons to Wiehle-Reston East.

Previously, the mall was accessible mainly by car and one often had to contend with fierce traffic to get there. Today, the Tysons Station is one of Metro's busiest on Saturdays.

With the opening of the mall's plaza connecting with the Metro station and new offices, apartments, and the hotel, the outdoor space is bustling with families din-

changes around the malls are emblematic of what we're seeing take place across Tysons and Reston. Thanks to the Silver Line, people are doing something that up to now was unthinkable: They are walking to work, to eat, to shop, or to their homes.

The collection of office parks and shopping centers, once surrounded by vast expanses of parking, are now being connected to the Silver Line by raised walkways interspersed with pocket parks. Today, you can even walk off the train at Tysons or Reston to shop at a local farmers market!

Take a ride on the Silver Line through Tysons and out to Reston and you can see the transformation we envisioned taking shape. At least five new buildings including new high-rise apartments opened in the past year, and the construction cranes dotting the

ing alfresco, dancing to one of the Friday night concerts, or trying their hand at the free games and activities set up throughout the plaza.

And that's just the beginning of the transformation! The

skyline and projects in the pipeline give us a glimpse of what's to come.

The growing ridership on the year-old Silver Line demonstrates the pent-up demand for transit in the corridor. Wiehle-Reston East continues to be the busiest Silver Line station with nearly 9,000 riders a day, and during the morning rush it is the third highest revenue-generating station across the entire Metro system. Overall, Silver Line ridership is exceeding expectations with an average of 16,000 rider trips per day.

Northern Virginia's economy is also feeling a boost. The 23-mile Dulles Corridor, with five Fortune 500 companies and numerous other firms headquartered there, already accounts for 25 percent of the region's gross domestic product.

By connecting downtown Washington and suburban Maryland to the region's second largest employment corridor, the Silver Line has created new opportunities for our workforce. And the growing commercial tax base along the corridor, already a primary driver of the regional economy, will relieve some of the burden on local property taxpayers and help sustain our

investments in schools, public safety, and parks.

Within a few years, Phase 2 will extend the Silver Line to Dulles and Loudoun County, providing a new link to our premier international airport and opening a new commuting option for the outer suburbs.

Over my two decades of service as Chairman of the Fairfax County Board of Supervisors and now as Congressman for Virginia's 11th District, construction of the Silver Line topped my list of priorities. I was proud to work with other local, state, and federal leaders to keep this important project on track and I am excited about the future benefits of this transit line to our region.

I hope you share this excitement and will join us in celebrating the one-year anniversary of the Silver Line and the positive transformation to come.

Congressman Gerald E. Connolly represents Fairfax and Prince William Counties and the City of Fairfax in the U.S. House of Representatives. At the ceremony marking the opening of the Silver Line one year ago, then Metro General Manager and CEO Richard Sarles said about Connolly: "Without him, we wouldn't be here today."

schools during the year.

Fairfax County is a comfortable community to live. People all over the nation come here for jobs and for its outstanding schools, supported by dedicated and hardworking teachers. Life is good for many living here, but lest we forget, at times those deserving citizens need some help in our

community. Those organizations identified in this article are excellent places to go and donate the basics items so needed by our kids. We can help to insure our kids will have a good start this coming new school year.

Ronald L. Baker
Springfield

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LETTERS TO THE EDITOR

Helping Those in Need

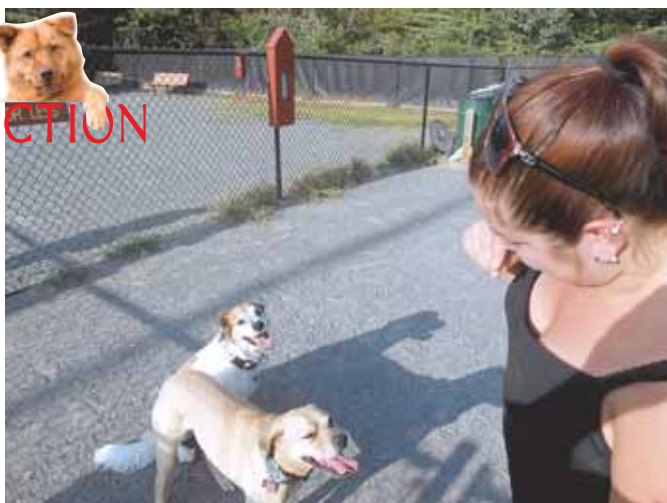
To the Editor:

In the last week's Editorial ("Backpacks for All," Connection July 16-22, 2015) several alarming statistics were revealed about Fairfax, and other local counties, about kids needing help in acquiring the necessities of life: food, clothing, school supplies. The list

gets longer each school year. This article also identified worthy organizations, both public and private, dedicated in helping our kids. Even my own church here in Springfield has a backpack program where caring members distribute healthy food items each Friday afternoon to several local

PET CONNECTION

Rachel takes her two pets, Roscoe and Casey, to Baron Cameron Park every day.



Libby Jenkins (left) feels blessed to have Rocky (front) in her life, a corgi that is a rescued dog.

Reston's Best Friends Meet at Baron Cameron Park

BY ANDREW SABA
THE CONNECTION

The Reston Dog Park located on Baron Cameron Avenue has been a favorite spot for local residents, as the location has fostered a growing community of pet owners in Northern Virginia.

Coming to Park to Socialize

Rachel is a local resident who takes her two pets, Roscoe and Casey, to Baron Cameron Park every day. Rachel lets her dogs socialize as she herself interacts with the other pet owners. Rachel believes this is the best park she has gone to, with no need for major change except to

make it bigger given how busy it can get on days with nice weather. She praises owners who make frequent visits to the park, as she believes it is important to socialize dogs to improve their behavior.

'Going Bananas' at the Park

Libby Jenkins (left) feels blessed to have Rocky (front) in her life, a corgi that is a rescued dog. Through the rescue group Save the Tails, located in Leesburg, Libby was matched with Rocky who was a stray found malnourished in West Virginia. Originally "so skinny he looked like just skin and bones," Libby has spent the last six weeks since adopting Rocky visiting Baron Cameron Park, and has been pleased with the park which provides water and lots of room for Rocky. Libby continues

SEE PARK, PAGE 12



Raquel and Adam enjoy taking their rescued dogs Dia and Murphy out to the park as an opportunity to further connect with the community of dog lovers.

Don't leave your child on the sidelines – register for fall soccer programs TODAY!

Great Falls Soccer Club offers programs for children aged 3 through 18 including Little Kickers (U3-U4), Big Kickers (U5), House League (U6-U10), Suburban Friendship League (U11+) and competitive travel teams (U9+).



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SPORTS



PHOTOS CONTRIBUTED

Madi Cook, a longtime Ridge Heights team member and current head coach, celebrates the Sharks' co-championship with her team.

RSTA Season Ends with Co-Champions

Those familiar with RSTA team rivalries will have a hard time believing this, but last Saturday, Ridge Heights swimmers, whose meet against Autumnwood was called because of rain after the age group relays, visited the Lake Newport pool to cheer on the Lake Audubon Barracudas. The fate of the 2015 RSTA Championship was riding on the outcome of that meet—if the Barracudas defeated the Lightning, the Sharks would reign as undisputed champs with an undefeated season.

With Lake Newport and Lake Audubon within six points of each other throughout the meet and tied halfway through the freestyle events, anything could happen. Two rain delays had swimmers and parents waiting it out in their cars.

“We knew it wasn’t going to be called off because of the weather,” said David Cordts, parent to two Barracuda swimmers. “The score was so close it would have gone down as a tie and Lake Newport needed a win, so we knew we’d keep swimming.”

Ultimately Lake Newport prevailed and preserved their own undefeated season, making them co-champions of the league with the Ridge Heights Sharks (because there are nine RSTA teams and only six meets, not all teams swim against each other). Lake Audubon finished in second place with a 4-2 record, while Hunters Woods and North Hills were tied for third with 3-2-1 records.

The nail-biting tension at the Lake Newport pool wasn’t the only excitement of the weekend. Nine swimmers finished off their regular season by smashing some team records.

Lake Audubon’s Mathew Fritz crushed two long-standing team records. In the men’s 11-12 50-meter breast stroke he broke a record set in 1985 by half a second, and in the 50-meter butterfly he broke a record set in 1986 by .26.

Glade’s relay team of Madeline LaPorte,

Meghan Benedetto, Isabella Gati, and Emily Landeryou set a new team record of 2:15.12 in the women’s 15-18 200-meter medley relay.

Lake Newport’s relay team of Dylan Jones, Dan Ni, Alan Yu, Zach Wang broke a record set earlier this season in the men’s 13-14 200 medley relay.

Newbridge Dolphins 560, Glade Gators 548

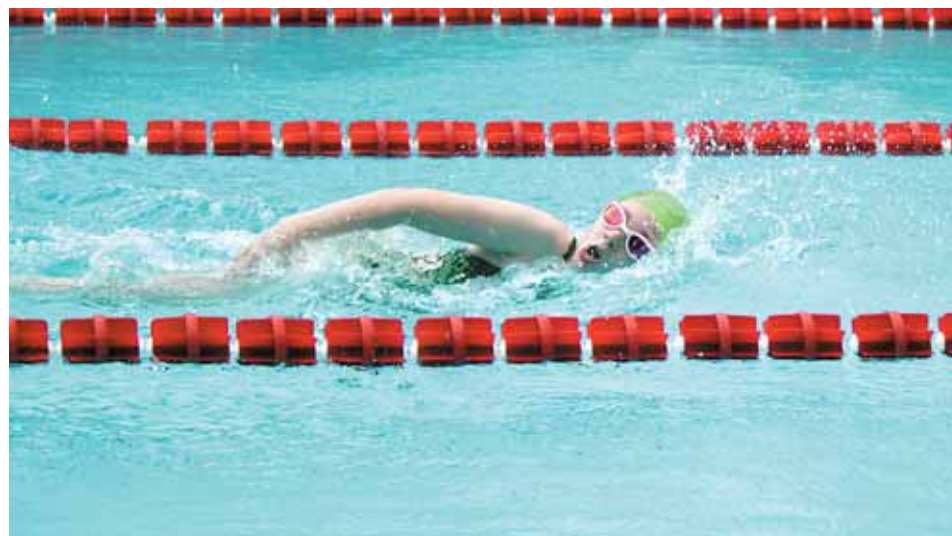
For Newbridge, double event winners were Elise Baldwin, Levi Bishop, Eric Compton, Everett Ha, Sam Joyner, Greg Mayo, and Joseph Sgambati. Triple event winners were Justin Compton, Mary Carol Cook, Jean-Louis Guill, Ethan Ha, Ian Ha, Laela Huddleston, and Sarah Zhong.

For Glade, double event winners were John Clarke, Blake DeHoust, Clara Landeryou, Madeline LaPorte, Everett Liggett, Abigail Stiglitz, and Maggie Thomas. Triple event winners were Natalie Bardach, David Clark, and Sophia Landeryou.

Lake Newport Lightning 591.5, Lake Audubon Barracudas 564.5

For Lake Newport, double event winners were Caitlin Connelly, David Egge, Morgan Giebel, Greta Larne, Siena Shannon, Connor Witt, and Amy Zhao. Triple event winners were Dan Ni, Anna Redican, Meghna Sharma, Casey Storch, Vania B Zeledon, and Michael Zhou.

For Lake Audubon, double event winners were Kathryn Cole, Robby Cordts, Sumaya Finney, Abigail Hofheimer, Bryce Onozuka, Aidan Scanlan, Griffin Scanlan, and Julianna Toth. Triple event winners were Max Daum, Matthew Fritz, Joel Hahn, and Marley Mulvaney.



Glade's Maya Berry competes in the women's 11-12 50-meter freestyle.



Lake Newport's Casey Storch stays ahead of Lake Audubon's Conor McBride on his way to a first-place finish in the men's 15-18 50-meter freestyle.



Lake Audubon's Sophie Strauss swims to a second-place finish in the women's 11-12 50-meter breaststroke.



Lake Audubon's Sabrina Groves races to catch Lake Newport's Zoe Van Winckel during the breaststroke leg of the women's 15-18 200-meter medley relay.

CALENDAR

Send announcements to north@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.

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

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.

iPhoneography. 6:30-9:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Students will learn tips and tricks of iPhone photography, killer camera apps that will help push your pictures to the next level, creative techniques and how to shoot in challenging light, and how to post-process your images on your iPhone without using expensive photo editing software. Cost for 3-hour session is \$59 and class is open to teens and adults. Register at www.thedoghouse.com/www.artspaceherndon.com/iphoneography/.

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. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

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.



Tucker Winfrey suffered from a spinal 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.

www.potomacriverrunning.com.
Herndon Farmers Market. 8 a.m.-12:30 p.m. Old Town Herndon, 700 Block of Lynn St., Herndon.

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 spinal 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.

SATURDAY/JULY 25

5th Annual Herndon Town Calendar Photography Competition Exhibit Reception. 7 – 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Finalists for the 2015 Herndon Town Calendar will be on exhibit. The winners will be announced at the reception. <http://www.artspaceherndon.com/5th-herndon-town-calendar/>.

Chesapeake Chocolates Anniversary Celebration. 11:30 a.m. - 2:30 p.m. 11426 Washington Plaza W, Reston. Join Chesapeake Chocolates as it celebrates its 8th Anniversary and the recent expansion of their business into the former Lake Anne Florist space. Special activities

include chocolate samples, wine and beer tastings, chocolate dipping, coupons and giveaways.

Sensational Senses. 10:30 - 11:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 3 to 5. Bring your nature tools with you to explore life along the trails. Smell a fragrant flower, touch smooth moss, and listen for the birds and bees. See if you can find the colors of the rainbow and use your tastebuds on a tasty snack. Fee: \$6-\$8/person. naturecenter@reston.org.

Great Zucchini. 10-11 a.m. Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. A magic show for kids. Free. Visit www.fairfaxcounty.gov/parks/performance.

Family Fun Entertainment Series: Mark Lohr. 10-10:45 a.m. Reston Town Center, 11900 Market St., Reston. A fast paced, side splitting, family vaudeville show filled with audience participation, circus skills and one continuous surprise after another.

Reston Concerts on the Town. 7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for hom-fueled pop, blues, calypso, and more with Entrain. Free. Visit www.restontowncenter.com/concerts.

Dog Days of Summer Canine Classic. 10 a.m. – 1 p.m. Lake

Fairfax Park, 1400 Lake Fairfax Drive, Reston. Bring your dog to the park and take them on an agility course, tour boat ride, photo opportunities and more. Tickets: \$30. Visit fairfaxcounty.gov.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

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/>

The Living Rainforest. 2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet animals from the rainforest. Ages 6-12. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

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.

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

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.

Brain Games at the Library. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Have fun and win prizes by playing board and card games. Ages 8-12.

WEDNESDAY/JULY 29

Around the World Musical Adventure. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy music and movement with Miss Susan. Ages 3-7 with adult.

THURSDAY/JULY 30

17th Annual Summer Golf Tournament. 9 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon. The tournament benefits the Council for the Arts in Herndon.

FRIDAY/JULY 31

Noisy Nature Campfire. 7 - 8:30 p.m. WNC Campfire Ring - On Soapstone Drive, between Glade Drive and Lawyers Road. What do crickets, katydids, treefrogs, and owls have in common? Discover how they make their sounds, and what all that noise is really for. Reservations required by July 28. Fee: \$7-\$9/person. naturecenter@reston.org.

SATURDAY/AUG. 1

The Closet's 4th Annual Huge Toy Sale. 9 a.m.-12:30 p.m. First Baptist Church of Herndon, 681 Elden St., Herndon. Dolls, toy trucks, games, action figures, infant toys, puzzles and much for ages 1-99 will be on sale at bargain prices. Proceeds benefit The Closet of the Greater Herndon Area. www.theclosetofgreaterherndon.org.

Hound Dog Day. 1:30-5:30 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Come have a ball outdoors. Bring family, friends, leashed dog(s). Live music, exhibitors, food trucks, dog-friendly boat rides and walks.

SCHOOL NOTES



Adam John of Reston

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 Abelseth

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 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 **Fox Mill Elementary School, Greenbriar West Elementary School, and Carson Middle School**. First place winners advance to the Odyssey of the Mind World Finals scheduled for May 20 at Michigan State University.

"Abyssful" Ignorance

By KENNETH B. LOURIE



Hopefully not. But you never know – per last week's column, until you know. And the preferred pattern seems to be that waiting to be spoken to in person, a week or so post-scan, is the best the process can be; or at least, that's the process that suits the doctor/HMO. Certainly I can appreciate how telling a patient bad news in person is a more prudent and professional, fail-safe type of approach than a phone conversation or e-mail which is fraught with potential misinterpretation and possibly even unexpected and adverse consequences – especially for the patient/recipient of the distressing news. However, waiting a week for results is hardly ideal and certainly not the stuff of which dreams are made. In fact, it's exactly the stuff of which nightmares are caused.

Don't get me wrong; I can take it. Waiting is not for everybody, however; unless you like suffering – then it's perfect for you. But why suffer in silence – or suffer at all? You already have, to quote Radar from a M*A*S*H episode: "One foot in the grave and another on a banana peel," so why double-down or even quadruple your odds and make us learn the meaning of the word excruciating? Why fiddle with Rome when our emotions are already burning? We ("terminal" cancer patients) deserve better. Heck, we deserve your best; and a week of talking ourselves in and out of a million scenarios, most of them bad, unnecessarily, is yet another example of cruel and unusual punishment. (Shouldn't we have some Constitutional protections, too?) And punishment for crimes not committed is particularly difficult. Still, I guess I should be thankful I'm not incarcerated (although occasionally, I do feel confined to my home) while waiting. In effect though, I am, emotionally. To set these emotions apart from the everyday or compartmentalize them somehow is much easier theorized than actually accomplished. Nevertheless, I don't suppose nine days (between scan and results) are likely – ultimately – given the progressive nature of my disease, to change the course of history too much. However, it will change the course of the next nine days, and that's all I'm focused on right now. When you're in the same boat as I am, time is all that matters, and wasting any of it (to me that means time lived not knowing results immediately or sooner) is a terrible option/reality. And again, given my original diagnosis/prognosis, options are not necessarily what you feel you have in abundance.

Whether delusional or based on any facts whatsoever, options are still your emotional lifeline. Not having them or receiving them later than you'd prefer adds fuel to the fire that a cancer survivor feels (figuratively speaking). Besides, who knows what soothes the savage beast that lives in all of us "terminal" cancer patients? At least for me, not knowing or knowing after the facts are likely in evidence is somewhere between counter-productive and counter-intuitive. As soon as you know: tell me! What are you waiting for? Godot? Let me get on with what's left of my life. I want to live forward, not worry backward. I'm not looking for control. I'm looking for consideration. If the patient matters so much, then don't be so matter-of-fact about results. Our lives may be shorter than we expected, so why make us wait longer than we want? Time is on your side, not ours.

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

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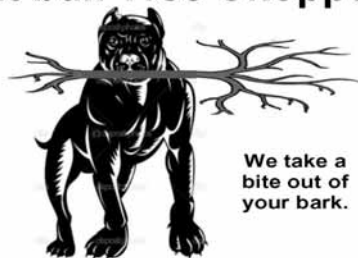
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Connection, send to
north@connectionnewspapers.com by the
Friday prior to the following week's paper.

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
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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.

PET CONNECTION



Reston's Best Friends Meet at Baron Cameron Park

FROM PAGE 7

to visit her local park, knowing how much fun Rocky has spending time here. "He just goes bananas! That's what counts."

A Community of Dog Lovers

Raquel and Adam enjoy taking their rescued dogs Dia and Murphy out to the park as an opportunity to further connect with the community of dog lovers. Murphy was found in a dump and adopted by a military family, but once they had to give Murphy up for adoption the dog shelter and rescue group AWOLL Mutts rehomed him with this couple based in Sterling. Dia, a kelpie, is another rescue who was adopted through Angel Dogs. Raquel chose Dia as her pet because of the phenomenon called Black Dog Syndrome. Black Dog Syndrome is a term in the sheltering world to explain reports around the country that black pets have a lower adoption rate due to how difficult it is to clearly see the pets in dimly lit kennels. Raquel cited the difficulty in photographing a black dog such as Dia as an example for why Black Dog Syndrome persists, while she acted upon it by choosing Dia as her pet. Dia has since been a great companion for the happy couple, as she can perform various tricks like rollerblading, closing kitchen cabinet doors, and jumping on backs as pictured above. Visiting this park on and off the past seven years, Raquel and Adam have come to value Baron

Cameron Park as one of the better parks they have visited, as Adam prefers the more practical gravel and social community compared to grass parks.

A Place with a 'Community Feel'

David visits this dog park every morning and will frequently make a second trip if the weather calls for it. David enjoys socializing with the regulars found daily at Baron Cameron Park, who according to David bring "a community feel" to his favorite park where he takes his 11-month-old dog Brittney. David has made these daily trips for the past seven months, in which he has appreciated the benefits of socializing his dog since coming here as a puppy. David believes it has made his dog better at playing with others, as Brittney is very friendly to visitors of the park, especially during the summer weekends when Baron Cameron Park is filled with families attending youth soccer games on the fields adjacent to the dog park. Little kids come over from the field after playing soccer to play with the friendly dogs abundant at the park on the weekends, while families with tents fill the parking lot and guests indulge in outdoor activities such as mountain biking. David takes pride in the outdoorsy scene that has developed in this Reston dog park, as Baron Cameron Park is the perfect destination for pet owners looking to connect with the Reston community in a dog-friendly atmosphere.



Meant for Each Other

Ashley and Lila (Bichon) is a partnership of over 14 years...from choosing Lila, as a puppy, to nurturing her recently diagnosed diabetes.



Lila came into Ashley's life at the age of 8 years old through Hutchison Elementary, Herndon Middle, Herndon High, UVA, and currently in a professional job. Lila knows who her Mom is. They were born in the same month, only five days apart. Meant for each other.

Your next cat is ready to meet you



Reston Adoption Fairs
Just Cats Clinic
8/16 9/27 10/18 11/15
Visit us in foster homes too!

FFGW.org



The Feline Foundation
OF GREATER WASHINGTON, INC.

FFGW.org



You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own. Email cats@lostdogrescue.org.

Consider Fostering

visit the website, click on Participate

Adopt/Donate/Volunteer at
www.lostdogrescue.org

