

Surrounded by Sound

NEWS, PAGE 3

Artistic Director David Lang leads the Reston Chorale. "We sing widely varied repertoire, from classic musical to classic rock," said Susan Meeks-Versteeg.

OBITUARY

Julia Marmorstein, of Reston, Dies

Julia Edith Marmorstein, of Reston, died Saturday, June 20, 2015 after a long illness.

Born in New Jersey, she grew up in Cincinnati and trained to be a dental hygienist at Ohio State University. After the birth of her own children, she advocated for breastfeeding mothers, leading a five-state region for Le Leche League. Later, she worked with other educational innovators to found an elementary school focused on individualized instruction and learning by doing. In the '90s, she returned to dental hygiene and ran a small business specializing in wedding invitations and personalized stationery.



During many of her 30 years living in Reston, she was a tireless volunteer at South Lakes High School, starting traditions like the All Night Graduation Party in 1987, and helping found the SLHS PTSA Academic Boosters, which pioneered programs like the B.U.G. (Bringing Up Grades) roll and varsity letters for academic achievement. After a battle with cancer in 2000, she was a regular at Reston's Relay for Life events.

She is survived by her husband, Andrew Marmorstein, her son and daughter, Jack Marmorstein and Naomi Marmorstein, and grandchildren Phillipa, Sadie and Jonah Marmorstein.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnews.com. Deadline is Friday.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries

in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., TO AMEND AND EXTEND ITS NATURAL GAS CONSERVATION AND RATE-MAKING EFFICIENCY PLAN CASE NO. PUE-2015-00072

On July 1, 2015, Columbia Gas of Virginia, Inc. ("CGV" or "Company"), filed with the State Corporation Commission ("Commission") an application ("Application") for authorization to amend and extend its Conservation and Rate-making Efficiency Plan ("CARE Plan") pursuant to Chapter 25 of Title 56 of the Code of Virginia. According to the Company, its current CARE Plan includes a portfolio of programs that promote conservation and energy efficiency among CGV's residential and applicable small general service customer classes and a decoupling mechanism that adjusts actual non-gas distribution revenues per customer to the allowed distribution revenues previously approved by the Commission. In its Application, the Company proposes to extend its CARE Plan, along with certain modifications and amendments, for an additional three-year period, through December 31, 2018 ("Amended CARE Plan").

The proposed Amended CARE Plan includes five conservation and energy efficiency programs, with 38 measures. The Company expects to invest \$6.5 million over the three years of the Amended CARE Plan. According to the Company, the proposed Amended CARE Plan is designed to recover the incremental costs associated with its conservation and energy efficiency programs, as incurred, by means of a surcharge mechanism described in Section 12.4 of the Company's General Terms and Conditions. The Company estimates that the average customer will be charged approximately \$8.70 in 2016 through the cost recovery mechanism of the proposed Amended CARE Plan. In its Application, CGV requests authority to implement the cost recovery mechanism effective with the first billing unit for the Company's January 2016 billing cycle. The Company's proposed Amended CARE Plan also includes a performance-based incentive mechanism and a decoupling mechanism.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before September 23, 2015, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before September 23, 2015, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2015-00072.

On or before August 27, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing shall refer to Case No. PUE-2015-00072 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall be sent to counsel for the Company: Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836.

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Surrounded by Sound

The Reston Chorale to hold auditions on Aug. 11 and 24.

BY KEN MOORE
THE CONNECTION

Ruth Overton has performed with the Reston Chorale since 1976. She's almost never missed Tuesday night rehearsals, all 2,000 of them.

"I had six children that had to hear, 'Mommy will be gone on Tuesday nights.' That's me time," said Overton, of Reston.

"It can be absolutely magnificent," she said, of the choir's sound. "It's like an out-of-body experience. You are swept in something like Mahler's Resurrection Symphony, oh, that's the closest you get to heaven without having to die first."

The Reston Chorale scheduled auditions for the evenings of Tuesday, Aug. 11 and Monday, Aug. 24 in preparation for the upcoming 2015-2016 season.

"Everyone carries that instrument inside their body. It's not like a trombone or harp, every voice has a personality and when it comes together it's magical," said David Lang, artistic director.

Robert E. Simon was one of the group's original members and founders of the Reston Chorale which began in 1967 to "promote community interest and participation in, and enjoyment of, choral music," according to its website.

"Singing with other people is a wonderful, wonderful experience," said Overton who referred to scientific studies of the benefits of singing. "People who sing together are generally happy people."

"When you are singing in it, you are immersed in it, you get to hear all the voices," said Susan Meeks-Versteeg, once a performer, now the managing director. "Being at the back of the house, I get the best seat. They always amaze me with the power and the unity of their voice."

DON'T WORRY about the audition, just schedule it, enjoy it, each said.

"It's not that kind of audition. It's not a scary audition," said Overton, president of the chorale.

"The audition is a friendly process," said Meeks-Versteeg. "It's designed to assess the singer's range and voice type as well as their understanding of music and singing."

Just you and me, said Lang.

"Although not necessarily for the very beginner," he said, he doesn't need potential performers to be conservatory virtuosos.

"We have a good time, we work hard, we learn a lot and the end product is thrilling," said Overton.

Lang offers the opportunity to come to a few rehearsals to determine whether to try-out. He also offers opportunities for coaching to all members before rehearsals.

"It's a team working together," said Lang. "I give directions on how to use your voice properly, how to use your vowels, it's my job to show them how to make it easier."



PHOTOS CONTRIBUTED

Artistic Director David Lang leads the Reston Chorale. "We sing widely varied repertoire, from classical musical to classic rock," said Susan Meeks-Versteeg.



The Reston Chorale in front of the pipe organ at St. Luke Catholic Church.

The chorale especially needs baritones and tenors.

"Little boys sing as much as girls but then you get to first grade and they just don't sing anymore. It's really too bad," said Overton. "We have a young bass, and it's just wonderful to hear him."

OF THE 91 MEMBERS last season, 35 lived in Reston; 38 lived in the surrounding areas of Herndon, Vienna, Oakton, Fairfax, Centreville, Oak Hill and Sterling; and 18 lived in outliers, including Ashburn, Leesburg, Annandale and Woodbridge.

Members range in age from teens to seniors, and high school and college students could receive scholarships to participate.

"It's a community, a community choir in the best sense. It is a group that comes together to create a beautiful work, to come together to produce a quality sound, and it is also a group that comes together in a crisis," she said.

The Chorale rehearses on Tuesday nights from 7:30 - 10 at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road.

And there are health benefits.

"Plenty of studies show that chorus is a physical workout and a mental workout. It stimulates the brain. You have to be alert,"

said Lang, the director for the last five years.

"He pays attention to those details that are absolutely critical to a quality performance. I've noticed how they've grown musically," said Meeks-Versteeg.

THIS SEASON, the Reston Chorale will perform a range of music from classical to gospel to holiday carols to the annual Pops Concert featuring music from the 1950s.

"We always like to team up with other groups. It gives us experiences we wouldn't ordinarily have," said Lang.

The chorale will team up with the Reston based "Mosaic Harmony" and the Gospel Choir of Shiloh Baptist Church for its first concert "Wade in the Water: Songs of Freedom" in October.

A Holiday concert, "The Wonder of the Season: Around the World" features carols from around the world, including a carol they will learn in Norwegian.

The day after Thanksgiving is the annual carol sing-along for the community to participate in with the lighting of the tree at the Reston Town Center.

And the group plans to continue what will be an annual Patriotic concert "Star-Spangled Sing-Along" around Memorial Day and they will collect donated items to send to members of the military. Lang said

Sing in the Shows

To set up an audition, send an email to RCAuditions@RestonChorale.org or call 703-834-0079, #4 to set up an audition time.

See the Shows

Wade in the Water: Songs of Freedom

with Mosaic Harmony and the Gospel Choir of Shiloh Baptist Church
Saturday, Oct. 10, 2015
4:30 and 7:30 p.m.

Reston Community Center, Hunters Woods
2310 Colts Neck Road, Reston, Virginia

Carol Sing-Along

Friday, Nov. 27, 2015
6 p.m., Free
Reston Town Center

The Wonder of the Season: Around the World

Saturday, Dec. 5, 2015
4:30 and 7:30 p.m.
Reston Community Center, Hunters Woods
2310 Colts Neck Road, Reston, Virginia

Reston Sings: Handel's "Messiah!"

Wednesday, Dec. 9, 2015
7:30 p.m.
St. John Neumann Catholic Church
11900 Lawyers Road, Reston, Virginia

Choral Splendor II

Sunday, March 13, 2016
4 p.m.
Saint Luke Catholic Church
7001 Georgetown Pike, McLean, Virginia

Reston Founder's Day

Saturday, April 9, 2016
Noon, Free
Lake Anne Plaza, Reston, Virginia

At the Hop: Music of the Fabulous 50s

Saturday, May 7, 2016
4:30 and 7:30 p.m.
Reston Community Center, Hunters Woods
2310 Colts Neck Road, Reston, Virginia

Star-Spangled Sing-Along

Saturday, May 28, 2016
2 p.m., Free
Reston Town Center

Support the Shows

Send a check to the "Reston Chorale Fund" to: The Reston Chorale Fund
c/o The Community Foundation for Northern Virginia, 2940 Hunter Mill Road, Suite 201
Oakton, VA 22124

veterans and members of the military families will be invited to their concerts for free this season.

And in the spring, the group will return to sing with the famous organ at McLean's St. Luke Catholic Church for a program of French music, including Charles-Marie Widor's grand Messe (Op. 36) for two choirs and two organs.

"The acoustics there are perfect for choir," said Lang, an organist.

"I can tell you, it was absolutely incredible," said Meeks-Versteeg of last year's concert at St. Luke. "We had the choir in the back and the pipe organ in the front, you were literally surrounded by sound. The response was amazing."

Now Playing: Sensory-Friendly Films at AMC Theatres

Dancing, shouting, singing welcome at special screenings for children, families affected by autism.

BY VICTORIA ROSS
THE CONNECTION



AMC Sensory Friendly Films Promo

July is the hottest month for Hollywood's cavalcade of blockbuster films, as studios compete for audience dollars and crash into each other to be the first to release their tent pole films, such as Avengers, Jurassic World, Mission: Impossible – Rogue Nation, and Fantastic Four.

Smuggling in snacks, snagging a ticket and finding parking are typically the biggest hurdles for those who clamor to see these blockbusters in a cool, dark theater.

But for children with autism and their families, the summer movie experience can be a daunting array of sights, smells and sounds. And with sensory overload comes the chance for an emotional meltdown.

"My 9-year-old son Jason can't be exposed to overpowering or sudden noises, and he doesn't do well in very dark rooms," said Marjorie Williams of McLean. "When he gets excited, he likes to jump around and flap his arms, so he needs a good amount of personal space."

Fortunately for children like Jason, AMC Theatres (AMC) and the Autism Society of America have teamed up to offer the "Sen-

sory Friendly Films" program - an effort to give special needs children a chance to enjoy their favorite films in a safe and accepting environment.

"As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by offering families a chance to see a movie together — often for the very first time," said Ryan Noonan, public relations director for AMC.

Noonan said the concept of Sensory Friendly Films began in 2007 at the request of a Maryland mother, who took her young daughter to a matinee of Hairspray, a film her daughter was excited to see.

When her daughter began flapping her hands, dancing and jumping up and down, her family was asked to leave the screening.

The next day, the mother called her local AMC Theatre in Columbia, Md. and asked the manager if he would be willing to set up a special screening for children on the autism spectrum. He readily agreed, and AMC hosted its first sensory-friendly film in Columbia, Md. in 2007. The demand was

so high, the theater sold out all 300 seats.

AMC's corporate office took note of the success of the screenings, and contacted the Autism Society of America to join forces and mobilize affiliates and theatres in towns around the country. AMC now offers monthly sensory-friendly screenings at 152 theaters throughout the U.S. and Canada.

"The lights are turned up, the sound is turned down, and the 'silence is golden' rule is lifted - singing and dancing along is encouraged," said a promotion for "Sensory Saturdays" on the website of The Autism Society of Northern Virginia (ASNV), located in Oakton. ASNV promotes the sensory-friendly films series to their community of more than 5,000 individuals and families affected by autism throughout Northern Virginia.

Currently, AMC Theatres is the only national theater chain that offers these sensory-friendly screenings.

In Northern Virginia, sensory friendly movies are held monthly on Saturday mornings at AMC Tyson's Corner 16 in McLean, AMC Potomac Mills 18 in Woodbridge, and AMC Rio Cinemas 18 in Gaithersburg, AMC Georgetown 14, and AMC Capital Center

Coming to AMC Tysons Corner 16

The following list of Sensory-Friendly Films is scheduled at AMC Tysons Corner 16. All shows begin at 10 a.m. For more information on the film series, go to amctheatres.com/programs/sensory-friendly-films.

Saturday, Aug. 22, 2015 - Underdogs
Saturday, Sept. 26, 2015 - Hotel Transylvania
Saturday, Oct. 17, 2015 - Pan
Saturday, Nov. 14, 2015 - The Peanuts Movie
Saturday, Dec. 5, 2015 - The Good Dinosaur

12 in Washington.

Movies are typically rated G or PG, and they start promptly at 10 a.m. Previews and advertisements are eliminated. The lights are dimmed, but not turned off, and the surround sound is muted. Because some children may have strict, special dietary needs, families are permitted to bring their own gluten-free, casein-free snacks from home.

"Being able to relax and enjoy quality family time without worrying if someone will complain or be disturbed by noise of movement is a wonderful experience," said Ken Chan of Fairfax, whose entire family enjoys the screenings, along with his 7-year-old daughter, Emily, who has sensory-integration issues.

Best of all, children are allowed to be themselves.

They can shout out their thoughts, clap whenever they feel like it, dance in the aisles or twirl in their seats. For once, parents of children with autism can sit back, enjoy the show and trade smiles instead of criticism.

"No one complains and no one is thrown out," Chan said. "We never hear a single 'shhh' from other parents. It's such a relief."

Northwest Federal Credit Union Foundation Awards \$100K in Scholarships to College-bound Students

Northwest Federal Credit Union's charitable arm, the NWFCU Foundation, recently awarded \$100K in scholarships to 20 members as part of the Foundation's annual Ben DeFelice Scholarship program.

Named for the Credit Union's longest-serving Board Chairman, the program recognizes students who demonstrate leadership skills and dedication to their schools and communities. On the 10th anniversary of the program, Northwest Federal's President/CEO, Chris McDonald, remarked on the importance of the program to Northwest Federal and its Foundation.

"The Ben DeFelice Scholarship program is about more than helping members defray the cost of their educations," said McDonald. "It's about celebrating their accomplishments, encouraging their growth, and rewarding their commitment. It's about letting them know

Northwest Federal is with them on their journey."

Since the program began in 2005, the Foundation has awarded a total of \$754,000 in scholarships to 166 recipients. Ben DeFelice Scholarship recipients must be Northwest Federal members in good standing for at least one year and be pursuing a full-time graduate, undergraduate or associate degree program.

"A core part of our mission is to strengthen the communities we serve through our scholarship program," said Executive Director of the NWFCU Foundation, Linda Rogus. "When individuals advance their education and realize their potential, communities thrive. The Foundation is honored to be part of that process."

2015 BEN DEFELICE SCHOLARSHIP RECIPIENTS

Julia Black of Arlington is a 2013 graduate of Yorktown High School and will attend Scripps College.



PHOTO CONTRIBUTED

2015 Ben DeFelice Scholarship winners.

Sydney Boll of Arlington is a 2014 graduate of Bishop O'Connell High School and will attend the University of Notre Dame.

Jacqueline Churchwell of New York, N.Y. is 2006 graduate of Herndon High School, a 2010 graduate of the University of Virginia and will attend Columbia Business School.

Courtney Colahan of Oak Hill is a 2015 graduate of Paul VI Catholic High School and will attend the University of Virginia.

George Davis of Leesburg is a 2015 graduate of Heritage High School and will attend Longwood University.

SEE SCHOLARSHIP, PAGE 5

Scholarships Winners

FROM PAGE 4

Seena Honarvar of Leesburg is a 2015 graduate of Dominion High School and will attend the University of Virginia.

Kailey Jaster of Bay Lake, Fla. is a 2012 graduate of O'Fallon Township High School and will attend Brigham Young University, Idaho.

Jordan Kittinger of Purcellville is a 2015 graduate of Loudoun Valley High School and will attend Virginia Polytechnic Institute and State University.

Daniel Kula of Winchester is a 2015 graduate of Millbrook High School and will attend Virginia Polytechnic Institute and State University.

Kathryn Lee of Leesburg is a 2015 graduate of Heritage High School and will attend Stanford University.

Levi Mattison of Amissville, Virginia is a 2015 graduate of Culpeper County High School and will attend Virginia Western Community College.

India Mazzaro of Centreville is a 2015 graduate of Westfield High School and will attend Northern Virginia Community College.

Crawford Millhouse of Purcellville is a 2013 Homeschool graduate and will attend Patrick Henry College.

Amina Nahavandi of Vienna is a 2015 graduate of Islamic Saudi Academy and will attend the University of Virginia.

Anastassia Perfilieva of Reston is a 2011 graduate of South Lakes High School and will attend Hunter College.

Kimberly Reider of Herndon is a 2015 graduate of Paul VI Catholic High School and will attend the University of Virginia.

Samantha Schaeffer of Ashburn is a 2015 graduate of Stone Bridge High School and will attend the University of Pittsburgh.

Patrick Schopper of Ashburn is a 2015 graduate of Briar Woods High School and will attend the University of Virginia.

Katelyn Seeger of Herndon is a 2015 graduate of Bishop O'Connell High School and will attend the University of Virginia.

Lauren Winger of Alexandria is a 2014 graduate of Washington - Lee High School and will attend Old Dominion University.

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 Ableseth.

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.

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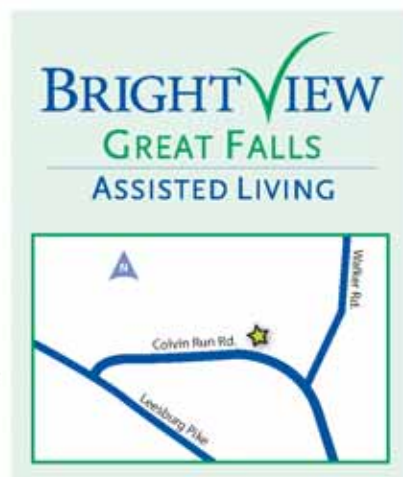
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OPINION

Alzheimer's Epidemic

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

COMMENTARY

In 1982 my then legislative assistant came to me distressed that her father had been found to have Alzheimer's disease. My response was similar to that of many at the time to say, "What is that?" Not much was known about Alzheimer's before the 1980s. Old people were called senile; some had dementia. If testing to determine the reason for memory loss was negative, the patient was declared to have Alzheimer's disease—whatever that was. Soon after I became aware of Alzheimer's Disease, national news stories started to break about the number of people suffering severe memory loss and the rapid rate at which that number was growing.

After consulting with researchers at the Medical College of Virginia, now the Virginia Commonwealth University School of Medicine, who were doing work in the areas of dementia and Alzheimer's, I introduced legislation establishing the Alzheimer's Disease and Related Disorders Research Award Fund to provide seed money for larger federal and foun-

dation grants. The Fund continues to today and has shown a 10 to 1 return on money invested by the state in the first state level research fund. I also introduced legislation establishing the Alzheimer's and Related Disorders Commission that continues to do studies and make recommendations on policies related to Alzheimer's. Its work can be reviewed at <http://alzpossible.org/>, including the Dementia State Plan along with lists and descriptions of resources on the subject.

What I never realized when I was first introduced to this subject was the extensive nature of it. The Alzheimer's Association estimates that 5.3 million have the disease with women almost twice as likely as men to get it. The direct costs associated with the care of Alzheimer's sufferers is estimated to be \$221 billion. Projected to the year 2050, the number of people with the disease is likely to be 13.8 million Americans with a cost of care of \$1.1 trillion.

The effect of the disease on the individuals is devastating; the loss of memory for some can be gradual over many years and for others

can be rapid. In my experience from chairing the Alzheimer's Study Commission for several years I found that the effects on family caregivers can be devastating as well. While some resist institutional care, the 24/7 responsibility of caring for someone can take its toll. The number of day programs that can accommodate individuals with Alzheimer's Disease has expanded as have other opportunities for respite care.

According to the CDC, Alzheimer's is the sixth leading cause of death in the United States and the only one in the top ten for which there is no prevention, cure or effective treatment. Congress has been slow to appropriate increased monies for expanded medical research. Although there continues to be some hopeful work going on, research and educational programming is highly dependent on individuals contributing through such organizations as the Alzheimer's Association.

With the projected increase in the number of people affected by Alzheimer's and the promising effects of genome research, funding should be a priority.

Time to Encourage Reading

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

COMMENTARY

For many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new

material that students are potentially missing out on all together.

We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public li-

brary system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encourage students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read fifteen books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://viriniageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator
Vienna

LETTERS TO THE EDITOR

Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished stu-

dents via the federally funded TANF Block Grant. What is missing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly,

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SPORTS



PHOTOS BY JON ROETMAN/THE CONNECTION

Rising sophomore Devin Miles takes over as South Lakes' varsity quarterback after leading the freshman team to a 9-1 record in 2014.



South Lakes rising junior right tackle David Kroll is 6 foot 5, 310 pounds and has improved his strength in the weight room, head coach Trey Taylor said.

Seahawks Hoping Improved Strength Leads to Wins

Taylor enters second season as South Lakes football coach.

BY JON ROETMAN
THE CONNECTION

Trey Taylor's first season as head coach of the South Lakes football team ended with a 2-8 record, including a 49-0 loss to rival Herndon.

Entering his second campaign with the Seahawks, Taylor said the team's work in the weight room should help lead to better results in 2015.

"Improvement, [making the] playoffs and beating Herndon," Taylor said, "would probably be the big three on the list."

Few Seahawks have shown more improvement in the strength department than 6-foot-5, 310-pound rising junior lineman David Kroll, who was a two-way starter last season.

"When we got here last May (2014), he benched 140 and he squatted like 260 and he was 300 pounds," Taylor said. "I'm like, 'How do you get out of bed in the morning?' Now he's benching like 240, squatting high [300s], low [400s], he's power cleaning 245. I think what we're going to see with him is his strength is so far ahead of where it was last year. He's got the body size where he's hard to move, but he couldn't always get the push on the other guy. I think this year he's going to have a lot more push because of what he's done in the weight room in the off season."

Kroll will play right tackle in South Lakes' spread option offense. Taylor said the Seahawks will huddle this year after failing to gain an advantage from running an up-tempo attack last season.

RUNNING THE OFFENSE will be rising sophomore quarterback Devin Miles, who led the freshman team to a 9-1 record in 2014. Taylor said, at this point, Miles' mental skills are ahead of his physical abilities.

"Devin's a great leader and he's going to

always work to get better," Taylor said. "That's the thing: If he does make a mistake, then you know he's coming back the next play and he's doing everything he can to correct it. ... Once his body catches up to what his mind does, I think he's going to be one of the best in the area."

Miles already has the respect of his most experienced pass-catching threat.

"Devin's better than we've had, ever," rising senior Seth Ravenstahl said. "... He's the best quarterback that I've played with."

Ravenstahl is entering his third season as a member of the South Lakes varsity. He has played multiple positions, including lining up at quarterback as a sophomore. This year, he could play receiver, tight end or running back.

"He is definitely the most versatile of the guys out there," Taylor said. "... We don't worry about where we put him. If we need to put him in position x, y, z, whatever, I know he can play anywhere on the field."

South Lakes' fastest receiving threat is rising senior Eric Kirlew, who is entering his second varsity season.

"When it just comes to running a route

on air, he's as good as any of them," Taylor said. "But he's gotten much better at the actual how-to-work-against-a-defense [part] of things."

Rising senior Anas Fain is also a receiving threat.

Rising sophomore Albert Mensah, and rising seniors Isaac Mensah and Kevin Damper will likely rotate at running back.

South Lakes' 4-2-5 defense will be led by Ravenstahl at linebacker, Kroll at tackle and Fain in the secondary.

SOUTH LAKES will scrimmage at Oakton on Friday, Aug. 21 and at home against Woodson on Aug. 27. The Seahawks will open the season on the road against Marshall at 7:30 p.m. on Friday, Sept. 4. The team's first Conference 6 contest will be on Sept. 18 at Yorktown.

South Lakes will host rival Herndon on Oct. 9.

"I think that the people coming to watch us play will have lower expectations due to our record last year," Fain said. "But as a team, we set our expectations pretty high this season."

Young Swimmers Make Splash at Annual All-Star Swim Meet

Watts, Cruz set NVSL records.

BY BONNIE SCHIPPER
THE CONNECTION

Hundreds of swimmers, 94 teams, 50 events, and two broken records.

On Aug. 1, Clifton's Little Rocky Run pool hosted Northern Virginia Swimming League's 59th annual Individual All-Star meet. Commencing at 9 a.m., the 5.5-hour-long meet highlighted the best young swimmers in the area.

The participants in Saturday's meet qualified by swimming in one of the league's 17 divisional meets. At these meets, each of the 102 NVSL teams can enter two swimmers in each event. The swimmers with the top 18 times in the league earn a spot in

the All-Star meet.

"If [one of the swimmers] has a bad divisional meet for some reason, unfortunately they may not make All-Stars even when they've been one of the top swimmers in the event for the entire season," Records Coordinator Linda Klopfenstein said. "Divisionals is like the preliminary meet and All-Stars is the finals."

In her first race of the day, 9-year-old Courtney Watts of Highlands Swim Club set the NVSL record for the 9/10 girls' 50-meter backstroke. Her time of 34.16 beat Janet Hu's 2006 time of 34.32.

"It's cool [to have set the NVSL record] because I've been trying to get [that time] all season," Watts said. "I just felt good. I've been trying to go to as many practices as I

can and work hard at those practices and it helped a lot."

Watts also holds the record for the 8-and-under girls' 25-meter backstroke, with a time of 17.70, which she set during the 2014 All-Star meet.

In the 13/14-year-old boys' 50-meter backstroke, California resident Max Cruz also set his second NVSL record with a time of 27.28, just breaking Jaya Kambhampaty's 2014 time of 27.31. He also holds the record for the 11/12 boys' 50-meter butterfly, which he set during the All-Star meet last year.

"I've focused a lot on my main two strokes, the back and fly, and I've trained a lot harder and worked for long amounts of time to prepare for this meet," Cruz said. "My hard work paid off today, and I'm grateful that I could [set a record]."

Cruz, swimming for the Holmes Run Acres Recreation Association, also took first

place in the 50-meter butterfly.

Other standout performances of the day were those of Lincoln Park's Lukas Wuhrer, who took first place in both the 8-and-under 25-meter butterfly and the 25-meter freestyle, Fair Oaks' Anthony Grimm, who won both the boys' 11/12 50-meter backstroke and the 100-meter medley, and Highlands Swim's Maggie O'Shaughnessy, who won the 8-and-under girls' 25-meter butterfly and the 25-meter backstroke. Wakefield Chapel's Nicholas Parker, Fairfax's Leah Rogers, McLean's Victoria Valko, and Mosby Woods' Leaya Ma also took first place in multiple events.

"[NVSL] is part of the reason this area produces such successful swimmers," Springboard Pool's Sarah Weinstein said. "It's fun but it's also super competitive and I love being a part of a league that teaches kids to love swimming fast."

CALENDAR

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

ONGOING

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/r/r/>.

THURSDAY/AUG. 6

Family Game Night. 7 p.m. Herndon Library, 768 Center Street, Herndon. Celebration of play and learning with board games for the whole family. All ages welcome.

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

Rock On, Reston! in Reston Town Center Pavilion. 5:30-8:30 p.m. Bring a lawn chair or blanket and enjoy live music for the decades and drinks in the Pavilion. www.restontowncenter.com.

All Join In. 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for you and your child. Age 2-5 with adult.

FRIDAY/AUG. 7

Sheep Dog Detectives. 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Kaydee presents Dudley Dog and Friends, who solve crimes in a fun and fast-paced show. All ages.

SATURDAY/AUG. 8

Special Consensus. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Traditional bluegrass musicians headed by banjoist supreme Greg Cahill. Cahill has headed this band for 30 some years now and they have traveled the world providing audiences with the finest in vocal harmony and absolute mastery of their instruments.

Family Fun Entertainment Series: Magic By Geo. 10-10:45 a.m. Reston Town Square Park, 11900 Market St., Reston. Magician Geoffrey "Geo" Weber offers an unparalleled magic act featuring original and innovative magic tricks. www.restoncommunitycenter.com.

Reston Concerts on the Town



Special Consensus is a group of traditional bluegrass musicians headed by banjoist supreme Greg Cahill. See them perform on Aug. 8 at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.

Series: Matuto. 7:30-10 p.m. 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for Brazilian roots-rock and funk with Matuto. www.restontowncenter.com/concerts.

Dog Tales. 10:30-11:15 a.m. Herndon Library, 768 Center Street, Herndon. Bring your own book or chose a book from the library and read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 5-12.

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>

SUNDAY/AUG. 9

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

MONDAY/AUG. 10

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

All Join In. 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for you and your child. Age 2-5 with adult.

Magic Book Club. 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Magic, music and fun with magician Brian Curry. Age 6-12.

Paddle & Explore. 8:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Fish & Explore takes campers off-site to paddle kayaks along local waterways, ponds and lakes. Campers learn kayaking skills while getting up close to native wildlife. 703-609-8083.

TUESDAY/AUG. 11

Pokemon Club. 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Bring your pokemon trading cards to trade/play the pokemon game. Age 6-12.

Read to The Dog. 7-7:45 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Bring your own book or choose from a book from the library and read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 5-11.

WEDNESDAY/AUG. 12

Precious Preschoolers. 11 a.m. Herndon Library, 768 Center Street, Herndon. Explore fiction and nonfiction books about fun creatures while singing, playing and dancing. Age 3-5 with adult.

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

THURSDAY/AUG. 13

Rock On, Reston! 5:30-8:30 p.m. 11900 Market St., Reston. Bring a lawn chair or blanket and enjoy live music from the decades in the Pavilion.

Sensory Friendly Storytime. 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Storytime will provide plenty of time for interactive stories, songs, music and social interaction geared toward children with autism spectrum. Preschool.

School's Out Book Discussion Group. 6 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. A book discussion group for boys and girls. Join us for a lively discussion of "The Boggart" by Susan Cooper. School ages.

Traveling Players Middle School Ensemble. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Student actors will perform Moliere's classic comedy "The Learned Ladies."

FRIDAY/AUG. 14

"Peter Pan." 6:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Join Reston Association for a chartered bus trip to experience "Peter Pan" at the Threesixty Theatre in Tysons. Fly to Neverland in a whole new way with a spectacular innovative live stage production that combines intimate theater-in-the-round, overhead surround CGI projection, actors in dazzling flying sequences forty feet in the air, and whimsical puppets that bring J.M. Barrie's classic tale to fantastical life. \$60-\$72.

SATURDAY/AUGUST 15

Reston Concerts on the Town Series. 7:30-10 p.m. 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for reggae, calypso, soca, and more with Jambulay and The Panmasters Steel Orchestra. Free Admission. www.restontowncenter.com/concerts.

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>



From April 22 to July 9, 2016, the Greater Reston Arts Center will present Transformations, an exhibition by multimedia artist Shih Chieh Huang.

GRACE Receives Project Support Grant

Greater Reston Arts Center is one of 17 Fairfax County nonprofit arts organizations that have been awarded the 2016 Project Support Grant from the Arts Council of Fairfax County. The Center received the grant in support of its 2016 gallery installation by widely acclaimed artist Shih Chieh Huang. From April 22 to July 9, 2016, the Greater Reston Arts Center will present Transformations, an exhibition by multimedia artist Shih Chieh Huang. Huang, who is based in New York City, will present an installation at GRACE featuring interactive elements created from a variety of materials including LED lights, motion sensors, computer parts, screens, and mundane materials such as plastic bags and Tupperware. With these humble materials, Huang creates magical, immersive environments, featuring sculptures that respond to the viewer's presence with movement, sound, and illumination. "Thanks to this generous grant from the Arts Council of Fairfax County, we are delighted to bring Huang's

work to the Reston community and to Fairfax County," said Holly Koons McCullough, executive director and curator at the Greater Reston Arts Center. "Inspired in part by phosphorescent deep sea creatures, Huang's interactive installations are a mesmerizing blend of art, science, and technology." The Arts Council of Fairfax County is the voice of the arts, dedicated to fostering dynamic and diverse local arts, ensuring that arts thrive by providing vision, leadership, capacity building services, advocacy, funding, education and information. "Across Fairfax County, arts and culture are helping to build stronger communities, improving the quality of life and fostering economic growth. The Arts Council's grant programs provide vital funds for basic operation of local arts organizations and recognize the valuable programs and services they provide to Fairfax County resident," says Linda S. Sullivan, president and CEO of the Arts Council of Fairfax County. Greater Reston Arts Center is located at 12001 Market Street, Suite 103 in Reston.

WELLBEING

Teams in Training

Getting in shape while raising money for charity.

BY MARILYN CAMPBELL
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.E.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they

get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event. Lessons range from using proper form during a workout, stretching to prevent injury and hydration



PHOTO COURTESY OF LYNNE O'BRIEN

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.

and nutrition to sustain the level energy necessary to complete race.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volun-

teers as coach for TNT.

One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

Many train for and endure physical feats that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

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Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers - especially those of you who read my most recent pre- and post-scan columns: "Abyssful" Ignorance and Scant Know For Sure Anymore - on the previous week's scan results. Once again, I have defied the odds - maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M*A*S*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes - and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must - not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger - or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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THE CONNECTION
NEWSPAPERS

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Obituary

William (Bill) Porter Short



William (Bill) Porter Short, of Reston, VA., a retired electrical engineer, passed away peacefully Saturday, Aug. 1st, at Reston Hospital. He was 84. He is survived by Helen (Miles) Short, his beloved wife of over 60 years, and by his six sons, Allen (wife Virginia), Vincent (wife Jane), David (wife Jennifer), Kenneth (wife Terri), Gregory (wife Anita) and Bradley (wife Sara). He also is survived by a brother, Harry, of Land O' Lakes, FL, and by 22 grandchildren and 7 great grandchildren. He was preceded in death by his father Porter, mother Margaret and sister Peggy.

He was born in Baltimore, MD on Jan. 10, 1931 and graduated from Baltimore Polytechnic High School. He served as a seaman in the U.S. Navy during the Korean War before attending The Johns Hopkins University, where he earned a Bachelor of Science degree in electrical engineering. He later obtained a Master of Science Degree in Engineering from George Washington University and worked for several major defense engineering firms in the Washington, DC area and for the Voice of America doing field work in Liberia, Africa. In 1965, he moved his family from suburban Baltimore, MD to the new planned community of Reston, VA where they were among the town's earliest residents. He was a devoted father to his six boys, serving as their Little League coach and as an adult volunteer for Boy Scouts of America. He was an avid golfer and dog lover. He loved family vacations at the ocean and enjoyed body surfing at Cape Hatteras and Holden Beach, NC. A private memorial is planned. In lieu of flowers, donations to St. Jude's Children's Research Hospital <https://shop.stjude.org/GiftCatalog/index.do> or Johns Hopkins Medicine <https://secure.jhu.edu/form/tjhm> may be made in memory/tribute of William Short.

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.

-Thomas A. Edison

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-Werner Heisenberg

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WEEK IN RESTON

Joining Summer Backpack Drive

For the 4th year, the NWFCU Foundation has joined with Fairfax County Public Schools (FCPS) as a credit union partner in the Collect for Kids program—working to supply the nearly 53,000 FCPS children who qualify for free or reduced-price meals with items they need for a successful school year. Backpacks are needed for children of all ages, and the suggested donation of \$10 will fill a backpack with the supplies necessary to start the school year. Executive Director of the NWFCU Foundation, Linda Rogus, said the Foundation believes that investments in education are investments in communities. The Foundation actively cultivates relationships with local organizations that support its mission and demonstrate a commitment to helping youth on an individual level, knowing that it doesn't always take a large donation to make a substantial impact. The Foundation is accepting donations through Sept. 3 for the 2015 drive. Individual donors and businesses can drop off backpacks and monetary contributions at any Northwest Federal branch or go online to donate through the Foundation's website.

BULLETIN BOARD

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

WEDNESDAY/AUG. 5

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

THURSDAY/AUG. 6

Dialog & Grammar: ESL For Advanced Beginners and Intermediate Students. 11:45 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Judy's Thursdays weekly class.

FRIDAY/AUG. 7

Blood Donation. 9 a.m. - 2 p.m. Extended Stay America, 12190 Sunset Hills Road, Reston. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

Let's Talk- ESL For Intermediate Students. 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group.

MONDAY/AUG. 10

ESL for Intermediate Students. 4:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Juanita's Monday conversational group. Adults.

TUESDAY/AUG. 11

Spanchats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join ongoing Spanchats conversation group which meets on Tuesday nights to improve conversational Spanish language skills. Adults.

WEDNESDAY/AUG. 12

Blood Donation. 10 a.m. - 3 p.m., Accenture, 12018 Sunrise Valley Drive, 5th Floor. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

STEM-Based Private School to Open in Reston

Ideaventions Academy plans to open Reston school.

BY RYAN DUNN
THE CONNECTION

Two Thomas Jefferson High School alums, Oakton residents Juliana and Ryan Heitz, opened a teaching science center in 2010 for young learners after an unsuccessful search to find a science enrichment class for their son. Originally located in Oakton, this science, technology, engineering and math (STEM) educational organization will be soon moving to a location at 12340 Pinecrest Road, Reston.

"I wanted to create an environment where children could experiment and try different things," says Ryan Heitz, who has a Masters of Science degree from the University of Virginia.

Ideaventions Academy is a STEM-based private school for fourth-eighth graders and is the only elementary/middle school in the country to require computer science as a part of its annual core curriculum. The new location at Reston is five times the size of the previous Oakton site. For an art program, the school has partnered with the Leesburg based The Art Station. A shuttle service to the school stops at Reston's Wiehle-Reston East Metro and at Oakton library.

The school's hands-on labs are led by experienced teachers who emphasize divergent thinking and seek to harness a child's natural curiosity about the world. Ideaventions Academy employs about 16 full and part-time staff, and is partnering with a number of local organizations to



Two Thomas Jefferson High School alums, Juliana and Ryan Heitz, are relocating their science, technology, engineering and math (STEM) educational organization, Ideaventions Academy to 12340 Pinecrest Road, Reston.

ensure students have the best experience possible. The programs are designed to share and nurture children's love for the sciences. "When we are not using spaces for our academy, it will be used for enrichment programs... whiteboards will be set up for collaborative zones," said Heitz.

Residents of Oakton, Ryan and Juliana met at Thomas Jefferson High School for Science and Technology. After high school, Juliana traveled to the Massachusetts Institute of Technology where she received her bachelor's in Economics and Management

of IT. When the two decided to begin a school, they both wanted to incorporate some of the aspects they observed at Thomas Jefferson High School (TJHSST). TJHSST is one of 18 Virginia Governor's Schools, and U.S. News & World Report ranked the school the best public high school in the nation from 2007 to 2013. "We believe schools should not be contained just within the walls," said Heitz.

The couple is very excited about the new facility. Windows provide the new Reston location with plenty of natural light, and



Ryan Heitz, a long time resident of Northern Virginia, opened a teaching science center in 2010 for young learners. Ideaventions Academy is a STEM-based private school for fourth to eighth graders and will open in Reston this fall.

rooms for labs include space for 3D printers. Throughout July, work has been underway at the Reston site in preparation for the new school. Architecture firm Stantec helped with design, and the Oakton site will close at the end of August. The finished school is designed to have a freshness similar to Jefferson's Monticello or Disney World.

School lunches will be provided by Lokl Gourmet, a local catering company that specializes in locally-sourced, all-natural foods. Foreign language classes will be provided by Language Stars, a company that shares Ideaventions Academy's teaching philosophy of play-based, immersive learning. Once a month educational field

trips will be planned, and students can see how science ties in with the humanities. Ryan Heitz has made contact with one of the curators at the Smithsonian Natural History Museum.

Ideaventions Academy combines hands-on, project-based learning with classical education, providing a collegial environment where students help design their schedule, choosing from required core classes and a diverse set of electives. Courses include: computer science, cellular biology, computational design, Android app development, engineering and more.

The Heitzs broke ground on the Ideavention Academy's location on Pinecrest Road in Reston on May 18, and the school is slated to open for its first full academic year on Sept. 8.

Herndon Town Calendar Winners, People's Choice Announced

On Saturday, July 25, winners were announced during a jam-packed reception for the 5th Annual Herndon Town Calendar Competition produced by the Herndon Foundation for the Cultural Arts in collaboration with the Council for the Arts of Herndon.

The winners are: Public Works Clears the Way by Mike Madigan; Red Barn in Winter by Lisa Merkel (February); Egg Hunt by Jean Gibson (March); Staring Contest at Jimmy's by Lawrence Cohen (April); Farewell to Station 404 by Mark Sawatzki (May); Festival by Maude Grace Bertovich (June); Land of the Free by Andrew W. Rhodes (July); Toddler and Herndon Police Officer by Tanya Kendrick (August); Herndon Plein Aire by Dora Ramirez (September); Herndon High Band by Ryan Dunn (October); Shades of

Red by Katy Betti (November); Wreath by Gregory Conrad McCracken (December). The People's Choice award went to Lawrence Cohen for Staring Contest at Jimmy's.

Sixty-five people attended the reception, including many of the finalist photographers. After Foundation President Harlon Reece welcomed guests, Town Councilman and CAH Board member Sheila Olem presented honorariums to the competition's judges, Lee Love and Sabina Skulska. Love lauded the high quality of this year's entries stating, "The people tell the story. Herndon is the people." Finally, Vice-Mayor Jennifer Baker presented certificates to the competition finalists and the People's Choice Award.

Staring Contest at Jimmy's by Lawrence Cohen won People's Choice Award.



PHOTO BY PETER TOTH