

Sharing Stories, Emotions in Quilts

"It's a Crazy Life," by Gail Thomas, a cancer survivor illustrating her life before, during and after treatment, in the Healing category of the Sacred Threads quilts display.

NEWS, PAGE 12

Herndon to Host Labor Day Festival

NEWS, PAGE 3

AUGUST 19-25, 2015

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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OBITUARY



Charles Thomas Cleary with son Andrew.

Charles Thomas Cleary, of Oak Hill and Chantilly, Dies

Charles Thomas Cleary (a.k.a. "brothercharles") of Oak Hill and Chantilly

died on July 31, 2015, at the Capital Caring Halquist Memorial Intake Center hospice in Arlington, surrounded by loving friends and family. Charles was pre-deceased by parents John Patrick Cleary and Astrid Linnea Ohlson, both of Denver, Colo. He is survived by his son, Andrew White Cleary, age 16 (with Sharmian L. White of Chantilly); former spouse Diane Cleary; and siblings Patricia Cleary (Denver, Colo.); Linda Massey (Denver, Colo.); Bridget Cleary Karam (Austin, Texas); Kevin Cleary (Beijing, China); Christine Meeker (Sugarland, Texas); and Robin Deci (Sugarland, Texas).

Charles was an artist, an activist, and a teacher, and was deeply inspired by the life of Dr. Martin Luther King, Jr. Charles created several conceptual collages around themes of peace, love, and race relations, and often used his artistic spirit and talents to teach children in art classes and to reach out to others in the world. One of Charles' collages was exhibited at the Charles Sumner School Museum in Washington, D.C., one of three public schools built for black children after the Civil War, named after abolitionist U.S. Sen. Charles Sumner. Charles also wrote numerous poems, among his favorites "Full Moon Revisited" and "Remembering Dr. Martin Luther King, Jr.," both of which are accessible on www.poemhunter.com.

Charles fought racial and economic injustice wherever he saw it, most recently participating in demonstrations against police brutality and racial profiling in Baltimore and D.C., even as he struggled with cancer. He mourned and marched after the killing of Trayvon Martin. He was a staunch supporter of increased gun control, and was a part of the Occupy D.C. movement. He had great admiration for President

Obama, as well as for former Presidents Carter, Kennedy, and Lincoln.

Charles was an avid tennis player, professional tennis fan, and tennis teacher. In the years before his passing, he taught tennis at the International Country Club, Fairfax, and was instrumental in starting and building the CHHA men's tennis club, and in establishing a tennis instruction program for numerous children at the Chantilly Highlands Community Center in Oak Hill.

Charles was also a devoted fan of coffee and conversation, and could be found at the Herndon Clocktower Starbucks just about every morning, until he could no longer physically make the trip. Two of his closest friends from Starbucks, Charlie Breiterman and Jack O'Neil visited him practically every day that he was hospitalized in the several weeks before his passing. Notwithstanding all of his pursuits, Charles considered his greatest accomplishment and joy to be his son, Andrew, upon whom he doted. Starting as soon as Andrew could walk, Charles took his son to as many of D.C.'s museums, concerts, special events, and other activities as possible, as well as to peaceful protests and demonstrations. Andrew is featured prominently in several of Charles' creative works. Though Charles and Sharmian split in 2001, they remained friends and enthusiastic parents, often traveling with Andrew to a host of beautiful and inspiring locales, favorites of which were Disneyland; Santa Fe; Laguna Beach; and Martha's Vineyard. Charles was blessed to be able to say his goodbyes to Andrew, and Andrew helped select music to soothe his father's passing, including favorites by James Taylor and Simon and Garfunkel. Andrew attends Chantilly High School.

A fundraiser has been established. SEE CLEARY, PAGE 5
WWW.CONNECTIONNEWSPAPERS.COM

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Herndon to Host Labor Day Festival

Wineries from around the region will attend festival.

BY RYAN DUNN
THE CONNECTION

On Monday, Sept. 7, the Town of Herndon will host its annual Labor Day Festival, 11 a.m.-5 p.m. on the Town Green in downtown Herndon. The event features music, wines produced by local wineries, microbreweries, food, crafts and more. Tickets that include wine and microbrew tastings are \$20 and include a commemorative tasting glass. Tickets for concert only or designated drivers are \$5. Children 12 and under are admitted free of charge.

"It is a nice opportunity to sample a variety of wines without having to travel far," said Abby Kimble, marketing specialist at Town of Herndon Parks and Recreation Department, who plans to attend the event. Virginia's wine industry has been growing rapidly over the past years, and according to the Virginia Department of Agriculture, wine is a three-fourth of a billion dollar industry in Virginia. In terms of wine grape production, Virginia has been tied for fifth with Texas.

Vineyards in Virginia draw large number of tourists. Herndon borders Loudoun County, which has the most wineries in Vir-



The Town of Herndon will host its annual Labor Day Festival, Monday, Sept. 7, 11 a.m.-5 p.m. in downtown Herndon. This ticketed event will feature afternoon music on the Town Green.

ginia. Four Loudoun wines were among the 12 winners of the 2014 Virginia Governor's Cup awards. "I always look forward to the Labor Day Festival, it is such a fun way to round out the summer in Herndon," said Town of Herndon Mayor Lisa Merkel. "We have craft beers and Virginia wines and a great musical line-up at this year's event and I look forward to seeing friends and neighbors on the green," said Merkel.

HERNDON'S LABOR DAY FESTIVAL event first began with just three wineries and one food vendor. This year it will feature 10 wineries as well as craft beer microbrews. The Town of Herndon Parks and Recreation Department produces the event, working in conjunction with the Herndon Woman's Club. The Herndon Woman's Club, established in 1939, is a nonprofit supported by members who vol-

unteer time and raise money to support local, state, national and international causes. Partial proceeds will go to scholarship programs.

From 3:30 to 5 p.m. an ABBA tribute band, Dancing Dream, will play at the Town Green. Participating wineries at the Herndon Labor Day Festival include family owned microwinery Cardamon Family Vineyards, Chateau O'Brien, Desert Rose Ranch and Winery, Horton Vineyards, Mattaponi Winery, Mountain Cove Vineyards, Rebec Vineyards, Rogers Ford Farm Winery, Thistle Gate Vineyard and Two Twisted Posts Winery. Purcellville winery Two Twisted Posts was one of four Loudoun wines which placed in the 2014 Governor's Case. Sponsors for this year's festival event included Center for Vein Restoration, Dulles Greenway, and Gutter Helmet.

THE HERNDON TOWN GREEN has been the location of Friday Night Live, a free evening concert series which ends Aug. 28. Every Friday starting Sept. 4 and continuing until Friday, Sept. 26, the Herndon Town Green will be used for JamBew concerts, an opportunity to hear indie music bands. JamBrew was developed by the Hutchison family to bring support for local music bands which sometime play at local bars and restaurants in the area.

No pets will be allowed at the festival event, and tastings stop at 4 p.m. Town offices will be closed in observance of Labor Day. Residents whose trash is normally collected on Mondays should put cans to the curb for Tuesday pickup.

Dranesville Focus: Green Schools and Kids at Hope

School to hold open house on Sept. 3.

September 8 is fast approaching for Fairfax County Public Schools, and Dranesville Elementary School is ready for the new school year. The biggest change that will occur this year is the school's start time, and fortunately this is not a drastic one. Starting this fall, Dranesville will start at 9:20 a.m. and go until 4:05 p.m., only ten minutes earlier than last year. According to Principal Kathryn Manoatl, the decision was made this past spring and implemented very smoothly.

BACK TO SCHOOL

Dranesville's focus for the coming school year will be on programs like Green Schools and Kids at Hope. As Manoatl explains, "Green Schools is teaching kids to get involved in things to



Dranesville Elementary principal Kathryn Manoatl in front of the school mascot and the "Kids at Hope" box.

save the planet." Students are taught the importance of recycling and food rescue under this program.

Kids at Hope is a program based on three cornerstone beliefs. "It's a framework within which you look at students," says Manoatl, "it's believing that every child – every single

child – is capable of success." Manoatl and her staff at Dranesville are focusing on implementing this belief that there is no child who cannot succeed, which is the first cornerstone of Kids at Hope.

The second cornerstone belief for this program is that all students should have

connections with adults, whether they be a guidance counselor, a teacher, or a leader within a student's community. The final element of the Kids At Hope program is called Time Traveler, which aims to give students "the ability to see into the future and to work towards that future," in Manoatl's words. Manoatl stresses that this aspect of the program does not recommend a specific future, like college, but simply provides students with an information they need to determine which future is ideal for themselves.

In preparing for the school year, Dranesville feels that it's important for students and families to be able to interact with teachers in advance. One of these opportunities, "Teachers in the Park," has already occurred. However, if you missed this chance to mingle with the school's staff, Dranesville will be having an open house on Thursday, Sept. 3 at 11 a.m.

— ALICJA JOHNSON

OPINION

Sea Changes in Policing?

Report offers blueprint for transforming aspects of policing, jail and services for people with mental illness.

Yesterday, for the first time in the history of Fairfax County Police Department, a Fairfax County Police officer was charged in a shooting death.

On Monday, Aug. 17, former Fairfax County Police officer Adam Torres was charged with the second-degree murder of John Geer, following an indictment returned by a special grand jury convened by Fairfax County Commonwealth's Attorney Ray Morrogh. It appears to be only the second time in history that the Commonwealth's Attorney has convened a grand jury in an officer-involved shooting.

John Geer was shot dead in the doorway to his own home on Aug. 29, 2013 after police were called in a domestic dispute. Torres was fired in July 2015, almost two years later.

FCPD began by releasing almost no information. It took a year-and-a-half, a judge's order, a U.S. senator's probing, and public outrage (the most important of these being the court order) to get information about the investigation.

But the public outrage led the Fairfax County Board of Supervisors to form the Fairfax County Ad Hoc Police Practices Review Commission, which has been meeting since April both as a commission and five subcommittees involving thousands of hours of work by about 70 people. Areas of focus by committee include Use of Force; Communications; Mental Health; Re-

cruitment, Diversity and Vetting; and Independent Investigations and Oversight.

Communications recommendations came out last month, well worth reading on the commission website.

Police and county officials recognize that the world is changing around them, and have engaged in the process. The kind of changes needed represent a massive change in culture and approach, and none of it will happen overnight, but the process has started.

Several developments, beyond the indictment of Torres, mark progress and opportunity for change.

Last week, FCPD Chief Edwin Roessler posted a website summary of all officer involved shootings, a major step and a work in progress. The department is wrestling with communications initiatives on many levels.

This week, the report released from the Mental Health and Crisis Intervention Training Committee marks a remarkable opportunity for Fairfax County to transform the way it provides services to people with mental illness. Recommendations reach beyond the police department to the county jail and the Community Services Board, which provides mental health services in the county.

Police are often the first responders in a mental health crisis. The jail is the county's largest facility for people with mental illness. The costs, financial and human, of dealing with

Get Involved

The public is invited to speak at the next meeting of the Fairfax County Ad Hoc Police Practices Review Commission:

Monday, Sept. 14, 7:30 p.m.
Walt Whitman Middle School
2500 Parkers Lane, Alexandria VA 22306
<http://www.fairfaxcounty.gov/policecommission/>
♦ Read the Mental Health Subcommittee's final report and recommendations:
<http://www.fairfaxcounty.gov/policecommission/materials/mhcrit-draft-report-august14.pdf>
♦ See Fairfax County Police Department website on Officer Involved Shootings
<http://www.fairfaxcounty.gov/police/inside-fcpd/063015ois.htm>

mental health in this way are enormous. The 26 recommendations of the Mental Health Subcommittee, presented by committee chair and state delegate Marcus Simon, offer the county a path to getting it right.

Recommendations including fully implementing the "Memphis model" of crisis intervention, which provides for response teams including officers specially trained in de-escalating situations with people in mental health crisis; creating a system of getting treatment rather than incarceration for people with mental illness; creating a mental health docket in the courts; funding a second Mobile Crisis Unit under the Community Services Board; establish strategically located, 24-hour crisis intervention sites where police can safely transfer custody of person in crisis without taking them to jail.

How much will it cost? It will require upfront money, but it costs \$50,000 annually to house someone in the Fairfax County Detention Center. To provide intensive therapy in the community costs \$7,500 a year.

— MARY KIMM

Now Is Time To Unite for Education

BY JIM CORCORAN
PRESIDENT AND CEO

FAIRFAX COUNTY CHAMBER OF COMMERCE

Recently, the Fairfax County Federation of Teachers ran advertisements in the Connection newspapers questioning the dedication of the Fairfax County Board of Supervisors and the business community to the county's education system.

Nothing could be further from the truth.

The Fairfax Board of Supervisors has worked tirelessly to support Fairfax County Public Schools (FCPS). In fact, approximately 70 percent of FCPS' budget is unfairly shouldered by the county, which comes directly from residential and commercial taxes. From FY 1996-2014, contributions from the county quadrupled that of student growth. And this past April, the Board of Supervisors, in its FY2016 adopted budget, increased funding for FCPS for the fifth consecutive year, funding our schools at 99.8 percent of their advertised budget; bringing the total increase from FY2012 to FY2016 to \$240 million.

All the while, residents and businesses are being taxed by lawmakers in Richmond, with

little return in education dollars coming directly from the state to show for it.

The Fairfax Chamber has, for decades, supported the full funding of K-12 education throughout the entire Commonwealth. The Chamber believes that the future growth of the Northern Virginia economy, and consequently Virginia's economy, depends on a significant investment in K-12 education. The Chamber has been a leading voice in Richmond, working hand in hand with the county, to thwart any attempt to cut the state's contributions to FCPS.

Our work on behalf of FCPS extends beyond advocacy. Since 2010, the Fairfax Chamber has partnered with FCPS to establish the Education Foundation, a 501(c)(3) charitable organization allied with, but independent of, the county's public school system.

Every two years, the Fairfax Chamber spearheads the School Bond Referendum committee ensuring there are appropriate dollars for the county's education infrastructure to meet the needs of our growingly diverse community.

Additionally, the Fairfax Chamber has been recognized by the School Board for its years of dedicated partnership with Fairfax County

Public Schools.

And we promise that will not stop. We will continue to advocate for the needs of our schools. However, the Fairfax County Federation of Teachers is wrong to direct their frustration at the Board of Supervisors and the business community. The problem rests with Richmond.

Historically, the Local Composite Index (LCI) places Fairfax County at a disadvantage by not taking into account important factors such as the differential between county and city taxing authority, the impact of cost of living on a locality's ability to pay staff, and the increased costs associated with providing services to growing limited English proficiency and special education populations.

For years, the Board of Supervisors, FCPS, and the Fairfax Chamber have called upon the General Assembly to provide FCPS their fair share of state education dollars. Our schools, our children, and our economy depend on it.

We must come together and work united towards a common good. A failure to address the problem of inadequate state funding for education will leave our schools and our children behind.

Oak Hill & Herndon
CONNECTION

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FAITH Jewish New Year Message

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD OF
RESTON-HERNDON

It is challenging to write about the festivals (*Yom Tov* in Hebrew) of the Jewish calendar in the English language. It's available words do not seem to capture the essence of these landmarks in Jewish time. Holiday? Too frivolous. Holy Day? Too somber. Festival? Better, but still not quite the right word. The Hebrew phrase *Yom Tov* simply and blandly translates as "good day." How, indeed, to describe the days' paradoxes of reverence and revelry, seriousness and exuberance, liturgy and *Lokshen Kugel* that is a Jewish festival? In particular, the first festival of the Jewish year, Rosh Hashanah (this year Sept. 14 - 15), seems to fit no familiar mold. It is the day on which Jews the world over, fill their synagogues, and tremulously submit to the Divine sovereignty by "coronating" G-d as their king, and accepting His judgment for the upcoming year.

But as the Jewish mystical tradition points out, a coronation is always a festive event, with bands playing in the streets, and crowds

High Holiday Services Schedule

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

Information for Chabad's open to the community Services for Rosh Hashanah (Sept. 14 -15) and Yom Kippur (Sept. 22-23), as well as to reserve, can be found at www.chabadrh.org.

Membership is not required to join. All are welcome, regardless of background or affiliation. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly,

picnicking in the parks and fields. Thus, although Rosh Hashanah is the day on which we stand in judgment before G-d, the day on which the Heavenly Court rules "who shall live and who shall die...who shall be impoverished and who shall be enriched... who shall fall and who shall rise;" It is also the day on which we "eat delicious foods and drink sweets... for the joy of the Eternal is your strength." The Talmud offers the image of a person coming to court where a life-or-death verdict will be handed down to him, but he is dressed in white and has a feast awaiting him at home, so confident is he that he will be victori-

ous in trial. No single article can capture the paradox of Rosh Hashanah, much less explain it. To understand Rosh Hashanah, one needs to experience it — spend those hours praying in synagogue, hear the *shofar's* hundred notes, dip the apple in honey, and eat *tzimmes* and all the other holiday delicacies with family and friends.

As in previous years, Chabad will open its doors to the entire community, irrespective of synagogue membership or lack thereof, denomination or background. At this time of year our tradition tells us the doors to heaven are wide open....and so are ours!

OBITUARIES

Rosa Fanning, of Herndon, Dies

Rosa Fanning, 88, passed away peacefully after a short illness on Aug. 13, 2015 surrounded by her family. Born on Aug. 5, 1927 to the late Fred and Minnie Fanning, she was raised in Orange, Va. She had four sisters and two brothers. Rosa grew up on a farm, helping to care for family. She moved to Herndon in 1962 and lived there for most of her life.

Rosa (affectionately known by many as Gran), was a loving sister, mother, grandmother and great-grandmother. She was an amazingly strong and hardworking woman who raised eight children on her own. Rosa enjoyed gardening, cooking for her family, pictures and visiting with family and friends. She was a life-long Redskins fan and she enjoyed watching all sports.

Rosa is survived by her seven children and their spouses: John and Sandi of Bluemont;

Roger and Debbie of Sterling; Gary and Becky of Sterling; Laurie and Wayne of Round Hill; Rob and Lisa of Warrenton; Dave and Becky of Leesburg; and Brian and Vicki of Leesburg. She is also survived by her 11 beloved grandchildren, their spouses, and four great-grandchildren: Jason, Michael & Dianna, Jen & Kenny, Shane & Shelby, Shannon, Neal, Kelly, Jack, Gillian, Katy, Ian, Faith, Hayden, Drew and Bailey. She is also survived by her brothers, and their spouses: Paul and Mary, Frank and Lena; her sister, Betty; and her brother-in-law and his spouse, Ronnie and Mary.

She is preceded in death by her beloved son, Jack; her sisters, Elsie, Sarah, and Mary; and her brother-in-law, Charlie.

The family received friends on Thursday, Aug. 20 at Adams Green Funeral Home in Herndon. A private burial will follow at Chestnut Grove Cemetery at a later date.

Donations in Charles' name may also be made to The Martin Luther King, Jr. Center for Non-Violence in Atlanta, Ga., at: <http://www.thekingcenter.org/donate-get-involved>. A celebration of Charles' life will be held in Denver, Colo., on Aug. 23, 2015; contact the family for details.

a.m. 703-437-5500 or www.trinityherndon.org. Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

Cleary

FROM PAGE 2

lished by Charles' family and friends to assist with Andrew's future education. Those wishing to do so may donate online at: <http://gfwd.at/1MWthVv>.

FAITH NOTES

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45

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PHOTO BY TRACI J. BROOKS STUDIOS/COURTESY OF NEXTSTOP THEATRE
Emily Levey and Stephen Russell Murray in “Kiss Me Kate” at NextStop Theatre.

NextStop Opens New Season with ‘Kiss Me Kate’

BY DAVID SIEGEL
THE CONNECTION

No need to brush up on your Shakespeare to relish NextStop Theatre’s season opening production, “Kiss Me Kate.” With music and lyrics by the legendary Cole Porter, the show is a Tony Award-winning sophisticated, comic twist based upon Shakespeare’s battle of the sexes, “Taming of the Shrew.” In Porter’s musical “Kiss Me Kate,” the sparks fly as verbal battles, both sung and spoken, between two couples take place within a show-within-a show on opening night. Fictional on-stage lives are complicated by off-stage relationships and lovers’ quarrels. There are a clashing egotist director and a diva who were once married to each other. There is also a younger ardent couple; she’s an ingénue and he a not-so-successful gambler.

The production is powered by a score of about 20 numbers with titles such as “So in Love Am I,” “Too Darn Hot” and “Another Op’nin’, Another Show” along with “Always True to You” among others. “Kiss Me Kate” ran for nearly 1,100 performances on Broadway winning five Tonys including Best Musical. Bella and Samuel Spewack wrote the book.

“Kiss Me Kate” is directed by Michael Bobbitt. Bobbitt is artistic director of the Helen Hayes Award recipient Adventure Theatre MTC. In an interview, Bobbitt spoke of his excitement bringing the show to NextStop audiences.

For Bobbitt, the timeless,

Where and When

“Kiss Me Kate” at NextStop Theatre, 269 Sunset Park Drive, Sunset Business Park on Spring Street, Herndon. Performances Aug. 20-Sept. 12. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 8 p.m. and Sundays at 2 p.m. Sunday, Aug. 30 at 2 and 7 p.m., Saturday, Sept. 5 and Sept. 12 at 2 and 8 p.m. Tickets \$ 40. Call 866-811-4111 or visit: www.nextstoptheatre.org

witty show is “ultimately a musical about love for couples with traumatized relationship, all surrounded by theater backstage issues.” When asked about his staging, Bobbitt indicated he plans “to open and use the NextStop space to full advantage bringing the audience an immersive experience.”

Veteran NextStop music director Steve Przybylski will pilot a four member jazz band. Rachel Leigh Dolan is the choreographer. She has received a Helen Hayes Award Nominee for choreography and teaches at Northern Virginia’s Metropolitan School of the Arts.

“Kiss Me Kate” lead roles are played by Paul Scanlan, Karen Vincent, Stephen Russell Murray and Emily Levey. The multiple Helen Hayes nominated Paul Scanlan is well-known for his work at Signature Theatre. “I am very excited to do this show,” said Scanlan. “It is a fun show with lots of delightful innuendo. And the music is simply beautiful and so catchy.”

With lyrics like “why can’t you just behave” and “strange dear, but true dear, when I’m close to you, dear, the stars fill the sky,” get ready to fly into musical bliss with NextStop’s “Kiss Me Kate.”

Checking the Back-to-School Healthcare Blocks

Local governments, clinics offer free immunizations for all and physical exams for the uninsured.

BY MARILYN CAMPBELL
THE CONNECTION

As the lazy days of summer wind down, beach trips, lemonade stands and lax bedtimes give way to alarm clocks, textbooks and backpacks. Public health officials say that a back-to-school list should include more than pencils and paper. For many, the first order of business is a well-child physical, a dental exam and required immunizations.

During a physical exam, parents should double check that immunizations are up to date, ask if their child’s growth is on target and what normal developmental changes they should expect during the next year. Parents should also be prepared to answer questions about their child’s sleep patterns and eating habits.

“Vision checks are an important part of a routine school entry physical so make sure to ask for one,” said Caroline Sutter, a family nurse practitioner, DNP-BC, co-director of Mason and Partners (MAP) clinics and an assistant professor of nursing at George Mason University in Fairfax. “Dental exams are important to maintain health. Ask for a referral for a dental visit.”

George Mason University’s College of Health and Human Services runs MAP clinics, which offers school entry physicals at no cost.

The Fairfax County Health Department provides free school-required immunizations at five locations in the county. “We are offering some special extended hours in August and September to accommodate the back-to-school rush, but we recommend that parents make the appointment now,” said John Silcox, public safety information officer, Fairfax County Health Department.

In conjunction with Inova Health System’s Partnership for Healthier Kids, the Fairfax County health department also offers free physicals for school entry to uninsured children. The health department also operates three dental clinics that provide services to children based on eligibility.

“We are offering some special extended hours in August and September to accommodate the back-to-school rush, but we recommend that parents make the appointment now.”

— John Silcox, Fairfax County Health Department

“We operate three health centers in Falls Church, Alexandria and Reston that provide primary health services for low income, uninsured residents who cannot



PHOTO COURTESY OF THE FAIRFAX COUNTY HEALTH DEPARTMENT

Back-to-school physical exams — medical, dental, as well as required immunizations — are important parts of back-to-school preparations.

afford primary medical care services for themselves and their families,” said Silcox.

Dental services are available for eligible children in Arlington through high school age. Vaccines required by Arlington County Public Schools are also available free of charge.

In Alexandria, the Child Health Clinic provides preventative health services for infants and children through age 5, and physicals for daycare and school entrance through age 11. The Alexandria Health Department offers routine immunizations for infants, teens and adults.

The Montgomery County Maryland, Health and Human Services Department offers an Immunization Program with walk-in immunizations to children under the age of 19. The county also offers dental care for children ages three to 18.

Sutter says proper sleep and physical activity are also part of the

pediatric health care picture and should not be overlooked. Transitioning from a summer of sleeping late to a school year of early wake-up calls can be challenging if children are not prepared. “Establish a sleep schedule now,” said Sutter. “With summer coming to an end, it is important to get kids on a regular sleep schedule before school starts.

“Stress the importance of routine physical activity with your child,” she continued. “Talk about sports they might be interested in during the school year or other ways to stay physically fit but most important set a good example. Exercise regularly yourself or with your children.”

For those experiencing anxiety about returning to school, Sutter suggests addressing the issue before the first day of school. “Come up with a good plan to address them,” she said. “Talk to your children about kindness and what to do if he or she is a victim of bullying and how to ask for help if needed.”

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Mason and Partners (MAP) Clinics

For physical exams:
Tuesdays: Manassas Park
Manassas Park Community Center
99 Adams Street
Manassas Park, VA
8 a.m.-1 p.m.

Wednesdays: Springfield
Springfield Family Resource Center
7224 Commerce Street, Apartment T4
Springfield, VA 22150
9 a.m.-1 p.m.

Thursdays: Culmore
Culmore Family Resource Center
3304 B Culmore Court
Falls Church, VA 22041
9 a.m.-1 p.m.

Other Fairfax County, Virginia, health care resources:

Fairfax County Health Department Community Health Care Network (CHCN)

<http://www.fairfaxcounty.gov/hd/pcs/hdchcn.htm>
<http://www.fairfaxcounty.gov/hd/pcs/hdchcn.htm>

♦ CHCN - Bailey’s
6196 Arlington Blvd.
Falls Church, VA 22044
703-237-3446

♦ CHCN - South County
8350 Richmond Highway, Suite 301
Alexandria, VA 22309
703-704-5333

♦ CHCN - North County (Lake Anne)
11484 Washington Plaza West, Suite 300
Reston, VA 20190
703-689-2180

Fairfax County Health Department’s Dental Clinics

www.fairfaxcounty.gov/hd/pcs/hddental.htm
♦ Joseph Willard Health Center
3750 Old Lee Highway
Fairfax, VA, 22030
703-246-7100
♦ Herndon/Reston Office
1850 Cameron Glen Drive, Suite 100
Reston, VA 22090
703-481-4242
♦ Mount Vernon Office
8350 Richmond highway, Suite 233
Alexandria, VA 22309
703-704-6181.

Fairfax County Immunizations

www.fairfaxcounty.gov/hd/immun/immunupdate.htm

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PHOTOS BY JON ROETMAN/THE CONNECTION

Herndon rising senior Kristen Caron tries to score against goalkeeper Sophie Campbell during a drill at a recent practice.



Rising junior midfielder/defender Grace Caron, right, and rising senior goalkeeper Jessica Corum are two of the Herndon field hockey team's top returners.

Herndon Field Hockey Graduates Tons of Talent

Sammy Stone returns for defending Conference 5 champ.

BY JON ROETMAN
THE CONNECTION

Herndon's Sammy Stone is a talented field hockey player who plans to one day compete at the collegiate level. During the 2014 season, she totaled 12 goals and nine assists, according to stats from the Washington Post, helping the Hornets finish with a 19-3 record.

While Stone was an offensive threat for the best Herndon field hockey team in more than three decades, her accomplishments were often overshadowed by those of her older sister.

TAYLOR STONE wrapped up her high school career with a monster senior season. She scored 23 goals, tallied 20 assists and piled up the accolades. She received 6A North region Player of the Year and VHSL first-team all-state honors, and was named All-Met Player of the Year by the Washington Post. Stone is now a freshman on the University of Louisville field hockey team.

"It's hard not to feel a little bit of pressure," Sammy Stone said when asked about having a successful older sibling. "You always hear people talk about your sister. I'm referred to as Taylor Stone's little sister. ... I can't live in her shadow forever."

Now a rising junior, Sammy Stone has a chance to leave her own mark on the Herndon program. But thanks to the efforts of Taylor Stone and fellow 2015 graduates Sofia Palacios, Jamie Wright and Alexis Duke, life won't be easy for the younger Stone and her Hornet teammates, who enter the 2015 season with targets on their backs.

Last season, Herndon won its first conference/district title since 1979, beating defending state champion Westfield 3-2 in

the Conference 5 championship game. Taylor Stone scored all three of the Hornets' goals. Herndon would fall one victory shy of qualifying for the state tournament, losing to eventual region champion Fairfax 2-1 in the 6A North semifinals.

Palacios tallied 24 goals and 30 assists in 2014, earned first-team all-region and all-state honors, and now plays for the University of Pennsylvania. Duke was a second-team all-state selection, and Wright now plays for Dickinson College.

"There are certainly a lot of opportunities for other kids and they know that."

— Herndon field hockey coach Mary Miller

"Everybody's really eager to step up," Sammy Stone said, "and fill the shoes of [last year's seniors]."

The cupboard isn't bare at Herndon, but the returning Hornets will have to adapt to new responsibilities. Along with Sammy Stone, who could play forward or midfield, senior midfielder Seara Mainor and senior defender Kaley Selner will be looked to for leadership. Mainor and Selner were named



Rising junior Sammy Stone will be one of Herndon's top offensive threats in 2015.

to the all-tournament team last year for their performances during the Hornets' three-game run to the conference title.

"It's just finding your role on the team," Selner said. "Taylor and Sofia and Jamie and all of them were amazing and we found our role with them and supporting them."

Rising junior midfielder/defender Grace Caron, rising junior defender Meghan Graby and rising senior goalkeeper Jessica Corum are also key returners.

"There are certainly a lot of opportunities for other kids and they know that," fourth-year Herndon head coach Mary Miller said. "Not that they weren't trying hard last year [but] ... now it's kind of like 'I've got to try to play, not for me, but to increase the level for everybody.'"

HERNDON will open the season on the road against Langley at 7:30 p.m. on Monday, Aug. 24. The Hornets' first home game is Aug. 27 against T.C. Williams.

The Hornets will host the Herndon Invitational on Sept. 11-12.

Herndon started the 2014 season with 13 straight wins, recorded several lopsided victories and claimed the Conference 5 championship. Regardless of how much talent the team lost to graduation, the Hornets figure to have their opponents' attention in 2015.

"To me, [the conference title] should give us confidence," Miller said, "and it's also going to make people want to beat us a little bit more. ... [I]t also gives us a little bit more to work for to try to keep that tradition."

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.

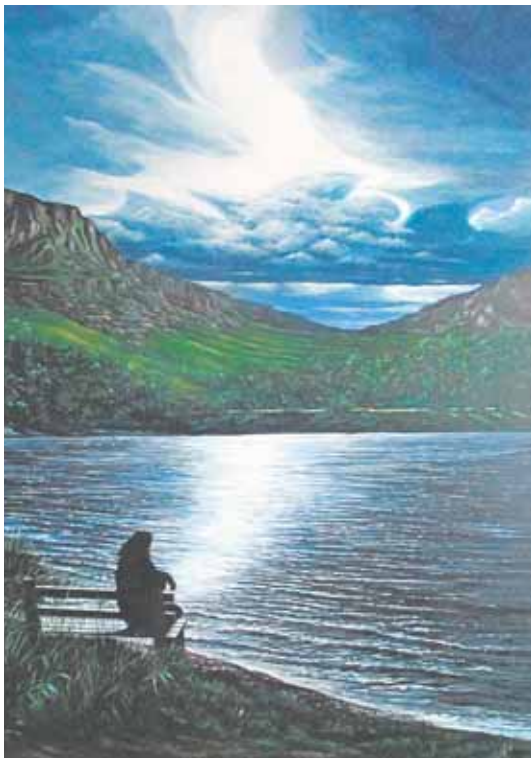
Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and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

"The Road Less Traveled" through Aug. 23 at ArtSpace Herndon, 750 Center Street, Herndon. David Skibiak and Keith Naquin's artistic endeavors and experience the quiet place in their hearts and minds from which the art is born. By listening, by looking and by following their own perceptions, each viewer will discover something fresh and new in even the most commonplace of subject matter in this exhibit. The exhibit is free and open to the public. <http://www.artspaceherndon.com/the-road-less-traveled>

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.

"Paint and Beyond," through Aug. 28 at U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. The League of Reston Artists is displaying paintings, mixed media, and two-dimensional works suitable for wall hanging.

View the exhibition of "The Road Less Traveled" through Aug. 23 at ArtSpace Herndon. David Skibiak and Keith Naquin's artistic endeavors and experience the quiet place in their hearts and minds from which the art is born.



Many of the artworks reflect USGS's environmental mission. The exhibit is free and open 8 a.m. to 5 p.m. Monday through Friday.

"Birds of a Feather." Saturday, 10 a.m. - 5 p.m. and Sunday, 12-5 p.m. through Sept. 3 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Marie Straw works with different media, discovering the changing properties in each. In her works of acrylics and collage elements on paper, canvas, plywood and even tar paper, she is constantly experimenting to attain the look she wants to achieve. Straw is primarily self-taught through study with several local artists, art books and visiting art shows and museums.

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/AUG. 19

Reston Duplicate Bridge Club. 7-9 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Novice-intermediate and open games

are offered. Teachers are available for those who wish lessons. The game is held every Wednesday evening on a year-round basis. Light snacks and beverages are provided. \$7-\$8.

Wonderful Ones. 11 a.m. Herndon Library, 768 Center Street, Herndon. Spend time with your child while enjoying rhymes, songs, stories and music. Age 12-23 months with adult.

THURSDAY/AUG. 20

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.

Herndon's Walk to End Alzheimer's. 6-9:30 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. Food, fun and raffle prizes.

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon.

THURSDAY-SUNDAY/AUG. 20-23

Friends of the Reston Library Children/Teen Book Sale.

Thursday: 10 a.m. - 8 p.m. Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 4 p.m. Sunday: 1 - 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Books and materials for children, teens and educators.

THURSDAYSUNDAY/AUG. 20-SEPT 13

Kiss Me, Kate. A jazzy musical comedy about a divorced couple staging an outlandish musical version of "Taming of the Shrew." www.nextstopherndon.com.

FRIDAY/AUG. 21

RCC End of Summer Pool Party. 4-7 p.m. Dogwood Pool, 2460 Green Range Road, Reston. Come and have a last hurrah before school starts. The pool party will have food starting at 5

p.m., entertainment, and fun for the whole family.

SATURDAY/AUG. 22

Back 2 School Bash. 11 a.m. - 3 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. An afternoon filled with interactive activities and important information to help prepare children of all ages and grades to go back to school.

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. 23

Reston Century Bike Tour. 6:30 a.m. - 5 p.m. Pavilion & W&OD Trail. Riders select 33, 66 or 105 mile routes. Rain or shine. Post-ride party with food and music for participating cyclists; friends and family join for a \$15 fee. Register online. restonbicycleclub.org.

TUESDAY/AUG. 25

Side by Side. 6 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Doris Justice & Sean McGhee will be performing as Side by Side. The Folk Club of Reston-Herndon will be presenting the Aloha concert as Doris Justice retires from her day job and moves to Hawaii. Tickets: \$11-\$12.

THURSDAY/AUG. 27

Junior Farmer Family Fun. 4 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. This family program goes behind the scenes to help the farmers at Frying Pan Farm Park. Come help with farm chores such as milking the cows, feeding the animals, and shelling corn.

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Tax Manager (Herndon, VA):

Resp. for co's U.S. & Canada tax reqs & filing & dev, modificatn & execution of co. tax policies. Identify & implement U.S. & Canadian tax planning strategies, interfacing w/ Canadian subsidiary. Provide tax support across buss units. Keep abreast of tax laws & regs to stay current on tax laws. Manage tax compliance, accounting & audit functions. Prep & oversee month-end closing & general ledger reconciliations for tax-rldt areas. Review & maintain Telecom tax database to insure tax mapping reflects current law & regulatory changes. MS in Taxation + 2 yrs of exp as accountant in telecom industry. Knwldg of tax issues in telecom industry & in Canadian taxation sys reqd. Exp w/ CCH database reqd. Resumes to China Telecom Americas Corp., 607 Herndon Parkway, Suite 201, Herndon, VA 20170. Attn: L. Gray

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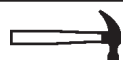
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THE CONNECTION
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Accommodate or Exacerbate



By KENNETH B. LOURIE

As a diagnosed-as-"terminal" cancer patient (is that better, Rebecca?), I feel I am due some accommodations. However, when offered or given, I am hesitant to accept (not always, though; I'll be honest). I don't want to weaken my resolve or stoke the internal fires that burn inside many of us cancer patients: Why me? Why now? When am I going to die? Is there something I did/didn't do that caused the cancer? Am I being a compliant patient? Or am I being stubborn and stupid and rationalizing my behavior way too much? Am I one of the 17 percent of non-small cell lung cancer patients to survive beyond five years for a reason, or am I akin to a blind squirrel who sometimes finds an acorn? Am I closer to the end of my life or merely further from the beginning? Yet sometimes I do feel as if I'm entitled. Let an able-bodied person not undergoing chemotherapy every three weeks do the heavy lifting, literally and figuratively. It's not my job to prove myself up to the task any more than dying while trying is somehow beneficial. I don't want to be remembered fondly for pushing myself to an early grave. I'd rather be alive and pulling myself forward to a longer life. Until I know otherwise, I'd prefer to see how the movie ends rather than walk out early and read my obituary in the paper. As Curly Howard of The Three Stooges once said in an episode, while admiring himself in the mirror: "I'm too young to die, too handsome; well, too young anyway."

And given that I'll be 61 in September, and both my parents lived into their mid to late 80s, with minimal health problems – AND NO HISTORY OF CANCER, I feel succumbing now to my disease would be inappropriate somehow – and rather disappointing. Not that I feel any twinges or tweaks of late that have given me pause to refresh my thinking and constant self-assessing/self-evaluating, but let's be realistic here: mortality matters, no more than after you receive the kind of "13 month to two year" prognosis that I did back in early '09. And just like Radar said to Captain Pierce (in a M*A*S*H episode) about the nickname "Stinky" tending to stick with a fella, so too does a diagnosis of inoperable/metastasized stage IV non-small cell lung cancer stick with you. As much as you want to shake free of its hold (you'll note I didn't say grip), it's sort of an itch you can't really scratch – or scratch enough so that you forget it.

Constant reminders you don't need, so you try – at least I do, to live my life as normally as possible. However, as a cancer patient undergoing chemotherapy, there are many challenges, and unless certain compromises or acceptances to reality are accepted, you'll never make it the movie to even buy the ticket. But giving in to the disease doesn't seem prudent either. Most of all though, I want to remain alive. Pushing, pulling, overdoing it, "underdoing" it; when to stop, when to go? Is accepting help a sign of weakness or a sign of maturity? Unfortunately, there's no handbook. There's only your own life's experiences, your own instincts and your own wishes/preferences concerning how you want to live the rest your life under the most difficult of circumstances. Even more complicated: days are different. Some days, I want help. Other days, I don't. I wish there were some regularity/predictability to it, but there isn't. There's only the ups-and-downs-and-all-arounds all us terminal patients have to accept and maybe even understand. It's not perfect. But I'll take alive and perplexed over dead and buried any time.

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



"Peace Portal" by Nelda McComb, in the Peace/Brotherhood category.



"New Perspective" by Willa Ayres; Inspiration category.



"My Mother's Spirit Guides Me Still" by Sara Sharp; Inspiration category.



"Dance of Joy" by Margaret Filiatrault, Joy category.

Sharing Stories and Emotions in Quilts



"Winter Oaks" by Susan Price, Inspiration category.



"Toucans" by Lucinda Graber; Joy category.

The Sacred Threads quilts exhibition comes every two years to Oak Hill's Floris United Methodist Church. Within each work, the artists tell stories of love, loss, joy, hope, healing and inspiration. The display ran July 10-26.



"Living the Seasons" by Lin Schiffner, Inspiration category.



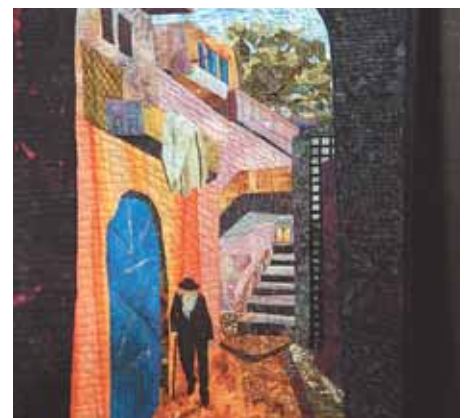
"Creation of the Sun and Stars" by Vikki Pignatelli, Spirituality category.



"Colorful Chaos" by Sandra Small Proudfoot, after her husband's early death. Their children symbolize hope in the midst of adversity; Healing category.



"Joy" by Judy Warner about her special-needs, adopted granddaughter's first exposure to snow; Joy category.



"The Blue Door" by Phyllis Cullen. According to the Kabbalah, blue symbolizes heaven, and this door's in the holy city of Sfat. Spirituality category.