

Srijay Kasturi of South Lakes High School (right) monitors a laptop while his father Srini Kasturi (left) observes Charles Schanker (center) testing the Stride obstacle-sensing device at Herndon Senior Center. Inside



Designing Assistive Devices

Inside, Senior Living

Celebrating Bob Simon's Legacy

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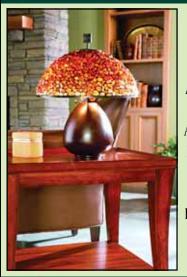
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# News

# Lawmakers Wrap-up Richmond Legislative Session

Unspent TANF grant money, prisoner rights among social issues discussed.

> By Tim Peterson The Connection

n average, low-income families in Virginia who are eligible and sign up for funds from the Temporary Assistance to Needy Families (TANF) Block Grant receive \$269 monthly and are cut off after five years. But lawmakers say there's a lot more unexpended money available in the federal grant that, if it remains unused, could one day be taken back.

Expanding funding for TANF programs including child support, workforce training, foster care and apprenticeships was among the social issues discussed at the Social Action Linking Together Richmond Legislative Wrap-up forum held April 3 at Virginia International University in Fairfax.

A mostly Democratic panel of state senators and delegates from around Fairfax County, Alexandria and Arlington also touched on immigration, raising the minimum wage, gun control, redistricting, ending homelessness and human trafficking.

Del. Paul Krizek (D-44) from Mount Vernon said the 2.5 percent increase in TANF program funding that was achieved this year in the General Assembly is "still not enough." His strategy was to "go big" and ask for a ten percent increase over the next three years. TANF, Krizek said, is a "Hand up, not a hand out."

State Sen. Barbara Favola (D-31) from Arlington said she called for a comprehensive review of TANF and put forth a bill that would study how the unspent TANF money could best be spent.

One reason lawmakers would be concerned about spending all the extra grant money at once, Del. Mark Sickles (D-43) said, is in case economic growth slows down and there's a sudden increase in families who are eligible and apply for TANF benefits.

John Horejsi of Social Action Linking Together praised Del. Alfonso Lopez (D-49) for vociferously championing the apprenticeships program as the General Assembly was considering increasing TANF-related funding.

"You hit the ball out of the park when you testified," Horejsi said.

Lopez said it is good for individuals, as well as the Virginia economy. "It's getting an education as well as a paycheck," he said. "That's the key thing."

Prisons, jails and treatment of inmates were another topic of discussion, as State Sen. Adam Ebbin (D-30) and Del. Patrick Hope (D-47) talked about reducing high rates for phone use. Family contact by phone



John Horejsi of Social Action Linking Together introduces some of the social issues to be discussed at the April 3 Richmond Legislative Wrap-up.



Del. David Bulova (D-37) (right) welcomes members of the Social Action Linking Together to the Richmond Legislative Wrap-up Social Issues Forum at the Virginia International University campus in Fairfax, located in his district, on Sunday, April 3.



State senators Barbara Favola (D-31) (center) and State Sen. George Barker (D-39) (left) discuss how to better use unexpended and available funds from the Temporary Assistance to Needy Families (TANF) Block Grant.



Del. Kathleen Murphy (D-34) (left) discusses a scholarship she's proposed.



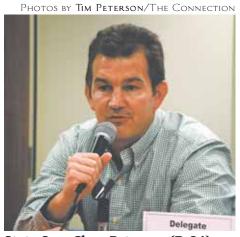
Del. Ken Plum (D-36) explains his bills that would have made the Earned Income Tax Credit refundable and also raised the minimum wage.



Del. Jennifer Boysko (D-86) explains her three bills with regards to expanding who can get a driver's license in Virginia.

is critical for prisoners, Ebbin said, because "family unification is the number one predictor of success on re-entry." Ebbin and Hope have also been tackling solitary confinement, they said.

Del. Sickles also spoke about his parole bill that facilitates re-examining cases of inmates before 1995, when there was an understanding that an individual wouldn't spend 20 years in prison for a 20 year sentence. "It's outrageous it's not the priority of the state to look at each one of these cases," he said.



State Sen. Chap Petersen (D-34) said the 2016 General Assembly Session did not see much progress in terms of redistricting, but that it was a "real breakthrough year" for firearms control.

First-time delegate Jennifer Boysko (D-86) of Herndon had her bills that would've expanded who can get a driver's license in Virginia tabled, though she's hopeful to carry the same content next year.

Her bills, she said, "Would've impacted 6,000 people, with no fiscal impact, and be ready to be implemented by July this summer.

"This would help people get back and forth to work legally," Boysko continued. "It makes a good amount of sense."



Del. Mark Keam (D-35) said five of his bills were passed by Gov. Terry McAuliffe (D), including a provision that if a school violates the class size requirement as set in the Virginia Code, school systems now have a mechanism to do something about it.

Del. Mark Levine (D-45) spoke to the social need for more transparency in government and plugged the Virginia Transparency Caucus he helped form in Richmond. Members of the caucus (the current 12 are nearly bi-partisan) agree to having the committees for each one of their bills filmed and then published to YouTube.

"We're hoping to set a standard," Levine said. "You don't have to pass a bill to do this."

# **OPINION**

# Move Forward with Independent Oversight

## While FCPD has embraced many critical changes, of force, changes that have already had major supervisors need to move forward with oversight.

ast week, the Fairfax County Police Department posted a list and progress report of 202 recommendations made by the Ad Hoc Police Practices Review Commission, each currently labeled as one of: implemented, in progress or under review.

Recommendations that are under review "require more review or approval from the Board of Supervisors," according to the update.

Two landmark recommendations on independent oversight await further review and approval. One is the establishment of the Office of the Indepen-

dent Auditor to review investigations of death or serious injury cases involving the FCPD; the other is to establish a Civilian Review Panel Civilian Review Panel to review complaints concerning alleged FCPD misconduct.

The delay in moving forward with these two recommendations is a missed opportunity as the trial date for Adam Torres in the murder of John Geer approaches later this month, as the county will be under public scrutiny during coverage of the trial.

Chairman Sharon Bulova established the police commission in response to public outcry over the shooting death of Geer by a Fairfax County police officer, later revealed to be Torres, and the delay and stonewalling in release of any information about the incident. Geer was killed in August 2013. It took 17 months, much agitation and a court order in response to a lawsuit on behalf of Geer's family before the most basic information was released. In August 2015, Torres was charged with murder and ordered held without bond.

The Public Safety Committee for the Board of Supervisors will meet in July to discuss all recommendations related to in-EDITORIAL dependent oversight. The next meeting of the Public Safety Committee is

May 10 when they will take up commission recommendations related to use of force.

Strategically, the establishment of Office of the Independent Auditor should have been one of the first actions as a result of the recommendations. The Civilian Review Panel should also be an early priority. Contact Bulova, Supervisor John Cook who is chairman of the Public Safety Committee, and your own supervisor, and ask them to move forward.

Several pieces of good news: Fairfax County police leadership have embraced significant changes as a result of the commission recommendations and an independent report on use benefits in how police respond in crisis situations. Diversion First, a plan to provide treatment rather than jail for certain people in mental health crisis who come into contact with law enforcement is up and running, a remarkable achievement. Money has been allocated in the current budget to implement changes.

The progress report is available here: http:/ /www.fairfaxcounty.gov/policecommission/ progressreport.htm

# **Photos**

Mother's Day is May 8 this year and as usual every year at this time, this newspaper calls for submissions to our Mother's Day photo

Send photos of mothers, grandmothers, and mothersday/ editors@connectionnewspapers.com.

# Send in Mother's Day

great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload phoinformation directly to www.connectionnewspapers.com/

### INDEPENDENT **PROGRESSIVE**

# Is The Silver Line Bad Luck?

By John Lovaas RESTON IMPACT PRODUCER/HOST

ore seriously bad news about Metro fills our press reports again. Seems like there has been nothing but bad news about service and safety of the system serving our nation's capital since about the time the Silver became a reality.

Delays, service interruptions, collisions and fires are more frequent it seems.

Ridership, instead of increasing is decreasing as a result. Now, the new management announces possible entire line (e.g. red, blue) closures of up to six months for maintenance! Is the Silver Line a root cause of Metrorail's decline?

Metro's serious reliability and safety issues reflect deeply rooted problems in its governance, internal management, personnel, lack of reliable revenue stream and even basic infrastructure. Taken together, these are formidable obstacles to prospects for turning the system into a safe, reliable trans-

portation system for our still growing nation's capital region.

The top of the Metro problems' pyramid is its governance structure. Imagine an organization directed, funded and overseen by not one private or public organization, but four. In this case, we have four governments—The District of Columbia, Maryland, Virginia, and the Federal Government, all with a vital stake in serving their constituents by "managing" our transportation system.

While they have lots of competent technical people to advise them, the appointed Metro Board cannot keep politics out of the decision process. One thing the pols have not been able to agree upon is a dedicated revenue stream, vital for planning and operating the transport system.

Instead, Metro is subject to four political appropriation regimens with attendant bickering, delays, and conditions to get often inadequate funds for operations, much less needed investment in capital goods and infrastructure. The best

systems around the world in fact have dedicated revenue. They also have a hard time with anything long term; for example, the decision to save money by leaving out a fourth rail in the system (including the tunnel under the Potomac) so that maintenance, repairs and heavy loads in Metro often lead to single tracking and system-wide delays.

The appointees are also the ones who dictate service hours to make points with constituents. Unfortunately, serious maintenance and repair work must be done when the system is not running.

Over time, the Board has cut maintenance time from six or seven hours daily to now less than two. Maintenance is always behind and will be made up ultimately only with shutdowns of six months or more.

Internal incompetence also has plagued Metro. Audits over the years have cited lack of performance standards, and lack of written operating procedures as ongoing problems. Controllers who oversee daily operations of the

Metro lines are the ones responsible to identify problems and organize responses to them. These folks are well-paid and powerful.

Despite this, they are always understaffed and seem to like it that way, routinely working a lot of wellcompensated overtime. According to a recent report, this problem has existed for years. When you hear reports of confusion, slow response to a crisis in the system, this may be a major factor. This is a serious problem, yet it is hopefully relatively easier for new General Manager Paul Wiedefeld, to address than the others mentioned..

Unless major shortcomings are confronted soon, this limping system will continue to go downhill as will ridership.

Don't blame it on the Silver Line. Blame it on the lack of political will to turn operations over to competent executives to set policy; to provide a dedicated revenue stream; and to assure the needed basic infrastructure upgrade essential to a modern metropolitan transport system.

# Reston

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#### NEWS DEPARTMENT: reston@connectionnewspapers.com

**Kemal Kurspahic** Editor ❖ 703-778-9414 kemal@connectionnewspapers.com

**Abigail Constantino** Editorial Assistant

703-778-9410 ext.427

#### **Ken Moore**

Community Reporter 240-393-2448 kmoore@connectionnewspapers.com

Jon Roetman Sports Editor **\*** 703-752-4013

jroetman@connectionnewspapers.com

**Ryan Dunn** Contributing Writer @rdunnmedia

ADVERTISING: For advertising information sales@connectionnewspapers.com 703-778-9431

Trisha Hamilton

Display Advertising 703-778-9419 trisha@connectionnewspapers.com

**Andrea Smith** 

Classified Advertising, 703-778-9411 classified@connectionnewspapers.com

Debbie Funk

National Sales

703-778-9444 debfunk@connectionnewspapers.com

> **David Griffin** Marketing Assistant 703-778-9431

dgriffin@connectionnewspapers.com

### **Editor & Publisher**

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

**Executive Vice President** jvernon@connectionnewspapers.com

**Editor in Chief** Steven Mauren
Managing Editor
Kemal Kurspahic **Photography:**Deb Cobb, Louise Krafft,
Craig Sterbutzel Art/Design: Laurence Foong, John Heinly
Production Manager:

Special Assistant to the Publisher

Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426



## COMMENTARY

## Citizens' Ability to Know

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

concern in Virginia over who was financing campaigns in the Common wealth led the state's largest newspapers in 1997 to create the Virginia Public Access Project (VPAP). The idea was simply to make public information on campaign finance documents as to who was funding political campaigns. Virginia does not limit contributions to campaigns but requires that the names and addresses of contributors and the amount of contributions be filed periodically with the state on designated forms. The advent of VPAP as a nonprofit, nonpartisan organization put that information on the Internet for the public to see. Visit vpap.org to see who contributes to me and to all the other elected officials in the state.

The original purpose of VPAP is a very important one, but its board and staff have creatively turned its website into a very important place to visit if you want to know more about Virginia and its governance. In addition to knowing the contributors to election campaigns, the website classifies contributions by occupational areas. For example, it is possible to see how much money has been contributed to a candidate from real estate, energy, education, banking, and other interests. VPAP describes itself as "fiercely nonpartisan." It does not pass judgment on any of the material it presents, allowing citizens to make their own evaluation of information taken directly from public documents. It presents its information in an easily accessible way with accompanying links and charts to assist understanding.

Want to know who is influencing government? Check their list of registered lobbyists. Want to know results of recent elections with vote counts? Check their Commentary



website for federal, state, and local election results. See who the top donors are and where their contributions are going.

VPAP's website also provides interesting information on General Assembly members: length of service, margin of victory in last election, bills sponsored, gifts and paid conferences, committees and other information. A useful guide helps citizens learn about advocacy and how to make your voice be heard. There is even a guide to visiting Capital Square.

A series of very informative maps provides statistical details on "All Things Virginia." These include income inequality, health outcomes, cancer incidence rates, broadband access, population changes, third-grade reading pass rates, and other data. Probably one of its most popular services is its daily clipping service available via email of the top news stories from newspapers throughout the state. This service was started by a private citizen, Tom Whipple of Arlington, and is available early morning each day.

As a nonpartisan, nonprofit organization, the Virginia Public Access Project depends on contributions for support. As an open-government organization, it lists all its supporters on its website. I find its services to be indispensable to good government, and I am a contributor. Check out the website if you have not done so already and consider being a contributor as well.

### LETTERS TO THE EDITOR

## Where is Civilian review Panel?

To the Editor:

Last October, the 40 strong Ad Hoc Commission to Review Popervisors (BOS), unanimously adopted a large number of recommendations, which they submitted to the BOS. Among these recommendations was one to set up a badly needed Civilian Review Panel.

Since that time, what has happened? Nothing. If there was unanimity among all members of the Comlice Procedures, set up by Chair- mission (which appropriately included man Bulova and her Board of Su-representation from FC Police), why are Chairman Bulova and her BOS procrastinating? The Commission's recommendations should be implemented without delay.

> John Hanley Reston

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## April 12, 7-8:30 p.m.

Chantilly Regional Library 4000 Stringfellow Rd. . Chantilly, VA

## April 14, 7:30-9 p.m.

Kings Park Library 9000 Burke Lake Rd. • Burke, VA

An online survey will be available soon. www.fairfaxcounty.gov/library





# Celebrating Bob Simon's Legacy

## Week-long events culminate with Founder's Day celebration Saturday and Sunday, April 9 and 10.

Bob Simon. who died in September, at the age of 101, will culminate with the Founder's minium Association (LARCA) and day celebrations on Saturday and Sunday, April 9-10.

In conjunction with **Cornerstones** and its sponsoring religious organizations, the greater Reston area will contemplate the legacy of Robert E. Simon, Jr. during the Founder's Week celebration of his life. Presented by Cornerstones and participating religious organizations.

**Trust and Museum** presents the annual family-friendly community celebration on Saturday, April 9, 10 a.m.-4 p.m. at the Lake Anne Plaza, featuring a

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of musical entertainment, guided Reston Founder walks around Lake Anne Plaza, and remarks by local elected officials. Lake Anne of Reston Condo-IPAR will also present The Wooden Horse, constructed by Reston artist Marco Rando. This commissioned public artwork is inspired by the Lake Anne original (of the various faith communities in same name) created by artist Gonzalo Fonseca in 1965.

Documentary Screening "Fun, Beauty, Fantasy: **Reston's Public Art,"** Directed by Rebekah Wingert-Jabi, will be held on Saturday, April 9, 10–11 a.m. and 2-3 p.m. (Screening ev-**❖ The Reston Historic** ery 15 minutes) at the Jo Ann Rose Gallery – RCC Lake Anne (1609-A

50-foot Ferris wheel sponsored terviews with Robert E. Simon, Jr. by Reston Association (RA), and others, it includes historic

eek-long events children's activities, children's art footage and details about the the CenterStage Box Office at 703celebrating projects in cooperation with IPAR, sculptures and fountains at Lake Anne and Reston Town Center, as limit of 4 reservations per housewell as the mosaic work at the Glade Drive underpass. Free.

> **Exhibit: Joyful Color in** ter and Hyatt Regency Reston. Reston, by Joan S. Kelly, Saturday, April 9,

Opening Reception: 1–4 p.m. at Reston Art Gallery and Studios (11400 Washington Plaza West, Heron House, Reston)

Artist Joan Kelly presents a collection of artwork honoring Robert E. Simon, the joy she has felt as a Reston resident, and the beauty of the diverse areas of

\* A Gift to Bob's Commu**nity:** In Celebration of Robert E. free. Simon, Jr., Sunday, April 10, 2-4 p.m. at Hyatt Regency - Reston at

Productions, and stories from his family and friends. Light refreshments will be served. Free, Reservations required. To make reservations, beginning March 29, call 476-4500, and Press 3. There is a hold. Presented by Reston Community Center, Reston Town Cen-

\* Mercury Fountain Celebration, Sunday, April 10, 4:30 p.m. at Mercury Fountain at Reston Town Center, Reston

Following the Bob Simon Celebration at the Hyatt, join the community to turn on the Mercury Fountain for the 2016 season! Enjoy music, refreshments, family fun, and a brief dedication. Mon Ami Gabi and Tavern 64 are offering special cocktails to honor Bob Simon. Fountain Celebration is

**\* Outdoor Documentary** Screening "Another Way of

in cooperation with Reston Town or chairs to sit on in the RTC Center Association, is presenting Pavilion. Additional support an outdoor screening of this film provided by Moonflicks Outabout Robert E. Simon, Jr. and the door Movies and Storycatcher

Lake Anne of Reston Condominium Association (LARCA)

and IPAR will present The Wooden Horse, constructed

public artwork is inspired by the Lake Anne original (of

Heron House Apartment building and the first house in

the same name) created by artist Gonzalo Fonseca in

1965. The horse is now in place for Founder's Day on

by Reston artist Marco Rando. This commissioned

the small plaza overlooking the lake, between the

**Washington Plaza Cluster, along the path Reston** 

## CALENDAR

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

#### **ONGOING**

ARTrageous Exhibit. Through May 1. 10 a.m.-3 p.m. Monday-Tuesday. Thursday-Friday. Unitarian United Church, 1625 Wiehle Ave., Restor Works by Canadian artist Celeste Friesen. artworksbyceleste.com. 703 956-9155.

Founder's Day Exhibit. Through April 25. JoAnne Rose Gallery Reston Community Center, 1609 Washington Plaza, Reston. In honor of League of Reston Artists founder Patricia MacIntyre. Free. eagueofrestonartists.org

Joyful Color in Reston. April 7-May 5. Reston Art Gallery and Studio, 11400 Washington Plaza W, Restor Joan Kelly's colorful acrylic painting of Reston scenes will be on exhibit i unison with Founder's Week, a celebration of the life of Reston founder, Robert E. Simon, Jr. RestonArtGallery.com.

"Namaste Nepal." Through April 15. Executive Center 1, 1851, Alexander Bell Drive, Reston, Dawn Murphy's photographic journey demonstrating the experiences of Nepalis during the earthquake of 2015. Monday-Friday, 8 a.m.-5 p.m. Free. www.leagueofrestonartists.org.

**Emerging Visions: Contemplating** Community. March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston, Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that

"Rushing Water," a traditional Chinese landscape painting by Charlene Fuhrman-Schulz, lets viewers imagine their own stories as they move through the detailed landscape. The exhibit runs through April 25 at the JoAnn Rose Gallery, Lake Anne Community Center in Reston.

will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town www.restonarts.org. 703-471-9242.

All-comers' Group Fun Run at **Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street,

Reston. For beginners or competitiv runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit https:// **Patrick Dougherty Public Art** 

Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree GRACE in collaboration with IPAR. For more information, call 703-471 9242 or visit http://

THURSDAY/APRIL 7

Installation. Through 2017. Reston Town Square Park, 11900 Market

Best of Reston Awards and Gala. p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. Celebrating

the 25th anniversary of the special partnership between the Greater Reston Chamber of Commerce and

### THURSDAY-SUNDAY/APRIL 7-10

Reston Friends Book Sales. April 7, 10 a.m.-8 p.m. Friday, 10 a.m.-5 p.m Saturday, 10 a.m.-4 p.m. Reston Regional Library, 11925 Bowman Γowne Drive, Reston. Sponsored by Friends of the Reston Regional Library. We have all your favorite children's book authors. For information, email restonfriendspr@gmail.com or call 703-829-5467.

#### FRIDAY/APRIL 8

Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St Springfield. Join Volunteer Fairfax, Chairman Sharon Bulova and the Fairfax County Board of Supervisors and other community leaders to celebrate the work of volunteers Purchase tickets by April 4. \$50. For information and tickets go to www.volunteerfairfax.org.

The Rhythmic Circus. 8 p.m. CenterStage, 2310 Colts Neck Road, Reston. Innovative performance company infuses its unpredictable blend of hard-hitting tap, highspirited humor, and finger-snapping tunes into one amazing show. \$20/

#### SATURDAY/APRIL 9

Reston Founder's Day. Noon. Lake Anne Plaza, 11404 Washington Plaza

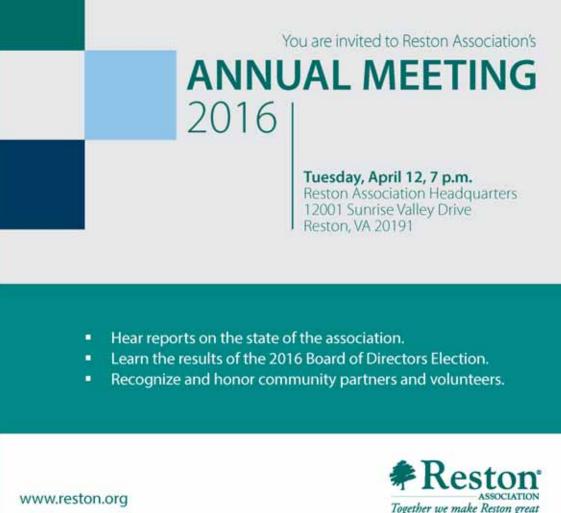
SEE CALENDAR, PAGE 9



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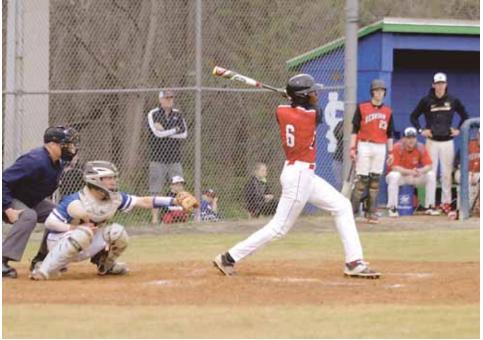


6 ❖ RESTON CONNECTION ❖ APRIL 6-12, 2016 www.ConnectionNewspapers.com www.ConnectionNewspapers.com Reston Connection & April 6-12, 2016 & 7

## Sports



Herndon pitcher Antonio Menendez struck out 10 batters during a 2-0 win over South Lakes on April 2.



Herndon right fielder Jabbari Smith scored one of the Hornets' two runs against South Lakes on April 2.

# Herndon Pitcher Menendez No-Hits Rival South Lakes

## Hornets beat Seahawks 2-0, improve to 5-1.

BY JON ROETMAN
THE CONNECTION
t first, Herndon pitcher Antonio
Menendez wondered why his
teammates weren't talking to
him. When he realized what was
going on, the junior right-hander went out
and gave the Hornets — and everyone else
in attendance — something to talk about.

Menendez, a Wake Forest commit, threw his first varsity no-hitter and the Herndon baseball team defeated rival South Lakes 2-0 on April 2 in Reston.

Menendez said his teammates, following a baseball custom, weren't talking to him while he was in the midst no-hitting the Seahawks. However, the side-arm hurler didn't realize what was happening until late in the game.

"I didn't notice it until the bottom of the fifth inning," Menendez said. "I looked up and I started to think, 'Why is no one talking to me?' and I realized that I was throwing a no-hitter and I kept my mouth shut and didn't want to jinx it."

**MENENDEZ** walked two, hit two batters and struck out 10, including six in the final three innings. He did not allow a runner to reach third base.

Menendez threw 86 pitches, including 53 strikes, and tossed a first-pitch strike to 17 of the 23 batters he faced.

"To be honest, this was typical," first-year Herndon head coach Mark Rueffert said. "No-hitters aren't typical, obviously, but he's been throwing like this all year — keeping hitters off balance, mixing his pitches and he's always around the zone. I don't want to sound conceited or cocky, but I'm not surprised."

Herndon scored both of its runs in the 8 APRIL 6-12, 2016



South Lakes starting pitcher Brian Lawson allowed Herndon two runs in 4 2/3 innings on April 2.

top of the fifth inning. Junior shortstop Austin Boynton drove in the game's first run with a sacrifice fly, scoring third baseman Ryan Ferguson. With two outs, right fielder Jabbari Smith scored from second base on an infield single by center fielder Devin Vigneault.

Two runs were more than enough for Menendez, who pitches predominantly from the side, but will throw an overhand fastball and curveball. He said his sidearm fastball has been clocked at 87 mph and his overhand fastball has reached 91 mph.

On Saturday, Menendez's slider was particularly effective.

"He mixed up his pitches well," said South Lakes shortstop and leadoff hitter Marty Gryski. "He can really spot any pitch, really at any time he wants. He was out there throwing 3-0 sliders, 2-0 sliders — even though he does throw hard, his offspeed puts him on another level."

Menendez said he "didn't throw anything besides sliders" in the bottom of the seventh, when he struck out a pair.

"Once people start swinging and missing like that, I just start continuing to get in their head, throw different pitches," Menendez said. "As soon as I can get in the batter's head, they have no idea what's coming and I feel like I own them as a pitcher."

The victory improved Herndon's record

Rueffert said pitching has played a significant role in the Hornets' strong start. Senior Graham Seitz, Herndon's No. 2 starter, was supposed to pitch part of Saturday's contest, but the coaches decided

"As soon as I can get in the batter's head, they have no idea what's coming and I feel like I own them as a pitcher."

— Herndon junior Antonio Menendez

to let Menendez go for the no-hitter.

"I consult with my coaches on lots of things," Rueffert said, "and we didn't have to talk for very long about whether or not we were going to leave him in or how long we were going to leave him in [because of] how he was throwing."

**SOUTH LAKES** starting pitcher Brian Lawson suffered the loss. The senior allowed two unearned runs and three hits in 4 2/3 innings. He walked one, hit one batter and struck out three.

The loss dropped South Lakes' record to 7-3. The Seahawks are looking to build off the success of last season, when the team qualified for the region tournament for the first time since 2003. South Lakes' trip to regionals included a first-round upset of Conference 7 champion Lake Braddock.

"Our goal is to win a district championship," said second-year South Lakes head coach Morgan Spencer, a former Herndon assistant, "and get back into the region (tournament) and try to make some noise."

Herndon will host Broad Run at 6:30 p.m. on Thursday, April 7.

"A no-hitter against our biggest rival," Herndon catcher Alex Hurd said, "is [a confidence booster]." South Lakes was scheduled to face Madison on Tuesday, after The Connection's deadline. The Seahawks will travel to face Washington-Lee at 6 p.m. on Friday, April 8.

"We're a really good baseball team," Gryski said. "We struggled tonight, obviously, but that's not how we play baseball here. It was a tough night."

www.ConnectionNewspapers.com

## Calendar

From Page 7

W. Reston, Join the fun, with Reston Chorale as Reston marks its 52nd Anniversary and celebrates the 102nd birthday of founder Robert E. Simon, Jr. Free. www.restonmuseum.org.

Joyful Color in Reston Opening Reception. 1-4 p.m. Reston Art Gallery and Studio, 11400 Washington Plaza W, Reston. Joan Kelly's colorful acrylic paintings of Reston scenes will be on exhibit in unison with Founder's Week, a celebration of the life of Reston founder, Robert E. Simon, Jr. RestonArtGallery.com.

New Forms and Horizons Reception. 7-9 p.m. ArtSpace, 750

Center St., Herndon, Features artist Jorge Luis Bernal and Eric Garner. artspaceherndon.com. 703-956-9560.

Book Signing. 2-4 p.m. Reston Museum, 1639 Washington Plaza N, Reston. Reston native Kristina Alcorn will be signing her book about Reston founder Robert E. Simon, Jr. "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr." 703-

**Science Innovation and Inspiration Youth Conference.** 8:30 a.m.-4 p.m. Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. Hands-on activities, presentations. Register at https:// projectbest.typeform.com/to/IrJsg8.

Bluegrass Concert Series. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Circa Blue, a fresh, new band on the bluegrass scene, will perform. \$15. Under 12 free. http://

hclcbluegrass.wordpress.com.

#### SATURDAYS/APRIL 9, 23

Pet Photography Classes. 3-6 p.m. 433-B Carlisle Drive, Herndon. Love taking pictures of your pets but wish they would turn out better? Learn tips and tricks from professional pet photographer Terry Wingfield of Wingfield Photography. Bring your dog and your camera to this exciting interactive class, \$45/\$65. Register

at novadogmagazine.com/events.

#### **TUESDAY/APRIL 12**

Design and Wine: Spring Wine Glasses with Cheryl Wilson. 7-9 p.m. ArtSpace, 750 Center St., Herndon. Workshop on finding passion within to create beautiful wine glasses. \$30. artspaceherndon.com, 703-956-9560.

The Folk Club of Reston-Herndon. 7:15. Amphora Diner Deluxe, 1151 Elden St., Herndon. Harpeth Rising is a Kentucky-based trio consisting of Jordana Greenberg (violin, vocals), Rebecca Reed-Lunn (banjo, vocals) and Maria Di Meglio (cello, vocals). \$9/\$10. restonherndonfolkclub.com.

#### FRIDAY/APRIL 15

Voce Chamber Singers. 8 p.m. St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. American choral classics featuring the world premiere of a new Voce commission by DC-area composer, Stephen Caracciolo.\$25. voce.org/ tickets. 703-277-7772.

#### SATURDAY/APRIL 16

Lake Anne brew House Opening, 10 a.m.-11 p.m. Lake Anne Village Center, 11404 Washington Plaza West, Reston. Ribbon-cutting ceremony at noon. lakeannebrewhouse.com.

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## Categorical

By KENNETH B. LOURIE

Although I am often left to my own devices (not a continuation of last week's column), I am rarely left to my own thoughts. Five indoor cats will do that, and much more. More importantly though, I know they are here, always. Wherever I go in our house, I'm likely to find a cat. And in so doing, there's always a conversation to be had, and/or a gesture to be made. And even though the conversations are a bit one-sided, typically, there is ample vocalization on their

part to reward my initiative.
As "Hawkeye" Pierce advised Cpl. Radar O'Reilly on a long-ago M\*A\*S\*H episode: "Loneliness is everything it's cracked up to be." And though the context had to do with Radar's widowed mother dating again, not her spending time alone after receiving a cancer diagnosis, the impact and benefits are likely the same: being able to live, work and play; at home or on the road, with some kind of companionship. Moreover, not being stuck/focused on yourself/your condition all the time also helps fend off - or at least redirect, some of the inevitable demons

And if cancer is responsible for anything, other than tumors, it's responsible for demons. Not that one can quantify or qualify the psychological effect three words: "You have cancer" can have. Suffice it to say, exponential comes to mind. The damage is usually widespread. Every part of your life – and routine, is impacted. What was, will likely never be again, and what you had hoped might be is now located somewhere between a wing and a prayer. A definite maybe might be the best you can expect.

But the longer one survives, the more one starts to believe – in possibilities again, and reasons as well for that survival. Not that I have the keys to the kingdom or any sort of path of least resistance to follow, but I will attribute some of my unexpected survival to a positive attitude, a good sense of humor and constant companionship. Companionship which in itself prevents me from ever being stuck – too much, in my own head dealing with my cancer. Because of the nature of cat care and of coexisting with FIVE indoor cats, there is always some kind of diversion; be it food, water, litter, playing, scratching, petting, snuggling, cuddling, chastising, to consider. As a result, there's always a non-cancer driven behavior/task that forces me to think of someone other than myself. And since a diagnosis of "terminal" stage IV lung cancer will probably ("probably?") cause you to think very much about yourself, having an external force (the cats) who require you to not think about yourself, seems to balance the pile a little bit (a dog would provide the same diversion/benefit, absolutely; at present, we're between dogs, however).

As a semi example: Right now, I have one cat, "Chino" lying on my desk along the top of my writing pad, purring, staring at me while I'm writing. I have another cat, "Twinkle," playing in the next room, tossing her toy mouse around and scratching at my office door wanting in – or else. The other three cats are sleeping: in the den, the living room and in an upstairs bedroom; all in plain sight, all keenly aware of the time somehow, waiting for five o'clock dinner. And because I'm aware of all this activity/routine, I am not thinking that I have cancer. I am thinking instead that I have five cats and dinner will be soon enough and that in the interim, I probably ("probably?") need to clean their litter box, and that I only have enough wet food for breakfast tomorrow and that the black cats: "Andrew" and "Sloane," are due at the veterinarian for miscellaneous shots and that "Biscuit," "Chino's" brother has been eating everybody's leftover food lately, so much so that I'm wondering if we'll need to segregate him/them somehow, and on and on and on.

No cancer talk. No Kenny or can't he deal with his disease. Just plain, everyday, garden variety stuff. In fact, the stuff from which dreams are made, especially if you're a cancer patient. Apparently, when it's not about me, ultimately, it's me who seems to benefit.

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

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## News



Jim Black's photograph, "Hole in the Wall," is one of the entries in the Reston Photographic Society's exhibit celebrating the centennial of the National Park Service. The exhibit runs through June 26 at the JoAnn Rose Gallery, Lake Anne Community Center in Reston.

## National Park Photographs Sought

he Reston Photographic Society, a special interest group of the League of Reston Artists, invites photographers to enter images of national parks in the RPS at Lake Anne show by May 10.

Entries will be judged and at least \$1,000 in prizes will be awarded at the reception on Sunday, June 5, from 2-4 p.m. at the

gallery. The exhibit runs from May 24 through June 26 and is free and open to the public 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston, VA 20190. Visit leagueofrestonartists.org for more information on this and other events.

### BULLETIN BOARD

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

### WEDNESDAY/APRIL 6

The Future of the American Suburb: Lessons from Reston. 7-9 p.m. Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. By Patrick Phillips, CEO of Urban

Land Institute. Free. restonmuseuem.org. **Advisory Committee for Students with** Disabilities. 7:30 p.m. Gatehouse Administrative Center Room 1600, 8115 Gatehouse Road, Falls Church. Guests are welcome to observe and/or provide public comment at any meeting. 703-204-3941 or TTY 703-204-3956. fcps.edu/dss/ACSD.

### **TUESDAY/APRIL 12**

**Library Forum**. 7-8:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/

library. 703-324-8319. **Post-Secondary Education and** Employment Workshops. 7-9 p.m. Woodson High School Cafeteria, 9525 Main St., Fairfax. For students with IEPs and their parents. Register at 703-204-3941.

### WEDNESDAY/APRIL 13

Ask the Doctor: Orthopedic Info Night. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Bradley Boyd, an orthopedic specialist at Fair Oaks Hospital, will discuss common orthopedic problems, injuries, and treatment options.

Adults. Registration 703-689-2700.

### THURSDAY/APRIL 14

Social Security Seminar. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Find out how the changes will impact you and what options you may still have to maximize your Social Security income. Ages 62 and older. Registration 703Library Forum. 7:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-

### MONDAY/APRIL 18

### **Reston Photographic Society Meeting.**

7:30-9:30 p.m. Reston Community Center, Room 6, 2310 Colts Neck Road, Reston. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. leagueofrestonartists.org.

### TUESDAY/APRIL 19

**Autism and Safety**. 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Learn Safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers, resources available in the community for emergency preparedness, safety guidelines and more. Register at 703-204-3941 or http://www.fcps.edu/dss/osp/ prc/resources/events/documents/ AutismSafety.pdf.

### THURSDAY/APRIL 21

Healthy at 100! 10 a.m.-noon. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon, Giant's (McLean) in-store nutritionist, Amanda Barnes, RDN, will share tips and tricks to be healthier. Free. 703-430-

### FRIDAY/APRIL 29

**Annual Spring Event: Luncheon & Silent Auction.** 11 a.m.-2 p.m. International

Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. Hosted by Assistance League of Northern Virginia to benefit its Operation School Bell programs. Event will feature a presentation on Identity Theft and Personal Safety. \$65, \$30 is tax deductible. lindamshilts@gmail.com or 703-424-6652. www.northernvirginia.assistanceleague.org.

## News



From left, Chief of Fairfax County Police Edwin Roessler Jr. presents Second Lieutenant Nicholas Depippa, Police Officer First Class Federick R. Yap, Police Officer First Class Peter T. Liu, Police Officer First Class Paul J. Blasko, Jr. and Officer Jesse B. Katzman with the Silver Medal of Valor for responding to a shooting in the middle of the night and saving the victim's life.



Photos by Tim Peterson/The Connection

Fairfax County Fire and Rescue Chief Richard Bowers, Jr. (left) presents the Silver Medal of Valor to members of the USA-1/Virginia Task Force 1 Urban Search and Rescue Team that was deployed to Nepal after the April 25, 2015 earthquake.

annual Valor Awards.

First responders honored at 38th

# 'Ready for All Emergencies'

By Tim Peterson
The Connection

echnician Ryland Chapman and Lieutenant Lawrence Mullin with the Fairfax County Fire and Rescue Department were preparing to return home from a deployment with Virginia Task Force 1 to earthquakerocked Kathmandu, Nepal when another quake sent them back out for duty.

Task Force 1 is an international urban search and rescue outfit sponsored by Fairfax County Fire and Rescue. Chapman and Mullin were part of a team assisting in Nepal in May 2015.

Because most of their equipment had already been loaded for transport, they were only able to bring minimal tools for a 72-hour mission, including small axes and sledgehammers. A helicopter took Chapman and Mullin to search for survivors that might be trapped in collapsed buildings. In one structure, they found a woman who was wedged on the ground floor with another part of the building collapsed on top of her.

After more than three hours of the rescue operation, Chapman and Mullin were able to free the woman and save themselves from continuing aftershocks and landslides.

"It was an extraordinary effort in a disastrous situation," said Fairfax County Fire and Rescue Chief Richard Bowers Jr. "It was one of the most dangerous situations I've ever seen in my 40 years of experience. They could've been crushed at any minute."

For their efforts, Chapman and Mullin were recognized with the Gold Medal of Honor at the 38th annual Valor Awards held March 30 at the Westfields Marriott in Chantilly.

Officers, deputies and other first responders from the Fairfax County Police Department, Sherriff's Office, Fire and Rescue Department, as well as Police Departments of the Towns of Vienna and Herndon, received the Lifesaving Certificate, Certificate of Valor and Bronze, Silver and Gold Medals of Valor.

In many cases, the responders were cited for acting "without regard to their personal safety under extremely hazard-



Second Lieutenant Dana L. Robinson (center) of the Fairfax County Police Department receives the Lifesaving Certificate.



Fairfax County Fire and Rescue Department Chief Richard Bowers, Jr presents the Certificate of Valor to Lieutenant Scott F. Primrose.

ous conditions."

"In a situation where they have to save a life," Bowers said, "that means the motivation to do anything to maintain and preserve that life."

For Chapman, a Fairfax resident based at Fire Station 29 in Tysons Corner, he didn't see his actions in Kathmandu as anything out of the ordinary.

"We just have to be ready for all emergencies," he said. "I just did what's within my job description, what was expected of me to do."

Chapman's wife Taylor said the communication to families from Nepal was good, but not great, and that it was "intense" waiting for updates. What's more, with the



From left: Fairfax County Fire and Rescue Chief Richard Bowers, Jr. presents the Gold Medal of Valor to Technician Ryland W. Chapman and Lieutenant Lawrence G. Mullin, who were redeployed as part of Virginia Task Force 1 Urban Search and Rescue Team to search collapsed structures for survivors after an earthquake in the region of Kathmandu, Nepal.



Fairfax County Sheriff Stacy Kincaid (center) presents the Lifesaving Certificate to Sergeant Leslie Sheehan (left).

extra mission Chapman was called on, he nearly missed the couple's wedding.

Going from being a community firefighter to launching into collapsed buildings on the other side of the planet was "strange," Chapman said, but despite being far away, still gave him "good feeling" of helping people in emergency situations.

Leon Harris, News Anchor for ABC7/WJLA-TV and emcee for the awards, thanked all the first responders present for being the ones who are always there on the ground level for the various emergencies



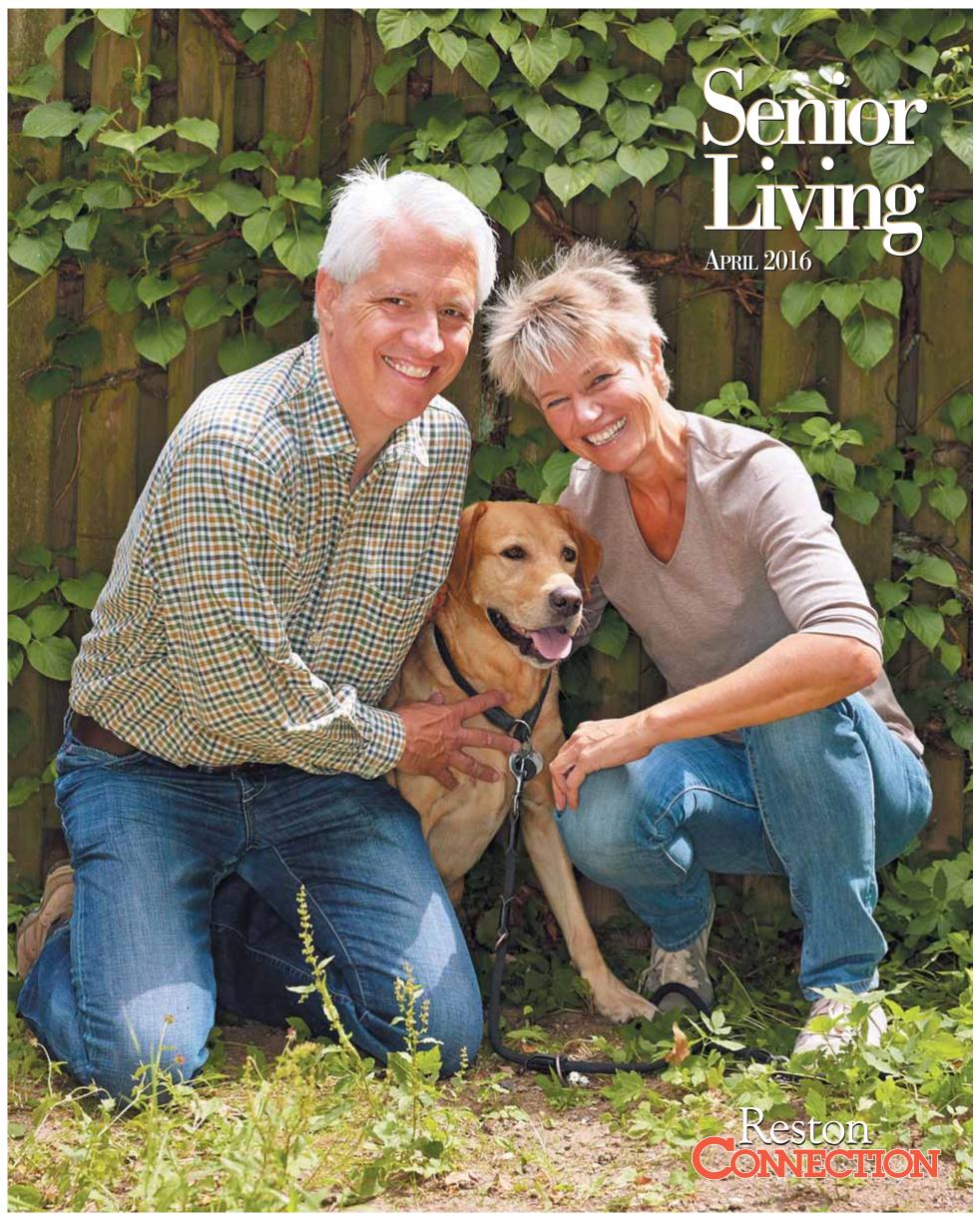
Taylor and Fairfax County Fire and Rescue Department Technician Ryland W. Chapman of Fairfax nearly missed their wedding while Ryland was deployed in Nepal as part of the Virginia Task Force 1 Urban Search and Rescue Team.



Certificate of Valor recipient Master Police Officer Damien E.
Cichocki (left) of the Fairfax
County Police Department presents
his canine partner Enzo with the
Meritorious Award.

he reports on the news.

"You're there to make sure every one of those has a possibility of a happy ending," Harris said.



## **Senior Living**

# 'Shark Tank' for Seniors

By Tim Peterson The Connection

hantilly High School freshman Aru Rajpurohit remembers see ing her great-grandfather struggle to drink his morning tea and other beverages, his hands shaking from Parkinson's disease.

"As a young child, it was heartbreaking to see him like this," Rajpurohit said. "Often he was embarrassed after spilling in front of friends and family."

Motivated by the memory of her greatgrandfather, she's always wanted to develop a solution for this problem of spilling caused by tremors. On Monday, March 28, Rajpurohit presented her invention called StabilityCup, a shock-absorbing beverage holder, at the first Assistive Technology "Shark Tank" Challenge for Fairfax County High School Students.

Six finalists from Chantilly High School, South Lakes High School and Thomas Jefferson High School for Science and Technology presented their innovative solutions for solving different problems that senior citizens face.

The challenge originated from the Fairfax County 50+ Community Action Plan Technology Committee, which has been working on an initiative called "Help People Stay in their Homes with Technology."

Sharon Lynn, director of the Fairfax Area Agency on Aging, said the motivation for creating the challenge was twofold: "Many students don't have grandparents that are local, that they get to interact with. They're not really aware what it's like to have a grandparent nearby."

But also, Lynn said, they wanted to encourage students to think about the possibilities for how technology can benefit people, "not just to make life easier in some



"Stride," a design by South Lakes High School sophomore Srijay Kasturi, senses objects up to six feet in front of the wearer and transmits a vibration to their ankle to warn them.

way, but can benefit older adults, help them live at home for a longer period of time and benefit the community."

The full 50+ plan includes 31 action items from a long-range trends and needs analysis to increasing employment and entrepreneurship opportunities for older adults.

Supervisor Pat Herrity (R-Springfield) chairs the 50+ full committee. He said "we've got a long way to go" implementing initiatives like prenotification of medical conditions for 9-1-1 calls and ensuring housing options for seniors. However other projects including older adults visiting elementary schools to read and interact with students ("Grand Involve"), and a free, ridescheduling service ("Northern Virginia Rides") "are moving forward at light-speed."

Herrity is excited about initiatives like Grand Involve and the Shark Tank Challenge that engage older and younger adults, that get the generations helping each other.

"It's the communication piece," he said, " and getting seniors to use technology as an avenue to expand their communication and knowledge they might be missing out on."

Srijay Kasturi, a sophomore at South Lakes High School, repurposed an ultrasonic sensor he had been developing for use with camera tripods to fashion an aid for older adults with impaired vision.

"Many seniors would rather suffer from a lack of vision than use the 'white cane' that blind people use," Katsuri said. "Then they get labeled as a blind person."

"Stride" attaches to the user's shoe and scans up to six feet ahead within a 45-degree cone. If something's in the way, the unit sends a vibration to a wrap around the person's ankle.

Kasturi tested the product at both the Herndon Senior Center and Nova Labs. Though he got a lot of positive feedback, he also saw a lot of room for improvement. One user with diabetic neuropathy wasn't able to feel the vibrations, while another was unsure of whether to go left or right to avoid the obstacle in front.

Kasturi's initiative to go out and test the

Rasturi s initiative to go out and test the

(From top left) Michael Waddell, Kay Lamer, Supervisor Pat Herrity (R-Springfield), James Quigley; Julie Barber and Cindy George helped judge the first Fairfax County 50+ Assistive Technology "Shark Tank" Challenge for Fairfax County students on March 28.

High school students design and present tech products to improve older adults' lives.



Chantilly High School freshman Aru Rajpurohit (left) displays her StabilityCup design with (right) Supervisor Pat Herrity (R-Springfield).

design multiple times impressed Mike Waddell, managing partner and cofounder of Reston-based Integrity One Partners, an information technology solutions firm for government clients that sponsored the challenge.

"This youngster, something touched his heart," Waddell said, "and he decided was going to do something about it."

Stride wasn't the only product that had hurdles to develop. Waddell said he was surprised that almost all of the students had a story about how they tried to make something, it didn't work, and they kept at it.

Waddell said he appreciated "their thoughtfulness and tenacity, to go after something like this, develop all the software and hardware solutions on their own.

"These are they types of kids we're looking to employ," he continued. "It's why we do this, to show the younger generation how much we appreciate what they're doing."

Tanvi Nallanagula, a sophomore at Chantilly High School, was part of a team that designed and built the Ledge Wedge, an automatic light that brightens staircases to help decrease the amount of injuries that occur from falling.

"Seniors are a really valuable part of our society," Nallanagula said. "You sometimes forget that. As you talk, you can learn so many things. They still have a lot to teach us and it does no good to abandon or forget them."



Chantilly High School sophomores Tanvi Nallanagula (left) and Eric Kim (right) fabricate their "Ledge Wedge" design that would help better illuminate staircases for older adults.

### Golden Notes

## Fairfax County's Living Well, Aging Well Summit, April 16

Living Well, Aging Well Summit A, B, C and D hosted by Fairfax County and partners is scheduled for Saturday, April 16, 9 a.m.-3 p.m., at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.

This free event will feature a transportation and mobility expo, a technology fair, a volunteer fair, a CarFit program, health screenings, exhibits, seminars, presentations and more.

Physician, professor and geriatric medicine pioneer, Richard W. Lindsay will deliver the keynote presentation.

The summit "will offer multiple approaches to aging well and living well with a disability," said Summit Planning Chairwoman Melanie Rochon Bush, DPT, PT. She said the summit will provide abundant information on health and wellness, county services and volunteer opportunities.

Dr. Bush, director of Fairfax Rehab, Inc./Select Senior Options, is a member of the county's Long Term Care Coordinating Council, a group of local and private agencies that promote caring, inclusive and supportive communities. The council is the lead organizer of the

Parking is free and plentiful. Register www.livingwellfairfax.org or call 703-324-7647. For ADA requests, call 703-324-5421.

Seminars include:

❖ Navigating the Medicaid Maze: Waivers, Eligibility and Documentation

Joan Irwin, Long-Term Care Self-Sufficiency Team, Department of Family Services. Learn about Medicaid's eligibility criteria, screening process, required documentation and how Medicaid funds home-based and nursing home care.

Understanding Medicare Parts

Bill Vaughan, counselor, Virginia Insurance Counseling and Assistance Program. Get the most out of Medicare. There will be time afterwards for questions.

Healthy Habits for a Healthier

Ana Nelson, vice president of Services. Programs and Alzheimer's Association National Capital Area Chapter. Find out how to optimize your physical and cognitive health as you age.

- Staying Active: Move, Learn, Create Margot Greenlee, director, BodyWise Dance. This dance class encourages increased mobility, social engagement and rhythmic accuracy.
- ❖ Balance, Balance and More Balance Woody McMahon, Founder, Sequoia Health and Fitness, Inc. This 1-hour interactive workshop tests your balance and offers simple ways for improvement.
- \* Five Questions to Consider About Paying for Long-Term Care

Thomas C. West, CLU, ChFC, AIF, financial advisor, Signature Estate & Investment Advisors, LLC. Learn how to use your resources wisely and avoid common money mis-

❖ Fairfax County's Community Resources to Help You Live Well and Age Well

Sharon Lynn, director, Fairfax Area Agency on Aging; Bob MacMurdo and Carlos Estrada, Fairfax-Falls Church Community Services Board. Learn about county services for older adults and for people with mental health, substance abuse disorders and intellectual disability.

❖ Social Media and Older Adults Emily Rasowsky, Director of Marketing Strategy Social Driver. Learn about Twitter, Instagram, LinkedIn, Skype, FaceTime and the

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## Office to Prevent and End Homelessness **Build a Village Campaign**

All proceeds of the Build A Village Campaign go to the non-profit partners who serve veterans and homeless in our hypothermia program. We still have about \$45,000 to raise, or nine virtual houses to build, to meet our \$100,000 goal. Donate today.

Make your check or money order payable to: PEH/CFNCR

Mail to: The Community Foundation for the National Capital Region (CFNCR) 1201 15th Street NW, Suite 420, Washington, DC 20005

> Reference "Build A Village" in the memo section or you may click on this link:





## **Community Open House**

**Put yourself in this picture • Come Live Your Dream!** Sunday, April 10, 2016, 12:30-4:00

55+ Active Adult Community (20% between 50-54)

- Arrange for a short tour of our golf course (Non-resident Memberships Available) Meet a volunteer resident, tour the facilities, obtain an information package, enjoy a
- relaxed environment! Prizes to be awarded
- Realtor and FSBO Open Houses 1–4 p.m. (Independent of Community Open House)

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## **Senior Living**

# Luxury Condos are a Growth Market for Seniors

Active retirees seek options for independent living, including condos in Alexandria, Arlington, Tysons, Reston, McLean, Bethesda and Chevy Chase, among others.

By Marilyn Campbell
The Connection

hen Joyce and Don Lipman decided to move out of their Potomac, Md. home, they opted for a high-end townhouse instead of a retirement community. They gained a cosmopolitan environment and lost the burdensome maintenance of a large home.

"My husband always hated taking care of the grounds and he didn't want to pay someone to do it, and we weren't ready for a retirement community," said Joyce Lipman, who is 71. "Now I can walk to the shopping center and to my doctor's office. I couldn't believe it the first time I was able to go without my car. It was like a new lease on life."

When another active retired couple decided to downsize and move out of their home, they opted for a high-end condominium instead of moving to a retirement community. They enjoy traveling and own a beach home where they often spend time. When it came time to design their new living space, they sought the help of Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

The couple wanted "a pretty, yet practical home and also a place they could lock and leave on a moment's notice," said Proxmire.

Condominiums and townhouses are growing in popularity for midlife couples because unlike large homes, they don't require a lot of maintenance, and they offer opportunities for living independently.

"In the next three to five years, luxury condominiums are going to be extremely popular with that age group, those who feel the colonial home is too big and they don't want the ... mentality of retirement communities," said Debbie Miller, an Arlington-based associate broker with McEnearney



Kelley Proxmire designed plush interior for a retired couple who downsized from a larger home into a luxury condominium.

"In the next three to five years, luxury condominiums are going to be extremely popular with ... those who feel the colonial home is too big and they want the freedom of locking and leaving their home."

— Debbie Miller, McEnearney Associates

Associates Inc. who specializes in the 55 and over real estate market. "Luxury condominiums provide a great option."

Miller says that in addition to proximity to shopping, dining and public transportation, amenities such as a 24-hour concierge

service that can handle requests such as meal delivery and grocery shopping make high-end buildings sought after among well-heeled retirees.

The buyers Miller works with are looking for condos "that provide a 'lock-and-leave' advantage for residents who ... like to travel or who spend six months here and six months elsewhere."

Such condominiums are prized and often hard to obtain.

"There are some that are very exclusive and [others that] don't come on the market very often," she said. "I sold a unit in the Rotonda [in McLean] a year ago and had multiple offers that were all cash."

**ONE REASON THAT** retirees opt for condominiums over retirement communities is freedom without restrictions, such as the frequency or length of stay for overnight guests. "In a retirement community, your

grandchildren might only be able to visit for two weeks. Condos provide more of an independent feel," said Miller. "Owning a condo allows them the opportunity to pay the condo fee and come and go as they please and someone else takes care of the maintenance."

Another reason is proximity, with a condominium community more likely than a retirement community to be in an urban environment like Arlington, Reston or Tysons.

Among the most favored luxury condominium properties in Northern Virginia, says Miller, are The Palladium of McLean, Midtown at Reston, the Porto Vecchio in Old Town Alexandria, and the Turnberry Tower in Arlington.

"There are many other high-rises that appeal to the 55 and older crowd due to convenience and lots of amenities and that are walkable," she said.

Gerontology experts offer perspective for retirees who are looking to buy a new home. "The main thing is to consider safety," said Beverly Middle, DNP, RN, Assistant Professor of the College of Health and Human Services in the School of Nursing at George Mason University. "Communities where there are other older adults tend to have services in place to support them."

Middle recommends using evidencebased design when creating dwellings suitable for seniors. "It's a new science that's geared toward older adults and is very specific to their needs," she said.

Addressing retirees' desire to live a vibrant and active life that takes freedom and safety into consideration, some retirement communities are working to broaden their appeal to a wider group of seniors. For example, Sunrise Senior Living, based in McLean, created a Live With Purpose program which offers residents structured programs that include activities for volunteering and learning.

"No matter your age, each of us has interests, desires and activities that make us feel whole and help contribute to a meaningful, healthy life," said Rita Altman, senior vice president of Memory Care & Program Services for Sunrise.

### Golden Notes

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top apps for older adults.

\* Aging Well in the Community
Barbara Sullivan, executive director, Mount Vernon At Home;
Michelle Scott, executive director,
Shepherd's Center of Oakton-Vienna; Matthew Barkley, director,
Disability Services Planning and
Development. Panelists will discuss transportation, social programs, accessibility and home
safety, community engagement
and the Fairfax 50+ Neighbor to
Neighbor Initiative.

❖ Fun on the Horizon. Evan Braff, regional manager, Depart-

ment of Neighborhood and Community Services; Jennifer Disano, executive director of the Osher Lifelong Learning Institute at GMU. Learn the benefits of participating in leisure activities that support mental and physical health.

Connected Health: A Healthier You Through Technology

Telehealth, sometimes called Telemedicine, improves health by connecting the patient at one location with the provider at another site. Learn about telehealth in addressing diabetes and heart disease.

## 50+ Employment Expo April 18

Dozens of job recruiters will be present at the 50+ Employment Expo on Monday April 18, 10 a.m.-2 p.m. The day features seminars on changing careers, online job searching, continuing education and resume help.

Recruiters include nonprofits, government agencies, healthcare, retail, technology and more.

Chief Meteorologist Doug Hill of ABC 7/ WJLA-TV News will be the special keynote speaker.

The Expo takes place at the

Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. This site is accessible via Metro. Use the Silver Line's Spring Hill stop. Free admission and parking. Registration is not necessary— just show up. For more information, go to www.access jca.org/50plusjobexpos. For accommodation requests, contact Micki Gordon at mgordon@accessjca.org or call 301- 255-4209.

If you are an area employer who would like to exhibit, call Micki Gordon at 301-255- 4209.

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## Senior Slow-Pitch Softball

Join Northern Virginia Senior Softball for fun, fitness, and friendship, (men age 50 and over, women age 40 and over). The average age of players is 66. Games are played Tuesday and Thursday mornings, April-July and September-October. Placement on one of 26 teams in three skill leagues is by ability assessment, not a tryout. Everyone present bats and 11 play defense. To get the ball rolling, go to www.nvss.org or call Dave at 703-524-5576.