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Easing Prom Pressure

News, Page 8



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News



Rescue Reston's Board of Directors with speakers on Sunday night at the Reston Community Center, Hunter Woods.

Thousands Become RCA's Citizen of Year

Rescue Reston and all involved Restonians honored Sunday for fighting to preserve Reston National Golf Course.

By Ken Moore The Connection

.S. Rep. Gerry Connolly told the Speaker of the House about Rescue Reston, Reston citizens and Robert E. Simon Jr. and his vision.

"Rescue Reston is a grassroots organization comprising thousands of Restonians who united to support preserving the Reston National Golf Course as open green space," said Connolly.

On Sunday evening, April 24 at the Reston Community Center, Reston Citizens Association named Rescue Reston and all of its members and participants the 2016 Citizen of the Year. Reston Citizens

Association is a nonprofit founded in 1967 that serves the 60,000 people who live in Reston,

"It is fitting that this award is given by one grassroots organization to another," he said. "It speaks yet again to the legacy that the founder of Reston, Robert E. Simon, leaves behind. I believe that such a high level of engagement is one of the best indicators of a healthy and vibrant community."

RESTON CITIZENS ASSOCIA-

TION seeks "to promote Reston's vision and planning principles and to sustain and enhance its quality of life now and in the future," according to president Sridhar Ganesan.

John McCrea nominated Rescue Reston for the award. He said he moved to Reston because of the open space and the recreational opportunities to be found in Reston.

"Rescue Reston fired us up to preserve what is best for Reston," he said.

Owners of Reston National Golf Course had hoped to build housing on the land in the future, but a county circuit court ruling in the fall will require them to go through the usual zoning process to do so.

Circuit Court Judge Michael F. Devine made a ruling that protects Reston National Golf Course from being developed, at least until the owners of a golf course navigate the proper channels to seek a land use change, or continue to appeal its case.

Judge Devine granted Fairfax County Attorney Laura Gori's motion for summary judgment filed by Fairfax County, meaning the Circuit Court vacated and voided the April 15, 2015 county Board of Zoning Appeals (BZA) decision concerning the Reston National Golf Course.

"The circuit court ruling on Friday, Nov. 6, is considered a defeat for the owner of the golf course and is significant because any redevelopment of the

SEE OPEN SPACE, PAGE 13



Rescue Reston is now more than 16,000 strong. All members and volunteers were honored by the Reston Citizens Association Sunday as the 2016 Citizen of the Year, including more than 120 who participated in the celebration Sunday, April 24.

VIEWPOINTS -

Sridhar Ganesan, RCA president

"We can get a lot done working together. ... We got the outcome that we wanted."



John McCrea, nominator

"We came here in large part because of the open space and the recreational opportunities Reston provides.

That is why I wanted to nominate the volunteers of Rescue Reston. This fired up this community. Rescue Reston fired us up to preserve what is best for Reston."



Supervisor Cathy Hudgins

"It is exemplary when you have committed support behind something the county is committed to. And the amount of community support here is outstanding."



Tim Thompson, Fairfax County Federation of Citizens Associa-

"Congratulations for getting the full judgment. They knew better."



Ellen Graves, president, Reston Association

"Reston Association and Rescue Reston share a common priority of protecting Reston's open space. Through the long, drawn out legal battle, Rescue Reston demonstrated outstanding leadership and a fight to preserve open space that we all love."



Connie Hartke, president Rescue Reston

"Make no mistake, this isn't over. God, I wish it were. We must stay united. They are going to be back in some shape or form. We have to stay strong."



Photos by **Ken Moore**/The Connection

See Viewpoints, Page 13

Double Duty

Leadership Fairfax hosts 25th Annual Board of Supervisors State of the County Breakfast and presents Hanley Award to Bill Bouie for Public Service.

By Andrea Worker The Connection

ith the number and types of commitments made on their daily schedules, it takes a special occasion to gather the entire roster of the Fairfax County Board of Supervisors in one place at one time outside the walls of their meeting chambers. The annual Leadership Fairfax (LFI) Board of Supervisors Breakfast was just that, with all ten members in attendance on April 22 before a packed auditorium of other elected officials, community and business leaders and members of local law enforcement many of them alumni of LFI programs that the nonprofit sponsors to "create and support leaders."

Welcoming remarks by LFI President and CEO Karen Cleveland and LFI Board Chair Brian Monday of event sponsor TD Bank got things started. Before the supervisors were called to the dais, however, there was an important presentation that had first to be made - a celebration of Bill Bouie, the recipient of the 2015 Katherine K. Hanley Public Service Award. Chairman of the Fairfax County Park Authority Board, Bouie is the embodiment of the award's objective to recognize a member of the community "who exemplifies service above self and has had a positive effect on the County," according to award presenters Rodney Lusk with the Fairfax County Economic Development Authority and award namesake Katherine

"Under Bill's leadership," said Lusk, "the Fairfax County Park system received the Gold Medal for Best Large Park System, added 786 acres of parkland," and impressively was the "only park system in the nation to receive a perfect score during accreditation. He's a national leader and has truly made a positive difference in the lives of Fairfax County citizens."

In addition to his work with the Park Authority, Bouie serves on numerous boards, including Wolf Trap Center for the Performing Arts, Reston Hospital Center and Reston Community Center Board of Governors. Bouie grew up next door to a Catholic Church and a convent and came from a family that firmly believed in a "life of service." His service record is one that anyone could be proud of, but in accepting the honor Bouie admitted that he was unable to fulfil his late father's greatest wish – "that I became the first black Pope! He had to settle for really great altar boy!"

Once the applause for Bouie had dissipated, LFI Class of '99 graduate Casey Veatch, principal with Veatch Commercial Real Estate, took the helm as moderator. Not content with simple introductions, Veatch made sure the audience and the supervisors were all still engaged, calling his guest speakers to the stage with organized rhythmic clapping and having each one pass through a line-up of LFI "Super Fans" for



PHOTOS BY ANDREA WORKER/THE CONNECTION

All of the Fairfax County Supervisors attended the Leadership Fairfax Breakfast with the Supervisors, even though not all could stay until the end of the event. Still standing, from left, Kathy Smith, Sully District; Jeffrey McKay, Lee District; John Cook, Braddock District; Sharon Bulova, Chairman; John Foust, Dranesville District; Cathy Hudgins, Hunter Mill District; Daniel Storck, Mt. Vernon District.

some high-fives before taking their seats. "For all they do for the county," declared Veatch, the supervisors deserved some "positive recognition." Veatch started them off with a "soft-ball," asking each supervisor to name a place or an event in the area that's high on their favorites list, as well as a favorite musical group. Answers for the former included Lake Anne Plaza (courtesy of Hunter Mill District Supervisor Cathy Hudgins), Riverbend Park (Dranesville District Supervisor Foust), Clifton ("a place that will lower your blood pressure," declared Springfield District Supervisor Pat Herrity), and the Sully District Police Station, ("if I go by the frequency of my visits there," said Sully District Supervisor Kathy Smith). Harry Connick, Jr. was Lee District Supervisor Jeffrey McKay's musical pick. Kathy Smith went with Bruce Springsteen, while Braddock District Supervisor John Cook chose the group that "keeps having one last tour - The Who."

After getting to know a bit more about our county's elected legislators, Chairman Bulova was then called upon to deliver what she termed the "speed dating version" of the State of the County address – in *four* minutes or less.

CHAIRMAN BULOVA'S State of the County highlights:

- ❖ Progress on the Silver Line metro the extension work beyond the Wiehle-Reston station is proceeding and the rail line is expected to begin service to Dulles Airport by 2020.
- ❖ I-66 Inside and Outside the Beltway improvements planning, public input and decisions are on-going, but "at least we are

finally moving forward."

- ❖ Tyson's so much has already been done, with many more projects well underway.
- ❖ Ad Hoc Police Practices Review Committee a final report was delivered to the Board in October, 2015. The full report is available on www.fairfaxcounty.gov website, but includes recommendations on new training and practices that stress "the sanctity of life."
- ❖ Implementation of Diversion First Program - The county has adopted policies and procedures and is conducting Crisis Intervention Training to "decrease the use of arrest and incarceration" for persons experiencing mental health crises, "diverting them to treatment" wherever possible and allowing them to "access treatment at many points of contact." As of Jan. 1, 2016 the Merrifield Crisis Response Center accepted its first "transfer of custody." Bulova cited numerous benefits to the initiative including better outcomes for the individuals in crisis, enhanced safety of officers and the public, keeping law enforcement in action instead of awaiting mental health assessments and disposition, and considerable savings in cost to the County. According to research conducted for the program, persons with mental health issues remain incarcerated 4 – 8 times longer than those being held on the same charges, and at a cost 7 times higher.
- A more than 40 percent decrease in homelessness in Fairfax County. "Since making the commitment in 2008 to end homelessness in our area within ten years, the results show that our efforts are making a big difference," said Bulova.



Smiles from Bill Bouie, Chairman of the Fairfax County Park Authority Board and the recipient of the Katherine Hanley Award for Public Service. Kate Hanley, the award's namesake, was on hand to help present the honor.

❖ Preparation of the 2017 Budget – which Bulova said was a determined effort to find the "sweet spot" balancing revenue with the county's many needs.

Once Bulova had completed her rapid summary, moderator Veatch began posing questions of the other supervisors, sometimes in a single-person responder format, sometimes in a "point-counterpoint" method, and even tasking three supervisors to communicate on different aspects of one major issue – Metro. Supervisor Cook commented on performance of the system, Hudgins on maintenance issues, and McKay on why we need to support Metro at all.

Cook pointed out that one of the problems with Metro is that it answers to some twenty different jurisdictions. "We need to operate more like the New York Port Authority, trimming it down to Federal, District of Columbia, Maryland and Virginia. Hudgins reminded the audience Metro is forty years old and was designed as a simple two-track system. "And we are still trying to secure a dedicated funding source to address maintenance, safety and growth," she added. In general defense of Metro, Supervisor McKay said the state would have to add at least one more lane to every interstate if there were no more Metro. He also noted that most major economic de

See State of the county, Page 13 www.ConnectionNewspapers.com



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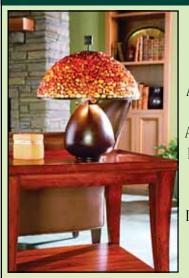
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OPINION

More Voters Might Not Mean Much More Voting

Governor's action brings Virginia in line with 39 other states.

ast week, Gov. Terry McAuliffe (D) restored the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time and completed any supervised release, parole or probation requirements.

This moves Virginia into the mainstream; only 10 states have more restrictive policies about voting for people who have been convicted of felonies. Previ-EDITORIAL ously, Virginia had been one of the most restrictive states in terms of restoring voting rights. Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison.

While some claim partisan motivation, with most of those affected presumed to be Democrats, getting these men and women registered to vote and to the polls is unlikely to result in 100,000 new voters in November. Studies show that people who were previously convicted of felonies who are eligible to vote register and vote at lower levels than the general population, according to the New York Times http://

around 30 percent and about 20 percent actually voting, although some suggest voting rates of between 10-15 percent. If, as the studies suggest, 55 percent of those would vote Democratic, then likely new Democratic voters would be around 22,000.

While that's a lot less than 200,000, it's also more than the margin of victory in quite a few statewide races. Consider that Attorney General Mark Herring (D) won his race by about 900 votes out of more than 2 million cast. These new voters could have an impact on statewide races. Districts for members of

> Virginia's General Assembly are so gerrymandered, it's hard to imagine that the impact of these new voters will be huge in terms of local representation.

In a Democracy, it's better when more people

McAuliffe said: "If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

Again, this action brings Virginia into line with 39 other states, with more than 20 states having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assem-

nyti.ms/26kNrS2, with a registration rate of bly overrode the Governor's veto and restored the vote to all convicted felons immediately upon their release from prison. Previously, people convicted felonies in Maryland had to complete all parole and probation before they were able to vote. In Virginia, such individuals have to complete their term of incarceration and their term of probation or parole before voting rights are restored.

— Mary Kimm

Send in Mother's Day Photos

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

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, ages of children, 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 contact information, just names and town of residence.) You can upload photos and information directly

www.connectionnewspapers.com/ mothersday/ email north@connectionnewspapers.com.

LETTERS TO THE EDITOR

Clean Energy Creates **New Opportunities**

To the Editor:

This Earth Day, April 22, the United States signed the Paris Agreement, which required unprecedented international cooperation to address climate change by reducing carbon pollution. Even before the agreement is formally signed, countries have been taking action by investing in clean, renewable energy - a necessary step to meet commitments of carbon reduction. The United States current contribution to climate action includes policies like the Clean Power Plan. Renewable energy innovation has created good jobs here in Virginia to supply clean, reliable power to our communities. Governor Terry McAuliffe has repeatedly confirmed he will take strong climate action and cut harmful pollution.

The Money Train

To the Editor:

A local Reston preschool, Lake Anne Nursery and Kindergarten ("LANK"), annually solicits cash the tuition and fees required to This year, however, LANK is would do?

Gov. McAuliffe recognizes the risks of sea level rise that is already flooding Virginia's coast, threatening military assets, and cultural gems like Tangier Island.

The dirty fossil fuel industry is influencing our representatives in state governments and Congress to try to block the Clean Power Plan and other lifesaving public protections. Our smart economic, political and community leaders are seizing the opportunity that climate action provides to create thousands of jobs, drive innovation, and foster economic growth. This Earth Day, with the signing of the Paris Agreement, I celebrate the chance to protect our economy and our public health in Virginia.

> **Kelsey Crane** Reston

displaying the names of its families making these cash donations on a large sign outside the preschool.

I ask, is this right? What mesdonations from its families, on top sage is being sent to the kids? What about families who cannot attend the preschool. These afford to make a donation? LANK donations are a part of their sells itself as a "community pre-"annual giving campaign," one of school." Is this a fundraising tactheir fundraising efforts each year. tic a "community preschool"

The sign in question adorns the preschool's carpool line and is in the shape of a train, cutely designed to attract the attention of their preschool students. My own child inquired about it: "What does that train say?...Why are those names on there?...Where is my name?..Is [insert classmate's name] on there?'

I spoke to a LANK administrator and brought up the issue

whether this was a fair thing to do to families who cannot afford to make a donation, who may still support the school in their own way: I was told, "we cannot be fair to everybody." I find this rather unfortunate, since the sign is visible to them, "everybody" includes LANK's own kids.

> **Anne Gibney** Reston

Selfishness, Not Altruism, Behind Tax Increases

To the Editor:

The Board of Supervisors and School Board should give the approximately 12,000 classroom teachers salary increases, but give no raises to other school and county employees. They should hold real estate taxes constant to spare the moderately poor, who are the most hurt by real-estate tax increases, many fleeing the county when taxes are raised and others becoming welfare dependent. Poli-

ticians gain by raising taxes so they can pay their employees more, employees who will dutifully reelect them. Politicians gain also by making more people dependent on government, people who will reelect them so welfare continues. Selfishness, not altruism, makes them raise taxes. Eventually, they will suffer the consequences of selfishness.

Fred Costello Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. routinely edited for libel, grammar, good taste and factual errors. Send to:

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Reconvened Session—2016

By Kenneth R. "Ken" Plum State Delegate (D-36)

he Library of Virginia has an informative new exhibit "First Freedom" that includes documents on the passage of the Virginia Statute for Religious Freedom penned by Thomas Jefferson and passed by the Virginia General Assembly in 1786. The original manuscript on parchment drafted by Thomas Jefferson is housed at the Library of Virginia. Termed in the exhibit as "one of the most revolutionary pieces of legislation in American history," I believe it is the most important piece of legislation ever passed by the Virginia legislature and possibly by any legislative body. It codified freedom of conscience. The meaning of the Virginia Statute as it found its way into the Virginia Constitution's Declaration of Rights and the U.S. Bill of Rights is still debated today.

Just across the street from the Library of Virginia the General Assembly met in the Commonwealth's Capitol in a reconvened, day-long session to consider vetoes and amendments made by Governor Terry McAuliffe to bills passed by the 2016 session of the General Assembly that had adjourned in March. One of the bills that had passed the legislature would have stretched freedom of religion to include the right to discriminate against others because of your religion. Specifically, the bill would have allowed all forms of discrimination against the LGBTQ community. North Carolina and Mississippi continue to make headlines as more businesses and events leave the states because of a law just like the one passed in Virginia. Fortunately Governor McAuliffe vetoed the bill, and

both houses refused by straight party-line votes in the reconvened session to override the veto.

In the House I led the debate to sustain the Governor's veto of a bill that would have established a statewide system of censoring literature in the schools that some may consider sexually explicit. As I pointed out, local school divisions led by elected school boards should be the place to accommodate parent concerns about materials used in the classroom. I personally remember the time when the state had its own history textbook written, but it was so biased and slanted that I and other teachers refused to use it.

Good news in the area of gun safety is that the legislature—again on straight party-line votes—sustained the Governor's vetoes of bills that would have made guns more readily available. The proponents of the NRA interests continue the false argument that most people are killed in gun-free zones. Democrats also sustained the Governor's veto of a bill that would have defunded Planned Parenthood.

An issue of disappointment to me in the reconvened session was the approval of an amendment by the Governor that will allow the Commonwealth to procure in a secret process the drugs necessary to carry out the death penalty. I voted against it. While the amendment will forestall a return to the electric chair, I would have preferred a moratorium or end to the death penalty. The Governor made it clear that each member should vote their conscience, but had his amendment not passed he would have vetoed the electric chair bill.

It is an honor to serve in a body where freedom of conscience has such a long and important history.



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The Annual Diva Central Prom Dress Giveaway is not just for proms. Hannah McMillan, 15, of Fort Belvoir; Annalise Oberle, 14, of Alexandria; Naomi McMillan, 13, of Alexandria; Savannah Oberle, of Alexandria; and Nelyn Magtalas, of Alexandria, shop for a winter banquet they will attend in Fredericksburg.

The Delta Sigma Theta Fairfax County Alumni Chapter have been collecting donations since January for the 14th **Annual Diva Central Prom Dress Giveaway.**

Easing Prom Pressure Prom dress giveaway takes pressure off teens', parents' wallets.

By Abigail Constantino The Connection

t's a night filled with anticipation. But it can cost almost one month's rent. It's prom night. Through Diva Central Prom Dress Giveaway — held in Reston on Saturday, April 23 — Delta Sigma Theta Fairfax County Alumni Chapter and the Reston Community Center, along with other business and community partners, are helping ease the cost by giving away dresses, shoes, accessories and a make-over.

"Sometimes there's a lot of peer pressure to look pretty and look nice," said Joannelle Baptiste of Delta Sigma Theta. "We want to take the pressure off the young girls so they can have that without breaking their parents' pockets."

A 2015 Visa Inc. survey calculated that a prom-going teen will spend an average of \$919 on a dress, limousine rental, tickets, flowers, food, after- party, etc. A "promposal" — an elaborate way to ask someone to the prom — can cost as much as \$324.

Katie Bryson, of Clark County, Va., knows this only too well. Last year she spent "\$1,000 easy" on her other daughter's special night — \$400 just for the dress, plus shoes, makeup, alterations.

This year, she and her daughter Kellianne, 16, a freshman, drove an hour and 15 minutes from Berryville. This is Kellianne's first prom. "It's a harder economy right now," said Katie.

"For our family resources, this makes much more sense for us," said Leanna Bailey, a senior at Herndon High School. "If you can save money on a dress, that's really appreciated."

Bailey's mother Angela Starling is grateful for this event. "We know that when there is prom or a military ball coming, we don't stress," she said. "We'll have a place to go



Customers browse and select shoes and accessories that are given free during the **Annual Diva Central Prom Dress Giveaway** at the Reston Community Center on Saturday, April 23.



County drove for more than an hour to score some great deals on dresses, shoes and accessories during The Annual Diva **Central Prom Dress Giveaway at the Reston** Community Center on Saturday, April 23.



to find a wonderful dress." Bailey and Starling have gone to regular stores to get ideas. But they go to the prom dress giveaway and find something "equally nice or better," said Bailey. She came away with a white gown with red embroidery, which matches the red color of her school, and other accessories. Despite the high cost of prom, it is something that means a lot to the students. "You work hard all year, it's something to go to but more special than just going out," said Bailey. "It's a great night to go out with your friends and have fun ... time off from school before the summer," said Kellieanne.

"You might not remember the SATs but you'll remember prom," said Bailev.

Leanna Bailey and her mother, Angela Starling, have gone to regular stores to get ideas but they find something equally nice or better and for free at the Diva Central Prom Dress Giveaway.

Summer Camps Education & Activities



(From left) Keira Duggan and Maya Lanedin learned to play shogi, Japanese chess.



(From left) Tess McKinley and Jenna Hamburg had fun learning how to play shogi, a form of Japanese chess.



From left) Emma Setlik, Thomas Setlik, Rylee Gustafson, Laura Fujii, Sophia Galova, and Mara Redican all participate in the Japanese Immersion Program at Fox Mill ES.

Studying Culture and Foreign Language at Fox Mill Elementary

studying the language when she while parents are excited about the was very young. In five years, she doors that this can open, Fox Mill says she will still study Japanese teachers hope students are encourbut that is not all.

said. This year, Gustafson, along

The Connection ceremony of this year's National Cherry Blossom Festival in Washox Mill Elementary School ington, D.C. At Fox Mill Elemenfifth-grader and Japanese tary School there are many stu-Immersion (J.I.) student dents who are learning some of Rylee Gustafson began their core subjects in Japanese, and Mill. aged to learn about other lan-"I want to learn Swahili," she guages and cultures as well.

"I heard that once you learn one with several other students, sang language it becomes easier to get the national anthems of Japan and others," said fifth grader Thomas

By Marissa Beale the United States at the opening Setlik, who also wants to learn nese. In an effort to expose students learned the differences begreat." Even Fox Mill's special guest German. Several students already dents not only to the Japanese lanspeak more than one language at guage, but also to the culture of home, either with their parents, or Japan, the school's Japanese Culwith older siblings who went tural Committee (JCC) sponsored through the J.I. Program at Fox a special assembly in which pro-

> "My older brother talked about the opportunities [studying Japa- the strategy game to secondnese] gave him," said Sophia through fifth-grade students in the Galova, who speaks Bulgarian at Japanese Immersion Program. Her

> a day, five days a week learning PTA. During the presentation, conmath, science and health in Japa-

fessional shogi player, Kitao Madoka, visited the school to teach visit was coordinated by Robert At Fox Mill, students spend half Slate, a member of the JCC and

ducted entirely in Japanese, stu-

from Japan was surprised at how tween chess and shogi. Fourth-grade students Tess well the students could use the lan-

McKinley, Maya Landein, Keira guage. Duggan and Jenna Hamburg all However, the Japanese cultural activities are not limited only to admitted to never having played students in the J.I. Program. shogi before, and so the opportunity

taught them about culture as well. "There's no other viable way for kids to learn the language," said Alison Malzhan, a parent of two one of the J.I. teachers at Fox Mill. children in the J.I. Program at Fox Other events include Japanese art Mill. "[This program] is not just for projects, Hinamatsuri and an endsix weeks, it's for six years. The kids of-year Japanese Festival for all stulove it, and the teachers have been dents and their families.

"We also have an after-school shogi club that is open to the entire school," said Noriko Otsuka,



The Nysmith **Brainy Bunch -**Ashley Nguyen, Christian Schipma, Sean Gillen, Emma Jing, Spencer **Huang** and Chandler Wimmer - wins the Virginia **State Odyssey** of the Mind.

Nysmith School Sixth Graders Win Virginia State Odyssey of the Mind

Sixth-graders from the Nysmith School for the Gifted in Herndon won Mind Division II, Technical Problem on Saturday, April 16 in Newport

The Nysmith Brainy Bunch are Ashley Nguyen, Christian Schipma, Sean Gillen, Emma Jing, Spencer Huang and Chandler Wimmer

The team created their devices. set, and costumes from trash and recycled items that were collected from many friends and neighbors. These items were repurposed into devices, backdrops, costumes and other required items.

They will advance to the Odyssey of the Mind World Finals in May at the Virginia State Odyssey of the Iowa State University in Ames, Iowa where they will compete against teams from around the world.

Odyssey of the Mind is a creative problem solving competition requir ing teamwork, creativity, technical building/engineering skills, and presentation skills. Team members apply For the problem "Something their creativity to solve problems that Fishy," they designed and operated a range from building mechanical detechnical solution that simulated vices to presenting their own dents bring their solutions to competition on the local, state, and World level.

The Nysmith School is located in Herndon. The team members are residents of Oak Hill, Vienna, McLean, Fairfax, Oakton and Chantilly.



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8 * Reston Connection * April 27 - May 3, 2016 www.ConnectionNewspapers.com www.ConnectionNewspapers.com

Calendar



Encore Chorale will perform romantic pieces, blues and Broadway favorites on Saturday, May 14 at United Christian Parish in Reston.

WEDNESDAY/APRIL 27

The Big Read Herndon, Writing the American Familia. 6-10 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Meg Medina with Special Guest Kwame Alexander. Mayan dancer Acoatzin Torres will perform. Free. 703-956-9560. www.artspaceherndon.com.

THURSDAY/APRIL 28

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A monthly book discussion group that focuses on business leaders and markets. April's title is "A Random Walk Down Wall Street" by Burton Malkiel. 703-

SATURDAY/APRIL 30

Classic Cinema Series:

"Rashomon." 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Akira Kurosawa's masterful period drama. Japanese with English subtitle. Adults. 703-689-2700.

2016 Reston Home and Garden

Expo. 10 a.m.-2 p.m. Reston Association Headquartes, 12001 Sunrise Valley Drive, Reston. How-to workshops and much more will be offered throughout the day. Free. 703-435-6530.

Bicycle Safety Rodeo. 10 a.m.-1 p.m. Reston YMCA, 12196 Sunset Hills Road, Reston. Children will complete 8 safety stations and earn their bicyclist's license. Children must bring their own bicycles and helmets. The Reston Bike Club will also be doing bicycle & helmet inspections. ContactAshleigh@reston.org or 703-435-6577 for details.

Ride to Provide. 2 p.m. Reston Town Center Pavilion. Join Washington Redskins' Lorenzo Alexander and other teammates, media personalities, healing military veterans, and hundreds of children and adults on the W&OD trail for a scenic bike ride. This fundraiser supports the ACES Foundation and healing military heroes from Ride 2 Recovery, Information and registration at ridetoprovide.org.

SUNDAY/MAY 1

Spring Backyard Burn Trail

Running Series. Lake Fairfax Drive, Reston. Five or 10-mile trail running race on some of the best trail networks in Northern Virginia. Race 4 in a series of four, http:// www.ex2adventures.com/bybspring.php

March for Babies. 9 a.m.-2 p.m. Reston Town Center, 11900 Market St., Reston, Enjoy a walk, picnic, music, and children's activities to support March of Dimes. marchforbabies.com.

SUNDAY/MAY 1

March for Babies. 10 a.m. Reston Town Center, 11900 Market St., Reston. Sign up to walk and fundraise at marchforbabies.org or call 1-800-525-9255. Follow on on www.facebook.com/ marchofdimesmdnca and www.twitter.com/MODMDNCA.

TUESDAY/MAY 3

"Isis and Islam: How a Terrorist Ideology Twists Religion." 6:30-8 p.m. IIIT, 500 Grove St.. Suite 200.

Herndon. Dr. Asaad Al-Saleh from Indiana University presents. 703-230-

FRIDAY/MAY 6

PACOdc Season Finale. 7:30-9 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Pro Arte Chamber of Orchestra of Greater Washington's final concert. Free-\$25. www.PACOdc.org. 571-483-8444.

SATURDAY/MAY 7

At the Hop: Those Fabulous

Fifties! 4:30, 7:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Bop to the beat of the fabulous 1950s as The Reston Chorale steps back in time to the days of sock hops, soda fountains and rock and roll. Poodle skirts and greased-back hair optional. \$20-\$25. www.restonchorale.org.

Pet Fiesta, 10 a.m-4 p.m. Pavilion of Reston Town Center, 11900 Market St., Reston. Super pet adoption, entertainment, exhibitors, pet rescue and nonprofit groups. Presented by GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. petfiesta.org.

SUNDAY/MAY 8

"A Journey to Hope." 8 a.m. 10 a.m. King of Kings Lutheran Church, 4025 Kings Way, Fairfax. This cantata, inspired by the great tradition of American spirituals, will take you on a journey. fcrabtree@kofk.org.

THURSDAY/MAY 12

Reston Hospital Center's Robot Night. 6:30-8:30 p.m. Reston

Hospital Center Pavillion II Lobby, 1850 Town Center Parkway, Reston. Meet the entire team using the da Vinci XI technology. Hors d'oeuvres and beverages. For information, contact 703-689-9030.

Jimmy Robinson. 6:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Virtuoso guitarist, one of the best in New Orleans. \$15. artspaceherndon.com. 703-956-9560.

FRIDAY/MAY 13

Senior Tea. 1-2 p.m. ArtSpace

Herndon, 750 Center St., Herndon. Visit the gallery and view the current exhibit. Enjoy a cup of tea. Free. 703-956-9560. www.artspa

SATURDAY/MAY 14

Encore Chorale Spring Concert.

7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Medley of romantic Rodgers and Hart pieces, blues favorites by Hoagy Carmichael, and a rousing medley



Children ride the teacups at the 2014 Herndon Festival. This year's festival will take place June 2-5 at Historic Downtown Herndon.

The chalk mural of Penny Hauffe. Hauffe won second place prize in the professional artist category for her work in the 2014 Chalk Festival at Lake Anne Plaza. This year's festival will take place June 11-12.

Spring Festivals Preview

ONGOING

Herndon Friday Night Live! 6:30 p.m. Fridays, May 6-August 26.

777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. Visit herndonrocks.com/schedule.php for more.

Reston Concerts on the Town.

7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com 703-579-6720.

SATURDAY-SUNDAY/MAY 21-22

Northern Virginia Fine Arts

Festival. Saturday, 10 a.m.-6 p.m. Sunday, 10 a.m.-5 p.m. Reston Town Center. Outdoor street festival. Features more than 200 unique and talented artists from across the nation. Performances by Gin Dance, Classical Ballet Theater, Ravel and GroundShare. \$5 suggested

donation. http://restonarts.org/ fineartsfestival2016/.

THURSDAY-SUNDAY/JUNE 2-5

Herndon Festival. Thursday: 6-10 p.m. Friday 5-11 p.m. Saturday: 10 a.m. - 11 p.m. Sunday: 10 a.m. - 6 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Four-day outdoor festival with three entertainment stages, a carnival, two fireworks displays, Kid's Alley with children's art area, arts and craft show and more! All ages. Visit www.herndonfestival.net for more information.

SUNDAY/JUNE 5

5K/10K Races. 7:30 a.m. . Herndon Town Green, 777 Lynn Street, Herndon. A race that takes you through historic downtown Herndon during the Herndon Festival weekend. Both races are USATF Certified. For registration and information visit www.herndonfestival.net.

MONDAY/JUNE 6

Great Falls Annual Charity Golf

Tournament. Hidden Creek Golf & Country Club Reston. Join for a morning or afternoon round of golf and support our three Great Falls elementary schools while you are at it. Opportunities for sponsorships available! For more information: www.celebrategreatfalls.org.

SATURDAY-SUNDAY/JUNE 11-12

Lake Anne Chalk on the Water Festival. 11 a.m.-5 p.m. Lake

Anne Plaza, 1609 Washington Plaza, Reston. Chalk on the Water is a two-day street-painting festival where participants will create amazing street art. Festival goers can purchase a "plot" of brick space on the plaza and paint to their hearts delight whatever flows from their imagination. Spots are limited for this event. Participants have a chance to win cash prizes for various categories, awarded by notable community judges. Register at www.chalkonthewater.com.

from the Broadway show "Guys and Dolls." Free. encorecreativity.org.

SUNDAY/MAY 15

Reston Community Orchestra. 4

p.m. Reston Community Center, 2310 Colts neck Road, Reston. Concert features Juggler and Comedian Jonathan Austin at free. family-friendly performance. This high energy guest artist promises big laughs and split second timing. Free. Limited seating. restoncommunityorchestra.org. 571-

449-7095.

WEDNESDAY/MAY 18

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. http://www.nvhcreston.org/.

FRIDAY/MAY 20

GRACE's Festival Launch. 6:30 p.m. Reston Town Center, 12001 Market St. #103, Reston. Enjoy artsy beverages, savory creations, an amazing silent auction, and mingle with the artists in town for the weekend festival. \$100. restonarts.org. 703-471-9242.

SATURDAY/MAY 21

Northern Virginia Fine Arts Festival - 25th Annual. 10 a.m.-6 p.m. Pavilion, streets, and Reston Town Square Park. View and

purchase art from 200+ artists from across the nation and enjoy two days children's activities, and more, \$5 donation encouraged. Presented by Greater Reston Arts Center. 703-471-9242. restonarts.org. Fish Fry and Yard Sale. 10 a.m.-4

p.m. 11500 Leesburg Pike, Herndon. Sponsored by Dranesville Church of the Brethren and Salem Baptist

Church to benefit crisis in Nigeria. 703-430-7872. dranesvillebrethren.org.

WEDNESDAY/MAY 25

Color Me Happy. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from our collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided, or bring your own. Adults. 703-397-0420.

THURSDAY/MAY 26

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. May's title is "The Safe Investor" by Tim McCarthy. 703-397-0420.

News

GMU Entertains at Lake Anne Elementary

Twelve students from George Mason University sing songs from "The Lion King" to Lake Anne Elementary students on Friday, April 8.



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Volunteers Needed for Fine Arts Festival

reater Reston Arts Center (GRACE) is offering a variety of volunteer opportunities for the 25th annual Northern Virginia Fine Arts Festival. This signature community event is made possible with help from 500 volunteers from the greater Reston area and beyond, including students from college, high school, middle school (with parent), corporate teams, and individuals who provide their time - from a few hours to a full day - to assist GRACE with the 2-day festival, May 21 and 22 at Reston Town Center.

Volunteer positions include: artist hospitality, festival ambassadors, Family Art Park assistants, managing supplies and personnel, Launch Party support, and other essential tasks. This opportunity is ideal for students needing community service hours, for which GRACE will provide confirmation.

To learn more, visit www.restonarts.org, click on "Festival" and view the "Volunteer" page that provides full registration and advance training information. Volunteers receive T-shirts and dining discount certificates.

Those who cannot volunteer but wish to support the event can do so through GRACE's new Adoptan-Artist campaign. For \$100, donors can make a personal connection to the festival that helps defray the costs of artist amenities, and receive appropriate recognition for their support.

The 25th annual Northern Virginia Fine Arts Festival is an eleven-block art walk filled with more than 200 of the nation's fine artists exhibiting and selling their paintings, photography, mixedmedia, sculpture, jewelry, and fine craft. Entertainment includes dance performances, free art-making activities for families in the Pavilion, periodic live music, and more throughout the weekend.

The festival is open from 10 a.m. until 6 p.m. on Saturday, May 21, and 10 a.m. until 5 p.m. on Sunday, May 22. A gate donation of \$5 to GRACE provides a festival program and dining certificates for local restaurants.

On the evening of Friday, May 20 at Reston Town Center Pavilion, GRACE will present "artsy beverages and savory food creations," plus a silent auction at the Festival Launch Party. Ticket quantities are limited for this special celebration and are now on

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sale at GRACE for \$100 each. The Northern Virginia Fine Arts Festival is made possible with the support of generous sponsors, including Title Sponsor Lindsay Volkswagen of

Dulles, Signature Community Sponsors Reston Community Center and Reston Town Center Association, Pavilion Sponsor The M Group, and Venue Host Reston Town Center,

among other valued supporters. GRACE is located at 12001 Market St., Reston. Parking is free in Reston Town Center's seven multilevel garages. If taking Metro, there is a bus that runs every 20 minutes on weekends from Wiehle-Reston East station

For more information, visit www.restonarts.org, or email info@restonarts.org, or call GRACE at 703-471-9242.

GRACE is a nonprofit 501(c)3 organization. In addition to its GRACE Art program that serves more than 40 schools in the D.C. region, GRACE offers changing exhibitions of contemporary art at its gallery free to the public; as well as a diverse schedule of educational programs all year

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www.connectionnewspapers.com/mothersday Or to mail photo prints, send to:

The Reston Connection, "Me and My Mom Photo Gallery," 1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable. ~Reminder: Father's Day is June 19~

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

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5/18/2016......A+ Camps & Schools, Proms,

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SPORTS

Antonio Menendez, seen earlier this season, and the Herndon baseball team will face Westfield on Friday, April 29.



Herndon Baseball to Face Westfield Friday

The Herndon baseball team will travel to face Westfield at 6:30 p.m. on Friday, April 29 as the Hornets enter the second half of their Conference 5 schedule.

Herndon concluded the first half of its conference schedule with a 2-1 road win over Robinson on April 21. The victory improved the Hornets' record to 10-4 overall and 2-3 in the conference.

Herndon faced Oakton on Tuesday, after The Connection's deadline.

South Lakes Baseball Snaps 5-Game Skid

The South Lakes baseball team defeated Fairfax 1-0 on April 19, ending a five-game losing streak that started when the Seahawks were no-hit by Herndon on April 2.

The win improved South Lakes' record to 8-7 overall and 3-6 in Conference 6.

The Seahawks faced Yorktown on Tuesday, after The Connection's deadline. South Lakes will host Madison at 6:30 p.m. on Friday, April 29.

South Lakes Boys' Lax Improves to 6-1

The South Lakes boys' lacrosse team improved to 6-1 and extended its win streak to five games with a 16-1 road win over West Potomac on April 19.

After dropping to 1-1 with a loss to Stone Bridge on March 31, the Seahawks defeated Yorktown, Madison, McLean and Langley before thumping the Wolverines.

South Lakes faced Hayfield on Tuesday, after The Connection's deadline. The Seahawks will host rival Herndon at 7:15 p.m. on Wednesday, April 27.

Herndon Girls' Lax Earns First Wins

After dropping six straight to start the season, the Herndon girls' lacrosse team earned back-to-back wins against Chantilly and Falls Church.

The Hornets captured their first win by beating Conference 5 foe Chantilly 14-13 at home on April 19. Two days later, Herndon beat Falls Church 22-4.

The Hornets faced Robinson on Tuesday, after The Connection's deadline. Herndon will host Broad Run at 7:30 p.m. on Thursday, April 28.



Photos by Craig Sterbutzel/The Connection

Head coach Morgan Spencer and the South Lakes baseball team will face Madison on

Oakton Boys' Soccer Remains Undefeated

The Oakton boys' soccer team shut out Briar Woods 3-0 on April 20 to improve to 8-0-1.

The Cougars will wrap up Conference 5 play with a home match against Westfield Thursday, April 28, at 7:15 p.m.

Madison Baseball Extends Win Streak to Nine

The Madison baseball team extended its win streak to nine games with a 16-5 victory over Fairfax on

The Warhawks improved to 14-2 overall, 10-0 in Conference 6 and remained unbeaten since returning from a spring break tournament in Florida.

Madison faced Washington-Lee on Tuesday, after The Connection's deadline. The Warhawks have regular season games remaining against South Lakes (Friday), Langley (May 3) and McLean (May 6) before competing in the conference tournament, which is scheduled to begin May 12.

McLean Softball Wins Fourth Straight

The McLean softball team defeated South Lakes 5-0 on April 21, giving the Highlanders four straight wins. McLean's win streak included a 1-0 victory over private school Bishop O'Connell on April 16.

With the win over South Lakes, McLean improved to 13-3 overall and and 7-3 in Conference 13.

The Highlanders faced Langley on Tuesday, after The Connection's deadline. McLean will host Yorktown at 6:30 p.m. on Friday, April 29.



Langley goalkeeper Megan O'Hara and the Langley girls' lacrosse program started 12-0 this season.

Team as a Family

Goalie O'Hara helps Langley girls' lax start 12-0.

"It's moments

like that that I

play for, when

we aren't 25

different girls

-Langley goalkeeper

Megan O'Hara

but a single

family."

he Langley girls' lacrosse team seems to be best known as a prolific goal-scoring group. At 12-0, the team has won 11 games by a margin of at least five goals, and seven of their wins came by double digits. What is not being discussed as much is the how the differential is being held on the defensive side.

Junior goalie Megan O'Hara has quietly been leading a defensive unit that has only al-

lowed 75 goals in 12 games. Senior Mackenzie Regen, junior Allie Leto, sophomore Lilly Byrne and freshman Charlotte Smith anchor a ferocious defensive line. Lauren Bell, Samantha Lee, Marina Carlucci and Stephanie Long round out the strong group.

O'Hara began playing in the

first grade for Great Falls Lacrosse coach Michelle Buller. "I started out playing for

Great Falls Lacrosse because my older cousins played and I was sick of soccer," O'Hara said. "Coach Buller gave me an old was hooked.

O'Hara credits the coaching staff with creating a team-first mentality.

"Coach Maggie (Kovacs) and Annie (Swanson) have brought so much to the team this year, well beyond their lacrosse experience," she said. "They are creative, keeping the practices challenging but also fun and they build confidence in all the players. Coach Bucky (Morris) has personally been a huge help to me. He does goalie specific drills with me and just brings such a great spirit to the team."

Her greatest memory in her three starting varsity years at Langley occurred just this year

during the Fairfax

game on April 19. "We won [20-2] and even though it was not particularly close, it was the closest I've come to a shutout," O'Hara said. "After the final horn, the team stormed the field and tackled me in a huge group hug that practically brought me to the ground. They

were all screaming and yelling about how well we all played as a team. It's moments like that that I play for, when we aren't 25 different girls but a single

In her spare time, O'Hara stick bag after a practice and I loves to bake - especially rhubarb pie. The next time she makes her favorite pie, she says she'll be making at least two, so she can share the good food with the best family she knows: her team.

RESTON OUTLOOK

Open Space Forever

From Page 3

course must now be preceded by the filing of specific plans with the county, which will then be compared with the 'Development Plans' approved in 1971," said John McBride, Reston Association's legal counsel.

"These plans are in the county zoning files and clearly limit use of the land to a golf course, open space and driving range. Any change to these approved plans will require amendment approval by the Fairfax County Board of Supervisors. The golf course owner had sought to avoid this requirement for a plan amendment by seeking by-right use status for a number of residential and other uses."

GANESAN CALLED it a "unique" year to be able to offer the citizen of the year to Rescue Reston, its Board, and all citizens that became involved in Rescue Reston's efforts to help preserve Reston National Golf Course from development.

"Every year, we take this time to celebrate," said Ganesan. "We do this by honoring the citizen of the year. Through this we spotlight the work of volunteer citizens and their actions. They are the heroes that make Reston what it is."

"Thousands of citizens united behind the Rescue Reston cause which resulted in a great public common good for Reston," he said. "Being an association of, by and for the citizens, RCA is proud to honor this organization that represents a citizen-led movement."

Connie Hartke, now president, and John Pinkman were two of the original founders of Rescue Reston in 2012.

"Connie Hartke, she's a pit bull," said Ganesan. "She takes on an issue and you can't stop her."

Hartke thanked the people of Reston that commit-

ted to the battle that she says is not over. She said Rescue Reston has received donations all the way from Paris, and donations ranging from \$1 to \$2,000 from individuals. Two businesses, Apex and Achieveit, made \$5,000 donations to Rescue Reston.

"We were up against an opponent that had three different law firms working for them," she said. "Their unlimited budget for attorneys was met by our team."

The Board includes Hartke; Joe Deninger, vice president – finance/treasurer; Robin Hogan, vice president – communications; Lisa White, vice president – technology; David Burns, director; John Pinkman, director; and Ray Wedell, director.

"Look at the all the work we have done in that time," said Pinkman. "I thank you. My family thanks you. I thank you for the future.

"I hope we don't have to do this again in this lifetime," he said.

THE SECOND ANNUAL Golf Tournament and Nature Hike is scheduled on Monday, Oct. 3, and the Walker Nature Center will sponsor the nature hike along the course. Already 20 of last year's business sponsors committed to sponsor the event again this year.

She reminded everyone of Robert Simon's comment about the golf course on Aug. 14, 2015.

"The Reston National Golf Course area should remain as open space forever," said Simon.

"Northwest Mutual invested in a golf course. A golf course is what they have," said Hartke.

"Mr. Speaker," said Connolly, "the efforts of Rescue Reston on behalf of the greater Reston community are selfless undertakings which are truly worthy of our highest praise. I commend them on their award and ask my colleagues to join me in congratulating them."



Supervisor Cathy Hudgins, Rescue Reston's founding member John Pinkman, Reston Association president Ellen Graves, Del. Ken Plum and Rescue Reston Board of Directors Hank Schonzeit.

- Viewpoints

From Page 3

John Pinkman, founding member, Rescue Reston

"I've spoken here many times in the 38 years I have lived here. This might be the best time.

"Look at all the community leaders we have here... Look at all we have done in a short time."



Ken Plum

"I was but another citizen trying to express my opinion. I want open space as you do, to keep the course open space in the future. My being here is to say thank you."

Photos by Ken Moore/The Connection



State of the County Presented Over Breakfast

From Page 4

velopment is taking place near Metro rail or other transit stations. "It's not that Metro is too big to fail, it's too important."

TRANSPORTATION continued to be a theme with Supervisors Herrity and Lynda Smith providing pro and con arguments about the proposals to improve I-66, inside and outside of the Beltway. Smith expressed concern that the project would be "worse than the Beltway construction," and mean major work at artery roads and intersections like Gallows Road, Nutley and Cedar Lane, disrupting the lives of many who "are already major users of transit." Herrity countered that the congestion to I-66 could not go unchecked, citing the improvement in travel times on the Beltway since the addition of the Express Lanes. "These improvements will give people choices in transportation and actually encourage transit usage and carpooling."

Re-visiting an issue from last year's event, Veatch asked for commentary from Supervisor Kathy Smith on the controversial proposed Meals Tax. Smith allowed that it was something that needed discussion. Smith, Herrity and several other supervisors expressed concerned in this regard, indicat-



Photo by Andrea Worker/The Connection

Leadership Fairfax President and CEO Karen Cleveland, and Fairfax County Public Schools Superintendent Karen Garza listen as the Fairfax County Board of Supervisors offer their remarks on the school budget process and whether school boards should be given taxing authorities to raise funds.

ing that a diversification of the revenue stream was critical. To considerable applause, McKay spoke about "Richmond's assumption of Northern Virginia's wealth" when it comes to the state's formula on providing funding for Fairfax County schools. To keep looking to real estate taxes is "unsustainable" said McKay.

One of the final questions was to Supervisor Herrity, asking him if he agreed that drug overdoses had become a "public health crisis." "Yes," was his immediate and succinct response. "More of our citizens die from heroin overdoses than car accidents." The supervisor noted that 75 percent of heroin usage has been found to have started with the use of legitimately prescribed drugs, often for pain from sports or other injuries. Herrity announced to the assembly that he would be hosting a Town Hall event on the topic in early May.

With final thanks to attendees, LFI staff, sponsors and speakers, Veatch brought the 2016 Leadership Fairfax Breakfast with the Board of Supervisors to a close with a reminder that the new LFI class year will begin in September with programs for current leaders, emerging leaders, and those transitioning towards, or in retirement. Fore more details, go to www.leadershipfairfax.org.

Weight For It, Wait...

By KENNETH B. LOURIE

"MRI looked good. CT stable. Smiley face." Words and personality from my oncologist with which I can most definitely live. And arriving via e-mail, six days prior no less, to my next regularly scheduled, post-scan appointment when typically such results are discussed, in person, per the doctor's preference. But I can take good news electronically, especially before the weekend, when further communication is not likely. So the sound you may have heard at six pm-ish last Friday was me exhaling, and the follow-up thud was the weight of the world falling off my shoulders and hitting the floor. Not shattering, unfortunately, only repositioning until a few months hence when once again it will return to its figurative perch as I await the results of my next quarterly scan

Such is life, and I'm happy to live it. Moreover, given my original prognosis from February, 2009: "13 months to two years," there's very little that I deem complaint-worthy SEVEN YEÁRS LATER. Nevertheless, there are realities that cancer patients and/or other patients similarly characterized as "terminal," as was, must endure. And given my projected life expectancy then, I am "pleased as punch" now – to invoke a long-ago Vice President/ Democratic nominee for President, Hubert H. Humphrey – to be enduring anything.

And "endure" isn't really the right word, but it's most assuredly in the running. Still, if I don't find a way to lighten the emotional load (other than receiving amazingly good scan results and equally positive e-mails from my oncologist, all of which is not exactly in my control), I will likely crack under the weight of it. I'm not exactly Atlas condemned to hold up "The Heavens," but I am holding something; maybe just my sanity. And Just as "Hawkeye" Pierce joked about war in a M*A*S*H episode back in the day: "If truth is the first casualty of war, I guess sobriety is second," a cancer patient might joke (if he or she had a sense of humor): "If one's hopes and dreams are the first loss from cancer, your sanity is second." As Mark Twain "self-effaced" later in his life: "Out of all the things I have lost, I miss my mind the

A "terminal" cancer patient loses lots of things. Control of one's emotions has to be the first to go. Certainly you still know right from wrong, but the figurative re-wiring of your brain - which begins immediately upon hearing your cancer diagnosis/prognosis, is difficult to stop. It's as if it has a mind of its own, and it sort of does: yours. It's not as if you can't maintain any self-control or not joke at inappropriate times, you can. After all, you're still human. You're just a bit more flawed than you were before. And who's to say, maybe the change will do you good? You don't always have to say what you mean unless you're the Dowager Countess from "Downton Abbey."

Nevertheless, you are forever changed by your cancer diagnosis, whether you like it or not. The trick is, actually there is no trick, it's a mindset; somehow, you must not take yourself or your circumstances too seriously. (I know, how do you not take cancer seriously?). Either you learn to laugh or there won't be anything funny about it. You know the expression: "Funny as a heart attack," well, you can add another: "Uplifting as a cancer diagnosis." As challenging as it is (and has been), you need to find a way to navigate the slings and arrows of the outrageous misfortune vou have encountered. The pressure; conscious, subconscious or even unconscious (for all I know?) has to be released really, or in your imagination. There's no doubt a cancer diagnosis and life living with cancer is less than ideal, but since those are the cards you were dealt, you better learn to play

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

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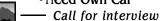
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BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's

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.
Understanding Mood Dysregulation in

Students with Autism Spectrum Disorder. 10 a.m.-noon. Dunn Loring Center for Parent Services, Entrance 1, Room 100, 2334 Gallows Road, Dunn Loring. Dr. Sajjad Khan, an experienced clinician and researcher at NeuroScience Inc., will cover assessment, and treatment of mood dysregulation in students with Autism Spectrum Disorder. Register at 703-204-3941 or http://www.fcps.edu/dss/osp/prc/ resources/events/documents/ Understanding Mood Dysregulation in ASD.pdf.

TUESDAY/MAY 3

"Isis and Islam: How a Terrorist Ideology Twists Religion." 6:30-8 p.m. IIIT, 500 Grove St., Suite 200, Herndon. Dr. Asaad Al-Saleh from Indiana University presents. 703-230-2846.

WEDNESDAY/MAY 3

Saint Johns Wood Community Meeting. 7-9 p.m. Hunter Mill District Office, Community Rooms A and B, 1801 Cameron Glen Drive, Reston. Briefing on Saint Johns Woods Apartments project. Feedback gathering. For more, contact Goldie Harrison, 703-478-0283 or goldie.harrison@fairfaxcounty.gov.

WEDNESDAY/MAY 11

League of Women Voters — Reston. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Mental health services in Fairfax: What is available? and "Diversion First: What is it?" Join the discussion. Free. lwv-fairfax.org. 202-263-1311.

WEDNESDAY/MAY 18

Annual Blood Drive. 1-6:30 p.m. Home Suites Dulles International Airport, 13460 Sunrise Valley Drive, Herndon. Special appearance will be made by "Lewis the Duck." 703-793-1700 ext.

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. http:// www.nvhcreston.org/.

WEDNESDAY/MAY 25

DMV2Go at the Pavilion. 9 a.m.-4 p.m. Reston Town Center Pavilion. DMV wireless office on wheels — apply or renew ID card and driver's license; get driving records, vehicle titles, license plates, and more. Information on all services at http://re.ston.tc/P9HLkh. 703-579-6720.

THURSDAY/MAY 26

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. May's title is "The Safe Investor" by Tim McCarthy. 703-397-0420.

ONGOING

Computer Classes for Seniors. 11 a.m.-noon. Wednesdays. April 6-May 4. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. Free. Register by calling Shepherds Center of Oakton/Vienna at 703-281-0538.

The Herndon Adult Day Health Care Center needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Herndon Senior Center needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/ olderadults and click on Volunteer Solutions.

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

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 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.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Wash-

ington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multiethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@sainttimothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m.

Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

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