

# Reston CONNECTION

Desiree Tan, of Reston, with mom on last Mother's Day in Malaysia. Desiree just relocated to the U.S. about two months ago, 'happy to be one of the residents in Reston,' but missing her mom - her superwoman 'a bunch.'

## WELLBEING

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ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





## 2016 Contest Winners Announced

**“What can you do to improve your local watershed?”**



**Lanier Middle School**  
*students won top honors for their idea to grow sea grasses in science labs and planting them in the Chesapeake Bay*

**Thank you to all the students, teachers and partners who participated this year!**

**Agrium provided nearly \$20,000 in cash prizes and school awards!**

Caring for Our Watersheds is supported by international nonprofit Earth Force, whose mission is to engage young people as active citizens who improve the environment and their communities, now and in the future. The program empowers students to imagine, develop, and create solutions in their local watersheds, developing problem-solving, budgeting, community-involvement, and presentation skills.

**Turning ideas into realistic solutions is the key to improving our local watersheds.**

### Alexandria/Arlington/Fairfax Finalists, Grades 4-8

Final Place	Award	Proposal Name	School
1	\$1,000	Classes Plant Grasses	Lanier Middle School
2	\$900	The Effect of Nutrient Pollution and Algal Blooms on Our Local Watershed	Dogwood Elementary School
3	\$800	Ban the Bottle Continued	Lanier Middle School
4	\$700	Pesticides AVA	George Washington Middle School
5	\$600	Going Green 2K16	George Washington Middle School
6	\$500	Journey to a Jolly Watershed	Lanier Middle School
7	\$450	Ban the Bag!	Lanier Middle School
8	\$400	Green Roofs for VA; Development the Green Way	Lanier Middle School
9	\$350	Nitrate and Phosphate Levels in the Potomac River	George Washington Middle School
10	\$300	What Can We Do?	Meridian Homeschool Club



**CaringForOurWatersheds.com**



# NEWS

## Fine Arts Festival Returns May 21-22

**Festival at Reston Town Center features more than 200 national artists, dance performances, family art-making activities and more.**

**G**reater Reston Arts Center (GRACE) presents their 25th annual Northern Virginia Fine Arts Festival, offering authentic art and experiences for all tastes and ages on May 21 and 22 at Reston Town Center. This eleven-block art walk will be filled with more than 200 artists from across the nation who will exhibit and sell original paintings, photography, mixed-media, sculpture, jewelry, and fine craft. Plus, see inspired dance performances in the parks, enjoy free art-making activities for families in the Pavilion, periodic live music, and more throughout the weekend. As a highlight of the year in the DC region, this event attracts more than 30,000 attendees over two days.

Northern Virginia Fine Arts 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 at Reston Town Center, 11900 Market Street, Reston.

A gate donation of \$5 provides a festival program that includes dining certificates for local restaurants.

On the evening of Friday, May 20 at Reston Town Center Pavilion, there will be a Festival Launch Party that includes an "amazing silent auction" and catering by The Counter.

Ticket quantities are limited for this special celebration and are now on sale at GRACE, \$100 each.

This year's list of more than 200

participating artists includes 38 who will be exhibiting at the festival for the first time, 28 from the D.C. metro region, and 4 from Reston. Artists are coming from as far away as California, Florida, Minnesota, New Hampshire, Canada, and points in between. The selection of artists also includes 10 who received an Award of Excellence at the 2015 Northern Virginia Fine Arts Festival. Festival artists are selected on the basis of quality, originality, and craftsmanship by a panel of expert, independent jurors appointed by GRACE. This year's jurors – artist, Tim Doud; curator, Ashley Kistler; and interior designer, Judith Weisman – will also serve as judges for the 2016 festival.

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, Launch Party Sponsor The Counter, Water Sponsor Wegmans, and Venue Host Reston Town Center, among other valued supporters.

Free parking is available in seven multi-level garages.

For more information about the festival – and about volunteering, sponsoring or supporting the Adopt-an-Artist campaign – call GRACE at 703-471-9242 or visit [www.restonarts.org](http://www.restonarts.org).

### SUNDAY, MAY 22

11 a.m. — Hyatt Park, Gin Dance Company  
12:30 p.m. — Reston Town Square Park, Ravel Dance Company  
2 p.m. — Reston Town Square Park, GroundShare Arts Alliance  
3:30 p.m. — Hyatt Park, Classical Ballet Theatre

More entertainment: **Throughout the weekend, additional live music will be offered periodically in the Pavilion and at Reston Town Square Park.**

Family Art Park in the Pavilion – FREE artmaking activities all weekend. Rain or shine.

All ages are invited to take part in hands-on art projects inspired by the signature "GRACE Art" program.

## MOTHER'S DAY PHOTO GALLERY



**Fran Lovaas doing a bit of impromptu dancing with her granddaughter Joy Charbonneau-Lovaas on a stage at Glen Echo Park. Mimi and Joy enjoy dancing, painting, playing games, and just hanging out together. Joy is 7 going on 8.**



**Desiree Tan, of Reston, shares two favorite snapshots with her mum. This one was taken back when she was one year old at the Morib beach in Malaysia.**



**Mike James of Reston with his mother Dorathy, father Donald and sister Patricia in Youngstown, Ohio, circa 1931.**



**Fran Lovaas with daughter Jenni Lovaas. Jenni is an auditor and lives in Alexandria. She and her mom are just finishing off a platter of delicious Chesapeake Bay Blue Crabs.**



**Desiree Tan, of Reston, with mum on last Mother's Day in Malaysia. Desiree just relocated to the U.S. about two months ago, 'happy to be one of the residents in Reston,' but missing her mum - her superwoman, 'a bunch.'**

**This is a picture of my mother, Alice Morrow, with my dogs (aka her grandchildren) Kizzma and Frankie. It was taken during her last visit to Reston, circa 2009. The dogs love to walk around Lake Anne and stop off at the plaza to watch people. — Cindy Morrow, Reston.**



## Dance Performances and Family Art Park Activities

Presented by Reston Community Center; **Signature Community Sponsor of the Northern Virginia Fine Arts Festival**

### SATURDAY, MAY 21

11 a.m. — Reston Town Square Park, GroundShare Arts Alliance  
1 p.m. — Hyatt Park, Gin Dance Company  
2 p.m. — Reston Town Square Park, Ravel Dance Company  
4 p.m. — Hyatt Park, Classical Ballet Theatre



# OPINION

## Breaking the Cycle of Crime with Treatment Instead of Jail

### Fairfax County Budget Invests \$3.89 Million in "Diversion First"

BY SHARON BULOVA  
CHAIRMAN, FAIRFAX COUNTY BOARD OF SUPERVISORS

One in five adults in the U.S. experience mental illness, and more than half did not receive treatment within the past year. Across the country, more people with mental illness are in jail than in psychiatric hospitals, with 2 million people with mental illness brought to jail every year. The criminalization of mental illness is a social, health and justice issue that Fairfax County has tackled head-on in this year's FY2017 Adopted Budget.

Diversion First, a new Fairfax County initiative, aims to reduce the number of people with mental illness in our jail. When people with mental illness have a non-violent or low-level encounter with the law, police officers can take them to the Fairfax-Falls Church Community Services Board's (CSB) Merrifield Crisis Response Center for treatment rather than jail. During this January alone, 265 mental health investigations were conducted by Fairfax County police officers in the field, and 40 percent of those investigations involved the CSB Merrifield Crisis Response Center.

Fully implementing Diversion First was a recommendation of Fairfax County's Ad Hoc Police Practices Review Commission. In the county's FY2017 Budget, officially adopted on April 26, 2016, the Board of Supervisors invested \$7.5 million to implement many of these recommendations, including \$3.89 million and a number of new staff positions for Diversion First.

Diversion First is a priority for the Board of Supervisors because the benefits of diverting people to treatment are enormous. First, people can recover from a mental health episode or become stabilized if they receive treatment. If brought to jail, chances of recovery are less likely and reentry back into the community adds even more challenges. With a record of jail time, applying for jobs and housing becomes extremely difficult, if not impossible. Guiding people to treatment instead of incarceration helps prevent a cycle of crime before it even starts, giving residents a better shot at managing and living successfully with mental illness, which benefits the entire community.

Diversion First not only saves lives, it also saves money. It is extremely expensive to the taxpayer to house people in jail who could be better served elsewhere. On average, people with mental illness remain incarcerated four to eight times longer than those without mental illness for the same charge and can cost up to seven times more. In Fairfax County, it costs an average of \$66,000 per year to hold one inmate in jail. Compare that to about \$8,000 for one year of the most intensive CSB care for

an individual, which does not include housing. A jail diversion program in Bexar County, Texas (Fairfax County's model for Diversion First) saved taxpayers \$50 million in the past five years. We are aiming for a similar outcome here in Fairfax County that promotes a safer, healthier and less expensive way of helping people with mental illness.

As part of Diversion First, Fairfax County police officers and deputy sheriffs are receiving 40 hours of state-certified Crisis Intervention Team (CIT) training to learn about the challenges of living with a mental illness and how to de-escalate crisis situations, both in the community and in the jail. CIT training is also aimed at changing the way law enforcement and the judicial system interact with people who have substance use disorders or intellectual and developmental disabilities.

After completing the training, CIT officers and deputies are better equipped to identify individuals who are experiencing an episode related to mental illness. They can make an informed decision to take persons to the Merrifield Crisis Response Center for assessment rather than arresting them and bringing them to the Adult Detention Center. Or, CIT officers may be able to de-escalate the crisis and resolve the situation on the spot.

If you call 9-1-1 for a mental health crisis or emergency, you can request a CIT-trained officer to respond. In a crisis that is not life threatening or when involving law enforcement is not necessary, you can call CSB Emergency Services 24/7 at 703-573-5679.

## Restoring Rights

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

Governor Terry McAuliffe is sued an executive order recently restoring civil rights of voting, serving on a jury, running for office, or being a notary public for persons who had been convicted of any and all felonies in the past and who have completed the terms of incarceration and who have completed any period of supervised release of probation and parole. The restoration of civil rights after completing a sentence has been automatic in most states and routine in those that have had an application process. Virginia required an application before the Governor's order, but the waiting list for acting on applications was notoriously long until Governor McAuliffe came into office. His ex-



### COMMENTARY

ecutive order will cover more than 200,000 people.

Most including myself have applauded the Governor's action. As he described it, "it's the right thing to do." Other have

accused him of politics. Actually, I believe the laws in Virginia that denied the right to vote to people who had served their sentences were political, and what the Governor did was to take some of the politics out of registering to vote. A review of history will explain what I mean.

Denying civil rights to persons who had been convicted and served their sentences was part of an effort during the early part of the twentieth century to limit the electorate in the state to white

men who supported the political establishment. Jim Crow laws that were primarily aimed at black people required voters to write on a blank sheet of paper information that was required in the state constitution and to answer any question posed by election officials. Additionally, in order to vote a person must have paid the capitation tax of \$1.50 every year for three years in a row at least six months before the election. Denial of civil rights of those who had been in prison was just another attempt to disenfranchise more voters

The Constitution of 1902 that contained all the Jim Crow provisions was never ratified by a vote of the people as all previous and all since constitutions have been. It was simply declared to be in effect by the political establishment. These deliberate actions to keep black people from voting were so

successful that by the end of 1902 there were only 21,000 of an estimated 147,000 blacks of voting age registered, and the imposition of the poll tax cut that number in half. Denial of voting rights to black people was notorious throughout the south, but no state was more successful than Virginia.

Many of us have worked hard in the legislature and in the courts to eliminate artificial barriers to voting. The Voting Rights Act of 1965 was extremely important, but Congress repealed that law. Other techniques to limit voting by requiring specific identification, limiting hours of registration and voting, and restricting the use of absentee ballots are all modern day versions of what happened in the past. I thank Governor McAuliffe for his courage in eliminating one more vestige of the politics of limiting voting. Now we need to work on the others.

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## OPINION

# See You at the Market



INDEPENDENT  
PROGRESSIVE

## The Reston Farmers Market opens 19th season on Saturday, May 7.

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

**W**e always enjoy the coming of spring in Reston. The woods are greening, the birds are singing and the path ways are again filled with people. One of our special delights is being asked as we walk, “when is the farmers market opening?” Fran and I start to hear this query as we’re walking Angus, our Scottish terrier, long about February and the anticipation builds from then on.

Of course, the Reston Farmers Market at Lake Anne sells only locally grown fruits and vegetables and, even with the advent of hoop houses, there is little available until about the beginning of May. So, now I am proud to announce that the Reston Farmers Market, sponsored by your friendly Fairfax County Park Authority, will open its 19th season this very Saturday, May 7 at 8 a.m. And, weather permitting, we’ll be open every Saturday, 8 a.m. till noon, except Sept. 24.

You will recognize most of the small growers and producers who were with us last year and a lot who’ve been with us for many years and have made the Market Number One in Northern Virginia. To be precise, 29 of 30 vendors are returning. In addition, we have two newcomers—Misty Meadow Farm Creamery and

Kiwi Kuisine. Misty Meadow, from Smithburg, Md. features fresh whole Creamline milk, the closest thing to milk straight from the cow. No more 1 or 2 percent homogenized milk products for me! And, Kiwi Kuisine brings a nice variety of tasty meat pies to the Market.

Of course, the mainstays of any good farmers market are the folks who bring you the freshest local fruits and vegetables. It is certainly true at the Reston Farmers Market. We feature 13 of the very best fruit and vegetable farmers, including two certified organics—The Farm at Sunnyside and Jerry’s Berries.

Over the years, the Market has diversified to include: four meat producers, one Virginia fishing family, four fine bakers, one beekeeper/honey producer, four dairy producers (cheeses, milk and ice cream), two plant and flower growers, and four value-added food makers. For detailed information on who they all are, and what and how they produce the goods they bring to Market, I suggest you go to: [www.restonfarmersmarket.com](http://www.restonfarmersmarket.com). And if you don’t see a locally growable food you would like to have in the Market, please tell co-market manager Fran or John, and we’ll see if we can bring it in!

In addition, the Reston Farmers Market hosts two special community services of which we are especially proud. The Supplemental Nutrition Assistance Program (SNAP) managed by CORNERSTONES provides tokens to eligible low-income residents for purchases of fresh fruits and vegetables in the Market, and resident Fairfax Master Gardeners in another booth provide expert advice to help market shoppers solve problems with their own plants and gardens. See you at the Market.



**Resident Fairfax Master Gardeners provide expert advice to help market shoppers solve problems with their own plants and gardens.**

PHOTOS CONTRIBUTED



**Reston Farmers Market at Lake Anne sells only locally grown fruits and vegetables.**

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WELLBEING

# Working to End the Longest Day

Event to raise awareness and funds for research programs of Alzheimer's Association.

By MARILYN CAMPBELL  
THE CONNECTION

Emily Rusch says her mother died a slow and heartbreaking death from Alzheimer's Disease. The experience felt continuous and excruciating.

"Caring for someone with Alzheimer's is really like one never-ending day," said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer's Association. The name of the event honors the strength, passion and

endurance of those facing Alzheimer's.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. "We're open for all of the daylight hours on the 18th, and in return, we're asking for donations that will go to support the Alzheimer's Association's mission," said Rusch.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal. Rusch hopes to do her



PHOTO COURTESY OF ALZHEIMER'S ASSOCIATION.

Teams work to raise money for the Alzheimer's Association during the annual Longest Day event.

part to halt the disease's cycle which she has experienced firsthand.

"My daughters were 8 and 11 when my mother died. They never really knew her because she was in the advanced stages of Alzheimer's," she said. "When I was a child, my grandmother had

Alzheimer's so I never knew her either. I'm doing the Longest Day because research is important to finding a cure or viable treatment."

Yen DeAnda of Alexandria, whose father has Alzheimer's, is participating in The Longest Day and is the captain of Springfield's Team Bridge Heroes United. The



PHOTO COURTESY OF EMILY RUSCH

Emily Rusch and her SAPT team will join with teams around the world to raise money for the Alzheimer's Association.

"Caring for someone with Alzheimer's is really like one never-ending day."

— Emily Rusch

team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside

seniors.

This June will be their fourth year participating in the event. In the last three years, the team has raised more than \$58,000 for the Alzheimer's Association. In 2013, the team's first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

"The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room when they are there," said

## The Longest Day: June 20

To learn more and to start or join a team, visit [alz.org/thelongestday](http://alz.org/thelongestday) or call 800-272-3900.  
SAPT Strength  
[http://act.alz.org/site/TR?team\\_id=325449&fr\\_id=8480&pg=team](http://act.alz.org/site/TR?team_id=325449&fr_id=8480&pg=team)  
Bridge Heroes United  
<https://www.facebook.com/BridgeHeroesUnited/>

DeAnda. "Some kids have brought their grandparents to play."

The bridge club helps seniors in two ways. Club members raise money for Alzheimer's research by playing the game, and the game itself is an activity that keeps seniors engaged.

"You're forced to interact with other people and that helps you keep your sanity," said DeAnda. "Social connection is huge."

While June 20 is the official date for The Longest Day event, the Alzheimer's Association encourages activities and fundraising around this date.

Cindy Schelhorn of the Alzheimer's Association says that teams across the nation develop creative ways to raise money. "We've seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga."

For information, visit [alz.org/thelongestday](http://alz.org/thelongestday) or call 800-272-3900.

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THE CONNECTION  
NEWSPAPERS

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# Madison's Vannicola Out-Duels South Lakes' Rayle in 10 Innings

**Warhawks hurler strikes out 21 in 2-1 victory over Seahawks.**

BY JON ROETMAN  
THE CONNECTION

**M**adison senior Katie Vannicola praised South Lakes sophomore Aly Rayle for her improvement in the circle after the two engaged in a 10-inning pitcher's duel on Friday.

Vannicola's performance on the field, however, wasn't as kind toward the Seahawks.

The future Georgetown University pitcher struck out a career-high 21 batters and worked her way out of a bases-loaded jam in the bottom of the 10th inning, helping the Madison softball team defeat South Lakes 2-1 on April 29 in Reston.

South Lakes, down 2-1, loaded the bases with one out in the bottom of the 10th, but Vannicola recorded her 21st strikeout of the evening before inducing a game-ending groundout.

"I've been in that situation quite a few times, actually, especially in travel ball, like [at] nationals," Vannicola said. "It's really important that you keep your mind clear and don't worry about what could go wrong and just kind of go pitch by pitch."

Madison took a 2-1 lead in the top of the 10th inning when a South Lakes infielder dropped a one-out pop up, allowing what proved to be the winning run to score from third base.

Vannicola allowed one run on six hits while walking two in 10 innings. She did not allow a run until the ninth inning, when international tiebreaker rules give teams a runner at second base to start each half-inning for the remainder of the game.

Vannicola threw 157 pitches, including 119 strikes. She threw a first-pitch strike to 26 of 38 batters faced.

Vannicola's career high for strikeouts in a seven-inning game is 19. She had 18 through seven innings on Friday.

"Katie's such a good pitcher," Madison senior catcher Julia Hoy said. "I've known her for so long, I've been catching her for so long ... her pitching as well as she did today is something I'm just used to, but we really appreciated it tonight."

**HEAD COACH** Jim Adkins said Vannicola was dealing with pain in the index finger on her pitching hand during the game. Hoy praised her teammate for the performance.

"I'm so insanely proud of Katie," Hoy said. "She hurt her finger and it's been bothering her, so the fact that she was able to push through that and deliver for the team, that was amazing."

At one point, Vannicola struck out seven consecutive batters between the third and fifth innings.

"I thought she did great," Adkins said. "I



**Katie Vannicola and the Madison softball team are in first place in Conference 6.**



**South Lakes sophomore Aly Rayle shut out Madison for eight innings before the Seahawks suffered a 2-1, 10-inning loss to the Warhawks on Friday.**



**Senior catcher Julia Hoy and the Madison softball team improved to 16-2 with a 2-1 win over South Lakes on Friday.**



**South Lakes designated player Natalie Pritz had one of six hits off of Madison pitcher Katie Vannicola on Friday.**

thought she had command of all her pitches and I thought she did a great job of keeping the hitters off balance. It was probably one of the better games she's pitched all year and we knew that we would need that

kind of performance from her against South Lakes, which is a great team.

"With Aly Rayle pitching, you know you're not going to score a lot of runs. We knew that we just had to kind of keep it close and

hope we got a couple breaks and fortunately we did."

Rayle suffered the tough-luck loss on Friday. The sophomore allowed two runs — one earned — on four hits while walking three, hitting one batter and striking out six in 10 innings. She did not allow a run until the ninth inning.

After sharing time in the circle as a freshman last season, Rayle has emerged as a standout pitcher.

"It's really interesting to watch her because I remember her when she was [a freshman]," Vannicola said. "... I know that her speed has gotten better. I know, from hitting off of her, that her spin has definitely gotten a lot better. She's probably been working really hard, so I applaud her for that."

Rayle threw 131 pitches, including 93 strikes. She tossed a first-pitch strike to 29 of the 40 batters she faced.

"It was a lot of pressure, but I tried to just not let it get to me," Rayle said. "Rather than feeling the pressure on myself, I think about the situation that the batter's in and how much pressure they feel and I try to take it off myself."

Madison scored the game's first run in the top of the ninth when bunt by shortstop Cameron Pistilli plated Alex Echazarreta. South Lakes tied the score at 1 in the bottom of the ninth on an RBI single by third baseman Jazmyn Stokes.

Madison sophomore leadoff hitter Cat Arase went 2-for-4 with a pair of singles. Third baseman Echazarreta and right fielder Kristen Williams each had a hit for the Warhawks.

Stokes finished 2-for-4 with two singles and an RBI for South Lakes. Designated player Natalie Pritz, catcher Danielle Barr, second baseman Calista Somer and Kaylin Tang each had one hit for the Seahawks.

**MADISON** improved to 16-2 overall and sits atop the Conference 6 standings at 11-1. South Lakes, which snapped a lengthy regional tournament drought last season, fell to 12-6 overall and 8-4 in the conference.

Madison was scheduled to face Langley on Tuesday, after The Connection's deadline. The Warhawks will conclude the regular season with a home game against McLean at 6:30 p.m. on Friday, May 6.

South Lakes was scheduled to face Washington-Lee on Tuesday. The Seahawks will travel to take on Hayfield at 6 p.m. on Friday, May 6.

"I'm not upset at all," second-year South Lakes head coach Carlos Soto said. "I really think that the girls battled so hard. Madison is such a good team. They're so composed, they have so much experience. Vannicola up there, she's a rock. It doesn't look like anything fazes her. No matter what the situation, she just kept going at it. ... I'm nothing but impressed by both teams and how they both played and how they composed themselves. In some ways, I wish I was watching. I was just glad I was here."



# CALENDAR

Send announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/).  
The deadline is noon on the Friday prior to the following week's paper.  
Photos/artwork encouraged.

## ONGOING

**Team Trivia at Kalypso's.** Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660.

[www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Open Mic Night at Kalypso's.** Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660.

[www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Karaoke at Kalypso's.** Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660.

[www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Mr. Knick Knack.** 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free.

[restontowncenter.com](http://restontowncenter.com). 703-579-6720

**Wells and Barnes: Seats of Power.** April 21-June 18. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Collaborative exhibition featuring artists Gayle Wells Mandle and her daughter, Julia Barnes Mandle. Gayle and Julia use the motif of chairs as a vehicle to examine society's eternal power struggle. 703-471-9242.

[restonarts.org](http://restonarts.org).

**Joyful Color in Reston.** April 7-May 5. 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](http://RestonArtGallery.com).

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

**Patrick Dougherty Public Art Installation.** Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

## 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](http://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](http://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](http://petfiesta.org).

**Author Laura Gehl.** 3 p.m. Scrawl Books Pop-Up Shop, Wiehle-Reston East Station, 1862 Wiehle Ave., Reston. Author of "Peep and Egg: I'm Not Hatching!" [scrawlbooks.com](http://scrawlbooks.com). 703-966-2111.

## 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.

## 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 from the Broadway show "Guys and Dolls." Free. [encorecreativity.org](http://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](http://restoncommunityorchestra.org). 571-449-7095.



PHOTO CONTRIBUTED

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

## TUESDAY/MAY 17

**Folk Club of Reston-Herndon.** 7:15 p.m. Amphora's Diner Deluxe-Herndon. 1151 Elden St., Herndon. Dave Nachmanoff, a California-based performer with more than a dozen albums, performs. \$10/\$9. 703-435-2402. [restonherndonfolkclub.com](http://restonherndonfolkclub.com).

## 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/>. 703-863-7639.

## 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](http://restonarts.org). 703-471-9242.

## SATURDAY/MAY 21

**Skye Ballet Center Swan Lake.** 2-6:30 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. Full-length "Swan Lake" performance. \$20/\$25. 703-231-8351. [skymballet@gmail.com](mailto:skymballet@gmail.com). 703-863-7639.

## 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.

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# Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on – and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming – the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication – which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever – and my oncologist and I talked about this – did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone – within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working – despite the eating/taste issue I experience during my post-chemo week – we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

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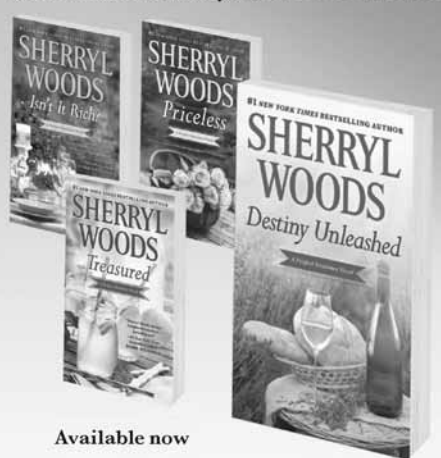
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## News

# Farmers Markets in Fairfax County

**F**airfax County's Farmers Markets opened in May. There are 11 locations of the county's Park Authority's Farmers Markets.

Find fresh produce, meats, cheese, baked breads, honey, ice cream, sweets and cut flowers our region has to offer.

FCCA Farmers Markets are strictly "producer-only," which means that all vendors must grow or produce everything they bring to market. This provides customers with the unusual opportunity to connect directly with farmers, who are eager to answer questions about their growing practices, animal care, recipes and more.

Most produce at local Farmers Markets is picked less than 24 hours before it arrives at market.

Buying from your local Farmers Markets helps to keep money circulating through the local economy.

Stop by any market to get your pledge card and make your commitment to spend \$10 a week locally, and help generate \$1.65 billion a year for Virginia's economy.

The pledge card can also be found at <http://www.vdacs.virginia.gov/vagrown/pdf/punchcard2.pdf>.

Send in your pledge to be entered to win a Virginia grown gift basket.

Select locations accept SNAP benefits (formerly food stamps), including McCutcheon/Mount Vernon, Reston, Lorton, and Herndon farmers markets.

For more information, including loca-

tions, directions and vendor lists, contact the Community Horticulture Office at 703-642-0128; or go to [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).

## Locations and Days

### Wednesday

- ♦ McCutcheon/Mount Vernon: May 4 - Dec. 14, 8 a.m. - Noon, Sherwood Library, 2501 Sherwood Hall Lane, SNAP accepted, bonus dollar program
- ♦ Oak Marr: May 4 - Nov. 16, 8 a.m. - Noon; Oak Marr Recreation Center, 3200 Jermantown Road
- ♦ Wakefield: May 4 - Oct. 26, 2 p.m. - 6 p.m.; Wakefield Park, 8100 Braddock Road

### Thursday

- ♦ Annandale: May 5-Nov. 10, 8 a.m. - Noon; Mason District Park, 6621 Columbia Pike
- ♦ Herndon: May 5 - Nov. 10, 8 a.m. - 12:30 p.m.; Old Town Herndon, 700 Block of Lynn St., By the Red Caboose; SNAP accepted, bonus dollar program
- ♦ Government Center: May 5 - Oct. 27, 3 p.m. - 7 p.m.; Fairfax County Government Center, 12000 Government Center Pkwy; CLOSED for Celebrate Fairfax set up June 9

### Friday

- ♦ McLean: May 6 - Nov. 18, 8 a.m. - Noon; Lewinsville Park, 1659 Chain Bridge Road; CLOSED for McLean Day set up May 20
- ♦ Kingstowne: May 6 - Oct. 28, 4 p.m. - 7 p.m.; In the Giant parking lot, 5935 Kingstowne Towne Center
- Saturday**
- ♦ Burke: May 7 - Dec. 17, 8 a.m. - Noon; VRE parking Lot, 5671 Roberts Parkway
- ♦ Reston: May 7 - Nov. 12, 8 a.m. - Noon; Lake Anne Village Center, 11401 North Shore Drive; SNAP accepted, bonus dollar program. CLOSED for Multicultural Festival Sept. 24

### Sunday

- ♦ Lorton: May 1 - Nov. 13, 9 a.m. - 1 p.m.; VRE parking lot, 8990 Lorton Station Blvd.; SNAP accepted, bonus dollar program.

## BULLETIN BOARD

To have community events listed in the *Connection*, send to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/) by noon on the Friday prior to the following week's paper.

### WEDNESDAY/MAY 4

**Saint Johns Wood Community Meeting.** 7-9 p.m. Hunter Mill District Office, Community Rooms A and B, 1801 Cameron Glen Drive, Reston. Revised proposal for Saint Johns Wood Apartments. Contact: Goldie Harrison, 703-478-0283, [goldie.harrison@fairfaxcounty.gov](mailto:goldie.harrison@fairfaxcounty.gov).

### TUESDAY/MAY 10

**Tall Oaks Village Center Community Meeting.** 7-9 p.m. 12040 North Shore Drive, Reston. The revised proposal for the Tall Oaks Village Center. Contact: Goldie Harrison, 703-478-0283, [goldie.harrison@fairfaxcounty.gov](mailto: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. [lww-fairfax.org](http://lww-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. 7815.

**"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/>. 703-863-7639.

### 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](http://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](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

**Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided.

Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).



## Garage Entrance Closure at Wiehle-Reston East Metro

Starting Monday, May 2 through Sunday, May 15, 2016, the Reston Station Boulevard entrance to the Fairfax County Parking Garage at the Wiehle-Reston East Metro station will temporarily close to accommodate a fan installation project.

Customers who use the Park-and-Ride facility should enter and depart the Metro station from the primary entrance located next to the Kiss-and-Ride entrance.

For more information, call 703-339-7200 or visit [http://www.fairfaxcounty.gov/connector/news/2016/16\\_007.htm](http://www.fairfaxcounty.gov/connector/news/2016/16_007.htm).

## Community Meeting on Tall Oaks

## Village Center

Supervisor Cathy Hudgins and the Jefferson Apartment Group are hosting a community meeting to share the revised proposal for the Tall Oaks Village Center. The meeting will be held on Tuesday, May 10, 2016 from 7 to 9 p.m., at 12040 North Shore Drive, (Tall Oaks Shopping Center – site of the former grocery store) Reston.

Attendees will hear a briefing on the project and have an opportunity to provide feedback. For additional information, contact

Goldie Harrison at 703-478-0283, or email address: [goldie.harrison@fairfaxcounty.gov](mailto:goldie.harrison@fairfaxcounty.gov).

## Summer STEM Camps at Three Area Schools

Fairfax County Public Schools (FCPS) is partnering with SySTEMic Solutions, Northern Virginia Community College's regional K-16 STEM (science, technology, engineering, and math)

outreach initiative, to host STEM camps at three schools this summer. The camps will be held in July and August from 9 a.m. to 4 p.m. as follows:

❖ VEX IQ Robotics, for grades 4-8, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29; Marshall High, Aug. 1-5.

❖ VEX EDR Robotics 1.0, for grades 8-12, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29, and Marshall High, Aug. 1-5.

❖ Cybersecurity (Basic and Advanced), for grades 9-12, at Marshall High, Aug. 1-5.

The camps are designed to provide rising fourth through twelfth grade students with knowledge and hands-on experience in STEM programs, and introduce them to the many career opportunities in the growing field. Additional information and registration instructions are available at <http://www.nvcc.edu/systemic/camps.html>.



### THE HEART OF THE GREAT FALLS COMMUNITY & PROUD LOCATION OF THE FOLLOWING EVENTS:

**Easter Egg Hunt**  
**4th of July Parade**  
**Concerts on the Green**  
**Halloween Spooktackular**  
**Celebration of Lights**  
**Cars and Coffee**  
**Farmers Market**



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Arts of Great Falls.....	703-232-1575
Capital Realty Services.....	703-759-4900
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Dr. C. Ayers.....	703-757-6445
Executive Suites at Great Falls.....	703-865-2500
First Line Financial, Inc.....	703-757-7393
Georgetown Learning Centers.....	703-759-3624
Great Falls Creamery.....	703-272-7609
Great Falls Cycle Studio.....	703-585-5631
Great Falls Family Dentistry.....	703-759-4707
H2O Pools.....	703-250-5585
Jinny Beyer Studio.....	703-759-0250
Katie's Coffee House.....	703-759-2759
Lauren Liess Interiors.....	571-926-7825
Loebig Chiropractic.....	703-757-5817
New Paradigm Capital Mgmt.....	703-757-4802
Old Brogue Irish Pub.....	703-759-3309
Pilates Place, LLC.....	703-405-3371
Pio Pio Restaurant.....	703-865-7700
Postmodern Foods.....	213-440-2257
Robert Mobley, AIA Architect.....	703-759-1927
School of Theatrical Dance.....	703-759-5652
Spectrum Property Management....	703-307-2965
The Great Falls Salon.....	703-759-4758
Village Centre Mgmt Office.....	703-759-2485
Village Retreat/Massage Therapy....	703-638-4852
Wells Fargo Bank.....	703-757-1040
Wild Ginger Restaurant.....	703-759-5040



Follow us on Facebook for event announcements!  
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### RESTON CRIME REPORTS

## Notable Incidents from the Fairfax County Police blotter from April 22-30.

### Larcenies

2500 block of Centreville Road, items from vehicle  
 1700 block of Clubhouse Road, property from business  
 9900 block of Georgetown Pike, beer from business  
 10500 block of Hunting Crest Lane, wallet from vehicle  
 600 block of River Bend Road, checkbook and wallet from vehicle  
 11500 block of Shadbush Court, wallet from vehicle  
 2500 block of Cornelia Road, license plate from vehicle  
 12000 block of Starboard Drive, bicycle from business  
 12100 block of Abington Hall Place, backpack from vehicle  
 11500 block of Lake Newport Road, cash from vehicle  
 2200 block of Frear Place, laptop computer and phone from vehicle