



Reston CONNECTION

WELLBEING

PAGE 8

Aly Rayle, seen earlier this season, and the South Lakes softball team defeated South County on May 26 in the 6A North region quarterfinals.

Science Night At Dogwood Elementary

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The Rotary Club of Reston Donates \$3,000 for the Eradication Of Polio

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South Lakes Softball Advances To Region Semifinals

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JUNE 1-7, 2016

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NEWS

School Board Adopts \$2.7 Billion Budget

FY 2017 budget aims to raise teacher salaries, lower class sizes.

BY TIM PETERSON
THE CONNECTION

The Fairfax County School Board has made good on Superintendent Dr. Karen Garza's promise when she introduced a FY 2017 budget for the school system.

"The most important announcement for our students and teachers may be what the proposed budget does not do," Garza said at a press conference held Jan. 7, 2016 at West Potomac High School, "it makes no further cuts."

At the Board's May 26 regular meeting, its members adopted a \$2.7 billion budget that will take effect July 1.

Highlights of the budget include a salary increase plus one percent market scale adjustment for all employees who are eligible, \$40 million to make teacher salaries in particular more competitive in the region and \$10 million aimed at lowering elementary school class sizes.

School Board Chairman Pat Hynes praised the Fairfax County Board of Supervisors in a statement for engaging with their educational



PHOTO BY TIM PETERSON/THE CONNECTION

At the School Board's May 26 regular meeting, its members adopted a \$2.7 billion budget that will take effect July 1.

counterparts to overcome an early gap between the two bodies' advertised budget that eclipsed \$70 million.

"Working together, we were able to secure the funding necessary to make critical investments in teacher pay, reduce the size of some classes in our elementary schools and maintain our instructional programs and services to our students," Hynes said. "We sincerely want to thank the members of the community who

rallied to call for increased support for their students, teachers, and schools."

It took the supervisors adding an extra cent to the real estate tax and directing that additional revenue to the school system to make the Fairfax County transfer to FCPS really viable for Garza's goals.

"I am hopeful that this budget represents a turning point for our schools," Superintendent Garza said in a statement. "This reinvestment in

our community's most important asset will provide great dividends for all the citizens of Fairfax. We are already looking ahead to FY 2018 and will continue to work as partners with the Board of Supervisors to solve these vital challenges for our community."

Fairfax County's transfer to the School Operating Fund ended up being a 4.8 increase over the FY 2016 Budget. FCPS also benefitted from an increase in state aid and sales tax, and \$6.7 million in reductions from the previous year because of reductions in student enrollment.

The school system received an increase from the General Assembly of \$16.8 million from the FY 2017 Advertised Budget. It was also \$22.3 million more than reflected in the FY 2016 Approved Budget, according to FCPS spokesman John Torre.

The Board also approved several add-on motions that carried with the FY 2017 budget. Those included Hynes calling for continued collaboration with the Board of Supervisors and focusing joint discussions on the Successful Children and Youth Policy Team.

Providence representative to the School Board Dalia Palchik's motion for the Board to encourage the Supervisors to move a meals tax to referendum in this fall's election was successful as well.

More information about the FY 2017 FCPS budget and the budget process are available at www.fcps.edu/news/fy2017.shtml.

Bracing for Shutdown Surges in Face of Metro Crisis

Fairfax County shares plan for mitigating effects of Safe Track maintenance.

BY TIM PETERSON
THE CONNECTION

If you use Metrorail from Vienna or Reston or Tysons, be on notice: the Orange and Silver lines will be the first affected.

Beginning June 1, the Washington Area Metropolitan Transit Authority (WMATA) will initiate the first of 15 "surges" of rail system shutdowns for maintenance, as part of its robust "Safe Track" effort.

Safe Track is advertised as condensing three years of work down to about one.

The severe timetable comes following a series of maintenance incidents including cars filling with smoke and fireballs sparking inside underground stations.

"It's unfortunate," said Fairfax County Board of Supervisors Chairman Sharon Bulova, that the rail system has arrived at this point "without what should have been plans for investment, replacement."

"That should've happened," Bulova continued.

Fairfax County Board of Supervisors Chairman Sharon Bulova called the maintenance situation that brought about Safe Track "unfortunate" but supports the effort as "the right thing to do."

PHOTO BY TIM PETERSON/
THE CONNECTION



Regardless, the chairman said she's supportive of Safe Track and that it's "the right thing to do."

After June's kickoff, the repairs are scheduled to last until March 2017, WMATA representative Jack Requa told members of the Fairfax County Board of Supervisors Transportation Committee in a May 24 meeting.

The first surge from June 4 to 16 will cause the Orange and Silver lines to run on continuous single-track status from East Falls Church to Ballston. To supplement the slowed service, WMATA is offering limited Metrobus shuttles.

For other surges, there will be supplemental service from Fairfax Connector buses.

In addition to the alternate public transit options, Bulova and Fairfax County Department of Transportation Director Tom Biesiadny also encouraged people to look into carpooling and ride-sharing as much as possible during the surges.

Bulova also said she's sent a letter to employers around the Fairfax County encouraging them to be more flexible with employees looking to telework.

"We're not crying over spilled milk here," she said. "Right now we have a crisis. We

June 4-16 Disruption

- ❖ Orange Line trains between Vienna and Ballston will operate every 18 minutes
 - ❖ Additional Orange Line trains will operate between Ballston and New Carrollton only
 - ❖ Silver Line trains will operate every 18 minutes
 - ❖ At 10 p.m. all trains will operate every 20 minutes
 - ❖ Metro closes at midnight seven days a week for the duration of all safety work
- During most safety surges, Fairfax Connector will provide supplemental express service on existing routes or on rush-hour shuttles.

For surge #1:

- ❖ Supplemental trips in the Dulles/I-66 corridor on express Route 599 from Reston to Pentagon.
- ❖ Express rush-hour shuttle service from Vienna Metrorail Station via I-66 to Pentagon.
- ❖ Existing express service on routes 393 and 394 from Saratoga Park-and-Ride via I-95/395 to Pentagon.

SafeTrack supplemental and shuttle service fare is \$4 per trip.

have to make sure we're flexible. People are resilient; we'll find a way to get through this."

Fairfax County has launched a website listing the dates and details of the surges, along with suggestions for alternate transit. The website address is www.fairfaxcounty.gov/fcdot/safetrack.

Operators with the same information are available by phone at 703-339-7200.

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A rendering of the new retail building being anchored by Cooper's Hawk.

RTC West Construction Begins

With three restaurants now on tap, The JBG Companies has started construction on its transformation of RTC West from a suburban office park into a vibrant, mixed-use development.

RTC West, located just off the Dulles Toll Road at Town Center Parkway in Reston, includes 480,000 square feet of existing office space. The first phase of development adds 40,100 square feet of new and converted retail space to complement the office uses.

The planned transformation envisions RTC West, a three-building suburban office park, as a transit-oriented, mixed-use destination with the potential for up to 1.4 million square feet of new development, in accordance with the recommendations of the Reston Comprehensive Plan.

"Within easy walking distance to the future Reston Town Center Metro station, RTC West is ideally positioned to be a walkable and active mixed-use neighborhood," said Greg Trimmer, a JBG principal. "JBG has a strong presence in Reston, and we believe it's an excellent submarket for further investment and a wonderful community for enhanced placemaking."

JBG acquired RTC West in 2012, and in 2014 renovated the office buildings to upgrade them into state-of-the-art Class A space. The first phase of development converts 15,000 square feet of office space into street-level retail and adds 25,000 square feet of new retail on the southwest corner of the nearly 14-acre campus. L.F. Jennings has been engaged to build this first phase of development at RTC West.

Chicago-based Cooper's Hawk Winery and Restaurant—which features modern casual dining and signature dishes ideal for pairing its own exclusive wines—signed last year for 9,700 square feet to anchor the new retail building expected to open mid-2017.

Newly announced at RTC West, Nando's Peri Peri, a concept started in Johannesburg known for its spicy flame-grilled chicken, has signed for 3,400 square feet of the converted retail space while Mezeh Mediterranean Grill, an all fresh and natural take on Mediterranean fare, has signed for 2,124 square feet of the converted space.

JBG is the single largest real estate owner in Reston with properties at all three planned Metro stations, including two hotels, seven office buildings and several hundred residential units—a local portfolio of more than 2 million square feet.

Area Farmers Markets

Wednesday

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

Saturday

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

For more information, including locations, directions and vendor lists, contact the Community Horticulture Office at 703-642-0128; or go to www.fairfaxcounty.gov/parks/farmersmarkets.

TetraGate — A Million Here, A Million There

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Tetra is back. Remember the big brouhaha in Reston last year when the Reston Association acquired the modest office building on the corner of the dam holding Lake Newport's water? After a contentious community referendum narrowly passed, RA borrowed \$2.65 million to purchase the property assessed at half that amount (\$1.3 million), a property on the market for years with no takers. Not to rehash the deal, but RA sold the acquisition on the basis that it was such a deal at \$2.65 mil, as well as RA's desperate need for space and the revenue it would most assuredly generate. Indeed, it would pay for itself.

Fast forward to last week when new numbers started leaking to Reston homeowners, those who must pay the Tetra mortgage and, as it turns out, a lot more.

First we learn from a presentation the CEO prepared for the May 26 Board meeting that "rehabilitating" the Tetra "lake house" will cost about three times (\$687,000 vs \$259,000) the estimate included in the referendum information. Please note, this is a fluid estimate. The final overrun will likely be considerably higher. Furthermore, revenue from the Tetra building is currently projected at minus \$4,000 for the first year compared to the earlier estimate of plus \$96,000. Poof! It is certainly not paying for itself yet. Nor is it clear when/if it will.

So, Reston, we have a problem. How to pay for the huge, growing losses?

At its May 26 meeting, the RA Board decided to simply dump \$430,000 taken from the Association's 2016 operating funds into the capital account to



INDEPENDENT PROGRESSIVE

cover part of the overrun. They did so over the strong objections of Board members Ray Wedell and Lucinda Shannon, who felt they had been seriously misled by information provided last year, and called for an independent investigation of the overruns and options for stopping the bleeding. But, they were voted down 6 to 2. Go to YouTube—May 26, 2016 Reston Association Board

meeting to see how it all went down, including CEO Cate Fulkerson acknowledging mistakes were made and bravely stating, "I own them."

RA will have to pay for the cost overruns from somewhere. What are the options? Obvious answers are: 1) cut administrative/overhead costs; 2) reduce services to the membership; 3) levy a special assessment on the membership; or, 4) increase the annual assessments. Or, a combination of these. For best analysis of the numbers fiasco, see Terry Maynard analysis at www.reston2020.blogspot.com.

For some reason, in thinking over this apparent failure of fiduciary responsibility on the part of RA leadership last year and again last week, long dead U.S. Senator Everett Dirksen's quote comes to mind. "A million here, a million there, and pretty soon you are talking about real money."

Some folks do not see the humor. Online media and blogs contain suggestions that RA senior staff involved in the referendum and budget fiascos should forgo routine performance bonuses, for example. Others are drafting petitions calling for a recall vote for Board members (still serving) involved in the Tetra deal last year and the recent unquestioning vote to cover huge cost overruns from sources not yet identified in the budget. The rumbling you hear is not necessarily more impending rain!



PHOTOS CONTRIBUTED



Refraction, a co-working community, is expanding its Northern Virginia hub to support the region's start-up community.

Refraction Doubles in Size in Reston

Refraction, a co-working community, is expanding its Northern Virginia hub to support the region's start-up community. A shared space that unites business visionaries, creatives, philanthropists and entrepreneurs, Refraction is doubling its space in Reston Town Center to 23,000 sq. ft. to accommodate the expansion of award-winning Canvas and house up to 50 organizations or 250 entrepreneurs daily.

Built to support and encourage innovation, Refraction offers a place where the innovation ecosystem can connect, peer mentor and grow their teams in the workplace of the future. With the newly expanded space, Refraction aims to continue to serve as an anchor and a thriving ecosys-

tem that supports the D.C. metro and Northern Virginia hub entrepreneurial community.

"Our goal is to work against the common misconception that the best and brightest startups need to gravitate to Silicon Valley and New York," said Rae Stott, Director of Refraction. "The past 12 months has seen three successful exits, and multiple awards won by our member companies, including Canvas' recent recognition as Washington Business Journal's Best Places to Work 2015. Our company's successes validates the collaboration and engagement philosophies Refraction champions and facilitates."

Find out more at <http://refractionpoint.org>.

WEEK IN RESTON

Network Alliance, Cordia Partners Celebrate Partnership

Reston-based IT management solutions provider, Network Alliance, Inc. (Network Alliance) celebrates its 10-year partnership with Cordia Partners. Over the past decade Network Alliance has provided Cordia Partners a trusted hosted IT infrastructure management solution that has been integral to the company's continued growth and success.

In 2015, the Network Alliance team resolved 88 percent of all support calls within 15 minutes; 99 percent were resolved within 60 minutes. For more information about Network Alliance and its service offerings, visit www.networkalliance.com.

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.

Church of the Holy Comforter offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing. The service occurs on the first Sunday of each month at 5 p.m. in St. Mary's Chapel. The Healing Ministry is being led by the Rev. Valerie Hayes and Ms. Alexandra MacCracken and includes a team of lay healers who have gone through intentional training and formation. For more information, contact the Rev. Valerie Hayes at vhayes@holyccomforter.com. The church is located at 543 Beulah Road

NE, Vienna.

The **LDS Church** at 1515 Poplar Grove Drive in Reston will hold a discussion led by scriptural scholars on "The Book of Mormon: Another Testament of Jesus." The class is from May 31 to Dec. 20. Free. Contact: 703-582-3169 or 7461810@mormon.org.

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.

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.

JUNE 11TH

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OPINION

Talk to Your Teens

So much at stake as teens approach graduation and summer.

It's hard to talk to your teens and young adults about alcohol and drugs.

But consider this.

Last year, more people died in Virginia of heroin overdose than in car accidents, more than 700 in all. There have been multiple overdoses of high school students in the last few months, high school students like yours. At this point in the opiate epidemic, you also need to talk about heroin and pills.

On graduation day in 2007, West Potomac High School endured the unimaginable tragedy. Two young women who had graduated just hours before died in a car driven by another young woman who had alcohol in her system. The driver and another passenger, a 2005 West Potomac graduate, also died in that crash.

More recently, in June, 2015, Alex Murk and Calvin Li, shortly after graduation from Thomas Wootton High School in Rockville, Maryland, died in a car accident after leaving a party where alcohol was served. The owner

EDITORIAL

of the house where the party took place, the father of the student hosting the party, was fined for knowingly allowing underage drinking. A newly passed law in Maryland, named for Alex and Calvin, means parents who knowingly host underage drinking parties in Maryland could face the possibility of up to a year in jail if an underage drinker leaves their home and is injured or killed in a car crash. The driver recently pled guilty to two counts of vehicular manslaughter.

Summer is the most dangerous time of year for teenagers.

Many teenagers will be celebrating, or possibly self-medicating, with alcohol. Many will engage in binge drinking.

While drinking and driving, or getting into a car with a driver who has been drinking, can kill, there are many other problems that come along with binge drinking. The question of consent and sexual activity looms. Young men and women need to hear from their parents that they are expected to respect the idea of

consent, all the more so in circumstances where alcohol or drugs might be involved. The potential consequences are enormous.

Parents owe it to themselves to talk to their teens about it, even as the teen turns away, rolls eyes, and otherwise indicates he or she is ignoring everything you say, some information will go in. They do hear you. They can't hear what you don't say.

Keep talking. Tell them you love them. Tell them it's been too much work to get them to this point to risk losing them now. Tell them not to text and drive. Tell them not to drink and drive. Tell them not to get in a car with anyone driving who has been drinking or otherwise under the influence. Tell them to wear their seatbelts.

Tell them you'll come pick them up anytime that they need a safe ride home, with the only consequence that they have to talk to you about it the next day.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

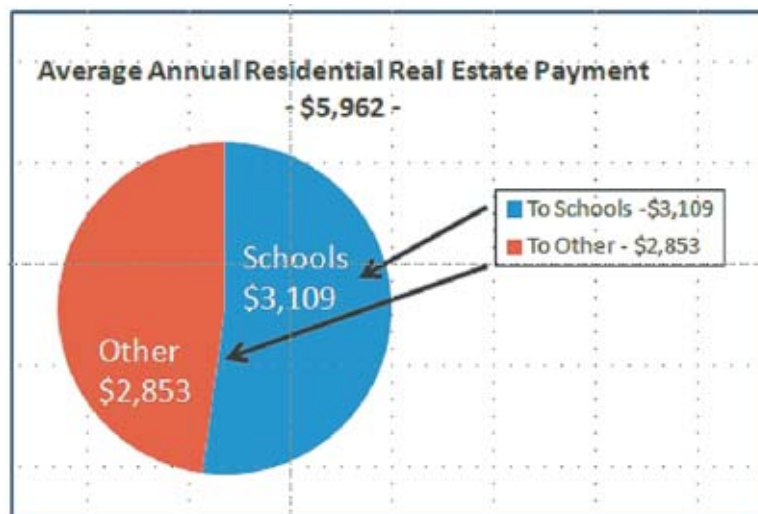
Seniors Unfairly Tapped for School Budget

To the Editor:

The May 19-25, edition of the Connection had an opinion page article titled, "In Search of Diversified Revenue – Fairfax County residents expect to see meals tax question on November ballots." The article began by saying that local governments pay for almost all of local services, including schools, by taxing a single industry, property owners.

It's time to address a real estate tax inequity, i.e., the continued full taxation of elderly homeowners who have not had children in the school system for years and years. The average annual real estate tax per household after the recent FY 2017 rate increase is \$5,962; 52.2 percent of that (a little over \$3,100) goes to support the county school system. (See chart.)

Residential homeowners pay the full real estate tax whether or not they have children in schools.



There is never any age at which a homeowner sees a dime's decrease in his or her taxes. Parents of students do not pay any "tuition."

My proposal is that elderly homeowners, starting at age 65 or maybe 70, be given a small "tax forgiveness" rebate, funded by a per-student user fee assessed at annual school registration. This would be revenue-neutral to the county. The fee would pass through the county from parents

to elderly taxpayers via a tax reduction. Here's the math for a hypothetical example for 65 year old and over taxpayers:

❖ The county's 2015-16 school enrollment is about 187,000 (K through 12).

❖ In 2015, there were about 412,000 housing units in Fairfax County (Source: "Demographic Reports 2015, County of Fairfax, Virginia"). In 2014, about 19.1 percent of housing units were oc-

cupied by persons 65 years old or older (Source: U.S Census Bureau, 2014 American Community Survey 1-Year Estimates"). So, assume that roughly 19.1 percent of those 412,000 housing units, or 78,692 units, were owned by 65-and-older persons (actual ownership data not available to author).

❖ An annual school system revenue-neutral "user fee" of \$100 per student, paid at the time of annual registration, would yield about \$18,700,000 (187,100 students x \$100).

❖ Now, spread the \$18,700,000 over about 78,692 housing units (the estimate of housing units owned by folks age 65 and over) and it would yield about \$238 per year for each of those senior households (\$18,700,000/78,692). That is a very modest 4.0 percent annual tax "rebate" from the average 2017 tax bill of \$5,962 per household. The seniors deserve a little break.

See what your supervisors think.

John A. Knight
Springfield

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

❖ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding

Regions on Order-disorder Protein Interfaces.

❖ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

❖ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

❖ Austin Mills, Demonstrating the Development of Heavy Metal Resistance

in Non-tolerant Multigenerational Brascara rapa.

❖ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

❖ Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

❖ Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

❖ Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

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COMMENTARY

Legal Meaning of Sex Discrimination

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



Recently Attorney General Mark Herring issued an official opinion at my request and the requests of others as to the meaning of sex discrimination under Virginia law. His thoroughly researched, 18-page opinion concluded that, in many instances, discrimination against LGBT individuals is actually illegal sex discrimination that violates both federal and state law. Attorney General Herring's opinion is both historic and courageous. It advances the work that many of us have been attempting to do in the legislature to ensure that individuals do not face discrimination in their housing or their workplaces because of their sexual orientation or gender identity. It is courageous in that the Attorney General could have chosen to duck the issues and leave it to the courts.

Simply stated, if an individual faces discrimination because of sexual orientation or gender identity, that person can seek relief under the Virginia Human Rights Act (VHRA). This act and others in the Virginia Code provide a clear declaration that the Commonwealth of Virginia does not and will not tolerate discrimination or allow someone to be treated unfairly because of their gender. Federal courts have increasingly ruled in recent years that certain forms of discrimination directed at individuals because of their sexual orientation or gender identity can constitute illegal sex discrimination. The VHRA explicitly makes any violation of federal anti-discrimination law a concurrent violation of state law.

Numerous cases cited in the opinion make it clear that in the extensive and rapidly developing case law it is becoming clear that discrimination on the basis of sexual orientation or gender identity can constitute sex discrimination if based on gender stereotyping or treating a person unfairly due to gender.

While the Attorney General's opinion is likely to receive criticism and attempts to thwart it by conservative members of the General Assembly, it has become an undisputed reality in the workplace in Virginia. Studies show that 80 percent of Virginia's 25 largest employers have non-discrimination policies that include sexual orientation; 60 percent of Virginia's largest private employers have policies that also include gender identity. Nationally, 89 percent of Fortune 500 companies prohibit discrimination on the basis of sexual orientation and 66 percent of Fortune 500 companies prohibit discrimination based on gender identity.

I am in full agreement with the statement Attorney General Herring issued regarding the opinion: "We don't need to look far to see the division, discord, and pain that can happen when a state tries to enshrine discrimination against certain people it fears or does not understand. In recent years, Virginia has rejected this kind of misguided and sometimes mean-spirited approach. As the courts continue to put away the vestiges of discrimination and unequal treatment, I hope we will continue to show that Virginia rejects discrimination and welcomes all who would call our Commonwealth home."

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PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

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WELLBEING

Mosquitos, Zika and a Healthy Summer

BY SENATOR TIM KAINE
U.S. SENATOR

As warm weather returns and the last days of school draw near, I'm sure that, like me, you're looking forward to spending a lot of time outdoors this summer. As you read troubling headlines from Latin America and other parts of the world about the Zika virus, I'm also sure you are concerned about how to keep yourself and your family safe.

Let's first understand the virus and the threat it poses to Virginia. According to the Centers for Disease Control and Prevention (CDC), the Zika virus spreads primarily through the bite of an infected Aedes mosquito, which is one of the types of mosquito present in Virginia during the summer months. According to the CDC, Texas, Florida and Hawaii are likely to be the U.S. states with the highest risk of experiencing local transmission of Zika virus by

mosquitoes, based on prior experience with similar viruses. However, additional states are assumed to be at some risk due to the presence of Aedes mosquitoes. While, as of May 11, there have been 15 cases of Zika virus among individuals traveling abroad and returning to the Commonwealth (or among family members and close contacts of such individuals), there have been no recorded cases of someone contracting the virus from a mosquito in Virginia. Furthermore, while I'm writing this, no one has been shown to have acquired the virus from a mosquito bite anywhere within the continental United States.

Most people infected with the Zika virus display no symptoms. Among those whose infections do develop into Zika virus disease, the illness is largely mild and marked by fever, rash, joint pain and/or red eyes for two to seven days. An infection usually does not lead to hospitalization, and death from Zika is extremely rare.

Zika virus spreads through bite of infected Aedes mosquito, a type present in Virginia in summer.

As you probably already know, though, the virus does pose significant risks to a fetus during pregnancy. The CDC and the World Health Organization (WHO) have both concluded that Zika infection during pregnancy is a cause of microcephaly and other severe fetal brain defects.

Because of the connection between Zika and birth defects and the rare health threats the virus can pose to infected individuals, it is important for us to prevent the spread of the disease now and minimize our own risk of infection.

On Thursday, May 19, the Senate voted to approve a bipartisan \$1.1 billion package to prevent transmission of the virus and treat infections. I also supported a larger \$1.9 billion package that provided more resources to the Department of State, the United States Agency for International Development (USAID), and the Department of Health and Human Services to address this crisis both at home and abroad. Combined with efforts already underway by the Virginia Department of Health (VDH) and many localities, this federal effort would ensure that a

robust public health initiative is in place to help control this pandemic.

With public health officials at each level of government working to combat this disease, we should consider our own role in preventing infection and stopping the potential spread of the virus. VDH recommends that Virginians follow the CDC's guidance for preventing Zika. By visiting www.cdc.gov/zika/prevention or www.ZikaVA.org, you can learn about what types of insect repellent are most effective at preventing mosquito bites and how bed nets, water treatment tabs, permethrin spray and condoms can help prevent the transmission of the disease in your home and outdoors. On www.ZikaVA.org, you can see the state Zika plan and other Virginia-specific information.

The CDC's site contains specific guidance for pregnant women (www.cdc.gov/zika/pregnancy), women and couples considering pregnancy (www.cdc.gov/zika/pregnancy/thinking-about-pregnancy) and parents (www.cdc.gov/zika/parents).

The Aedes mosquito does not fly

far from where it breeds. Therefore, it is important to prevent the population of mosquitoes from growing in and around your home. Make sure to use window and door screens; regularly clean, turn over, cover or throw out any indoor and outdoor items that hold water (e.g. tires, flower vases, toys, garbage bins); and use sprays or foggers to kill mosquitoes. For more information on where to look out for mosquitoes and what products to use in controlling them around your home, you can visit www.cdc.gov/zika/prevention/controlling-mosquitoes-at-home.

It's important to reiterate that there are currently no reported cases of mosquitoes transmitting the Zika virus in Virginia or anywhere else in the continental United States. While this fact offers us some reassurance, it also provides us with a clean slate and golden opportunity to prevent or lessen the severity of a large-scale outbreak in the coming months. With proactive and responsive steps from all levels of government and due care from each of us, we can take control of this public health threat and enjoy this summer to its fullest.

VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, June 14, 7-8 p.m.** This month's topic is "Caregiver Vacationing: How to Make it Work When You're a Caregiver". Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, June 15 at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. (Please note new meeting location.) The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Fairfax County is offering a free **Medicare 101 workshop, Wednesday, June 15, 2-4 p.m.** Learn the facts about health insurance for seniors. Reston Community Center, 2310 Colts Neck Rd., Reston. To register, call Karen Brutsché at **703-390-6157**, TTY 711.

Korean Meals on Wheels urgently needs drivers to deliver meals. Frail older adults are not receiving much-needed nutrition due to a shortage of drivers. (Speaking Korean not required.) Email VolunteerSolutions@FairfaxCounty.gov, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. There is an urgent need for a route **coordina-**

tor in the **Franconia** area. The majority of work for that position can be done from home via email and phone. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Program in Alexandria** is looking for a **Line Dance Instructor**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults in Alexandria** needs Instructors for the following classes: **Country-Western Line Dance, Hula Hoop and African Style Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center in Alexandria** needs instructors for the following classes: **Basic Woodworking, Italian and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center in Annandale** needs **Fitness Instructors**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Rotary Club of Reston Donates \$3,000 for the Eradication of Polio

The Rotary Club of Reston has donated \$1,000 to PolioPlus, a Rotary-led program with the express mission of eradicating the polio virus worldwide. This was matched 2-to-1 by the Bill and Melinda Gates Foundation, for a total gift of \$3,000.

In 2015, the world saw historic progress against the paralyzing disease, with just two countries – Afghanistan and Pakistan – reporting a single strain of the wild virus. If the current momentum is strengthened, this year may mark the last case of wild poliovirus.

2015 Milestones

Nigeria – the last polio-endemic country in Africa – was removed from the World Health Organization's list of endemic countries in September, following one year without a new case of the wild virus. The last wild polio case anywhere on the Afri-

can continent was in August 2014.

In September 2015, one of the three strains of the wild poliovirus – Type 2 – was certified as eradicated, with no cases since 1999. Type 3 has not been seen anywhere in the world since November 2012.

Pakistan, which continues to report the majority of the world's polio cases, reduced its caseload by 82 percent in 2015 over the previous year.

Funds Needed

To sustain this progress, and protect all children from polio, experts say \$1.5 billion is urgently needed. Without full funding and political commitment, the disease could return to previously polio-free countries, putting children everywhere at risk.

Rotary's funds will support efforts to end polio in Pakistan (\$11.4 million) and Afghanistan (\$6 million).

Additional funds will support efforts to keep other at-risk countries polio-free: Nigeria (\$5.5 mil-

lion), Cameroon (\$1.6 million), Chad (\$2 million); Ethiopia (\$4.1 million), Somalia (\$1.8 million), Iraq (\$1.6 million) and India (\$618,000). Finally, \$355,000 in funds will be dedicated to polio research.

Rotary launched its polio immunization program PolioPlus in 1985 and in 1988 became a spearheading partner in the Global Polio Eradication Initiative with the WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention, which was later joined by the Bill and Melinda Gates Foundation. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases a year to 70 confirmed to date in 2015.

Rotary has contributed more than \$1.5 billion and countless volunteer hours to fight polio. Through 2018, every dollar Rotary commits to polio eradication will be matched two-to-one by the Bill and Melinda Gates Foundation up to \$35 million a year.

Staying Safe This Summer

Tips and precautions for avoiding warm-weather hazards.

BY MARILYN CAMPBELL
THE CONNECTION

The start of summer means pools and backyard grilling. It also means an increased risk of accidents and injuries. Local safety officials are offering safety tips during June, which is National Safety Month.

With warm weather come health threats posed by ticks and mosquitoes. In addition to the Zika virus, which is not currently a local threat, mosquitoes can carry the West Nile Virus, while ticks can spread Lyme disease.

Recommended defenses against these pests include using insect repellent to protect against mosquito bites and eliminating potential mosquito breeding sites like pools of standing water or heavily foliated spaces such as tall grass, where bugs often hide.

"We ... have to be prepared and be ready in the event that we get local spread of [the Zika virus]," said Mary Anderson, a spokeswoman for Montgomery County. "The information on preventing bites and ridding your property of mosquitoes is good whether we have Zika or not."

Local county health departments, including Montgomery and Fairfax, have established websites with current information on the Zika virus. Anderson also recommends a Zika virus webpage, created by the Centers for Disease Control, which includes a map with updated information on areas where Zika is spreading: <http://www.cdc.gov/zika/index.html>

"We're taking the Zika virus seriously and preparing as though as though it could be a potential threat," said Kurt Larrick, spokesman for the Arlington County Department of Human Services.

In addition to insect bites, time spent outside in hot weather can lead to heat-induced illnesses like sunburns, heat rashes, heat exhaustion and heat stroke, and the elderly and very young children are at greatest risk. Health officials say that the best lines of defense include limiting sun exposure, especially between 10 a.m. and 4 p.m., the period considered the peak intensity hours. Wearing a hat and sunglasses that provide 97-100 percent protection against

Safety Tips

From the Centers for Disease Control

- Water Safety**
 - ❖ Learn how to prevent recreational water illnesses (RWI)
 - ❖ Always supervise children when in or around water.
 - ❖ Teach kids to swim.
 - ❖ Learn CPR
 - ❖ Install a four-sided fence around home pools.
- Boating Safety**
 - ❖ Wear a properly fitted life jacket every time you and your loved ones are on the water
- Heat Safety**
 - ❖ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
 - ❖ Dress in loose, lightweight, light-colored clothing.
 - ❖ Schedule outdoor activities carefully, for morning and evening hours.
 - ❖ Stay cool with cool showers or baths.
 - ❖ Seek medical care immediately if you or your child has symptoms of heat-related illnesses
- Sun Safety**
 - ❖ Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
 - ❖ Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.
- Protection from Mosquitoes and Ticks**
 - ❖ Use an effective insect repellent when spending time outdoors.
 - ❖ Make your backyard a tick-safe zone.
 - ❖ Check yourself and your children for ticks.
- Prevent Injuries**
 - ❖ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
 - ❖ Supervise young children at all times around fall hazards, such as stairs and playground equipment.
 - ❖ Use stair gates, which can help keep a busy, active child from taking a dangerous tumble.
 - ❖ Learn concussion signs and symptoms and what to do if a concussion occurs.
 - ❖ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

For More Information

Fairfax County
<http://www.fairfaxcounty.gov/living/summer/>

both UVA and UVB rays, and applying sunscreen even on cloudy days and reapplying it every two hours or after swimming or sweating are also advised.

"You want to dress lightly and intake a lot of fluid, but avoid alcohol and sugary, sweet drinks when you're in the heat," said Captain Troy Gibbs, a spokeswoman for the Alexandria Fire Department's Community Services Unit. "Staying hydrated by drinking a lot of water is your best bet."

Health officials recommend checking on elderly neighbors who don't have air conditioning and avoiding leaving pets, small children and older adults in small, enclosed spaces like cars, where conditions can turn deadly even after a short period of time in extreme heat.

Local county facilities, including libraries and community centers, are air conditioned and open to the public. Know the warning signs that it's time to get out of the heat, says Gibbs.

"If they stop sweating, that can be a bad sign," she said. "Profuse sweating can be an indicator that the body is trying to compensate, but if a person stops sweating totally, that is usually not a good

sign." While spending time at the pool is a popular cooling method during hot weather, residents should be aware of the potential threat of recreational water illnesses (RWI). Taking a shower with soap and checking the diapers of small children frequently can help keep germs that lead to RWI out of pool water. Health officials say that chlorinated water doesn't kill all germs, diapers sometimes leak and both adults and children should stay out of the public pool when they are sick. Other preventative measures include frequent hand washing, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

"We take safety seriously all the way across the board from pools to barbecuing to riding bikes and even walking," said Larrick.

In addition to RWI, other water-related dangers spike during the summer. Ensuring that children know how to swim, watching young children very carefully when they are near water, swimming with a partner and wearing a life vest when boating are important safety precautions.

Dermatology & Allergy

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Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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Reston's Dogwood Elementary School hosted a free family science night at the school cafeteria. The event was sponsored by Children's Science Center, based in Fairfax.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



Science Night at Dogwood

The schools hosts Science Night with Children's Science Center.

BY RYAN DUNN
THE CONNECTION

On Tuesday, May 24, families and friends of students enrolled at Reston's Dogwood Elementary School attended a free, family science night at the school cafeteria. The Children's Science Center, based in Fairfax, sponsored the program. Also attending the event were Dogwood Principal Mie Devers and volunteers from Orbital ATK's EPIC program. "I am really pleased with the turnout," said Principal Devers.

"I am teaching binary numbers, and the kids here love technology," said Orbital employee and event volunteer David Kimpton.

Many of the school staff welcomed the opportunity to share and display scientific knowledge to children. "This is such a great opportunity for the kids to have these hands—on learning experiences," said Jackie Kwon, a STEM teacher at Dogwood. "I think it is fabulous to see young students performing science at hands—on stations," said Dogwood Elementary teacher Mark Moseley, who has taught at Dogwood Elementary for 16 years.

The event displayed how both a school and business community can come together. The Children's Science Center is a nonprofit organization dedicated to providing early STEM education to children in Northern Virginia. The organization has a permanent interactive exploration center in Fairfax that incorporates traditional museum exhibits with cutting edge discovery experiences. Dogwood Elementary teacher Linda Martin, who has taught at Dogwood for 15 years, welcomed opportunities to work and connect with the Children's Science Center.

Executive director of Children's Science Center is Adalene "Nene" Spivy, an engineer with 25 years of management experience and over a decade of work with children's museums.

Employees from the Dulles branch of Orbital ATK's Emerging Professionals Investing in Careers (EPIC) program volunteered time to support a local Family Science Night. For two hours, elementary school students learned about basic scientific principles by engaging in several educational, interactive and hands-



Reston's Dogwood Elementary School teacher Linda Martin and Principal Mie Devers welcome opportunities for students to enjoy hands on science lab experiments, and appreciated volunteer assistance offered on May 24.



Reston's Dogwood Elementary School hosted a free family science night at the school cafeteria. The event was sponsored by Children's Science Center, based in Fairfax.

on activities designed to inspire early STEM education. "It has been fun, and a good experience for the kids," said Matt Regan, an engineer with Orbital.

Hunters Woods Neighborhood Coalition Sustaining a Welcoming Neighborhood

The Hunters Woods Neighborhood Coalition (HWNC) is a group of businesses, organizations and residents in and around the Hunters Woods Village Center that has had numerous successes since its inception. It began in 2013 when neighbors decided to work together to enhance the appearance of the open spaces, address criminal activity within the Village Center, and to improve communications among all interested parties so that problems and opportunities could be identified and dealt with quickly.

The formation of HWNC has been the catalyst for the communication needed to strengthen one of Reston's oldest Village Centers. Its goal is to work collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting. Active members include Cornerstones, Southgate Community Center, Reston Community Center, Hunters Woods Fellowship House, EDENS Property Management, Christ The Servant Lutheran Church, Reston Citizens Association, Reston Association, Reston Regional Library, the Fairfax County Police, the Office of the Hunter Mill District Supervisor, and local residents.

The first challenge undertaken by the Coalition was to work with police and residents to deal with criminal activity. From the summer of 2013 to the summer of 2014, a signifi-

cant 63 percent reduction in criminal activity occurred due to the work of the Coalition. That reduction is holding for several reasons: Cornerstones, Reston's local human services nonprofit, partners with Christ the Servant Lutheran church to coordinate county services for those struggling with mental, physical or substance abuse issues. EDENS replaces and maintains landscaping, lighting and Plaza furnishings. EDENS also hired a security guard to walk the Village Center. The Coalition distributes flyers and speaks with residents and visitors on how to identify and report suspicious activity. There is an increased police presence in the neighborhood and the shopping center's parking lot, and added patrols on nearby paths.

The HWNC has become a vital component of building a safe and welcoming community. All are invited to be part of the Coalition. Visit facebook.com/HuntersWoodsNeighborhoodCoalition where you'll find a list of members, meeting notices and minutes, and information about upcoming events. Click "like" to stay informed.

The Hunters Woods Neighborhood Coalition meets quarterly. Meeting times alternate between daytime and evening hours to accommodate the majority of schedules. The next meeting of the Coalition is on May 12 at 7-8:30 pm at the Southgate Community Center, 12125 Pinecrest Road, Reston.

Send Photos for Father's Day Galleries

Father's Day is Sunday, June 19, and as in years past, this newspaper will publish a gallery of photos of fathers, grandfathers, great grandfathers and sons and daughters. Send your photos, including names of everyone in the photo, ages of children, town of residence and a brief description of what is happening to north@connectionnewspapers.com or upload directly to <http://www.connectionnewspapers.com/fathersday/>

Please include the words "Father's Day" and your town of residence in the subject line.

Volunteers Needed for Reston Sprint Triathlon

Volunteers are needed for the Reston Sprint Triathlon being held Sunday, June 5. The largest triathlon in Northern Virginia, hosting almost 900 athletes annually, it generously donates the proceeds to Cornerstones each year.

To sign up, go to <http://www.cornerstonesva.org/october-and-november-volunteer-needs/>. Scroll down to locate the event.

South Lakes Softball Beats South County at Regionals

Seahawks advance to 6A North region semifinals.

BY JON ROETMAN
THE CONNECTION

The 2015 South Lakes softball team ended its season with a loss at South County in the opening round of the 6A North region tournament. The Seahawks had their best season in years but weren't able to knock off the defending state champions.

One year later, an improved and more experienced South Lakes team returned to Lorton for another crack at the Stallions. This time, it was the Seahawks who walked away a winner.

Second baseman Calista Somer drove in a pair with a bases-loaded single in the top of the eighth inning, sophomore pitcher Aly Rayle tossed a four-hit shutout and South Lakes defeated South County 2-0 in the region quarterfinals.

The Seahawks, who earned a rare region tournament victory over Battlefield in the opening round on May 24, faced Madison in the semifinals on Tuesday, after The Connection's deadline.

While Rayle shut down South County, the Conference 7 champion, South Lakes left eight runners in scoring position through seven innings and the teams went to extras locked in a scoreless tie. South Lakes loaded the bases with one out in the eighth, but after a foul out to the catcher, the Seahawks were in danger of squandering another scoring opportunity.

That's when Somer, a four-year varsity player, stepped up.

After falling behind in the count 0-2, Somer smacked an opposite-field single to right, which drove in the first runs of the game and gave South Lakes a 2-0 advantage.

"Eleni [Petersen] was on third one time with two outs [in the fourth inning] and I ended up [making an] out," Somer said, "so I didn't want it to happen again."

Somer was 0-for-3 in her three at-bats prior to delivering the game-winning hit.

"She's not shy," second-year head coach Carlos Soto said. "...



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Aly Rayle, seen earlier this season, and the South Lakes softball team defeated South County on May 26 in the 6A North region quarterfinals.

if you challenge her, she's going to come right back at you."

Rayle retired South County in order in the bottom of the eighth, putting the finishing touch on a complete-game shutout.

Then-senior Tess Rayle, Aly Rayle's sister, pitched in last year's region tournament loss to South County. On Thursday, the sophomore Rayle did not allow a South County runner to reach third base. Rayle allowed four hits, walked one and struck out 10 in eight innings.

While Rayle answered postgame questions from a reporter, South County head coach Gary Dillow stopped and told the South Lakes hurler: "You were freakin' awesome. Great job."

"It's really exciting," Rayle said about helping South Lakes softball improve. "You can just feel the energy in the dugout and the energy at practices. You can really feel how motivated we are to improve our program."

South Lakes left fielder Petersen finished 2-for-3 with a double and a walk. Center fielder Rachel Abelson went 2-for-4 with a double. Designated player Natalie Pritz, catcher Danielle Barr, first baseman Anne DiMaio, Somer and right fielder Melanie Hempel each

had a hit for South Lakes.

South County pitcher Aubrey Bates suffered the loss. The senior allowed two earned runs and nine hits in eight innings. She walked three and struck out six. She pitched her way out of several jams before surrendering two runs in the eighth.

"She was in trouble all night and we found ways out of it," Dillow said. "Just real proud of her. She pitched her heart out like she does every time. Shut a team out for seven innings, it should be enough. We just didn't get her any runs."

South County center fielder Victoria Figueroa, third baseman Mollie Maglich, catcher Emma Yates and second baseman Sydney Haas each had a hit.

South Lakes needed to defeat Madison on Tuesday to earn a state tournament berth. The Seahawks suffered a 2-0 road loss to the Warhawks on April 5 and were on the wrong end of a 2-1 home game on April 29 that took 10 innings to finish. Thursday's win improved South Lakes' record to 17-7. South County ended the year with a 19-6 record.

"It's crazy," Somer said. "We've come such a long way. We did to them what they did to us last year."



PHOTOS BY Ed Lull

South Lakes High School junior Devyn Jones ran a 14.74 for fourth place in the 100 meter hurdles finals, which broke the record she set last month.

South Lakes Sets Two School Track and Field Records

South Lakes High School junior Devyn Jones and the girls 4x800 meter relay team had school record setting performances at the 6A North Region Track and Field Championships May 26-27 at James Robinson Secondary School. The Seahawks will send 22 athletes to the Virginia High School League 6A State Track and Field Championships June 3-4 in Newport News.

Jones ran a 14.74 for fourth place in the 100 meter hurdles finals, which broke the record of 14.99 that she set at the Arcadia (CA) Invitational last month. She also finished third in the 300 hurdles (46.09) and 10th in the long jump (16-05.00).

Freshman Sophie Halkett, sophomores Olivia Beckner, Sarah Wolfe and senior Golden Kumi-Darfour ran a 9:20.81 for fourth place and a school record in the 4x800 relay. The previous mark of 9:24.37 was set at the 2015 region meet.

Both the boys and girls 4x400 relay teams finished second:

Jones, Halkett and Kumi-Darfour teamed with senior Monica Lannen for a 3:58.25 finish. Junior Ashton Reinhold and seniors Nikolai Waithe, John LeBerre and Skander Ballard ran a season-best time of 3:22.15.

Ballard finished second in the 400 meters (48.29) and sixth in the 200 (22.49). LeBerre took third in the 800 meters (1:55.19) while Kumi-Darfour (2:14.23) and Beckner (2:15.44) were fifth and seventh, respectively, in the girls 800. LeBerre, juniors Peter Sepulveda, Jack Watkins and sophomore Alex Loukili ran a season-best 8:03.58 for sixth place in the 4x800 meter relay.

Senior Anas Fain finished second in the 110 high hurdles with a personal best time of 14.44 and was eighth in the 300 hurdles (40.28). Senior Isaac Mensah was eighth in the shot put (45-08.25).

Junior Nikayla Hoyte was fifth in the long jump (17-04.50) and eighth in the 200 meters (25.76).



From left — Golden Kumi-Darfour and Sarah Wolfe helped South Lakes 4X800 relay team set a new school record of 9:20.81.

PHOTOGRAPHS BY KATIE AND TONY DE LA PAZ/
COURTESY OF CLASSICAL BALLET THEATRE



Classical Ballet Theatre dancers embrace Ronen Koresh's powerful choreography, which is both technically and physically demanding.



Ronen Koresh's choreography, performed here by Classical Ballet Theatre dancers, is intensely innovative and emotionally compelling.

Classical Ballet Theatre Dancers Thrill Audience

Classical Ballet Theatre's (CBT) dancers thrilled audience members with a contemporary gala at CenterStage in Reston Community Center on Saturday, May 14. The highly celebrated event featured works choreographed by esteemed CBT faculty as well as by internationally acclaimed choreographers. Among these is Ronen Koresh, founder and artistic director of Koresh Dance Company in Philadelphia.

In 1991, Koresh founded Koresh Dance Company, which quickly became renowned for performing works that are very technical and emotionally powerful. Rather than limiting himself to a specific technique, Koresh uses a unique blend of jazz, modern and ballet to convey movement that is ever evolving. This made his choreography a perfect fit for CBT dancers, who train extensively in ballet and modern.

"Mr. Koresh has a signature style that is highly valued," said Meghan Rudorfer, director of CBT's Contemporary Program. "It is very rare for him to allow another company – much less pre-professional dance students – to perform his work. We at CBT felt so honored to have this privilege."

The highly expressive Koresh choreography that CBT dancers performed is titled "Standing in Tears and Wet Stones." Before the gala, Koresh visited CBT to review dancers' progress with the challenging work, and he gave them his personal stamp of approval to perform the piece.



Classical Ballet Theatre dancers perform "Standing in Tears and Wet Stones," by Ronen Koresh, Artistic Director, Koresh Dance Company. Pictured front left is Camille Passante, who will be dancing with Pittsburgh Ballet Theatre next year, and front right is Sonia Boroday, who attends Thomas Jefferson High School for Science and Technology.

The gala also included inspiring works by CBT faculty members Meghan Rudorfer and Tara Henderson, who formerly danced with Martha Graham 2 and Alvin Ailey, respectively. The evening also highlighted choreography by Michael Shannon, Lauren Edson, and Iquail Shaheed. For more information about CBT, please visit <http://www.cbtnva.org>.



Alexandra Lopez performs "Llegando al Templo" by Tara Henderson.



Emilie Gregory and Philip Smith-Cobbs, a Classical Ballet Theatre alumnus and former professional dancer with the Atlanta Ballet Company, give an awe-inspiring interpretation of "What's the Pointe?" by Michael Shannon. This piece is also highlighted Hadley Jalbert, a Classical Ballet Theatre alumna and former principal dancer with Alabama Ballet and Ballet Tucson.

CALENDAR

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

ONGOING

Surfaces Art Show. May 22-June 4. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Fourteen local artists curated by Melanie Stanley. Free. Call for availability. 703-956-9155

"Two Views." Through June 2. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Works by Pat Macintyre and Gail Axtell-Erwin. RestonArtGallery.com.

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.kalypsoportstavern.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.kalypsoportstavern.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.kalypsoportstavern.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. 703-579-6720

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.

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.

Herndon Town Calendar Photography Competition. Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

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>.

WEDNESDAY/JUNE 1

Small Change Consignment Sale. 10 a.m.-5 p.m. 1629 Washington Plaza, Reston. Half-price sale. <http://www.smallchangeconsignment.com>.

FRIDAY/JUNE 3

Community Cookout. 5-7 p.m. North Hills Pool, 1325 North Village Road,

SEE CALENDAR, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 12

Reston. Everyone is invited to take the night off from cooking and come to the pool for some food and entertainment. Sponsored by the Reston Association. 703-476-4500.

Sista Pat and One Vibe. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N. Reston. Reggae. 703-707-0660. www.kalypsosportstavern.com.

SATURDAY/JUNE 4

Writer's Workshop. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Finding the Story in Non-Fiction. Join nonfiction authors Marfé Ferguson Delano and Moira Rose Donohue as they discuss ways to find, and tell, the story in your nonfiction. Adults. Register at 703-689-2700.

MONDAY/JUNE 6

Annual Charity Golf Tournament. Starts at 6:45 a.m. Hidden Creek Country Club, 1711 Club House Road, Reston. The tournament includes a 4 person scramble, lunch or dinner and awards. Receptions follow both the morning and afternoon shotguns. Lots of prizes and lots of fun. Proceeds benefit our three local elementary schools. www.celebrategreatfalls.org.

Virginia's Pipeline Future. 7-9 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Screening film "Won't Pip Down" about the residents of Nelson County, Virginia and Dominion Power. Free. norbetsierra@aol.com.

TUESDAY/JUNE 7

"Peonies and Poppies" Class. 7-



PHOTO BY MELANIE STANLEY

Mixed media by Melanie Stanley will be on exhibit until June 4 at the Unitarian Universalist Church in Reston.

8:30 p.m. Mayflowers Floral Studio, 11959 Market St., Reston. May will show you how to combine colors, size, and surprises to make an arrangement that will wow your friends. \$250. Register at mayflowersreston.com.

SUNDAY/JUNE 12

Love Your Body Yoga. 10 a.m.-5 p.m. Reston Town Center Pavilion and Market Street. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Presented by Beloved Yoga. belovedyoga.com.

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

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6/15/2016....A+ Graduations & Summer Learning

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6/29/2016.....Connection Families

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Just a Regular Guy, Hopefully



By KENNETH B. LOURIE

As a long-time cancer patient (seven-plus years), I have heard much cancer talk. I have not read nearly as much, as I was advised early on by my primary care physician to try and refrain from going online too often to research my condition/treatment because the information provided can sometimes be misleading; given my own unique set of medical circumstances, it might not pertain to me, exactly. Mostly I have followed his suggestion. One time, I remember, I couldn't resist and "Googled" my chemotherapy drug. Nine to 12 months was the prognosis. I've lived three-plus years ever since. And though I certainly understand and appreciate the relevance and availability of the "information super-highway," I have, generally speaking, tempered my enthusiasm for such investigative pursuits.

However, as much as I've followed my doctor's advice, I have not been a total blockhead. And one of the concerns I've come to believe is, that with many cancer patients, it's not the actual cancer that kills them but rather the collateral damage the treatment causes to other vital organs, systems, areas of the body, etc. As a matter of fact, I'm living proof, sort of. Presumably, because of seven-plus years of chemotherapy, I have irreparable kidney damage and some unspecified liver damage. Accordingly, every four weeks when I go in for my pre-chemotherapy lab work, my levels of creatinine (kidney) and bilirubin (liver) are measured (among many others) to determine if my treatment can proceed or if waiting a week for a retest would be more prudent. At some point, I think (fear) that I'll have to stop treatment because the damage to certain major organs (as indicated by the levels of bilirubin and creatinine) will pose such a risk/complication that continuing the previous/current course of treatment would be irresponsible (heck, maybe even malpractice, for all I know). The cancer, then untreated, could potentially cause further life-threatening problems. Consequently, I'm always mindful of, and sensitive to, changes/deficiencies I'm experiencing that might indicate a bodily function is no longer working properly: "collateral damage."

Recently, I've had such an occurrence. It's nothing major, so far as I know, and I certainly don't have any supporting lab work to corroborate anything since I'm between infusions, but I've had some difficulty eliminating. Now I don't know if this is a function of age, something I ate and/or drank, something I didn't eat and/or didn't drink or fearfully the cancer doing what it often inevitably and destructively does, but it's atypical, and from what little I've learned over these years, new problems/conditions are noteworthy, generally. As such, this past weekend has been particularly challenging, emotionally as well as physically, not to go to a bad place when you're not able to go all. I wish I could take it all in stride, but left to my own thoughts and chronic discomfort, I find it difficult not to wonder if I have crossed some sort of Rubicon and moreover, worry that the amazing good fortune I've experienced since being diagnosed in late February, 2009, has finally begun to give way to reality. Perhaps, I just need to remember what my Auntie Irene used to say: "This too shall pass," and think ahead, not behind.

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

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PHOTO CONTRIBUTED

Cadets march to military music and conducted a 'Pass in Review Salute' to the outgoing seniors.

Herndon High Cadets Hold Spring Awards and Change of Command Ceremony

Cadets from Herndon High School Navy Junior ROTC held their Spring Awards Ceremony Friday May 13 to recognize cadets for their work and accomplishments from the past school year. The evening began with a dessert reception hosted by the NJROTC Booster Club for all cadets and their families. Representatives from the American Legion, Daughters and Sons of the American Revolution, and the Scottish Rites Freemasonry were on hand to make special awards to the top cadets. After awards and recognition of their achievements, the cadets executed a military style Change of Command in which rising juniors relieved the current leadership of the Corps of Cadets of their responsibilities for the unit. Jonathan Frohm, Herndon High School director of Student Activities delivered remarks. After the seniors were officially relieved the cadets marched to

military music and conducted a "Pass in Review Salute" to the outgoing seniors. Finally, in the long tradition of the Navy, the outgoing leaders were "piped ashore" through a set of "Cadet Side Boys and Cadet Bosun" to symbolize their departure from the Corps of Cadets. Captain Adler and Senior Chief John Maness, the Navy JROTC Instructors at Herndon High School, stated that they were extremely proud of the cadets for not only the military precision of the ceremony but for organizing and managing the hundreds of details required to plan and execute the event. Captain Adler also recognized Melissa Lippmann, the outgoing Booster Club president for resurrecting the Boosters Club which has contributed to every major event this year by running concessions, organizing spirit wear and setting up the organization for the future.

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 paper.

more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

ONGOING

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. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/.

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 and click on Volunteer Solutions.

SATURDAY/JUNE 4

Clean the Bay Day. 10 a.m.-noon. An annual opportunity for the whole family, office, civic or church group—anyone!—to give back to local waterways. For more information or to sign up, go to, <http://www.cbf.org/events/clean-the-bay-day/northern-va/reston>.

WEDNESDAY/JUNE 8

How Can State Laws Differ from Federal Laws. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston.

Sponsored by the League of Women Voters — Reston. Free. Open to the public (men and women). 202-263-1311. Background papers at www.lwv-fairfax.org.

SATURDAY/JUNE 18

North county Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For

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