

HomeLifeStyle

PAGE 6

2016 VIRGINIA PRESS ASSOCIATION Award-Winning Newspaper
Reston CONNECTION

Yogis to Fill Reston With Gratitude

NEWS, PAGE 3

OPINION, PAGE 12 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO COURTESY OF LOVE YOUR BODY YOGA FESTIVAL

The 8th annual Beloved Yoga: Love Your Body Yoga Festival is scheduled this Sunday, June, 12 at Reston Town Center, from 10 a.m. to 5 p.m.

‘Concerts on the Town’ Return to Reston Town Center

NEWS, PAGE 3

Helios Presents Apollo Awards

NEWS, PAGE 4

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Yogis to Fill Reston with Gratitude

Thousands to join Reston's Beloved Yoga at 8th annual yoga festival this Sunday at Reston Town Center.

BY KEN MOORE
THE CONNECTION

Beloved Yoga founder Maryam Ovissi gave a message to more than 700 people who attended the Best of Reston event on Thursday, April 7 that raised more than \$483,000 for Cornerstones programs.

"When you connect to yourself, you connect to each other," said Ovissi, who received the Best of Reston's Small Business Award.

"May all the honorees I stand with tonight be an inspiration to all of us, especially all the young people. May we inspire you to live a life of service first and foremost," she said.

Ovissi, of Reston, is also the founder of the annual Love Your Body Yoga Festival that will take place in Reston Town Center this Sunday, June 12, from 10 a.m. to 5 p.m.



Maryam Ovissi taught her first yoga class at the YMCA of Reston. She now has Beloved Yoga studios in Reston and Great Falls. Ovissi founded the annual yoga festival that will take place this Sunday in Reston.

The event attracts thousands of people and "brings together yoga studios and wellness centers from all over Northern Virginia to share information on the proper care and nourishment of you, your body and your family." Activities for the whole family, including live music, complimentary massages, energy healing demonstrations, healthy food and drink samples will be on hand according to the event's website at www.loveyourbodyyogafestival.com.

Participation at the yoga festival is free for classes and services, and donations given

to the Beloved Yoga Mind Body Fund will benefit Cornerstones.

THE YMCA OF RESTON gave Ovissi her first opportunity to teach yoga. She is now the owner of Beloved Yoga with locations in Reston and Great Falls.

She provides free classes to the Reston community, including clients at the Embury Rucker Community Shelter and other Cornerstones clients, Southgate Community Center and the Herndon Resource Center.

"I am grateful to Bob Simon for his vision

and I am grateful to call Reston my home," she said. She founded her studios in Reston and Great Falls to "provide a welcoming place where people of all levels can come explore, grow and laugh together," according to her website. "One intention that you will find in all our classes is the philosophy of flow, integrating breath with movement creating a meditative space for the mind, body and spirit."

"Namaste," Ovissi told people at the Best of Reston event in April. "Receive my gratitude that I send to each of you."



The yoga festival attracts thousands each year.

PHOTOS COURTESY OF LOVE YOUR BODY YOGA FESTIVAL

'Concerts on the Town' Return to Reston Town Center

David Akers and the Soul Shakers kick off the summer series running from June 4 to Aug. 27 at the Reston Town Center Pavilion.

BY ERIN MURPHY
THE CONNECTION

David Akers and the Soul Shakers performed Saturday, June 4 as part of a series called "Concerts on the Town" at Reston Town Center Pavilion. The summer concerts, primarily host to jazz and swing performers, will take place every Saturday beginning June 4 and running until Aug. 27.

The Saturday night concerts host a medley of jazz, blues and swing performers during the summer.

The Town Center fills with locals of all ages, ready to enjoy the cheerful atmo-



The Reston Town Center pavilion was filled with guests who enjoyed the sound and soul of David Akers and the Soul Shakers.

sphere. Rain or shine, the concerts begin at 7:30 p.m. and have visitors dancing and singing along until 10 p.m.

The stage itself located at the Reston

Town Center Pavilion allows visitors easy access to the many restaurants populating Reston Town Center.

David Akers and the Soul Shakers had

visitors clapping and singing along to hits like "Brickhouse," "Proud Mary," "Rock Steady," "At Last" and "September" and "Sweet Caroline."

"We hope you enjoy our song. It is the most beautiful song ever written," said Akers as he began to serenade those gathered with "What a Wonderful World" and brought "skies of blue" to the otherwise grey and rainy night.

Locals can look forward to the sounds of "Hard Day's Night Magic Mystery Tour," "Big Joe & The DynaFlows, Let's Boogie," "Bio Ritmo, Sizzlin' Salsa," "Unity Reggae Band, Jammin' to the Beat" and "Chubby Carrier & the Bayou Swamp Band, Jambalaya on the Bayou" in addition to many other performers set to perform throughout the summer concert series.

Akers is a member of the D.C. Legendary Musicians Band, whose members are all professional musicians and have played alongside performers including Elvis Presley, Wilson Pickett, James Brown, Chuck Brown and Al Green. Akers himself is a native Washingtonian and one of the founding members of the D.C. Legendary Musicians. He has performed across the globe as both a trumpeter and a lead vocalist.

PHOTO BY ERIN MURPHY/THE CONNECTION

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editors@connectionnewspapers.com

NEWS



PHOTOS CONTRIBUTED

Helios HR Team at the 10th Apollo Awards Ceremony.

Helios Presents Apollo Awards

Helios HR, a human capital management consulting and talent acquisition firm, announced 10 winners of the 2016 Helios Apollo Awards, which recognize organizations and their leaders for investing in their people through talent development programs, at a breakfast ceremony at The Hyatt Regency, Reston.

Finalists were judged by an independent panel of former Apollo Award winners, senior HR executives and industry leaders. The 2016 Helios Apollo Award winners are:

- ❖ Employment Brand: Evans Incorporated
- ❖ Onboarding & Assimilation: Fulcrum
- ❖ Innovative Technology: Leidos
- ❖ Career Development: Chartwell Compliance
- ❖ Mentorship & Coaching: Children's National Health System
- ❖ Leadership Development: Evans Incorporated
- ❖ Recognition: Zeiders Enterprises
- ❖ Community Outreach: INTEGRITYOne Partners
- ❖ Communication: Cvent
- ❖ Culture: Buchanan & Edwards

"Talent continues to be the top challenge for CEOs around the world. We're inspired by the great works of this community of like-minded leaders," said Kathy Albarado, CEO of Helios HR and Founder of the Apollo Awards.

In its tenth year, the Apollo Awards has evolved into a community of like-minded leaders who are intentional about investing in their people and community. In a room filled with nearly 500 executives,



Networking at the 2016 Helios Apollo Awards: The awards were presented at a breakfast ceremony at The Hyatt Regency, Reston.

the spirit brought by the honorees was one of collaboration over competition.

To further the inspiration, Helios announced their upcoming "Human Capital Impact Forum" to take place on Friday, Sept. 30. This forum will share people practices by the award winners and other industry leaders. For more information about the program and future event registrations, visit www.helioshr.com.

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VDOT Virginia Department of Transportation

Public Hearing Notice
Fairfax County Secondary Six Year Plan

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with Section 33.2.331 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 4:30 p.m. on June 21, 2016.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2017 through 2022. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.

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Lake Anne Plaza's Chalk on the Water Festival will be held June 11-12, at Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston, 11 a.m. – 5 p.m.

Street-painting Festival at Lake Anne Plaza

Lake Anne Plaza is hosting its Third Annual Chalk on the Water Festival taking place the weekend of June 11-12.

Chalk on the Water is a two-day street-painting festival.

Festival goers can purchase a "plot" of brick space on the plaza and paint to their hearts delight whatever flows from their imagination. Cost for spaces are \$10 for families and school-age children (Elementary – High School), \$15 for amateur and professional artists.

Only 150 spaces/plots are available for this event. Participants have a chance to win cash prizes for various categories, awarded by community judges. Lake Anne collaborated with Initiative for Public Art-Reston (IPAR) to bring this public art themed event to the plaza. Funds raised from the festival will be donated to IPAR.

The festival is sponsored by the Friends of Lake Anne (FOLA), Reston Art Gallery, and Washington Parent Magazine.

For sponsorship inquiries, information or to register, visit www.chalkonthewater.com.



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Herndon Garden Tour

Garden Tour approaches: Saturday, June 18, noon to 4 p.m.

By KEN MOORE
THE CONNECTION

Herndon enjoys cultivating community initiative. This year's 2016 Herndon Garden Tour on Saturday, June 18 from noon to 4 p.m. is one budding example.

The garden tour showcases five distinct gardens the 2016 Garden Tour Committee selected.

"Although all the plots echo the lives and hands of previous owners, the current homeowners seem to have a common bond," according to the committee members Mercia Hobson, Cathy Lanni and Tooran Shadman. "As stewards of their legacy lands, each has removed diseased trees and invasive plants, replacing them with native shrubs, trees, flowering forbs and vines, Winterberry, sweet bay magnolia, wild strawberry and wisteria flourish."

Plein Air Painters Lorrie Herman and Vicki Vidal Blum will have their easels on display at two of the five garden on the tour; live music will be offered at another; and Under The Olive Tree purveyors will offer olive oil and vinegars at an additional garden.

Each of the gardeners will be available to discuss the Mayors for Monarchs project, kicked off at Runnymede Park last Wednesday, May 25. Mayor Lisa Merkel signed a pledge for Herndon to take community, private and public efforts to help rejuvenate the dwindling monarch population.

"So take your time today. Meander down garden paths. See plein air painters. Listen to 'garden music.' Learn about oils and vinegars. Then, later today or tomorrow, put on your gardening gloves. Go out; dig, plant," according to committee members Mercia Hobson, Cathy Lanni and Tooran Shadman.

The Herndon Garden Tour is produced by the town's Cultivating Community Initiative, a group of volunteers dedicated to neighborhood beautification and community spirit.

The Gardens of Robin Ward: A Good Steward of the Land

Robin Ward has been on Mosby Hollow Drive for 18 months. "I am fortunate to be able to have acquired such beautiful gardens and I hope I can be a good steward of the land for its former owners, Phil Goetkin and Diane D'Amico," according to Ward.

She wrote about her garden for the Tour. "We found veggies were not our calling. The next season we turned the plot into a flower garden to be seen from our upstairs bedroom window," according to Ward.

"Phil and I ventured out to nurseries and pored over magazines. We took classes.



Many classes, and we learned. As you wander through the gardens, you will notice we used reclaimed materials or stone for the hardscape. They blend seamlessly among the plantings, allowing the flora to take center stage," according to Ward.

"Our hobby evolved into a labor of love and a passion," said Ward, who is willing to share her successes as well as the failures that "ended up in the compost bin."

"Gardens were never formally placed, but evolved into a living tapestry of colors."

The Beebe Family Gardens: All the Things Children Love

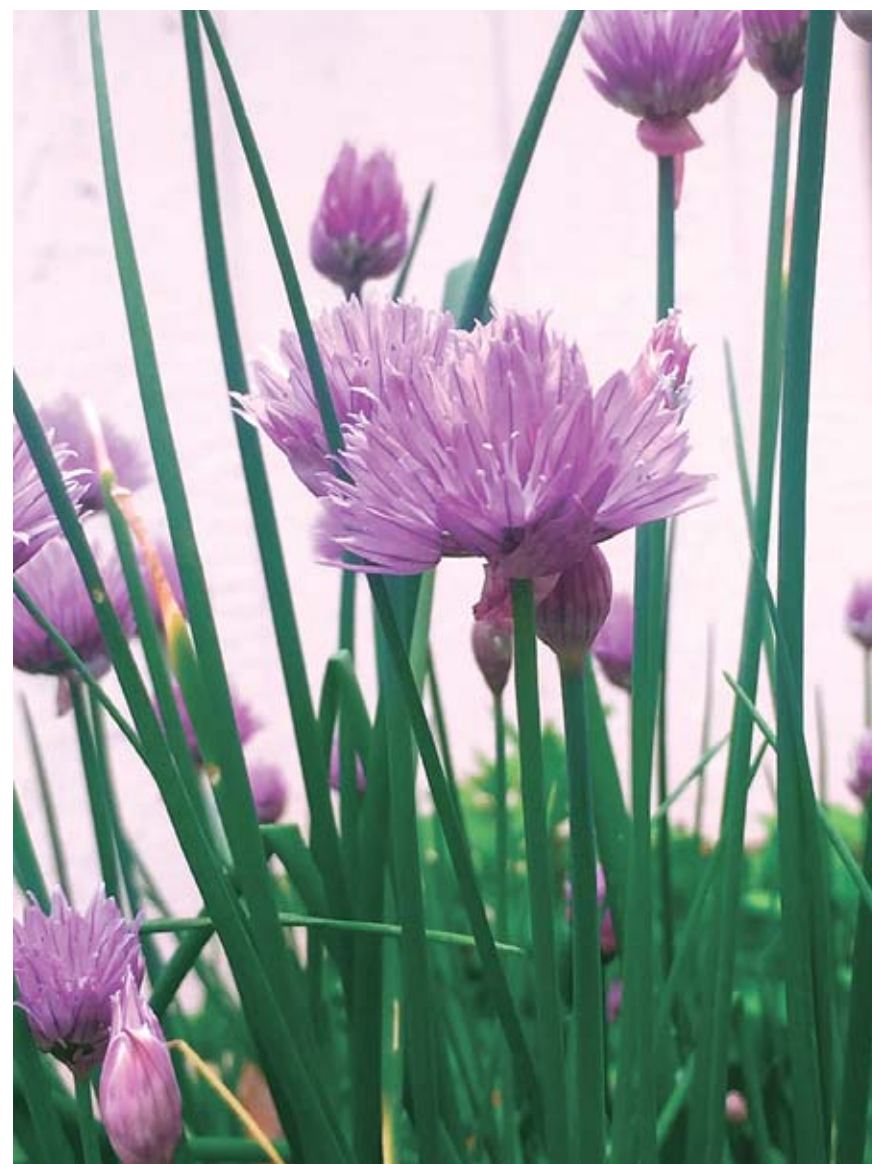
George and Sarah Beebe made their garden a family affair.

"We have fun watching the hummingbirds

drink the nectar in the coral-bells and the butterflies and bees flit from the Echinacea plants to the black-eyed susans. Our little garden is something that brings our family together. It gets even better year after year," according to George and Sarah Beebe.

When they moved into their Herndon home on Van Buren Street, "there were some azaleas in the front of the house and a beautiful little deciduous magnolia, but nothing else." They called a third of the backyard "thick thorny brambles."

Trips to the quarry, the garden center, and additions of hardscape, new crepe myrtles and lots of plants helped them "reclaim that land and turn it into a space for the children to play," they wrote. "The plantings in the back reflect all the things that our children love to see and learn about," including a butterfly garden, rose garden, veggie and herb garden, pumpkin patch and fairy garden.



PHOTOS COURTESY OF CULTIVATING COMMUNITY INITIATIVE

Tickets for Herndon's 2016 Garden Tour on Saturday, June 18 are available at the Herndon Community Center, 814 Ferndale Ave., and Herndon Florist, 716 Lynn St.

Stephan Briggs and Deborah Gudelsky: 'With Glass of Good Wine'

When Stephan Briggs and Deborah Gudelsky bought their home on Grant Street in 2006, the "garden" consisted of mature trees and a raspberry patch.

"We first began our gardening by cutting out flowerbeds around the house and privet hedge border," they wrote. They filled spaces with perennials and native plants.

After they enlarged the basement in 2009, they used dirt excavated under the house for "the bedding for the organic vegetable garden."

"We are very proud of the self-design of our gardens with an abundance of flora for many to enjoy," they wrote.

"The beauty of the gardening process makes us feel more alive. It provides a wonderful sense of accomplishment. Gives us great exercise, and it relaxing to admire at the end of the day... with a glass of good wine."

Mercia Hobson, of the Garden Tour committee, formatted their words into a poem in this year's Garden Tour brochure, that also serves as a ticket to the tour.

WWW.CONNECTIONNEWSPAPERS.COM

Al and Mercia Hobson: One with the Huge Magnolia

The Mayors for Monarch pledge envisions such gardens that Mercia Hobson said is unified by American boxwoods.

"Butterflies abound in the gardens and attract monarch butterflies. It's a rather unexpected mix, Al's formal traditional shrubs and my cottage farm-style floral. Yet it all seems to work," says Mercia Hobson.

Their land, easily identified says Hobson, was part of the 100-year-old Bready dairy farmlands, two blocks away from Herndon's Historic District. "People say it's the one with the huge magnolia tree," according to Hobson.

She wrote:

"The multi-trunked southern giant is native to Virginia. It towers 40-feet tall. Each spring, it produces a glorious display of eight-inch wide creamy-white flowers, set against shiny dark green leaves

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Where and When

Tickets are \$15; children 12 and under are free. Tickets may be purchased at the Herndon Community Center, 814 Ferndale Ave. and Herndon Florist, 716 Lynn St. The self-directed tour showcases five distinct gardens in Herndon. Tickets will have the addresses of the five stops on the tour.

with rusty undercoats. The flowers, very fragrant, open singly in abundance like fine white china."

Fred and Jody Krazeise: Reclaiming the Space

Fred and Jody Krazeise didn't know if they were going to be able to grow anything on their land on Vine Street because a chemical called juglone from all parts of the 60 black walnut trees.

"We originally tried to save some of the trees, but they were diseased and we decided to have them removed about seven years ago," they wrote. "So we ground out each of the tree stumps and the soil remained fallow for the next year with the hope that nature would help us cleanse the soil. Thankfully, it did and our vision for reclaiming the space began to emerge."

They grow two varieties of tomato, eggplant and squash plants and three varieties of sweet bell pepper and cucumber plants. "New this year will be asparagus and potato," they wrote.

The Herndon couple landscaped their front yard "to require minimal maintenance," with a dominant white oak in the center, two Galaxy Magnolias near the driveway and a "dragon lady" holly tree next to their front steps.

"Our house, which we built on a vacant lot in 2002, is a replica of a turn-of-the-century farmhouse. Since the lot itself is only 55-feet-wide, we modified plans from a New Orleans-style shotgun house. People are amazed to see how far back onto the lot the house seems to go."

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South Lakes Softball Falls in Region Semifinals

Seahawks finish one win shy of state tournament.

BY JOSH BELANGER
THE CONNECTION

The third time the Madison and South Lakes softball teams faced this season it was for a trip to the 6A North region championship game and a berth in the state tournament. The two previous games showed little offense and dominant pitching performances. On May 31, the bats would come alive.

The teams combined for five home runs, including four by Madison, and the Warhawks defeated South Lakes 6-2 in the region semifinals in Vienna. The victory earned Madison a trip to the region final and a state tournament berth.

Two days later, the Warhawks lost to Osbourn Park 2-0 in the region championship game. Madison (23-4) will face 6A South region champion Grassfield in the state semifinals at 3 p.m. on Friday, June 10 at Robinson Secondary School.

On May 31, senior Katie Vannicola started in the circle for the Warhawks and the Seahawks countered with sophomore Aly Rayle. For the first three innings, the pitching was as expected. Both pitchers seemed to be locked in as neither one surrendered a hit until the third inning.

"Any time you face someone three times it's hard," said Madison head coach Jim



PHOTO BY JOSH BELANGER

Katie Vannicola and the Madison softball team earned a state tournament berth.

Adkins. "I thought our hitters did a much better job and had a better approach in this game than the previous two games."

Madison's patience would pay off as the offense broke it open in the third. Senior Blake Brackett started the inning with a base hit and later scored on a throwing error. Vannicola then hit a two-run home run and sophomore Kristin Giery would follow that with a long ball of her own.

"We made some adjustments and you see

some balls hit hard and when you get a few fortunate home runs, it's usually helpful for your offense," said Adkins. "I thought the girls had a good approach at the plate."

Two batters later, senior Julia Hoy hit the third home run of the inning for the Warhawks, giving them a five-run lead.

Adkins said that the confidence is high, but credits the success to an adjustment in the practice plan.

"We spent the last week getting back to

the basics, focusing on seeing the ball hit the bat, keeping your head behind the swing and making adjustments at the plate," said Adkins.

South Lakes head coach Carlos Soto tried to slow the inning down and get his team to relax after the error, feeling that a rally was coming. Unfortunately for the Seahawks, the mistakes were just too much to overcome.

"When you have a team with really good bats, you can't make mistakes in the strike zone," said Soto. "I called timeout because you have to try and refocus and I hope that didn't hurt [Rayle], but she battled back on things like that all season and again when you [face] a good hitting team you can't make mistakes."

South Lakes would not go quietly. After a leadoff single in the fourth by junior Jazmyn Stokes, junior Danielle Barr connected on a two-run shot to left, cutting the lead to three.

However, that's all Vannicola would allow a young South Lakes group to score. The Seahawks finished the season 17-8, but only graduate four seniors and have a senior infield returning next season.

"I feel really confident about this team and confident we will be back next year and do a lot great things," said Soto.

Giery added insurance in the sixth for Madison with her second long ball of the game and her eighth home run of the season.

"[Madison] hit the ball well today, you can't say anything bad about them, they played really well," said Soto. "Giery has been doing well for them all season and she stepped up for them today."



South Lakes' Golden Kumi-Darfour placed fourth in the 800 at the 6A state meet.



South Lakes' Skander Ballard finished third in the 400 at states.

PHOTOS CONTRIBUTED



South Lakes' John LeBerre finished fifth in the 800 at states.

South Lakes Track Athletes Earn All-State Honors

Golden Kumi-Darfour, Skander Ballard and John LeBerre closed out their high school track and field careers with all-state honors at the 6A state championship meet June 3-4 at Todd Stadium in Newport News.

Kumi-Darfour finished fourth in the 800 meters with a season-best time of 2:12.93. She anchored the SLHS 4x800

team of freshman Sophie Halkett and sophomores Olivia Beckner and Sarah Wolfe that finished seventh (9:28.68). Beckner also placed in an individual event, finishing third in the 1,600 meters with a personal best time of 4:58.24.

Ballard ran a 48.37 for third in the 400 meters and teamed with LeBerre, junior Ashton Reinhold and senior Nikolai Waithe

for sixth in the 4x400 meter relay (3:24.49).

LeBerre also teamed with sophomore Alex Loukili and juniors Peter Sepulveda and Jack Watkins for seventh in the 4x800 meter relay (8:08.49) and finished fifth in the 800 meters with a 1:55.11, a personal best.

Senior Anas Fain was seventh in the 300 meter hurdles with a personal best time of 39.70.

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

Yoga on the Plaza. 9:30-10:30 a.m. Sundays. Through Aug. 28. Lake Anne Plaza, Reston. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.

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

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.

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.

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.

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

Take a Break Concert Series. Thursdays. 7 p.m. June 4-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanneplaza.com.

Summer Entertainment Series. June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.

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.

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>.

WEDNESDAY/JUNE 8

DCRA Spring Meeting and Reception. 6-8 p.m. BLVD, 21st Floor Lounge, 1908 Reston Metro Plaza, Reston. Information or RSVP: 571-296-1552 or dcra@dullescorridorrail.com.

FRIDAY/JUNE 10

Chicano Movement of the 1970s. 1-3 p.m. ArtSpace Herndon, 750 Center St., Herndon. Northern Virginians who participated in the 1970's movements for equality, particularly the Chicano movement, discuss their experience in light of the novel "Bless Me, Ultima" by Rudolfo Anayo. Recommended for adults. artspaceherndon.com. 703-956-9560.

SATURDAY/JUNE 11

Women's Distance Festival 5K. 8 a.m. Reston YMCA, 12196 Sunset Hills Road, Reston. Proceeds support women's running and fitness programs and events in the Reston/Herndon area. Fees: \$30 (June 1), \$35, \$40 (race day). Register at restonrunners.org.

SATURDAY-SUNDAY/JUNE 11-12

Lake Anne Chalk on the Water Festival. 11 a.m.-5 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Chalk on the Water is a two-day street-painting festival where participants will create amazing street art. Festival goers can purchase a "plot" of brick space on the plaza and paint to their hearts delight whatever flows from their imagination. Spots are limited for this event. Participants have a chance to win cash prizes for various categories, awarded by notable community judges. Register at www.chalkonthewater.com.

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.

Dance Off and Stories from Mexico. 2-4 p.m. ArtSpace Herndon, 750 Center St., Herndon.

With guest Acoatzin Torres. Free. Seating limited. Register at artspaceherndon.com.
"Chesapeake Crimes: Storm Warning." 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join mystery author Donna Andrews and several of her fellow Sisters in Crime for a panel discussion featuring the newest book in their award winning Chesapeake Crimes series. Adults. 703-689-2700.

Sunday Afternoon Dance. 2:30-4:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Dancers (55 years and older) of all skill levels are welcome to foxtrot, swing, cha-cha, and waltz. Includes three mini-lessons, door prizes and light refreshments; partners are not required. \$5 Reston/\$10 Non-Reston per session. 703-390-6157.

TUESDAY/JUNE 14

Cosy Sheridan. 7:15 p.m. Amphora's Diner Deluxe, 1151 Elden St., Herndon. Love songs for adults and practical philosophy. Sponsored by the Folk Club of Reston-Herndon. restonherndonfolkclub.com. 703-435-2402.

THURSDAY/JUNE 16

Dance Night with Radio King Orchestra. 7-9 p.m. Lake Anne Plaza, Reston. Big Band swing and dance demonstration and instructions. Free. <http://www.restoncommunitycenter.com/take-a-break>.

Junior Farmer Family Fun. 4-5 p.m. Kidwell Barn, Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn about all of the barnyard animals and learn how to care, handle and have fun with them. Two years to adult. Minimum of one adult per family. \$5 per person. Register at fairfaxcounty.gov/parks/fryingpanpark.

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WEEK IN RESTON

North County Governmental Center Grand Opening

Hunter Mill District Supervisor Catherine M. Hudgins invites you to a Grand Opening and Ribbon Cutting ceremony, on Saturday, June 18, 10 a.m. – 2 p.m., at the North County Governmental Center, 1801 Cameron Glen Drive, Reston.

Like the Grand Opening celebration, the new facility is shared with the Reston District Police Station. Captain Ronald T. Manzo, on behalf of the Fairfax County Police Department, will be welcoming the community along with Supervisor Hudgins.

In addition to the ribbon cutting and the official unveiling of the newly completed public art sculpture, the community is invited to stop by for a day of family activities. You can tour the building and station, enjoy some summer treats, and attend a storytime courtesy of the Reston Regional Library. Also, meet members of the K-9 unit, watch the landing of the police helicopter, admire the motorcycle squad as they navigate the demonstration course, and explore a fire truck inside and out. At this family-friendly event, there will be interactive displays, and public safety vehicles to explore.

To RSVP or for additional information, contact the Hunter Mill District office at 703-478-0283, or e-mail to RSVPHuntermill@fairfaxcounty.gov.



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Bogged Down To This-Or Not



By KENNETH B. LOURIE

Am I supposed to ignore, totally, the fact that I have cancer? I think I've made a seven-plus year survival history of doing so, mostly. But being indifferent, sort of, to a killer disease doesn't seem particularly prudent. Granted, it has been a way I've been able to assimilate the stress and rationalize the anxiety, but as an overall strategy? I can't say I'd recommend it, but...so far, so good.

Occasionally, I do wonder however, if being more engaged and more in tune – with my body, my disease, my life expectancy, would help? I mean, not being depressed by my medical reality can't be the answer to a prayer, can it? It seems too easy, too irresponsible; to be inattentive to the very thing that might actually be killing me. Yet I haven't really stumbled. Cancer isn't for sissies, but neither can it be for a type "A", high intensity, 24/7 fighter. There's a part of me, not large enough I'll admit, that feels I should live my life – without being intentionally self-destructive – and not let the cancer control me, but rather that I control it/my life and let the chips fall where they may. There's something to be said for freedom/quality of life, but is that simply wishful thinking, and naïve wishful thinking at that? Or is attempting to live as normally as possible a key to my success?

I'm sure I'll never know. It's likely very difficult to measure in a clinical study/trial, the effects of such realities on tumors, and ultimately, patient outcomes. And neither is it possible to inject patients with a magic potion which changes their nature and in turn affects their survival. Talk about variables. Even the variable would have variables. Nevertheless, treatment has to consider mind, body and spirit, doesn't it? Allowing for and/or accommodating one without considering the other two would seem to presume that the whole is not the sum of its parts. Who's to say that keeping my spirits up is not as important as keeping my creatinine levels (as but one example) down? After all, medicine is science, not arithmetic. The calculations are not always correct. Sometimes, medical outcomes are not what's "prognosed"/anticipated. I'm living proof of that. Ergo, is my survival based on my medical treatment/chemotherapy or my DNA, or was it simply my attitude? To not factor in all possibilities and plan accordingly seems irresponsible, almost.

Perhaps my attitude, my occasional indifference, my lack of obsession with my own outcome seems reasonable in light of my having survived for so many years vs the fact that so many others have succumbed to this terrible disease. Or maybe it's just blind, stupid, random luck (like the blind squirrel finding an acorn, as the old saying goes) and my positive attitude, sense of humor and non-preoccupation with my medical circumstances has had nothing to do with any of it?

Either way, there's no point in discussing it, really. If I want to continue living, I have to take the good with the bad – and vice versa, and not worry too much about things I can't control and about personality traits I don't possess.

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

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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-Werner Heisenberg

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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 more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.
Feeding the Homeless for D.C. 2:30 p.m. Fellowship Hall, Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Bring your family and friends. 703-430-7872.

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/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 and click on Volunteer Solutions.

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 or www.trinityherndon.org.

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

Lifelong Learning: Endless Possibilities

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



COMMENTARY

In 1956 the then appointed Fairfax County School Board appropriated fifty dollars per month to be paid as a supplement to a school administrator to start an adult education program. Since the schools were still racially segregated, a program for white adults was started at Annandale High School, and a program for black adults was started at Luther Jackson School. The favorite offerings at both locations were classes in sewing including the Bishop Method of Clothing Construction, as well as typing and shorthand. The inexpensive, evening classes proved popular, and the program grew rapidly. Basic education classes for those adults who could not read and write were added as were night school classes to complete high school and to prepare for the G.E.D.

Recently I had the pleasure of attending a 60th anniversary celebration of the program at the Plum Center for Lifelong Learning on Edsall Road in the eastern part of the county. I was honored several years ago when the School

Board chose to name its first full-time adult education center for my work in adult and community education that spanned half the years of its existence. Starting as a part-time room coordinator in the evenings when I was a half-time intern teacher from the University of Virginia, I was able, for reasons too complex, to explain here to become an administrator of the program in three years. As many discover in pursuing a career, my good fortune of working in a program that I loved so much was more a case of being at the right place at the right time than any deliberate planning.

As Fairfax County and its school system grew, the adult education program that became known as the adult and community education program grew not only in enrollment but in the variety of its offerings. With the growth in the number of persons speaking English as a second language came classes in English for those speakers of other languages. Increased educational requirements in a soaring economy

resulted in more enrollment in evening adult high school and in vocational education programs.

While the adult and community education program afforded tax-paying citizens an opportunity to utilize the facilities their tax dollars had built, the program at the same time provided support for the school system's K-12 program. Students who were unsuccessful in the regular high schools were often allowed to transfer to the adult high school program as an alternative where they were often more successful. Parents could take classes in child development and parenting in order to help their own children. Adult and Community Education (ACE) provided administrative support for after-school enrichment classes in the elementary schools.

A catalogue of ACE classes and programs is mailed three times a year to Fairfax County residents and is available online at <http://www.fcps.edu/is/ace/documents/catalogs/2016/Summer2016.pdf>. As its literature promises, "the possibilities are endless." Endless for career and employment training, learning a new language, personal and academic enrichment. After all, as we have become aware—learning is lifelong.

LETTERS TO THE EDITOR

Receiving Benefits, Ducking Responsibility

To the Editor:

John Knight's letter ("Seniors Unfairly Tapped for School Budget") in the last week's Connection made a case for a school tax "rebate" to senior property owners. His stated argument is that since elderly residents don't have children in the school system, they should get a financial break.

Since having no children in the system is the criterion, can we assume Mr. Knight would support cutting a rebate check for singles without children? Who knows whether they will ever use the system in these uncertain times? How about for families that send their children to private schools, don't they deserve a little break, too? And why, when you get right down to it, should businesses - that obviously don't put little ones into classrooms - not be entitled to a smidgen of property tax forgiveness?

Why pay for something you don't use? Pay for play! This thoughtful argument has potential application to a broad range of other areas of public policy, too. If I have health insurance, shouldn't I get a rebate for that share of my taxes that goes to pay for public health services? Shouldn't I get a modest re-deposit to my account

to compensate me for the cost of maintaining the county parks I don't use. I have never had a house burn down - not even once - and yet I'm expected to pay my full part of the taxes that fund Fairfax County Fire? How is that fair?

And just you wait until Mr. Knight starts in on figuring out which parts of the Commonwealth and Federal budgets don't apply him. We'll all be rolling in rebates!

But, of course, the world doesn't work the way Mr. Knight suggests it should. The same seniors whose real estate values have climbed over the years because of the quality of life - and the caliber of the public institutions - in Fairfax County, have a continuing obligation to pay to sustain that quality. The Fairfax County school system existed for their children because previous generations funded it. Having received the benefits, trying to duck the responsibility to keep the lights on for future generations is downright churlish.

Of course, getting that rebate is possible for those that really want to cash out. All it involves is selling and moving. Away.

Kyle Olson
Alexandria

Protect Homeowners, and School Budget

To the Editor:

Regarding John Knight's letter ("Seniors Unfairly Tapped for School Budget") in the last week's Connection: While the sentiment is nice and I would join anyone in complaining about the burden of taxes being put on all the homeowners; in my opinion businesses and developers get away with tax breaks. Our supervisors and planning commissions are over developing Tysons; creating traffic and other problems, and then they complain about the low occupancy rate. The fix to those problems is raising homeowner taxes. I don't think giving seniors a break due to the fact they no longer have kids in school is fair or wise. Those schools prepared

our kids and now have the task of preparing our and another generation of children's kids. Many of the people in our neighborhood who are young don't have kids. Shouldn't they also be given dispensation. I would prefer we pass the meals tax and stop giving other breaks to businesses and developers. That would be a much better means of supplemental funding of our schools and help to keep our homeowners' taxes from escalating. Well-educated children are resources to seniors, couples and singles without children and current parents alike.

Michael Knudsen
McLean

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.

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