

Off to a Strong Start

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South Lakes High School's girls win JV Underclassmen Race at Oatlands Invitational, Sept. 17, 2016.



Reston Multicultural Festival Returns Sept. 24

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Run, Walk, and Wheel

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SCHOOLS

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 *Brassica 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.

Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean's list at Washington University in St. Louis.

Adam Zaman, of Herndon, is on the dean's list for spring 2016 at South Da-

kota School of Mines and Technology. He is studying mechanical engineering.

Dinesh Chowdary Inampudi, of Herndon, graduated with a master of science, May 2016 from the University of New Haven.

Kalla Flegler, of Reston, is on the dean's list for spring 2016 at the University of Minnesota Twin Cities.

Elizabeth Ashley Drake, of Herndon, is on the dean's list at Hollins University for spring 2016.

Nii Martey Akita, of Oak Hill, graduated spring 2016 from St. Olaf College.

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO IMPLEMENT A 2017 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS CASE NO. PUE-2016-00087

On August 12, 2016, Columbia Gas of Virginia, Inc. ("CGV" or "Company") filed an application ("Application") for approval to implement a 2017 Infrastructure Reliability and Replacement Adjustment ("IRRA") in accordance with Section 20 of the Company's General Terms and Conditions, as contemplated in the State Corporation Commission's ("Commission") November 28, 2011 Order Approving SAVE Plan and Rider, as modified by the July 3, 2013 Order Approving Amended SAVE Plan and extended by the October 23, 2015 Order Approving Amended SAVE Plan. The Company's SAVE Plan, as amended and extended ("Phase 2" of the SAVE Plan), was authorized pursuant to the Steps to Advance Virginia's Energy Plan (SAVE) Act, Chapter 26 of Title 56 of the Code of Virginia.

In its Application, CGV states that Phase 2 of its SAVE Plan is a five-year program that commenced on January 1, 2016. According to the Company, Phase 2 of the SAVE Plan includes cost recovery mechanisms that are designed to facilitate the accelerated replacement of approximately \$150 million of SAVE eligible natural gas infrastructure during the five-year term of Phase 2.

The costs incurred in replacing eligible natural gas infrastructure are recovered through a SAVE Rider, which is defined in the Company's tariff as the IRRA. The IRRA is comprised of two components: an Infrastructure Replacement Current Rate ("IRCR") and an Infrastructure Replacement Reconciliation Rate ("IRRR"). The two components collectively constitute a single IRRA, which is billed as a fixed charge each month. The IRRR is the mechanism by which the Company true up, on an annual basis, the actual IRRA revenues against the preceding year's actual cost of service as determined from actual SAVE eligible expenditures.

In its Application, the Company seeks approval of the following: (1) the Company's 2015 IRRR credit in the amount of \$146,632, to be effective with the first billing unit of January 2017 through the last billing unit of December 2017; (2) the Company's 2017 IRCR to be set at zero effective for the first billing unit of January 2017 and to be reset to \$2,043,109, for the period October 1, 2017, through December 31, 2017, to recover eligible infrastructure replacement costs that are not otherwise recovered through new base non-gas rates; and (3) the filing of rate sheets implementing the 2017 IRCR and 2015 IRRR. The 2017 IRCR and the 2015 IRRR result in an IRRA total net charge to customers of \$1,896,477, for 2017. Under the Company's proposal, the 2017 IRRA on the monthly bill for the average residential customer will reflect a credit in the amount of \$0.04 from January 2017 through September 2017. Effective with the first billing unit in October 2017, the 2017 IRRA on the average residential customer's monthly bill will increase to \$2.04.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment or request a hearing on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents shall also be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons may also download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 5, 2016, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so on or before October 5, 2016, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Compact disks or any other form of electronic storage medium may not be filed with the comments. All such comments shall refer to Case No. PUE-2016-00087.

On or before October 5, 2016, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission. If not filed electronically, an original and fifteen (15) copies of the request for hearing shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above. Requests for hearing must refer to Case No. PUE-2016-00087 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments and requests for hearing shall simultaneously be sent to counsel for the Company at the address set forth above.

The Commission's Rules of Practice and Procedure may be viewed at <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice and Procedure and an official copy of the Commission's Order for Notice and Comment in this proceeding may be obtained from the Clerk of the Commission at the address set forth above.

COLUMBIA GAS OF VIRGINIA, INC.

Meals Tax Forum to Be Held Sept. 29

The League of Women Voters of the Fairfax Area (LWVFA) will sponsor a Meals Tax Forum at the auditorium of Luther Jackson Middle School, 3020 Gallows Road, Falls Church, on Sept. 29 at 7 p.m. The moderated forum will feature panelists on both sides of the issue. The panel will also take written questions from the audience. Questions may also be submitted in advance by writing to league@lwv-fairfax.org.

"Our League's mission is to educate voters on critical issues in our county, such as the Meals Tax, and to get out the vote," says Wendy Fox-Grage, the League co-president. During this year's election season, LWVFA is sponsoring many voter drives throughout the county to register voters and inform them about what's on the ballot.

On the ballot, Fairfax County voters will choose whether to levy a meals' tax. State law authorizes counties, cities, and towns to levy a tax on prepared food and beverages, commonly called a "meals tax," subject to certain restrictions. Most counties, including Fairfax County, may levy a meals tax only if the voters approve the tax by referendum.

If approved, the revenues generated will be dedicated to the following purposes:

❖ 70 percent of the net revenues to Fairfax County Public Schools.

❖ 30 percent of the net revenues to County services, capital improvements and property tax relief.

What is a Meals Tax? A meals tax is a tax on all ready-to-eat prepared food and beverages at restaurants, as well as grocery stores, convenience stores and delicatessens. It would not apply to groceries nor to vending machines. It does, however, include ready-to-eat foods, such as food from the deli counter or salad bar at a supermarket/grocery store. It does include alcoholic and non-alcoholic beverages served with a meal. It does apply to prepared foods served at food trucks.

For more about what's on the ballot, visit www.lwv-fairfax.org/Ballot2016.html.



Don Brazelton of Reston models a superman attitude to go with his outfit as he warms up race participants.

PHOTO BY
JOAN O'BRYAN
THE CONNECTION

Race Like No Other

Super H Run, Walk and Wheel race held in Tysons.

BY JOAN O'BRYAN
THE CONNECTION

On the same day as the Paralympic marathon in Rio, area residents participated in their own race to greatness.

The 13th annual "Super H Run, Walk, and Wheel" kicked off at 8 a.m. in front of the Sport & Health fitness club in Tysons. More than 200 hundred athletes and para-athletes participated to raise money for MedStar NRH's adaptive sports programs for disabled athletes.

The money supports adaptive athletes (athletes with disabilities) in their sporting endeavors, ranging from the purchase of equipment, such as hand-cycles and sleds, to paying for travel to competitive tournaments across the East Coast. Sports include wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, sit volleyball, hand cycling, rowing, and more.

The "H" in "Super-H," stands for Harry Freedman, 67, of Oak Hill, the founder and original inspiration for the 5-kilometer race. Freedman was a consummate runner before a work accident in 2004 changed the course of his life.

As he was recovering, his wife, Renie, and friend, Don Brazelton, of Reston, put together the event. According to Brazelton, "ultimately, we put this race together in just over two months to raise money for his prosthetic leg. We raised \$57,000 that year, just from the race." The following year, they partnered with MedStar National Rehabilitation Hospital.

The partnership has been a fruitful one. "They're just wonderful," said Renie. "It's the hospital that teaches people that they can still do the same things, just a little bit differently."



PHOTO BY BRENDA TSAI/MEDSTAR NATIONAL REHABILITATION NETWORK.

Don Brazelton of Reston is flanked by friends Harry and Renie Freedman of Oak Hill.

Another partnership added a little bit of stardust to the event. Darren Star, producer of such hit series as *Sex and the City* and *Melrose Place*, provided the seed money for the original race. Other sponsors included Neyla Mediterranean Bistro, of Reston Town Center, and Gregorio's, also of Reston, who provided catering for the athletes in the post-race party.

Para-athletes from the various adaptive teams, as well as their friends and family members, raced in two waves. First went the cyclists, followed by runners and walkers. There were volunteers to assist athletes with their equipment, as well as with transferring to and from chairs or guiding up inclines.

Mark Friedrich, 27, of Rockville, trained for the race by participating at the hand-cycling class at the Armed Forces Retirement Home in D.C. He said he doesn't compete to reach a certain goal, but rather because "I enjoy it [and] I need the exercise."

The sentiment is shared widely. Whereas some 5ks are highly competitive, this race was all about the enjoyment of physical exercise. John Rockwood, 46, of D.C., shared this perspective: "There's a lot of races out there and this one is really different. You don't really care about your time at the end of the day. It's more about being out here and running alongside people who have had to work harder than most of us. It's inspiring."



FILE PHOTOS BY STEVE HIBBARD/THE CONNECTION

The crowd at the Global Stage during the Reston Multicultural Festival in 2015.

Reston Multicultural Festival Returns Sept. 24

Reston Multicultural Festival — billed as "a celebration of music, entertainment, dress, food and cultural treasures from all over the world" — will be held Saturday, Sept. 24, 11 a.m.—6 p.m. at Lake Anne Plaza. Free for all ages.

The festival begins at 11 a.m. with a Festival Welcome, followed by a Naturalization Ceremony where friends and neighbors will complete the process to become U.S. citizens. At the conclusion of the Naturalization Ceremony, a traditional Chinese dragon dance will mark the opening of the

entertainment stages.

Additional Festival highlights include: National Heritage Award Fellow appearances by The Sherman Holmes Project (blues/gospel) and Billy McComiskey (Irish accordion); Multicultural Book Fair in partnership with the Fall for the Book Festival; Author book signings; Kimono fashion show; Arts & Crafts activities; Art Mirrors Culture Exhibit; Global café offering international fare; Global market showcasing treasures from around the world. Visit www.restoncommunitycenter.com/mcf.

Reston Community Center to Present 'Screenagers'

Reston Community Center will present a community showing of the documentary "Screenagers" on Tuesday, Sept. 27, at 7:30 p.m. at the CenterStage. The event is free and open to the public. No tickets required. The CenterStage is located at Reston Community Center Hunters Woods 2310 Colts Neck Road, Reston.

Physician and filmmaker Delaney Ruston observed her own kids' dependency on their devices and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all

too well. In "Screenagers," as with her award-winning documentaries on mental health, Ruston takes a deeply personal approach as she probes the vulnerable corners of family life (including her own) to explore struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories — along with surprising insights from authors, psychologists, and brain scientists — "Screenagers" reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to navigate the digital world better and find balance.

Visit screenagersmovie.com.

OPINION

Epidemic Is Here, Recovery Is Possible

Prescription opioid and heroin epidemic awareness week is Sept. 18-24.

BY TISHA DEEGHAN
EXECUTIVE DIRECTOR
FAIRFAX/FALLS CHURCH COMMUNITY SERVICES
BOARD

Opioid use disorder and addiction to heroin is a disease that is devastating families across the United States, and Fairfax County is not immune. Fairfax County police report that in 2015 there were 77 heroin overdoses in the county, 12 of which were fatal. As of May 2016, Fairfax County's Emergency Medical Services was reporting an average of 10.17 patient contacts per month that were suspected overdoses of heroin or other opioids.

In recognition of Prescription Opioid and Heroin Epidemic Awareness Week, and in collaboration with state and federal partners, the Fairfax-Falls Church Community Services Board (CSB) joins the community in recognizing and remembering those lost due to opioid use disorder and in encouraging strength and courage for those who are seeking help.

The CSB is here to help; resources are available to treat opioid addiction, and recovery is possible. See www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm

Many people, including drug users themselves, have mistaken beliefs about drug addiction and recovery. These ideas stem in part from notions that continued drug use is voluntary and that a person's inability to overcome addiction stems solely from character flaws or a lack of willpower.

GUEST EDITORIAL

Substance abuse treatment comes in a variety of forms. For people who seek help for opioid addiction, treatment should start with a thorough assessment of their history of opioid use, prior treatment history, if any, and existence of any co-occurring mental illness. The treatment plan would be based on this assessment and could include medication-assisted treatment along with other services designed to support their recovery, such as cognitive behavioral therapy, education about addiction, engagement of family and friends, and building a recovery-based support system.

If you or someone you love needs help to

overcome drug dependence, call the CSB at 703-383-8500. CSB staff will help you find appropriate treatment and recovery resources. Anyone seeking help can also come to the Merrifield Center for a walk-in screening, with or without an appointment, Monday through Friday from 9 a.m. until 5 p.m.

You can help, too. Enroll in CSB's REVIVE! program, a free course that teaches non-medical personnel to administer the life-saving opioid-reversal medication naloxone. CSB staff has trained more than 640 people so far this year and classes are scheduled throughout the fall. Participants report that the training has saved lives. www.fairfaxcounty.gov/csb/revive

Learn more about substance use prevention at these upcoming events, sponsored by CSB partners:

* Attend one of the Chris Atwood Foundation's presentations entitled "Addiction: The Taboo Subject," scheduled for Sept. 24, 9-11 a.m. and Oct. 3, 7-9 p.m. Hear personal stories of addiction and recovery and learn how to recognize and respond to substance misuse at Lord of Life Lutheran, 13421 Twin Lakes Drive, Clifton, VA 20124.

* Parents who want to be more involved in youth substance use prevention and education can attend Fairfax County's Unified Prevention Coalition's Sept. 26 "Taste of UPC" Fall Kick-Off event. See www.unifiedpreventioncoalition.org.

Chesapeake Bay: Barometer of the Environment

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



COMMENTARY

When Captain John Smith and other Englishmen made their way to the new found land of Virginia in 1607 they found a richness of natural beauty and resources unmatched in anyplace else they had been. John Smith's visit around the natural estuary that we now call the Chesapeake Bay highlighted the wealth of forests, wildlife and sea life the new land offered. Little wonder that it became such an inviting place to settle and establish cities and factories. Fast forward to the turn of this century and the Chesapeake Bay had in many places become a dead zone without the ability to sustain life in its waters. Most of its riches had been stripped away.

Fortunately, citizens concerned about environmental is-

sues rallied together mostly under the auspices of the Chesapeake Bay Foundation to work and lobby for the kind of actions necessary to save and restore the Bay. In 2010 the six Bay states along with the federal government and the District of Columbia began a renewed effort to restore the health of the Bay and the rivers and streams that flow into it through a Chesapeake Clean Water Blueprint. Progress is being made in reducing the amount of nitrogen, phosphorus, and sediment pollution in the Bay, and there is a return of grasses, crabs, oysters and other sea life indicating a return to health.

Last week the House Agriculture, Chesapeake and Natural Resources Committee on which

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Meals Tax with Clinton vs. Trump

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



INDEPENDENT PROGRESSIVE

I had the pleasure last week of interviewing Pat Hynes, our member of the Board of Fairfax County Public Schools, on my Reston Impact community TV program. Ms. Hynes often appears to update the community on what is happening in our schools, a favorite topic of mine. But, this interview would be a bit different.

It was my intention to also broach something we will all face and hopefully participate in on Nov. 8, Election Day in the U.S. No, not the part of it where we shake our heads wondering how our beloved country got to the place where a blustering, womanizing bigot straight out of the bush leagues of reality TV is actually running neck and neck with an accomplished former Secretary of State and US Senator who could make history by becoming our first woman President. I wanted to ask Pat instead about the Meals Tax referendum for Fairfax County which is on the same ballot where we'll see Hillary Clinton and Donald Trump, the guy who will

not even reveal if he even pays taxes like the rest of us or not.

It turned out that discussing the tax referendum was neither as painful as discussing the Presidential race nor as painful as the subject of taxes can be. The meals tax proposal would allow Fairfax County to diversify its limited sources of revenue to fund a top rated public school system serving nearly 200,000 of our children and to a lesser extent other basic County services such as police, fire and health services. If passed, it would allow the County to add up to four per cent to restaurant and fast food bills. That's 20 cents on a \$5 McDonald's tab and \$2 on a \$50 check at McCormick and Schmick's. The total revenue would amount to an estimated \$100 million annually, 70 percent of which would go to our schools, 30 percent to other services.

As it stands, the County gets the bulk of its revenue from property

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Reston
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OPINION

Plum

FROM PAGE 4

I serve along with its Senate counterpart spent a couple of days at a retreat in the Chesapeake Bay region and the Eastern Shore of Virginia. As one who has been involved in Save the Bay efforts over many decades, I was especially pleased to see from our boat trips on the Bay the progress that is being made. Successful aquaculture programs are underway growing oysters and clams for markets. The numbers related to water quality are improving.

While the 64,000 square mile region that comprises the watershed of the Bay is massive, it is at the same time a very fragile system. The job of cleaning up the Bay is far from finished. We have made great progress in cleaning up the discharges from sewer systems and in reducing industrial pollution, with the exception of the state of Pennsylvania that needs to get on board. More and more farmers are adopting best management practices that reduce runoff

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Lovaas

FROM PAGE 4

taxes, a relatively progressive tax because it is a percentage of the value of the real estate being taxed. So, those with mansions pay more, the starter homes a lot less. But, it also varies with swings in market value as we've seen sharply demonstrated in the last ten years. Thus, it is a less reliable source for funding basic services we all need and, when it is nearly the only source of revenue, it can become an unreasonable burden.

The meals tax would be a more reliable, if modest, supplement, and provide a bit of easing of the property tax burden. It will not apply in cities and towns which already have their own meals taxes—such as Herndon and Vienna.

There is more good news about the meals tax. It turns out that a lot of nonresidents eat in our restaurants and even more nonresidents eat in our fast food places.

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SEPT. 24TH

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Homework Overload

By MARILYN CAMPBELL
THE CONNECTION

Paula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children to begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they



PHOTO COURTESY OF BULLIS SCHOOL

Faculty and staff at the Bullis School have restructured the way they assign homework to foster a feeling of success, confidence and independence.

don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, Md., says adminis-

Education • Learning • Fun

Some educators say less can be more, stress balance when it comes to homework.

trators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal setting and time management," she said. "We're not using homework as busy work. Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

Students at Bullis often have choices over their homework assignments, and their tasks are designed to foster a feeling of success, confidence and independence.

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis. "If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise


determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how to entertain themselves rather than needing an adult to structure their time for them."

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an informed perspective," said Sean Aiken, head of school at BASIS Independent in McLean. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."


Parents' roles should be setting students up for success, recommends Andreadis: "Giving them a quiet place to study, checking in with them, asking, 'What's your plan for homework tonight?' Helping the child make the decision but letting the child actually make it. Be hands off as much as possible."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."



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die tomorrow.

—John Wooden



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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

“The Way I See It” Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

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 come out and perform. 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

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>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and

The Mark H. Taiko School presents Taiko Drums or Japanese drumming on the Global Stage at Lake Anne Plaza during the 2015 Reston Multicultural Festival. This year’s festival will be held on Saturday, Sept. 24, 11 a.m.—6 p.m. at the Lake Anne Plaza.

STEVE HIBBARD/
THE CONNECTION



owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

LINES, CURVES AND COLORS On exhibit Aug. 31- Oct. 2. At ArtSpace Herndon 750 Center St, Herndon. “Lines, Curves, and Colors” will present the talents of four artists working in different mediums. The show features one photographer and three sculpture artists. For more information call 703-956-9560.

Reston Photographic Society Meetings from 7:30–9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston on the third Monday of each month through Nov. 31, the meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit the LRA website at www.leagueofrestonartists.org

Beginning / Intermediate Oil Painting – Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 – Nov. 10, 2016. ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

THURSDAY/SEPT. 22

Documentary BAG IT 7 p.m. Patrick Henry Library 101 Maple Ave E Vienna, Virginia 22180. Sierra Club/Great Falls Group will show BAG IT, a documentary about the effects of plastics on our personal health and the

Environment. Cost: Free. Contact: s.weltz@yahoo.com

Paul Rosenweig “Privacy in the Cyber Age: The Digital Minefield” 7:30 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue Reston. Thirty minutes earlier than the normal start time. Today, every click you take, every email you send and every search paints a digital picture of who you are. Gone are the days of anonymity. For some this change is positive. For others, it is the coming of Big Brother. Admission: Free. www.gatherthejews.com/event/

FRIDAY/SEPT. 23

ArtInsights Animation and Film Art Gallery 12- 8 p.m. 11921 Freedom Drive, Reston Town Center. See a showcase of original, legendary Beatles cartoon paintings and meet the artist, Ron Campbell. Admission: Free. 703.478.0778 / artinsights.com

Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Battery Lane. Covers. 703-230-1985.

SATURDAY/SEPT. 24

Reston Multicultural Festival. 11 a.m.- 6 p.m., Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit Contact: Call: Sonya Amarte 703.766.9025 or email: samarte@alz.org Visit: www.restoncommunitycenter.com

Family Fun Day for Growing Hope. 10 - 4 p.m. on the Town Green in Vienna. 144 Maple Ave E, Vienna. Dunk Tank with Delegate, Mark Keam, Madison Teacher, Dick Gongaware and more. Live Band. Refreshments, Face Painter, Kids Ninja Warrior Obstacle Climb & Slide, Kids Games and Prizes. Admission: Free. www.optimistclubofgreaterienna.org.

ArtInsights Animation and Film Art Gallery 12- 6 p.m. 11921 Freedom Drive, Reston Town Center. See a showcase of original, legendary Beatles cartoon paintings and meet the artist, Ron Campbell. Admission: Free. 703.478.0778 / artinsights.com

Reston Station Movies. 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. “The Jungle Book .” 703-230-1985.

SUNDAY/SEPT. 25

Mount Pleasant Baptist Church Herndon, VA Celebrates 150th Anniversary 10:30 a.m. at Hylton Performing Arts Center Manassas, VA. Anniversary events will be held throughout the month of September. Cost: Free. www.mtpleasantbaptist.org/150thanniversary



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SATURDAY/OCT. 8

Oktoberfest Reston. noon-11 p.m. Sunday, 11 a.m.-8 p.m. Reston Town Center, 11900 Market St., Reston. Food and drinks, live entertainment, a carnival and a chili cook-off at Northern Virginia’s largest fall festival. www.oktoberfestreston.com.

SUNDAY/OCT.16

The Crohn’s & Colitis Take Steps Walk. Registration opens 3 p.m. Walk begins 4 p.m. Reston Town Center 11900 Market Street Reston, Virginia, 20190. One of Crohn’s & Colitis Foundation of America’s CCFa largest events committed to finding cures for digestive diseases. Admission: Free. Visit: www.restontowncenter.com

WEDNESDAY/OCT. 19-25

Washington West Film Festival. Reston Town Center 11900 Market Street Reston, Virginia, 20190. A cinematic experience presenting independent films. Three in-competition categories: dramatic features, documentary features, and short films. Schedules and tickets: wwfilmfest.com

FRIDAY/OCT. 28, 2016

Spooktacular. 6:30-8 p.m. Herndon



WASHINGTON WEST FILM FESTIVAL

Washington West Film Festival volunteers provide information about the upcoming festival. The film festival invites filmmakers, film lovers, industry professionals and media alike to experience a breathtaking view of artistic cinema.

Community Center, 814 Ferndale Ave., Herndon. Enjoy ghoulish games, a spooky craft and a children’s show. Fee: \$10/child in advance or \$15/child on day of event. Visit www.herndon-va.gov.

SPORTS



Anna Prater wins Oatlands Invitational JV Upper-classmen girls division race.

PHOTOS CONTRIBUTED

South Lakes Cross Country Teams Off to a Strong Start

Led by its freshmen girls' team, South Lakes High School cross country teams placed in every invitational meet they competed in thus far this season.

The latest success came at the 87-team Oatlands Invitational, Saturday, Sep. 17 in Leesburg. Competing in six divisions, the Seahawks were led by the first-place finish of the JV Underclassmen Girls, the third-place finishes by both the JV Underclassmen Boys and Varsity B girls and fourth place in the Varsity A boys division.

Junior Anna Prater won the JV Upperclassmen girls division race in leading the team to an eighth-place finish. The Varsity B boys team was 11th.

Sophomores Jordan Anderson (21:52.00, 4th), Isabelle Gulbert (21:57.00, 5th), Sophie Halkett (22:26.00, 12th) and Nicole Post (22:38.00, 16th) were the top finishers for SLHS in winning the JV Underclassman Girls title. But it was the consistent performances of freshmen Brooke Tobias (22:49.00), Emily Lannen (23:10.00), Marissa Banga (23:17.00), Kelly Bidwell (23:42.00), Frankie Delmolino (25:15.00), Sydney Anderson (25:51.00) and Alyssa

Spar (25:53.00) that has had them finish atop the team standings.

The freshmen girls started off the season winning their division at the =PR= Kickoff Classic Aug. 25 in Manassas. They followed that up with a second place finish at the Chancellor High School Cross Country Invitational Sept. 3 in Fredericksburg A and Monroe Park Invitational Sept. 10 in Burke. SLHS also placed second in the JV girls division of the PTXC 8 Invitational in Kutztown, Pa. Sept. 10.

Oatlands, which had more than 2,000 runners competing in eight different divisions has proven to be the SLHS teams' most successful competition thus far this season with additional top 20 finishes by sophomore Calvin Warstler (18:17.00, 5th), junior Katie Bidwell (20:55.00, 5th), senior Morgan LaRow (21:16.00, 8th) and juniors Emily McGrath (21:54.00) and Tara Ravishankar (23:10.00, 18th).

After a conference meet Tuesday, Sept. 20 at SLHS, 52-members of the team will travel to Greensboro, N.C. to compete in the Hagen Stone Invitational Oct. 1.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church,

1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

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

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

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of

a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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

Hope Fellowship Church will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

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21 Announcements

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3 RE for Rent

21 Announcements

Banking on the Envelopes



By KENNETH B. LOURIE

Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

Plum

FROM PAGE 5

from agricultural production.

The Bay is still at risk. Too many suburbanites over-fertilize their lawns. Too much trash is dumped in local streams only to end up in the Bay. Some farmers are dragging their feet in adopting new practices that would keep our streams and Bay water clean. Most disappointing is the action of some politicians who hinder progress on the Bay cleanup. Congressman Bob Goodlatte of Virginia has introduced an amendment that would end much of the federal funding for Bay cleanup and would have a devastating effect on the effort.

We can all do our part. Join our local stream cleanup programs. Reduce your use of fertilizer. Educate yourself on the issues. Go to www.cbf.org.

Lovaas

FROM PAGE 5

In fact, an estimated 30 percent of meals tabs in Fairfax County each year are paid by visitors, not by us. Further, it is also a relatively progressive tax. Typically, those with more disposable incomes eat more frequently at the high end restaurants, and pay a larger proportion of the meals tax. However, it is not totally progressive, because lower-income residents often eat fast food—for example, moms and dads working more than one job to get by, with little time for preparing more nutritious foods at home.

All in all, however, the meals tax is a very good alternative revenue source for Fairfax County and one worth voting YES for on Election Day.

BULLETIN BOARD

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

ONGOING

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept. 13 through Jan. 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Blood Donations Needed. During National Preparedness Month in September, the American Red Cross encourages eligible donors to give blood to help ensure a readily available blood supply for emergencies. Donors of all blood types are needed. To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at redcrossblood.org/rapidpass to help reduce wait times. Upcoming blood donation opportunities in our area include:

♦ Herndon - Sept. 12, 8 a.m. - 1:30 p.m., Cisco, 13600 Dulles Technology Dr.
Reston - Sept. 14, 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Dr.

21 Announcements

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THE VIRGINIA MUSEUM OF FINE ARTS PRESENTS

GORDON PARKS BACK TO FORT SCOTT

Jul 23 - Oct 30

A rarely seen view of African American life in 1950, captured by groundbreaking photojournalist Gordon Parks.

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Gordon Parks, *Back to Fort Scott* is organized by the Museum of Fine Arts, Boston, in partnership with the Gordon Parks Foundation. Photo: *Untitled, St. Louis, Missouri, 1950*, Gordon Parks (American, 1912-2006), gelatin silver print. Courtesy of and copyright the Gordon Parks Foundation.

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ZONES

Zone 1: The Reston Connection
The Oak Hill/
Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

21 Announcements

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SPECIAL CONNECTIONS CALENDAR 2016

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

9/28/2016... Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016... Wellbeing Senior Living Pullout

10/12/2016... HomeLifeStyle

10/19/2016... A+ Camps & Schools

10/26/2016... Connection Families

10/26/2016... Election Preview

Halloween is October 31

NOVEMBER

11/2/2016... Wellbeing

11/9/2016... HomeLifeStyle

11/16/2016... A+ Camps & Schools

11/16/2016... Holiday Entertainment & Gift Guide 1

11/23/2016... Connection Families: Celebrations & Gratitude

Thanksgiving is November 24

11/30/2016... Holiday Gift Ideas

Call
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START A TEAM.

September 25 | Reston Town Center | 2:30pm

alz.org/walk | 800.272.3900

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SENIOR LIVING

This expanded pullout section will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well-being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special pullout section with the award-winning Connection Newspapers print and digital media.

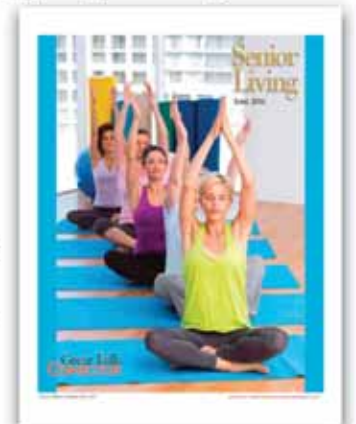
Publishes:

October 5, 2016

Advertising Closes:

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