



Reston CONNECTION

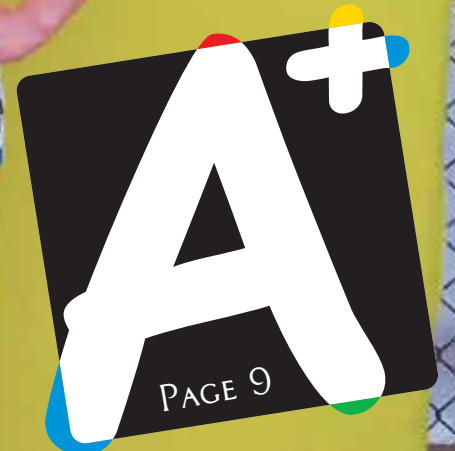
Reston Association Elects New Board Members

NEWS, PAGE 3

South Lakes Athletes on the Winning Track

SPORTS, PAGE 8

Devyn Jones, Hannah Waller, Cara Hutson, Olivia Beckner at Arcadia Invitational, April 7, at which South Lakes track and field athletes broke school, meet records.



'From Our Pain May We Heal'

NEWS, PAGE 4

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WEEK IN RESTON

Reston House Fire Displaces Two Adults

A house fire in the 12300 block of Brown Fox Way in Reston displaced two adults on Sunday, April 9. No one was injured, but damages from the fire were estimated to be approximately \$93,750.

A Fairfax County Fire and Rescue Department investigation determined that the fire started under a cooktop in the back of a base cabinet in the kitchen of the home.

The fire was accidental in nature and was caused from an undetermined electrical event. The fire also caused the natural gas line to fail, which led to a gas-fed fire.

Mon Ami Gabi: Book Signing and Luncheon

The Reston-Herndon Area Branch of American Association of University Women (AAUW) and the Reston/Herndon Section of the National Council of Negro Women (NCNW) are sponsoring a Mother-Daughter and Friends book signing luncheon on Saturday, April 22, at Mon Ami Gabi at Reston Town Center.

The guest speaker will be Paula Young Shelton, author and daughter of civil rights activist, congressman and United Nations ambassador, Andrew Young.

She grew up in the "Deep South" during the period of Jim Crow. With an activist father and a community of leaders surrounding her, including Uncle Martin (Martin Luther King Jr.), she watched and listened to the struggles, and became a little activist, joining with her family — and thousands of others — in the historic March from Selma to Montgomery.

Her picture book "Child of the Civil Rights Movement" will be shared with the audience and offered for purchase.

For details, call Carol Bradley at 703-620-9873.

Meeting to Discuss Glade Drive Street Design Improvements

Fairfax County Department of Transportation (FCDOT) will host a community meeting to discuss future bicycle improvements on Glade Drive from Glade Bank Way to Twin Branches Road on Thursday, April 27, 2017, 6:30 p.m., in the cafeteria of Hunters Woods Elementary School, 2401 Colts Neck Road, Reston. A combination of bike lanes and sharrows have been proposed for the project.

Community members are invited to give feedback on traffic safety, bicycling and the pedestrian environment in this area of the Hunter Mill District at the meeting or by submitting comments online.

The improvements are part of the Virginia Department of Transportation's (VDOT) 2017 repaving program, and are limited to changes that can be made with roadway striping as part of the repaving process.

To view a map of the proposed project area, visit www.fairfaxcounty.gov/fcdot/bike/gladedrive-streetimprovements2017.htm.

Wise Investor Group Makes Baron's List Again

Reston-based Wise Investor Group at Robert W. Baird & Co., a team of financial professionals offering financial planning, portfolio management, investment analysis and account services, has announced that Gregory S. Smith, CFP®, ChFC, CPWA was named to Barron's 2017 list of Top 1,200 Financial Advisors, marking the ninth consecutive year that The Wise Investor Group has been represented on the list.

Barron's annually ranks the top 1,200 financial advisors nationwide based on assets under management, revenue produced for the firm, regulatory record, and quality of practice and philanthropic work. The Wise Investor Group, managing over \$2.022 billion in assets as of September 2016, ranks among the top 10 Virginia-based advisors.

Smith currently serves as Managing Director and Senior Financial Planner at The Wise Investor Group, specializing in retirement, college, and estate planning. Smith also mentors young industry professionals through the Financial Planning Association.



Newly elected Reston Association Apartment Owners' Representative and Board Vice President David Bobzien.



Newly elected Reston Association At-Large Director Eric Carr speaks during a candidates' forum at RA headquarters during the election where he was facing five other opponents.



Newly elected Reston Association North Point District Director John Mooney speaks during a candidates' forum at the Lake House during the election.



Newly elected Reston Association Hunters Woods/Dogwood District Victoria White speaks during a candidates' forum at RA headquarters during the election.

Reston Association Elects New Board Members

BY FALLON FORBUSH
THE CONNECTION

More Restonians turned out to vote for the Reston Association's spring board election than in years past.

RA members started voting for the 11 candidates who ran for four open seats on the board on March 6. By the time voting was completed on April 3, a total of 4,924 votes were cast.

These numbers were announced to members during the RA's 2017 Annual Members Meeting on Tuesday, April 11, which is an increase of votes when compared to turn-out of previous years:

- ❖ 2013: 2,722 votes cast
- ❖ 2014: 3,739 votes cast
- ❖ 2015: 3,542 votes cast
- ❖ 2016: 3,619 votes cast
- ❖ 2017: 4,924 votes cast

The newly elected board members are:

- ❖ John Mooney, North Point District (1,284 votes);
- ❖ Victoria White, Hunters Woods/Dogwood District (1,026 votes);
- ❖ Eric Carr, At-Large (2,493 votes); and
- ❖ David Bobzien, Apartment Owners' Representative (1,613 votes).

Officers were also elected during the board's first meeting on Wednesday, April 12:

- ❖ Lake Anne/Tall Oaks District Director Sherri Hebert, president;
- ❖ Apartment Owners' Representative



The winning board candidates, Eric Carr, Victoria White and John Mooney, get a photo right after they were announced as the winners during the Reston Association's 2017 Annual Members Meeting on Tuesday, April 11. David Bobzien, the fourth winning candidate, left the meeting before photos were taken.

David Bobzien, vice president; and

- ❖ At-Large Director Michael Sanio, secretary.

Dannielle LaRosa, who resigned from the board, will continue in her role as treasurer until a new person is selected next month.

While the meeting was a celebration for the winning candidates, it was also a time to for the association's current leadership to reflect on challenges that still lie ahead for an organization that had a tough year.

"While the association had many accomplishments in 2016, there were also many

difficulties and challenges," Reston Association CEO Cate Fulkerson said during the meeting. "For anyone who knows my leadership style, I'm not one who walks away from a challenge or ignores difficulties. I believe in taking responsibility for errors, correcting them so they do not happen again and I believe in finding opportunity in difficulty."

She talked about the association's handling of the Lake House and how the controversy and probe into the association's staff and board created a significant gap in trust between the organization and its members.

PHOTOS BY FALLON FORBUSH/THE CONNECTION



Reston Association CEO Cate Fulkerson addresses the mistakes the association made during 2016 and the challenges it faces in the year ahead during the 2017 Annual Members Meeting on Tuesday, April 11.

Fulkerson and her staff will be drafting and developing an implementation plan for the board to consider in May to implement all recommendations that the Lake House probe urged the association to undertake, which includes the creation of internal control policies and procedures for project management.

Foremost, Fulkerson spoke to the need of establishing a "solid foundation" with her new board that is based on three principles: mutual respect, trust and support of each other; reciprocal communications; and a shared purpose and mission.

Operation Medicine Cabinet Cleanout Set for April 29

Properly dispose of unused or expired medications during Operation Medicine Cabinet Cleanout Saturday, April 29, in Fairfax County, as part of the National Prescription Drug Take-Back Day.

The Unified Prevention Coalition of Fairfax County (UPC) sponsors the event in partnership with local businesses and in collaboration with the following Fairfax County government departments: Police,

Health, Public and Private Partnerships, Neighborhood and Community Services, Public Works and Environmental Services, and the Fairfax-Falls Church Community Services Board.

Bring unused or expired medications (just pills or liquids – no pressurized canisters or needles) to eight Fairfax County district police stations from 8 a.m. to 2 p.m. on Saturday, April 29. Disposal is free, confidential and safe. Visit

www.unifiedpreventioncoalition.org or the Health Department's "Don't Flush" page for information about disposal of medications year-round.

Drop-off sites

- ❖ Fair Oaks District Station, 12300 Lee Jackson Memorial Hwy, Fairfax
- ❖ Franconia District Station, 6121 Franconia Road, Alexandria
- ❖ Mason District Station, 6507 Columbia Pike, Annandale

- ❖ McLean District Station, 1437 Balls Hill Road, McLean
 - ❖ Mount Vernon District Station, 2511 Parkers Lane, Alexandria
 - ❖ Reston District Station, 12000 Bowman Towne Drive, Reston
 - ❖ Sully District Station, 4900 Stonecroft Boulevard, Chantilly
 - ❖ West Springfield District Station, 6140 Rolling Road, Springfield
- Visit www.unifiedpreventioncoalition.org.

‘From Our Pain May We Heal’

County honors National Crime Victims’ Rights Week.

BY BONNIE HOBBS
THE CONNECTION

No one expects to become a crime victim. But when it happens in Fairfax County, there’s a whole network of people and services ready to help both victims and their families overcome the trauma and cope with the aftermath.

And on Sunday, April 2, at Fairfax Corner, the county Police Department’s Victim Services Section marked National Crime Victims’ Rights Week – April 2-8 – with the 5th Annual 5K Walk and Crime Victims Tribute. Victims, survivors, family members, friends and the community participated to raise awareness of victims’ rights in Northern Virginia and show support for all crime victims.

Many victims, survivors and their advocates even wore superhero capes as a sign of solidarity with all victims of crime. Large photos of some local victims were displayed in front of the stage, and the event began with a moment of silence for them. Then came several speeches before the candlelight walk.

As the county’s former police chief, Dave Rohrer said he’s worked with some “truly wonderful” people. “We’re here today to honor and remember the victims and survivors of serious, violent crimes,” he said. “But the dispatchers, police officers and detectives, firefighters, paramedics and advocates in Victims’ Services and the court system, we honor you, too, for your caring, passion and commitment to serving.”

Noting the event’s theme of “Strength, Resilience and Justice,” Rohrer said, “Most of us came here to make a difference, and we will never forget the strength and resilience that you have and have taught us. Justice refers to the legal rights victims have.”

Furthermore, he said, “Safety is not just a legal right, but also a basic human right – to be free and safe in our persons, regardless of who we are, where we come from, what we look like or our status.” Then, acknowledging all those “who’ve done so much to serve and support,” he added, “We live and work in an extremely caring and empathetic community.” Rohrer is deputy county executive for public safety.

Current Police Chief Ed Roessler said Fairfax County is the safest jurisdiction of its size in the U.S. To the victims, he said, “You give us the strength and resilience to pursue justice and you’re not alone. We’ll help heal not just yourself, but our community, and we extend our blessings upon you.”

Assistant Commonwealth’s Attorney Jessica Greis-Edwardson said it’s humbling to



Some of the crowd at the Crime Victims event at Fairfax Corner.



Deputy County Executive for Public Safety Dave Rohrer



Fairfax County Police Chief Ed Roessler

(From left) Joe Samaha listens while Supervisor Jeff McKay (D-Lee) proclaims National Crime Victims’ Rights Week.



PHOTOS BY
BONNIE HOBBS
THE CONNECTION

work with the victims and survivors of violence. “It makes me want to be a better prosecutor,” she said. “Their stories are astound-

ing and take your breath away. And it’s a pleasure to be a part of helping you as you move forward.”

THE GUEST SPEAKER was Joe Samaha, whose daughter Reema – a Westfield High grad – was one of the 32 people killed in the April 16, 2007 mass shooting at Virginia Tech. She was a freshman, just 18, when a gunman ended her life.

Her parents established scholarships in her name, and her father became an advocate for the VTV Family Outreach Foundation, promoting increased school and college-campus safety and trying to prevent tragedies caused by gun violence. Its Campaign 32 worked to have all states participate in the National Instant Criminal Background Check System, and another Campaign 32 (www.campaign32.org) is beginning, continuing the advocacy for campus safety and security.

When the Virginia Tech tragedy occurred, said Samaha, “There were no alert systems then for students there, or push bars on the doors to prevent their chaining [by the assailant]. Now there are more-immediate lockdowns and active-shooter drills, plus legislation helping those in need of mental-health treatment for suicidal thoughts.

“In my opinion, there were 33 victims, because I believe the shooter could have been helped [before he killed people],” continued Samaha. “On Dec. 13, 2006, he’d signed up for a [counseling] appointment, but didn’t show up. He was screaming out loud for help, silently, but was not given help.”

Samaha then had the crowd hold hands while he read “Reema’s Inspiration,” which he wrote: “From our pain, may we heal; from our fear, we seek comfort. From our grief, we are blessed; from our solitude, we seek serenity. From conflict, we find harmony; from our anger, we seek peace.”

Then, to those working in Victims’ Services and public safety, he offered a prayer from St. Francis of Assisi: “Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Oh, Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, it is in dying that we are born again to eternal life.”

Speaking from the heart, Samaha said, “On April 16, 2017, it’ll be 3,653 days since the Virginia Tech shooting. My daughter’s spirit still lives and inspires and comforts me every day. After the tragedy, I took the political path and my wife Mona took the spiritual path – but we took that journey together.

“FOLLOWING THE MASSACRE, he said, “There were no victims’ advocates; they were turned away. The traumatized were

SEE VICTIMS, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS CONTRIBUTED

The day-long Officer Down Memorial Ride is meant to honor law enforcement officers who have died in the line of duty, and raise awareness of officers giving their lives while serving. Here officers lay a wreath during the 2016 event.

Officer Down Memorial Ride to Be Held April 22

Fairfax-based non-profit Officer Down Memorial Page will host its sixth annual Officer Down Memorial Ride event April 22, centered around a 60-mile motorcycle trek.

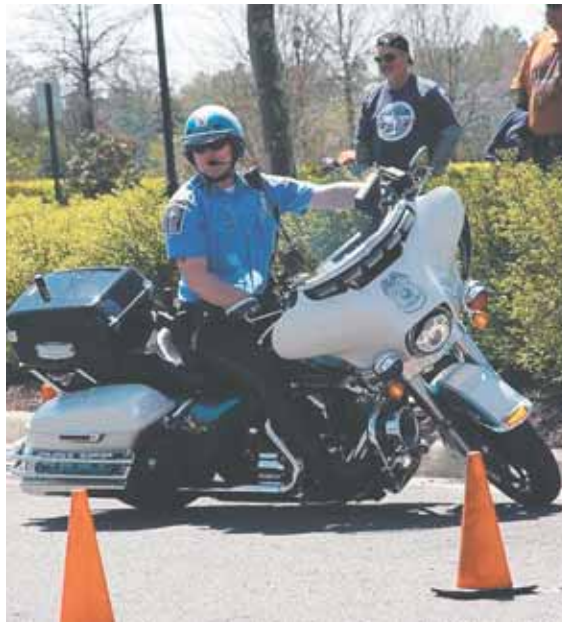
The day-long event is meant to honor law enforcement officers who have died in the line of duty, and raise awareness of officers giving their lives while serving.

In addition to the ride, which has seen more than 2,000 riders in past years and raised in excess of \$100,000, live music, raffles and a Police motor unit demonstration are also planned for April 22.

According to Officer Down Memorial Page, there are more than 22,000 law enforcement officers who have died in the line of duty.

The sixth annual Officer Down Memorial Ride is scheduled for April 22 in Haymarket, Va. For more information, www.officerdownmemorialride.com.

— TIM PETERSON



In addition to the ride, which has seen more than 2,000 riders in past years and raised in excess of \$100,000, live music, raffles and a Police motor unit demonstration, like this one from 2016, are also planned for April 22.



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5TH ANNUAL

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April 22nd – 23rd Sat./Sun. 10am – 5pm

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Artfestival.com Information: (703) 812-8881 or (561) 746-6615

A Howard Alan Event

Free Admission

OPINION

Mother's Day The Connection is seeking submissions for its annual photo gallery.

Mother's Day is Sunday, May 14 this year and as usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to www.connectionnewspapers.com/

mothersday/ or email to editors@connectionnewspapers.com.

Immediately after we publish our Mother's Day photo galleries, we will begin to ask for submissions for our annual Father's Day galleries. Each year we seem to receive many more photos for Father's Day.

We've always been curious whether that is because it is the second of the set so readers are more aware or because mothers are more likely to send in images of the fathers in their life.

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives.

In late summer, we invite readers to share

what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses.

Mental Health Advances in Virginia

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

Virginia has the distinction of having had the first mental health hospital in the country although it was called an insane asylum which more correctly described the work it did. From colonial days to the present the role of the state in providing treatment and services for those with mental illness has been widely debated, filled with different theories and approaches, and always critically underfunded. It took a massacre of students at Virginia Tech and a state senator's son attacking his father with a butcher knife then shooting himself to bring a higher level of urgency and seriousness to the discussion. A commission has been meeting the past couple of years and will continue to meet for at least a couple more to develop recommendations on what the state should do.

In the meantime, some hopeful progress is being made. After the Virginia Tech shootings, state appropriations for mental health programs were increased dramatically only to be reduced again after the onset of the recession.



COMMENTARY

Funding for programs for those with mental illness has been slowly increasing again but still does not come close to the levels requested by professionals in the field. Additional funding was provided in the most recent General Assembly session to allow for transitional housing. Statewide there has been more clarification of the role of the Community Services Boards for the treatment of mental illness.

The practice of "streeting" persons by putting them back on the street when there was no treatment option available to them has largely been stopped. Emergency and temporary custody orders can be issued to ensure that those needing emergency care will receive it. Crisis treatment centers are being opened around the state.

We are blessed in Fairfax County that local government has for decades been offering mental health treatment and services well beyond that provided in most parts of the state. The most recent example is the Diversion First program that just issued its first annual

report. The program came about from the recognition that more than a quarter of the inmates in local jails have mental illness. They came into contact with law enforcement because of a behavior that needed treatment not incarceration.

Sheriff Stacey Kincaid, the Fairfax County Police Department and the Community Services Board cooperatively put together a program that offers alternatives to incarceration for people with mental illness or developmental disabilities who come into contact with the criminal justice system for low-level offenses. As stated in their annual report, the goal is to intercede whenever possible to provide assessment, treatment or needed support in an appropriate setting for those who struggle with mental illness, developmental delays, or substance abuse instead of jail being the default solution. In its first year of work, the program diverted 375 persons from jail into treatment programs. Both money and lives are saved with the shift of emphasis.

More about this important new service made possible by Fairfax County government officials working together is available at www.fairfaxcounty.gov/DiversionFirst.

LETTER TO THE EDITOR

County Economy Poised for Continued Growth

To the Editor:

The April 12 article, "Uncertainty Amid Growth," might have left readers wondering about the strength and future of Fairfax County's economy.

Much of the uncertainty arises from concerns about the direction of the federal budget, because many employers in Fairfax County and northern Virginia are involved in government contracting. However, more than two-thirds of the federal procurement dollars won by Fairfax County companies in fiscal 2016 involve three departments for which President Trump

has indicated he would seek increased funding: Defense, Homeland Security and Veterans Affairs.

For that reason and others, I think the Fairfax County economy is poised for continued development. In 2016, the Fairfax County Economic Development Authority worked with 194 companies that added nearly 7,500 jobs to the county economy. Many of those companies are in the professional and technical industry sectors that will generate the most prosperity for the community.

Just since the beginning of 2017 the Fairfax County Economic De-

velopment Authority has announced several companies that are adding hundreds of jobs here. Some, like Favor TechConsulting or IOMAXIS, focus on work with federal customers. Others such as All Traffic Solutions and Global Guardian, focus on private-sector customers. This is the hallmark of a mature economy: companies working in a variety of sectors and for a variety of customers and finding the kind of skilled talent they need to thrive. This kind of economic diversity is what every community longs to attain.

This work is never done, of

course. In addition to Fairfax County's traditional business strengths, my office has targeted cybersecurity, data analytics and translational medicine as industry sectors with great growth potential here. The foundation is firmly in place to help Fairfax County achieve even greater economic stability and prosperity in the years ahead.

Gerald L. Gordon, Ph.D.
President and CEO
Fairfax County Economic
Development Authority
Tysons Corner

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PHOTO BY FRAN LOVAAS

Reston Farmers Market vendors, farm owners and community volunteers say farewell upon closing the 2016 season.

Reston Farmers Market Opens 20th Season April 29

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

On Saturday, April 29, the Reston Farmers Market will open its 20th season in the parking lot at Lake Anne Village Center. That's right—our 20th year and opening in April not May! Also, the full Market will be open until Dec. 9.

We've come a long way since a community group backed by the Fairfax County Park Authority calling themselves the Friends of TOMATO (The Organic Market At Tall Oaks) came to the Reston Association Board of Directors in 1998 and asked for modest assistance in starting a farmers market for the community. Since the anchor grocery store at the time in Tall Oaks denied the request to open a market in their parking lot, the group approached folks at Lake Anne who were only too willing to have a farmers market bring new life to their quiet, lonely place on Saturday mornings.

The Reston Association, with encouragement from Board member Robert Simon, agreed to help the new venture with some signage and myself as the volunteer market master in training. On May 9, 1998 with Founder Simon and Virginia Delegate Ken Plum doing the honors, the Reston Farmers Market opened with just 12 farmer/vendors. The community response was amazing and the Market has been quite successful from its first days. When we open on April 20, 2017 Bob Simon will not be with us and will be sorely missed, but Delegate Ken Plum, who has rarely missed a market session in 19 years, will be present along with new Reston Association President and Lake Anne Director Sherri Hebert. Del. Plum and President Hebert will ring

the genuine Inca cow bell to officially open the 20th season at 8 a.m.

But, it is not the same Market it was that first opening day. Instead of 12 farmer/vendors, you will find 30 this season, in addition to the wonderful Fairfax County Master Gardeners with their plant clinic for all shoppers and Cornerstones volunteers managing the Supplemental Nutrition Assistance Program (SNAP). And, there just might be some musicians to help ring in the new season.

If you've been to the Reston Farmers Market, you'll recognize nearly all the vendors. We lost a couple to retirement at the end of 2016, but recruited new ones we think you'll like—Stallard Road Farm and Botanicals featuring herbs, medicinal and culinary plants, eggs and more; and, LoKL Gourmet of Great Falls offering salads and soups with locally sourced ingredients for you to take home.

On opening day, you can expect a good selection of early greens plus strawberries and apples as well as fantastic fresh baked goods of all kinds, fresh local seafood from the Chesapeake and its tributaries, a variety of locally raised meats (including tasty Asian Water Buffalo not available elsewhere), ice cream and pickles to go with it, honey, and kettle corn. Go to our website at www.restonfarmersmarket.com to find out more about all the vendors, their products and where they are located in the market.

As usual, the Reston Farmers Market opening bell will ring at precisely 8 a.m., and you'll hear the closing bell around noon every Saturday morning April 29 through Dec. 9, except for the day of the Reston Multicultural Festival. We are excited and looking forward to seeing everyone as we kickoff year #20!



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SPORTS

South Lakes Track Athletes Break School, Meet Records

South Lakes High School track athletes took advantage of three meets during spring break to qualify for postseason competition and break a couple of records. Despite less than ideal conditions on the first day of the Northern Virginia Invitational Friday, April 7 at James Robinson Secondary School, several Seahawks persevered through the cold and windy conditions to qualify for the Liberty Conference championship next month. They include:

❖ Freshman Marissa Bangle (12:15.30, 19th), sophomore Isabelle Gulbert (12:04.56, 12), junior Sean Casey (9:56.37, 6th) and senior Peter Sepulveda (10:23.28, 21st) in the 3,200 meter run.

❖ Junior John Eggeman in the 400 meters (52.50, 14th)

❖ Junior Madie Evans (28-09.50, 5th) and senior Jessica Rice (27-11.00, 10th) in the shot put.

❖ Junior Ronak Cuthill in the discus (127-01.00, 4th)

❖ Senior Abby Wickman (7-00.00, 7th) and junior Megan Allison (7-00.00, 6th) in the pole vault.

Day two of the NVI produced the sun and warmer temperatures, which made for Northern Region qualifying marks for junior Jamie Richard in the discus (105-07.00, 1st) and Wickman in the 300 meter hurdles (48.40, 6th).

Out in California, the Sprint Medley Relay team of freshman Hannah Waller, sophomore Cara Hutson, junior Olivia Beckner and senior Devyn Jones finished sixth with school-record time of 4:06.84. The previous mark of 4:07.00 was set in 2015.

Jones, who was also a member of that 2015 team, finished sixth in the 100 meter hurdles with a state qualifying time of 14.63 and was 25th in the 300 meter hurdles with a Northern Region qualifying

time of 47.24. Waller ran state qualifying times of 12.41 in the 100 meters and 25.53 in the 200 meters.

Senior Timiebi Ogobri ran a state qualifying time of 11.09 in the 100 meters. In the 800 meters, sophomore Sophie Halkett ran a Liberty conference qualifying time of 2:24.05 while junior Alex Loukili did the same in the boys division with a 2:01.31

SLHS closed out spring break by participating in the Leslie Sherman Memorial Invitational April 13 at West Springfield, Va., where the 4x100 meter relay team of Jones, Waller, sophomore Danielle Spears and freshman Rhema Konadu won the event in a state-meet qualifying and meet record time of 49.02.

Junior Olivia Beckner ran a state qualifying time of 2:14.43 to finish second in the 800 meters while Loukili finished third in the boys division with a region qualifying time of 1:59.00.

Ogobri ran region qualifying times in the 200 meters (22.70, 2nd) and the 400 meters (51.27, 7th). The boys team also qualified for region in the 4x800 meter relay. The team of Sepulveda, Casey, Loukili and senior Jack Watkins ran a 8:12.03 for third.

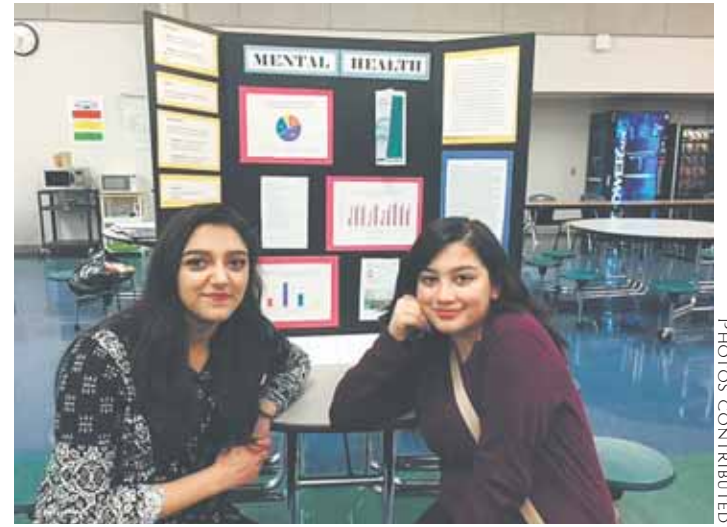
Junior Ronak Cuthill continued his reign in the throw events by winning the shot put with a state-qualifying distance of 49-07.00 and the discus with a Northern Region qualifying throw of 141-07.00. Not to be outdone, junior Jamie Richards won the girls discus with a region qualifying throw of 108-01.00.

South Lakes was scheduled to compete in a conference meet Wednesday, April 19 at Langley High School and then the Hall of Fame Invitational April 21-22 at Lake Braddock Secondary School in Burke.



PHOTO CONTRIBUTED

Devyn Jones, Hannah Waller, Cara Hutson, Olivia Beckner at Arcadia Invitational, April 7.



PHOTOS CONTRIBUTED

South Lakes High School 10th grade students with their MYP projects.

South Lakes High Holds IB Showcase

South Lakes High School held its annual IB Showcase on April 6, featuring IB MYP Personal Projects, IB CP Reflective Projects, and IB DP Visual Arts exhibits. Sophomores submitted International Baccalaureate Middle Years Program Personal Projects to their supervisors in mid-March. The project is one of the requirements for attaining the Fairfax County Public Schools MYP certificate.

Projects involve a process journal, a 1,500-3,000 word reflective report, and a product or outcome. Students chose topics that reflected their personal goals and interests.

South Lakes seniors enrolled in the IB Career-Related Program and those in IB Art classes displayed their work.

The event was planned by IB Coordinators Daina Lieberman, Susan Brownsword, and Marie Turner, and the South Lakes Art Department. Art teachers Matt



An example of South Lakes High School 12th grade IB Art students' work.

Ravenstahl, Veronica Irrera, Amy Saylor and Marc Rando helped set up the event and English teachers Amy Allen and Tabitha Morrison and librarians Linda Frantz and Kathy Hawkins helped the event run smoothly.

— EMILY BURRELL



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Weighing Long-Term Benefits of Summer Camp

Camp experiences can enhance social and psychological development, say experts.

BY MARILYN CAMPBELL

As the end of the school year draws near, so does the beginning of summer camp experiences. Child development experts say that summer camps offer more than just fun; they present opportunities for emotional, social and psychological growth and development.

"Summer camps provide children with a sense of community where they can feel safe and learn through first-hand experiences, said Stacie Gottlieb, director, Bullis Summer Programs at Bullis School in Potomac, Md. "Within this setting, campers develop a sense of independence as they try new adventures in an environment different from the norm."

Children benefit from the nurturing structure of a summer camp in a way that is different from the structure they get during a school year, says Jim Supple, associate dean of students and director of Summer Programs at St. Stephen's & St. Agnes School in Alexandria. "Summer camps allow children to be children," he said. "They allow them to make new friends, try new things,

and learn how to be part of a group. These are attributes of camps that will promote not only healthy interaction among peers, but also building a healthy image of what type of child they want to be."

A summer camp where children engage in new and memorable activities will sow seeds for learning during the upcoming academic year, said Shannon Melideo, Ph. D. associate dean of the School of Education & Human Services and associate professor of education at Marymount University. "For example, if your child's summer camp takes a field trip to a historical site that your son finds fascinating and then during the school year, the teacher introduces [the] same historical events and location, he has schema for the lessons. He is more likely to participate, learn more, be better prepared to read his social studies textbook, and even perform better on the exam."

"Summer camp can be a terrific opportunity to grow your child's sense of competence and mastery over something that they love," added Carolyn Lorente, Ph.D., professor of psychology, Northern Virginia Community College. "By picking a camp where your child has an interest, they can

be mentored in a passion in ways that a typical school day often can't."

When selecting a camp, Melideo advises parents to consider a complete picture of their child. "For example, while your daughter, Sophia loves softball, find a summer camp where she can refine [her] batting and pitching skills and engage with books, perform in skits, play math games, and try something new," she said.

A child's social skills can be boosted at camps which provide children with opportunities to make new friends or nurture existing friendships, says Colleen K. Vesely, Ph. D., assistant professor of Early Childhood Education and Human Development at George Mason University. "Developing new social and cognitive skills outside the physical walls and social boundaries of school can help promote healthy self-esteem in children, while spending time in nature can boost children's overall health and well-being." Camps offer an opportunity for children to gain skills that lead to independence. "For older children, over 8-plus years old, typically, sleep away camp offers opportunities to develop independence and self-reliance by providing children with space to navigate daily life away from the directing of parents but under the guidance of trusted adults," said Vesely.

For some parents, there are mixed emotions around enrolling a child in camp.

"Sometimes working parents feel guilty for enrolling their children in summer camps because of the need for child care during the work day," said Ivy Beringer, Ed.D., professor of Early Childhood Education and Dean for Social and Professional Sciences at Northern Virginia Community College. "However, children are usually very excited to attend summer camps. This is especially true if the children have input into the camp selection."

"Summer camps allow for continuous learning that extends beyond the regular school year [and] provide a relaxed atmosphere that stimulates their brains for creative learning without the assessment anxiety that often accompanies school classroom learning," said Beringer. "[Summer camp] enhances self-esteem by offering special interest learning in small group situations and often with a lower adult-student ratio in school settings."

"A mother recently called me with a concern that her son only wanted to attend soccer camps this summer and she felt this was too limited of an experience," continued Beringer. "My response to her was that if he was interested in improving his soccer skills she should view this in a positive light. After all, he will be outdoors in the fresh air and sunshine everyday, exercising his body, and enhancing skills in a sport he loves. What's not good about that choice?"



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Madhav Voleti (Owner).
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RAVEN TOWER CT, APT 305,
HERNDON, VA, 20170 changed
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Credit The Card

By KENNETH B. LOURIE



I'm not a big spender, maybe a medium spender — on my best day. My brother is a big spender, my father was, too. My mother, probably who I most likely take after: 'medium' and judicious, again, like me (or is it me like her?). Nevertheless, the money got spent and if there was more of it, it likely would have got spent, too. It's not as if I was deprived growing up, I got the things that mattered — in the long run. I just didn't get everything money could buy. But that was before credit cards. Well, before Visa, MasterCard, Discover and Capital One. Sure, there were department store cards: Filene's, Jordan Marsh, Kennedy's — in Boston, and off course there were gas cards: Esso, Amoco and Arco, and I suppose I recall knowing about American Express and Diner's Club, but they weren't used by everybody everywhere, certainly not by the Louries. Now, plastic is the currency by which many of us pay to play, and some of us use to merely stay in the game.

And for me, it sort of is a game: how long can I go without charging something and how much can I charge and still be able to pay the balance off when the next monthly credit card bill arrives? As I contemplate my daily/weekly/bi-weekly/monthly inflow and outgo, I associate my efforts at restraint and attempted control with that of a levee, if I understand their function correctly — which I might not: bend and not break? Like some NFL team defenses are often described.

The problem arises — for both me and the levee, when the levee/spending restraint breaks (quite the opposite of brakes/stops). That's when the damage occurs. That's when the balance overflows. That's when good, bad and indifferent money follows. In for a dime, in for dollars, some of which don't make sense. Once that resolve is weakened, and once that wallet is opened and that credit card is handed over, I feel very much the addict. Once I've started — and stopped denying myself the pleasure of the purchase, I find it extremely difficult to get off the spending bus. Invariably, it's taken me awhile to get on so whether it's sensory deprivation, deferred gratification or premature escalation, there are no more skid marks on that slippery slope. The race is on, so to speak and until I hit my imaginary financial wall, my credit card balance is going onward and upward.

Sure it feels good to spend money I don't have without considering the pay-back consequences. Presumably, the benefits derived from the purchase will help soothe the savage, impoverished beast as he jiggles and then juggles the dollars in order to find some cents. I imagine that's what makes the world go 'round: short term pain for long term gain. Still, it doesn't feel much like progress and progress is what feels good to me. Although, these new Rockport leather slip-ons with the "cushiony" soles and orthotic inserts are improving my disposition and lessening the pain in my feet and fatigue in my legs, it still costs me money not in my wallet.

I admit, I am enjoying the support and comfort my new shoes are providing. But I'm also keenly aware that I haven't received the credit card bill yet reflecting there and other slippery-slope purchases made that same weekend. And when the piper has to be paid, I may not like my new shoes — among other items, nearly as much as I do right now. Right now, the shoes are free. Soon they won't be.

Further complicating this spending-not spending dilemma is the fact that I'm a 62-year-old cancer patient; how do I deprive myself of any creature comforts when I have recurring highly stressful situations that give me, and my life-expectancy, pause. Naturally, I'd rather pay my way — and my share, but at what cost? I suppose cash in hand is still worth two in the bush, but if a credit card is all I have ... ? Either I use it or lose it. The pain and/or pleasure will likely follow regardless.

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

News

Victims Seek Truth, Accountability and Apology

FROM PAGE 4

helping the traumatized, and that wasn't good. Now, unfortunately, I'm kind of an expert on mass shootings." He then told the crime victims and survivors in the audience what he's learned: "You are the strongest and most resilient people I know," said Samaha. "You are heroes; and in a different way, we are all family and find strength in that support — the village. As victims, we seek the trilogy — truth, accountability and apology — knowing we may never receive the full truth, complete accountability or a sincere apology. "As victims, we learn to deal with the healing of broken bodies, broken hearts and broken minds. We learn to cope with our trauma. As victims, we have been to war and yet we find strength, not to succumb to our grief, but to take action. As victims and survivors, we honor, remember and create a living legacy for those we have lost, and those injured, to feel and enjoy the essence, the aroma and the touch of their love. "As victims, we are resilient: We can live again, we can laugh again, we can breathe again, we can trust again, we can love again and believe in God again. And may the greatest gift given to you be forgiveness. That's what enabled me to go on to do the work I do." Supervisor Jeff McKay



PHOTO BY BONNIE HOBBS/THE CONNECTION

Assistant Commonwealth's Attorney Jessica Greis-Edwardson

(D-Lee) then gave Samaha a plaque proclaiming April 2-8 National Crime Victims' Rights Week. And after the walk, the Rev. Allan McCullough of Grace Hill Church gave a benediction.

BULLETIN BOARD

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

MONDAY/APRIL 24

Reston Network Analysis Community Meeting.

7 p.m. at the North County Governmental Center, 1801 Cameron Glen Drive, Reston. Fairfax County Department of Transportation will host a community meeting on the Reston Network Analysis to discuss the project status, the results of the mid-buildout analysis, and roadway classifications for the Grid of Streets. Visit www.fairfaxcounty.gov for more.

WEDNESDAY/APRIL 26

Parenting ADHD lecture.

7-9 p.m. at Herndon High School Lecture Hall 700 Bennett St., Herndon. "From Chaos to Calm: Keys of Parenting ADHD" lecture by Elaine Taylor-Klaus, CPCC, PCC, part of CHADD of Northern Virginia & DC Chapter's "Understanding ADHD" Lecture series. Free. Call 703-655-8095 for more.

SATURDAY/APRIL 29

Operation Medicine Cabinet Cleanout. 8 a.m.-2 p.m. at Reston District Station, 12000 Bowman Towne Drive, Reston. Drop off unused or expired medications at a Fairfax County Police district station (pills or liquids only, no pressurized canisters or needles). Visit www.fairfaxcounty.gov/csb or email wwwcsb@fairfaxcounty.gov for more.

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall

nmccall@onelifitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778 for more.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Hypothermia Prevention: An Emergency Program for the Homeless

To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

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

ENTERTAINMENT

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

ONGOING

“First Blooms” Art Show. through April 30 at Reston Art Gallery Studios, Lake Anne Village Center, 11400 Washington Plaza W # B, Reston. Dorothy Donahey presents her latest works in the show “First Blooms.” Visit www.restonartgallery.com/ for more.

Lake Anne Exhibit. Deadline is June 2 to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.–8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit www.leagueofrestonartists.org for more.

The Art of Resilience. 10-noon through May 6 at ArtSpace Herndon, 750 Center St., Herndon. An exhibit showcasing the artwork of Azriel and Irene Awret. Reception April 29, from 7-9 p.m. Visit www.artspaceherndon.com or call 703-956-9560 for more.

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. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

“A Bird in the Hand” through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty’s monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

Teen and Adult Art Classes
ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

THURSDAY/APRIL 20

Herndon Farmers’ Market Opens. 8 a.m.-12:30 p.m. every Thursday at Historic Downtown Herndon, Lynn St. Vendors will offer a seasonal abundance of plants, produce, baked goods, meats and more — all sold by local growers and producers. Visit www.herndon-va.gov/FarmersMarket for more.

Dollars and Sense Discussion. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly book group discussion focuses on business leaders and markets. April’s book is “The Everything Store: Jeff Bezos and the Age of Amazon” by Brad Stone. For adults, free. Visit www.fairfaxcounty.gov/library.



PHOTO CONTRIBUTED

Get Moving

The Reston Runners Women’s Training Program is taking place April 24-June 12, from 6:30-8 p.m. at South Lakes High School, Seahawks Drive, Reston. The course is designed by women for women. \$45. Email wtp@restonrunners.org for more.

FRIDAY/APRIL 21

Learning Ally Celebration. 9-10 a.m. at Herndon Middle School, 901 Locust St., Herndon. Presentations followed by cake and ice cream. Visit www.fcps.edu/HerndonMS.

FRIDAY-SUNDAY/APRIL 21-23

Guys and Dolls. Friday and Saturday at 7:30 p.m.; Sunday at 2 p.m. at Herndon High School Auditorium, 700 Bennett St., Herndon. (Enter the school through Door #6.) Cast and crew from Herndon High put on a musical comedy following a ragtag gambler, his showgirl fiancée, a high-rolling heartthrob, and a modest missionary, as their lives intersect. \$15. Visit www.herndondrama.org for more.

SATURDAY/APRIL 22

Spring Fling Vendor Sale. 8 a.m.–2 p.m. at Herndon High School Cafeteria, 700 Bennett St., Herndon. Items for sale include arts & crafts, costume jewelry, clothing, books, cosmetics, household items and more. Call 703-810-2200 for more.

Earth Day Gathering. 11 a.m.-3 p.m. at the Greater Reston Arts Center, Reston Town Center, 12001 Market St #103, Reston. Celebrate Earth Day with free eco-friendly family art making and exploration in the gallery. Families will make art with upcycled and recycled materials, storytelling by Marcia Wines, and refreshments. Free. Visit www.restontowncenter.com for more.

Meet the Author. 3-5 p.m. at Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. Cerphe Colwell will be signing his new book, “Cerphe’s Up,” and meals will be discounted at 15 percent off with a signed book. Visit www.viniferabistro.com/ for more.

SUNDAY/APRIL 23

Meet the New Draft Horses. 1-3 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Welcome Jeff and Charlie, the park’s new team of Belgian Draft horses. Call 703-324-8662 for more.

Love Maria. 4-8 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Evening includes award nominated film “Woman in Gold.” Gregor Collins, author of “The Accidental Caregiver” will be present to speak about his experiences caring for Maria Altmann and to sign his book, available for purchase. Visit www.artspaceherndon.com or call 703-956-9560 for more.

APRIL 24-JUNE 12

Women’s Training Program. 6:30-8 p.m. at South Lakes High School, Seahawks Drive, Reston. Reston Runners Women’s Training Program. Runners, walkers, run/walk intervals and Fresh Start, for women who need a more gentle start to working out. Designed by women for women. \$45. Email wtp@restonrunners.org.

TUESDAY/APRIL 25

Spring Flower Bouquets. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This Tess Rollins workshop will teach participants to brighten up a space with paper flowers and the art of working with paper. A Design and Wine Event. If possible please bring a mini glue gun, otherwise all supplies are provided. \$35. Visit www.artspaceherndon.com.

APRIL 26-30

Gently Used Books and Media Sale. 5-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. All proceeds go to support the Reston Regional Library and the Fairfax County Public Library system. Visit www.RestonLibraryFriends.com for more.

THURSDAY/APRIL 27

Family Challah Bake. 6:30-8:30 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Evening of challah making, dinner and dancing. Enjoy kosher pizza, salad & dancing while the challah rises. Email Office@bethemeth.org or call 703-860-4515x101.

FRIDAY/APRIL 28

Empty Bowls. 5:30-8 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Food served in a handmade pottery bowl to keep as a reminder that there are those in the community with empty bowls. All proceeds will be donated to “Food for Others,” the largest distributor of free food directly to the hungry in Northern Virginia. \$25 for adults in advance/ \$30 adults at the door/ \$15 for children under 12. Visit www.givingcircleofhope.org.

SATURDAY/APRIL 29

Spring Fling. 10 a.m.-1 p.m. at Goddard School, 2400 Dulles Town Blvd., Herndon. Pony rides, face painting, balloon twisting, crafts, games, and food. Email HerndonVA@goddardschools.com or call 703-653-0337 for more.

FRIDAY/MAY 5

Bike Event. 6 p.m. at Trailside Park, 1022 Crestview Drive. Life is a Cycle is a group bike ride that teaches where to bike, commute and the need-to-know essentials of biking for transportation. Registration is \$1.50 before the event, or \$5 the day of the ride. Proceeds are donated to the American Heart Association. Visit www.lifeisacycle.bike for more.

Reston Community Players. 8 p.m. at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Last show of the 50th season, is the comedy, “Private Lives” by Noel Coward. Shows at various times through May 20. Visit restonplayers.org for more.

SATURDAY/MAY 6

Oak Hill Fun Run. 6-10:30 a.m. Oak Hill Elementary School, 3210 Kinross Circle, Oak Hill. Support the school or earn service hours by running the annual Oak Hill 1K or 5K. Call 703-467-3535 or email OakHillES.Attendance@fcps.edu for more.

Digital Photography Essentials. 1-5 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital camera who are interested in learning how to successfully use their camera beyond automatic / program modes. Visit www.artspaceherndon.com or call 703-956-9560 for more.

TEDxHerndon Lecture. 2-6 p.m. at Herndon Middle School, 901 Locust St. The theme of this year’s event is “Difficult Conversations.” Visit www.tedxherndon.com for more.

Curator’s Talk. 4 p.m. at the Greater Reston Arts Center, Reston Town Center, 12001 Market St #103, Reston. Curator Holly McCullough talks on “Radcliffe Bailey: The Great Dismal Swamp.” Artworks on view from April 21 through Aug. 18 at George Mason University. Visit www.restontowncenter.com for more.

Derby for Mental Illness. 5-8:30 p.m. at Hidden Creek Country Club, 1711 Clubhouse Drive, Reston. Guests in their Derby attire will watch the 143rd Run for the Roses, eating hors d’oeuvres, sipping mint juleps, bidding on auction items. The event will support PRS’ work that helps individuals and families affected by mental illness in the region recover their lives. \$150. Visit www.prsinc.org/raising-the-stakes for more.

SUNDAY/MAY 7

Artists Reception. 3-7 p.m. at the Reston Community Center in Hunters Woods Village, 2310 Colts Neck Road, Reston. Meet artist Norman Krasnegor, and see his art exhibit which will be on display during the month of May. Visit www.redmontart.net/the-collection for more.

MAY 9-20

Mind, Heart, Vision Exhibit. Various times at the ArtSpace Herndon, 750 Center Street, Herndon. Exhibit showcasing extraordinary artworks of Herndon High School art students embarking upon their senior thesis. Call 703-956-9560 or visit www.artspaceherndon.com for more.



‘Guys and Dolls’

The cast and crew from Herndon High School puts on “Guys and Dolls” April 21-24 on stage at Herndon High School Auditorium, 700 Bennett St., Herndon. Visit www.herndondrama.org for more.