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CONNECTION

Little League Celebrates New Season

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Reston-Herndon Little League (RHLL) players march in a parade in Reston Town Center on Saturday, April 22. Pictured here, Coach Brian Dougherty with his team, the AA TAG Muay Thai AL Nationals.

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PHOTOS CONTRIBUTED

Reston-Herndon Little League (RHLL) players march in a parade in Reston Town Center on Saturday, April 22. Pictured here, AA TAG Muay Thai AL Nationals with their coach Brian Dougherty.

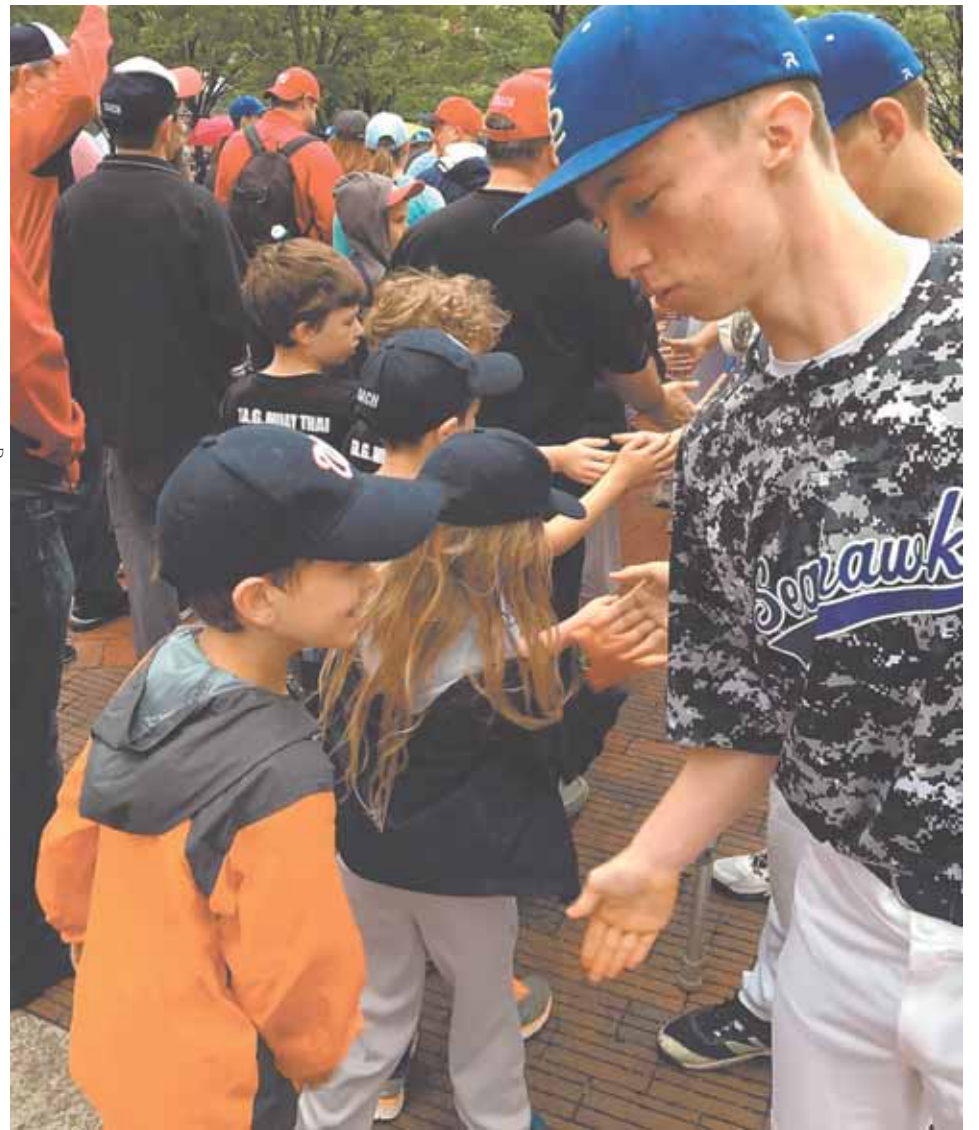
Reston-Herndon Little League Celebrates New Season

Hundreds of Reston-Herndon Little League (RHLL) players gathered at Reston Town Center on Saturday morning to celebrate the start of the baseball season. Joined by their coaches, the players wore uniforms provided by the Washington Nationals and were entertained on the parade route down Market Street by two of the Nationals racing presidents — Teddy and Abe. At the end of the parade route, high

school players from South Lakes, Herndon, and Madison high schools, many of whom were once RHLL players themselves, greeted the players with high-fives.

Joining the occasion, U.S. Rep. Gerry Connolly, said, “Forty-six years of baseball in Reston and Herndon — what a great thing”

Jason Walker, RHLL president, said, “You will make lifelong friends through baseball.”



South Lakes High School baseball team members came to support Reston-Herndon Little League (RHLL) players.

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COURTESY OF HUGHES GROUP ARCHITECTS

The most prominent aspect of the renovation at Langston Hughes Middle School will be the two-floor addition to the front of the school, which will house administration offices on the first floor and a library and science classrooms on the second.

What's Next for Reston?

BY FALLON FORBUSH
THE CONNECTION

COMMUNITY OUTLOOK

Septage Study Surfaces

In October 2014, the Fairfax County's Wastewater Management Program began a Septage Receiving Site Feasibility Study to review the operations of the county's two septage receiving facilities.

These facilities are used to dispose of septic tank, portable toilet and restaurant grease-trap waste. The study was to assess the future need of the septage receiving program and identify potential sites to replace the facilities serving the northern half of the county, which were aging and becoming obsolete.

The study identified 972 potential sites, but only 76 sites met the team's minimal stated criteria: a 16-inch sewer line and road access; industrial or commercial zoning or government-owned; greater than 225 feet from the nearest residential parcel; and parcel the size of at least one acre and located outside the floodplain.

However, the county decided not to pursue the construction of a new facility to replace the existing north county site, the Colvin Run Septage Receiving Facility. Instead, the county is permanently closing the facility.

The high costs of purchasing property and constructing a new facility makes it impractical to recover expenditures through reasonable service fees, according to a press release issued by Supervisor Catherine Hudgins' office.

The county will continue to rely on alternative disposal options that were instituted during the temporary closure of the Colvin Run Facility, according to Hudgins. These options include the Noman M. Cole Pollution Control Plant, the Upper Occoquan Service Authority facility, and the D.C. Water's Blue Plains facility.

They have worked effectively and will be

able to meet future needs, Hudgins said in a press release.

Reston Community Center Board To Vote On Pool Renovation

The Reston Community Center has been exploring ways to revamp its pool for its community swimmers.

The RCC Finance Committee received a final report from the Hughes Group Architects that examined possible renovation of the Terry L. Smith Aquatics Center during its meeting on Monday, April 17.

"The pool environment is nearly 40 years old," said Leila Gordon, the community center's executive director. "We opened in May of 1979."

It became clear to Gordon and her staff that the cost to maintain the facility over the next two years would be significant. The costs for needed repairs were estimated around \$1.2 million, according to Gordon.

"Our pool is not going to be safe pretty soon because all of the systems that it depends on for its public safety and effective operation have aged to the point of their end of useful life," she said. "Over the next two years, some level of significant capital construction will have to take place at that pool environment."

Therefore, a conversation with the Reston community about investing in an overhaul and renovation of the pool started in February. Three concepts were originally reviewed

❖ **Concept One:** Two bodies of water: One significantly larger pool with lap lanes and another with warmer water for therapy-oriented exercise.

❖ **Concept Two:** Three bodies of water: Two bodies of water that are similar in size of the center's existing pool, with an additional third body of water with warmer water for therapy-oriented exercise.



PHOTO BY FALLON FORBUSH/THE CONNECTION

Langston Hughes Middle School Principal Aimee Monticchio introduces Joe Saunders (left) and Gavin Myers (middle) from the Hughes Group Architects to eight community members who attended the presentation about the preliminary designs to renovate the school.

❖ **Concept Three:** Two bodies of water: Reconfigure and rebuild the center's existing lap lane pool to separate it into two bodies of water. One would have warmer water for therapy-oriented exercise.

Preliminarily, the Hughes Group estimated costs associated with the first two concepts as being in the \$7 to \$8 million range and costs associated with the third concept as being in the \$3 to \$4 million range, according to Gordon.

"We know from years of anecdotal input and feedback, the fact that we just have one body of water now is frustrating across every cohort of swimmer type," Gordon said. "We have to set the temperature of this pool at a point that is too warm for people who want a very high-energy or competitive swimming experience and it's too cool for swimmers who want a more therapeutic, or for the littlest swimmers, just a more comfortable swimming temperature ... No one is truly comfortable with the existing temperature."

Given those factors and budget constraints, the center will be further exploring the third concept. However, a vote of approval is required.

The Finance Committee unanimously recommended that the RCC's full board pursue the third option. A two-thirds majority of the center's Board of Governors will be required to allow Gordon to take the steps needed to incorporate costs related to renovation of the pool in its fiscal year 2018 and 2019 budgets and to continue the process of advancing the project.

An approval of the full board would signify the "end of the beginning and beginning of the middle of this process," Gordon said.

Design considerations and decisions will be handled during regular public meetings of the board in the coming months, according to Gordon.

If the process is put in motion, construction would require approximately nine

months of work, with a timeline of closing the pool on June 1, 2018, and re-opening on April 1, 2019.

"We want to time our closed period as closely as possible with the outdoor pool season in Reston," Gordon said.

The board will vote on whether to continue the process on May 1.

Reston Referendum Will Determine Middle School Renovation

Construction to renovate the Langston Hughes Middle School is planned to begin in 2019, if Restonians vote to approve the work in a bond referendum next year.

"We won't build it if [the referendum] fails," said Brady Rauch, an employee of the Fairfax County Public Schools Office of Design and Construction. "We won't have funding for it."

Rauch and the Hughes Group Architects presented preliminary designs for the renovation during a community meeting at the school on Thursday, April 20.

"The building is in good shape," said Aimee Monticchio, the school's principal. "It just needs a facelift."

Big plans are in store for the building.

"We're keeping a lot of the exterior of the existing, but the interior is being reconfigured substantially," said Gavin Myers, a principal of the Hughes Group Architects.

"There's not much we don't touch," Rauch added. "We're going to replace the flooring, the electrical system, put in a sprinkler system, all new windows, new fresh paint, HVAC. It's essentially a complete renovation. Everything we touch gets put in brand new."

Major proposals include:

❖ A new two-story addition with an elevator for the front of the building to house administration offices, a library and science classrooms

SEE OUTLOOK, PAGE 5

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Your Summer, Your Child, Your Values

A time for parents to build humanitarian spirits.

BY SHARON STRAUCHS

It's summer. The rigors of homework, youth clubs and team-scheduled Saturdays are over. No more carpools. Now it's your turn to make empowering choices to impact your child's life and eventually the lives of their children.

While our kids are young, the challenge is how to find summer-perfect opportunities that are fun, yet meaningful, and how to get the kids away from their electronic devices. When choosing summer activities, this is your golden opportunity to focus on your specific family values. While swimming lessons, camp-outs, and sports are important, wouldn't it be wonderful to incorporate activities that help your children focus beyond themselves and to the world beyond Northern Virginia?

We educators emphasize that the earlier your child engages in volunteer activities you find important, the more likely children will grow up respecting your family's values. In the D.C. Metro Area, there is a plethora of humanitarian programs for the under-18 age group that will get them into the habit of helping others.

College advisers all know that beyond APs, GPAs, and SAT/ACT scores, colleges today scrutinize applicants' activities, their "resumes," to help determine acceptances and scholarships.

So start now, at a pivotal point in your child's life and witness the hot, summer days of NOVA becoming wondrous as you watch priorities slowly change. We recommend starting at www.VolunteerFairfax.org (Opportunities Just for Youth). Plus, in Virginia, kids have the opportunity to earn service-oriented awards such as the "Diploma Seal of Excellence in Civics" (www.doe.virginia.gov), or "The Prudential Spirit of Community Award," Virginia state-issued civics "diploma" for students in grades 5-12 who complete at least a 50-hour service project.

Where could you possibly begin to invest 50 or more hours, and for what cause? Our family discovered the famous "Meals on Wheels" program, started by former U.S. Rep. Frank Wolf, and delivered meals to senior citizens for our 10-year, part-time family project. (www.mealsonwheelsamerica.org)

For our "foodie" kids who are cooking or gardening enthusiasts, The Food Network

sponsors "No Kid Hungry." Proceeds from bake sales are donated to help end childhood hunger (www.bake.nokidhungry.org) and the Gardening for Good project encourages kids to grow vegetables to donate to senior centers, or help fight senior hunger by sharing a meal. This encourages kids to learn to cook, and helps your family bond with a senior while eating and storytelling. (www.hunger.generationOn.org)

What about our animal-loving children? They can develop a Dog Park Clean-Up plan at their favorite park or socialize with dogs and cats at local shelters with the Puppy and Kitty Love programs. This is great for families who love pets but can't actually own one. (www.GenerationOn.org/parents/resources/projects/animal-welfare).

As always, we parents must insure that activities are safe and the charities are legitimate. The benefits of helping humanitarian organizations while taking advantage of your relaxed summer schedule can create so many powerful, long-lasting memories and family summer traditions. Aesop states, "No act of kindness, no matter how small, is ever wasted."

Sharon Strauchs has been Director/Owner of Herndon-based Cortona Academy in Northern Virginia. Visit www.CortonaLearning.com.

Infant Screening Saves Lives

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

Several weeks ago at the invitation of their leader I spoke to a group of Boy Scouts about government and the responsibilities of citizenship. Talking with me helped the Scouts meet one of their requirements for a merit badge. One of the Scouts asked me about the most important legislation I had ever gotten passed. I told him about multiple issues on which I had worked, but I focused on one that I thought he might know little about but would show the range of issues with which legislators deal. I told him about my work to expand infant screening in the Commonwealth.

Prior to my election to office I served on the Fairfax-Falls Church Community Services Board. A member of that Board whose adult son was a resident at the Northern Virginia Training Center told me of the great hope there was in detecting health issues in infants at the time of their birth with blood screening. At the time Virginia had only three tests, one of which was pku testing. I remembered our conversation after I was elected, and I got new tests added as scientists developed them.

Metabolic disorders that can be discovered from a pin prick of an

infant's heel can lead to early and sometimes simple treatments that can lead to a healthy child and adult. Without treatment numerous medical conditions can develop including severe developmental delays and chronic illnesses. Metabolic disorders affect the chemical processes in your body that must work together correctly for you to stay healthy.

I was honored to work on legislation that added most of the 30 tests that are done in Virginia on that same spot of blood from an infant to detect these disorders. Last week I was reminded of the experience that I had working with Dr. Barry Wolf of the then Medical College of Virginia who had discovered that the disorder in which the body is unable to recycle the vitamin biotin can lead to developmental delays in children, hearing and vision loss, breathing problems, and problems with balance and movement. When discovered early such as through a screening test, the disorder can be treated with nutritional supplements that can result in a normal life for the person.

With Dr. Wolf's research and my legislative proposal, in 1984 Virginia became the first state in this country to begin infant screening for biotinidase deficiency. Since that time every state and many foreign countries have started the

screening. The March of Dimes recognized us for that accomplishment. The reminder of this story came from a local doctor in Reston who was a medical student at MCV at the time and knew of Dr. Wolf's research and my bill. She wrote to us both telling us of a teenage patient she had just met who at birth had been found to have the deficiency but with treatment was liv-

ing a normal life. She wrote to both of us that "because of researchers like you and advocates like you...our world is made a little better for all, and lives are saved for some precious few. That's something to be proud of."

I hope the Boy Scouts understood why I consider the work on infant screening to be among the most important I have done.

LETTER TO THE EDITOR

Comstock Should Support Protecting Democracy Act

To the Editor:

This past Tax Day, citizens across our nation demonstrated to demand that President Trump release his tax returns, as all his predecessors have done for the past 40 years. Clearly, Trump is trying to hide something, and the public has a right to know what it is.

The call for Trump to release his taxes even came from Virginia's 10th District U.S. Rep. Barbara Comstock, whose voting record in the current Congress shows her to be a staunch Trump supporter. In a statement, Representative Comstock noted that Trump's tax returns might possibly shed light on Trump's ties to Russia.

But Comstock can, and should, do more. She should cosponsor the

Presidential Tax Transparency Act bill that requires the President and candidates for president to disclose the last three years of their federal tax returns.

Even more important than Trump's taxes is the Russian attack on our democracy during the last election. Comstock should cosponsor the Protecting Our Democracy Act that establishes an independent bipartisan commission to investigate Russian interference in our elections. Comstock's statement demanding that Trump release his tax returns is welcome, but compared to everything that is in her power to do it is a timid gesture.

Richard Markeloff
Herndon

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Community Outlook

FROM PAGE 3

- ❖ A revamped Hall of Nations to run through the center of the building
- ❖ Collaborative space and lecture hall with a capacity of 650 chairs
- ❖ A small kiss and ride addition to the rear of the building that will comply with the federal Americans with Disabilities Act
- ❖ An outdoor courtyard
- ❖ Stormwater management upgrades

- ❖ 60 more parking spaces in the parking lot
 - ❖ A new roof with a Solatube system
 - ❖ All new windows
 - ❖ Expansion of the cafeteria
 - ❖ Expansion of art room
- The architects are striving to receive certification from the Collaborative for High Performance Schools, which encourages schools to be built with sustainability standards.

Installing a Solatube system is one way the design is more sustainable than the current building. The tubular devices will be installed throughout the roof to allow natural daylight in.

"In the main gym, we'll have these Solatubes," said Joe Saunders, a senior associated with the firm. "It will allow us to do what we're calling daylight harvesting. On a nice great sunny day, we might not even have to have the gym lights on."

The work will be phased over three years.

"Our idea is to build the [new two-story] addition first," says Rauch. "You'll have all of that built-in space where it's basically just a flow chart. Whatever we turn over new to the school, we take inside the building and renovate ... Any space that is used every day by every kid, like the gyms and the kitchen and cafeteria, we'll have to do during the summertime."



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FAIRFAX

Nursing Camp for High School Students

Campers will get a real-world view of the nursing profession.

BY MARILYN CAMPBELL
THE CONNECTION

This summer a group of high school students with an interest in health care as a profession will get a chance to experience the real-world work of nurses when they attend a nursing camp at George Mason University.

“Our goal has been to introduce high school students to what nursing is, and what it is not,” said Carol Urban, Ph.D., R.N., associate professor and director, School of Nursing George Mason University. “We find that we have students come to Mason who declare nursing as their major, but have never had any experience with nurses outside of their health care provider’s office or the school nurse. We want to introduce them to nursing as a career, and the many opportunities that exist in nursing beyond working in a hospital.”

The camp will provide small group projects and hands-on simulation to introduce core concepts of nursing. Nursing fac-

ulty hope to expose students to the diverse career paths available to those with a degree in nursing.

Urban says that students will be taught healthcare skills, such as how to take a blood pressure and how to check a pulse. “We will provide ... time in our nursing simulation laboratory where we have our human simulators,” she said. “[Campers] will have observational experiences in a hospital with nurses and will be given an opportunity to talk with nurses we have on our faculty who have been in unique career fields including a forensics nurse, and a researcher who works globally in sub-Saharan Africa.”

The camp will also expose students to new trends in healthcare. “Healthcare delivery is changing and the camp is exposing the students to the changing healthcare climate,” said Christine M. Coussens, Ph.D., associate dean of Community Engagement in the College of Health and Human Services at George Mason University. “In the newer healthcare models, nurses will have a significant role in how and when healthcare is delivered and they will continue to be leaders for ensuring the health of patients and communities.”

DURING A TYPICAL DAY at the camp, students will spend several hours in the



PHOTO BY ALEXIS GLENN/CREATIVE SERVICES/
GEORGE MASON UNIVERSITY

GMU College of Health and Human Services Nursing student Megan Holmes works in the Simulation Lab at the Fairfax Campus.

nursing skills laboratory learning basic skills and techniques. “They may also spend some time in one of our Mason and Partners clinics, learning how nurses care for patients in a clinic setting and how valuable educating patients about their health is to improving their health,” said Urban.

Students will also have an opportunity to engage in a dialogue with nurses to gain insights into real world experience. “They’ll have conversations with nurses about their careers and learning what education and experiences they needed for that kind of a job. For example, what does a forensics nurse do?” asked Urban.

Coussens hopes that students will leave

the camp knowing the diversity of options that a degree in nursing can offer. “A degree in nursing opens possibilities for students to work in hospitals, healthcare management positions, policy positions ... globally in clinics and with aid organizations, in forensic roles [and] research institutions,” said Coussens. “There are limitless opportunities. A degree in nursing can open doors because of the clinical license and analytical ability.”

Admission to the nursing camp is competitive because of the limited number of available spots.

“We’ve run this camp before and it has been well-received,” said Urban. “Graduates’ of the camp have said that it really opened their eyes to everything a nurse does, and the great career potential that nurses have. They are amazed at the various opportunities a nurse can have. It also makes them aware that nursing is hard, but rewarding — it isn’t just what you see in the media, it’s real work. But more importantly, they see the passion that nurses have for that work, and the reward of seeing a patient and family member helped by the work that nurses do.”

The camp will run from July 10-14. The cost is \$275. For more information, visit chhs.gmu.edu/nursing/camp/index.cfm.

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(703) 956-6563

Fighting Summer Brain Drain Academic camps keep minds engaged.

BY MARILYN CAMPBELL
THE CONNECTION

Summer often evokes images of pool splashing and backyard barbecuing. For some educators though, warm weather months represent a potential loss of skills acquired during an academic year.

Known as "brain drain," this concept refers to research that shows that, on average, students lose one to three months of learning when they are not engaged in academic activities during summer months. Academic camps can address this loss of academic skills while allowing children to enjoy summer fun.

"... Students have the opportunity to explore a topic in depth, without juggling competing scholastic demands or intramural activities," said Dr. Janine Dewitt, professor of sociology at Marymount University in Arlington.

For example, campers at Summertime Camp at St. Stephen's & St. Agnes School in Alexandria will have an opportunity to choose

from a variety of specialized camps ranging from physics and French to zoology and rocket and space science.

"Specialty camps are great ways to try new things, to expand horizons and to challenge yourself," said Jim Supple, associate dean of students and director of summer programs at St. Stephen's & St. Agnes School. "One of the best things about specialty offerings is that there are so many. Children are naturally curious — specialty camps provide a way for children to learn more about their curiosities and interests."

Campers at 3E (Explore, Enrich, Enjoy) Summer Camp at Marymount University will explore science through nature and electronic gadgets, mathematics through making boats and geodesic domes, language arts through writing stories, and fine arts through creating dramas and cartoons. The camp will be offered during two sessions: July 10-14 and July 17-21 with half and full day options for students ages 6 to 12.

Ana Lado, Ph.D., camp director

and a professor at Marymount, says that the goal is to give students a chance to brush up on, gain or maintain academic skills in a relaxed environment. "Campers will be in small groups with a low camper to counselor ratio and guided by Marymount University Department of Education faculty, students, and alumni," she said. "Throughout each week of camp, campers will be able to choose among a variety of projects that pique their interest. Campers will create new social connections, grow academically, and develop physically."

High school students who want an in depth study of globalization can attend Marymount's D.C. Institute from July 9-12. During the camp, named The Global Village, students will live on campus and earn college credit.

"We will talk about how increasing global connections shape our lives today," said Dewitt. "Students can expect classroom discussions that focus on a series of central questions followed by field trips to area museums and site visits."

The Heights School in Potomac,

Md. will host academic summer camps in science, math, Latin and creative writing. "Parents should approach the choice of camps much in the same way that they approach the choice of schools," said Rich Moss of The Heights. "It is a mistake to focus on facilities and activities; ethos and values are key."

For parents concerned about balancing the need to maintain

academic skills with the need for downtime, Dewitt says that, "Parents can prevent academic burn-out by limiting the number of scheduled activities over the course of the summer, and selecting only those that foster their child's natural curiosity. Summer courses that allow students the freedom to select different types of learning activities can be both energizing and fun."

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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.

“Boeing Boeing.” Various times through May 7 at NextStop Theatre, 269 Sunset Park Drive, Herndon. Comedy about flight attendants. \$35-\$50. Visit www.NextStopTheatre.org or call 866-811-4111 for more.

Women’s Training Program. through June 12, 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 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.

“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.

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.

Swing Dance Music. 8:30-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Rock and romance of the 1950s with Good Rockin’ Daddys. \$15. Call 703-478-2900 for more.

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.

SUNDAY/APRIL 30

Civil War History. 1-3 p.m. at Frying Pan Farm Park, 2709 West Ox Road,



The Art of Resilience: Showcasing Artwork of Holocaust Survivors

ArtSpace Herndon is exhibiting the paintings, prints and sculptures of Azriel and Irene Awret, Holocaust survivors and co-founders of the art colony in Safed, Israel. A reception will be held this Saturday, April 29, from 7-9 p.m. where people can view and purchase the art for the last time in the United States before the collection is sent to the Awret gallery reopening in Israel. The exhibit is on display until May 6.

PHOTO COURTESY OF ARTSPACE HERNDON

“Yeminite Mother” by Irene Awret.

Herndon. Re-enactors, exhibits and a special guest speaker who focus on the lives of the common Union and Confederate soldiers who once passed through the area. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/ 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.

Swing Dance Music. 8:30-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Rock and romance of the 1950s with Natty Beaux. \$15. Call 703-478-2900.

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.

Pet Fiesta. 10 a.m.-4 p.m. at Reston Town Center. Pet adoption, pet contests and fashion show, exhibitors of pet resources, pet rescue and non-profit groups. Presented by and

benefiting GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. Visit petfiesta.org 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

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ENTERTAINMENT

from April 21 through Aug. 18 at George Mason University. Visit www.restontowncenter.com.

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.

MAY 6-7

Pirate Fest. 10 a.m.-5 p.m. on Saturday and 11 a.m.-4 p.m. on Sunday at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. \$10. Swashbucklin', seafarin' songs, tales of pirates, a Raingutter Regatta, a treasure hunt, and sailin' on the boundin' main of Lake Fairfax. Call 703-222-4664 for more.

"Romeo and Juliet." various times at Lake Anne Recreation Area, 11301 North Shore Drive, Reston. Produced by AnyStage Theater and performed outdoors. Email anystagetheater@gmail.com 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/.

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.

WEDNESDAY/MAY 10

League of Women Voters. 7:30-9 p.m. at Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Local LWV members update some long-standing local governance issues. Call 202-263-1311 visit www.lwv-fairfax.org.

MONDAY/MAY 15

Meet the Author. 6 p.m. at Scrawl Books, Reston Town Center, 11900 Market St. Shirley Melis will discuss her newly published memoir, "Banged-Up Heart: Dancing with Love and Loss." Visit www.shirleymelis.com for more.

TUESDAY/MAY 16

Religious Freedom Lecture. 1-3 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Speaker Bennett Gold will discuss the evolution of religious freedom in the U.S., Jewish Justices, and key related decisions. Adults. Email office@bethemeth.org or call 703-860-4515.

Getting Dirty with Clay. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Join local ceramic artist, Mercia Hobson, for a night of dirty fun as she guides participants in the fine art of weaving strips of pre-dyed extruded clay over a mold. A Design and Wine Event. Visit www.artspaceherndon.com or call 703-956-9560 for more.

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And So It Begins ...

By KENNETH B. LOURIE



The onslaught of radio and television advertising for grass seed and riding mowers. I suppose if I was a responsible homeowner, given the time of the year: spring/April, I might have an interest in such timely offerings. However, since I'm not and since I'm still unable to manage the two acres that I own, affectionately referred to as "Belly Acres," going on 25 years dating back to May '92 when we initially took ownership, the best I can do is borrow my neighbor's riding mower and spend a couple of hours every two weeks or so trying to keep the grass below my knees. Cancer issues not totally withstanding.

Actually, aside from having little interest, minimal experience and multiple home/tool maintenance issues/pre-existing conditions, I am the perfect target: a homeowner who can't do anything on his own and needs help all the time for everything. Specifically as it involves my yard; I have grass, trees, bushes, shrubs, daffodils, flower beds, wild flowers, weeds and more weeds. If I were so inclined and wanted to confide to someone in a Lawn & Garden store, I would have to admit that a novice looks experienced compared to me. I need to be taken by the hand — literally — and instructed as if the words being spoken to me were a foreign language. Which of course, they are.

This previous paragraph presumes however that I have a budget and even a passing notion to attempt to improve upon the randomness that characterizes "Belly Acres." I can still remember a conversation I had with a local lawn and garden consultant when we first moved in. A gentlemen came by and together we walked around the property. After ending up back at the house, he asked me what I wanted to do. I said something like, "I don't know, you tell me." He responded with words I could semi understand but mostly it was unintelligible — to me, so I asked for a clarification.

After grasping the obvious, finally, I asked: "Is what you're telling me that I could hire someone to work full time for the rest of his life and still the work wouldn't get done?"

"Yes," he said.

That's when I fully understood the problem. I then thanked him for his time and haven't revisited the issue since. Talk about pointless. And so, all these years later, the property remains nearly as it was. Oh sure, tress have fallen down, branches, limbs, sticks and stones have hit the ground — and house, and together have cluttered up the general appearance. However, any effort beyond paying people to clean up the miscellaneous yard debris has been lost in the passage of time and in my lack of initiative. Throw in a "terminal" cancer diagnosis and at least for me, pulling weeds, etc., became a fairly low priority.

Still, it doesn't mean that I don't pay attention to advertising aimed at homeowners, especially the ones promoting grass seed and riding mowers. Many of which are quite funny and clever. Not quite clever enough to get me off the couch and into a store to spend money on a project, especially on one whose timeline might not match mine. That's not to say that I'm living like I'm dying so why bother? No. it's more about common sense and gratification. I don't need to wait for — anything. Oh sure, I need to plan for tomorrow but not at the expense (pun intended) of today. It's not exactly akin to a fool and his money but when you've been diagnosed with cancer, priorities change, as do budget/time allowances; in fact/feeling, everything changes.

I don't mean to imply that I'm a closed book, unable to get out of my own way or incapable of taking the good with the bad. As you regular readers know, I'm really pretty flexible when it comes to my less-than-ideal circumstances. Nevertheless, it doesn't mean that I don't have my moments. Hearing/seeing these lawn and garden promotions has given me pause though. Not enough to change my mind but enough to motivate me — to write a column.

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

SCHOOLS



Lake Anne Elementary School students form a giant number 50 in the grass outside of the school while wearing special T-shirts the parent-teacher association bought for them on the day of the celebration.



Lake Anne Elementary School Principal Jill Stewart and the school's dolphin mascot greet everyone at the front door of the school during the celebration.

PHOTOS BY BOSKO MATIC/STRAWBRIDGE STUDIOS, INC.

Lake Anne Elementary Celebrates 50 Years

How many students can say their elementary school principal threw a birthday party for their school?

All of Lake Anne Elementary School's students can answer enthusiastically that theirs did. Lake Anne's 50th Anniversary Celebration happened at the school on Friday, April 21.

"We're calling it the Lake Anne family reunion because we invited everyone to come," Principal Jill Stewart says. "We have all come together to celebrate family and educational excellence. It's great to have everyone come back."

The festivities included a stage with live entertainment and food trucks. Tickets were sold at the celebration for a photo booth, balloon animals, a dunk tank, temporary



John Tozzi, who taught the fifth grade during the 1970s, stands with alumni of the elementary school: David Dongieux '77; William Frazer '75; Jimmy Errin '75; and Paul Williams '77.

tattoos, face painting, a moon bounce and an inflatable obstacle course.

All the teachers and students wore special T-shirts to mark the occasion, adults in gray and students in blue.

"They were a birthday gift from the PTA," Stewart says. "They were a surprise when they showed up for school today."

— FALLON FORBUSH

BULLETIN BOARD

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

SOBER-RIDE FOR CINCO DE MAYO

Free Sober Rides. Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

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. Contact Natalie McCall at nmccall@onelifefitness.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.

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.

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.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/.

Submit a Nomination for Volunteerism & Community Service Awards The Virginia Governor's Volunteerism and Community Service Awards is looking to recognize individuals and groups whose volunteer activities contribute to the life and welfare of Virginia citizens. There are a variety of categories for both individuals as well as groups so if you have a special volunteer in your organization or know of a group that should be nominated, please visit the website to get started: <http://virginiasservice.virginia.gov/volunteering/governors-volunteerism-awards/>

THEATRE

'Private Lives' at CenterStage

Reston Community Players presents stylish Noel Coward comedy.

BY DAVID SIEGEL
THE CONNECTION

What can make a couple truly happy even after they have all the modern toys the world has to offer? That is what playwright Noel Coward asks in this sparkling comedy of manners and the high-life, "Private Lives." The Coward comedy will close the Reston Community Players' (RCP) 50th season.

"We decided to do 'Private Lives' because we felt it was the perfect classic play to end our 50th anniversary celebration," said Jolene Vettese, RCP Board President. "With its sophisticated, yet fiery relationships, witty banter, and classic 1930's style, it is a gem."

"Private Lives" begins as two couples find themselves unexpectedly together at the same hotel. One couple, Elyot and Amanda, were once married to each other. "Now they are honeymooning with their new spouses," said director Adam Konowe. "Then old sparks reignite. But, after being reunited, they again find their fiery romance alternating between passions of love and anger.

Their aggrieved spouses appear, and a circle dance of affiliations ensues."

"Plays like 'Private Lives' may seem flippant; even superficial," said Konowe. "Look closer and appreciate how Coward skillfully embedded critiques in rapier-like dialogue."

Characters in "Private Lives" make many witty, self-aware comments like; "I think that few people are completely normal really, deep down in their private lives. It all depends on a combination of circumstances."

A veteran Reston Community Players cast are featured in "Private Lives." They include: Richard Isaacs (Elyot), Rachel Hubbard (Amanda), Andy Gable (Victor), Caity Brown (Sibyl), and Lisa Young (Louise).

For Hubbard, "'Private Lives' is an amazing story that is part romantic farce and part romantic tragedy. It is the classic 'can't live with each other, can't live without each other' conflict. And yet, in spite of endless bickering and fighting, one can't help but



PHOTO COURTESY OF RESTON COMMUNITY PLAYERS

Jolene Vettese, Board President, Reston Community Players

Where & When

Reston Community Players present "Private Lives" at Reston Community Center, CenterStage, 2310 Colts Neck Road, Hunters Woods Center, Reston. Performance: May 5 to May 20, 2017. Fridays and Saturday at 8 p.m. and Sunday 2 p.m. on May 14. Tickets: \$21 (adults), \$18 (students and seniors). For tickets call 703-476-4500 or visit www.restonplayers.org

root for the characters to find happiness together."

"Like most of Noel Coward's works, the light comedy overlays meaningful, thought-provoking questions, which one may mull over long after having seen the show," added Hubbard.

Asked specifically to describe her character, Hubbard called Amanda "unconventional, spirited and independent. She's a bit too 'worldly wise' for her own good, and unfortunately, she knows it, and uses it to her full advantage."

Inviting patrons to CenterStage, "We hope the audience will appreciate Coward's talent for witty dialogue that packs a real punch. 'Private Lives' is an amusing play, but it pushes boundaries too," said Konowe.

FAITH NOTES

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

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

St. Timothy's Episcopal Church needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

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.

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