

## SUMMER FUN

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# Friday Night Live! Returns to Herndon

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A crowd of approximately 1,500 people greeted musicians and vocalists on the opening night for the 23rd season of Friday Night Live! The weather was warm, drinks cold and food hot.

Bike to Work Day Grows in Herndon

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CLASSIFIEDS,

Herndon Middle 'Reads Like Hawks'

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## SUMMER FUN



From left: Keven, Lillian and Kelly Taheri, Molly Schoenfeld and Lainey Kimbrell from the Town of Herndon. They always look forward to Friday Night Live! Molly's mom Anna Schoenfeld said, "I've been coming to FNL for 15 years, and it gets better and better. Love watching my daughter dance and seeing friends."



The 23rd season for the Town of Herndon's Friday Night Live! presented by Volkswagen Group of America began May 5 with The Reagan Years (TRY), a band of five seasoned musicians who originated the 80s multi-band tribute concept. TRY featured Karen Ellison - keys, vocals, Stephan Scott Lay - vocals, acoustic Guitar, Glenn Riley - guitars, vocals, Jody Lewis - bass, vocals and Sy Seyler - drums, vocals.

# Friday Night Live! Returns to Herndon

### Summer is on in town.

By Mercia Hobson The Connection

or the residents and workforce of the Town of Herndon and surrounding communities, summer doesn't start June 21. It's already here. Summer began with the opening night Herndon's Friday Night Live! concert series. For arriving concertgoers not only was there plenty of free street, municipal lot, and underground garage parking, the event was — and will remain — free and open to the public.

At 7 p.m., May 6 the five musicians from the band, The Reagan Years, stepped up on the outdoor stage located on the Town Hall Green, 777 Lynn St. in historic downtown Herndon and summer began. To the delight of the crowd, the East Coast's original '80s tribute band played the greatest hits from the time when Ronald Reagan was President.

Food and beverage service was available to concertgoers, so there was no need to cook dinner before coming. Dominion's Pizza and Tur Cuisine were on hand, as was Jimmy's Old Town Tavern (Jimmy's will rotate weeks with Jimmy John's throughout the summer). Dairy Queen provided a selection of desserts, and Herndon High School Boosters sold fresh popcorn. FNL featured deals on

drinks, with a portion of the tip money from alcohol going to benefit the Herndon High School After-Prom and All Night alcoholfree Grad Parties.

As the night continued, families, singles, young and old enjoyed the music and meeting old friends and new friends. Children played ball and ran in the grass while their parents sat in lawn chairs catching up and chatting with friends.

The Town Green, the site for all FNL music, is located behind the new Municipal Building at 777 Lynn St. in Historic Downtown Herndon. It is adjacent to the W&OD trail and the library. For more information about Friday Night Live, visit herndonrocks.com.

Avalon Gallardo, 10, and Toby Russo, 5 live in the Town of Herndon. Friday Night Live! is a favorite event. "You get to spend time with family and friends, meet new people and listen to the band," said Gallardo. Russo was a bit more to the point. He said, "I like the ice cream, and we get to stay up past our bedtimes, all the way up to 10:30."



Madison Schill, 3, of Herndon really wanted to get a little closer to the band, but the crowd barrier prevented her.





Danielle Schill of Herndon brought her daughter, Taylor, 1. Schill said, "We always run into someone we know. FNL reminds us what a small-town feel Herndon creates in the DMV. The bands are always great, and it's such a family atmosphere."



The 2017 Friday Night Live! Band Schedule.

## Bike to Work Day Grows to Widespread Event in Herndon

## Cyclists ride for many reasons.

By Mercia Hobson
The Connection

ay is National Bike Month. When spring offered clear skies, warm weather, and greenery galore on Friday, May 19, it was the perfect opportunity for Washington metropolitan workers from the District of Columbia, Virginia, and Maryland to get their gear on and their wheels rolling. Between 5:30 a.m. and 10 a.m., more than 17,500 Bike to Work Day cyclists pedaled paved trails, bike lanes, and streets to begin their commutes to work. Commuter Connections partnering with the Washington Area Bicyclist Association planned the event.

Bike to Work Day featured 85-staffed pit stops throughout the metropolitan Washington area. The event celebrated bicycling as an environmentally conscious, low-cost, and healthy way to get to and from work. One of the designated Bike to Work Day pit stops was located on the Herndon Town Hall Green, corner of Lynn and Elden Streets and adjacent to the W & OD Trail. The stop was co-sponsored by A-1 Cycling and Herndon Parks and Recreation Department.

**ALONG WITH VOLUNTEERS** from numerous cycling advocacy and riding groups, supporters welcomed cyclists to the Herndon pit stop. Mechanics from A-1 Cycling and Green Lizard Cycling stood ready to make any needed bike repairs. Josh Taft, a bicycle mechanic for A-1 Cycling, said he hadn't seen any major mechanical problems yet that morning. "Nothing bad. People just need a little air in their tires so far," he said.

Brad Kendall, a bicycle mechanic from Green Lizard, added, "After 8 a.m., it'll really get busy with repairs. Sometimes when it's the first time riding for the year, the bike may need a little help."

Keith Gates is the owner of A-1 Cycling. According to Gates, 10 years ago only 70 cyclists registered the Herndon pit stop as their location to pick up their free T-shirt and be eligible for the prize raffle. "This year more than 450 riders registered for the Herndon pit stop," Gates said. He explained with a larger number of people choosing cycling as a means to get to work, "It helps with lobbying, better roads, and more awareness."

Like other towns and cities across the United States, momentum for cycling has steadily increased for many reasons in the past few years. Alex Rekas of Fairfax grew up in Herndon and now works in the town. He was in the initial wave of 100 or so cyclists who pulled into the Herndon pit stop before 7:30 a.m. When asked given so many reasons to ride, what was his, Rekas emphasized how cycling enables people to interact socially and enhances the sense of community.



A-1 Cycling's bicycle mechanic, Brendan Eyerman of Herndon made a minor adjustment to a rider's bike at the Herndon pit stop for Bike to Work Day held Friday, May 19. Fellow A-1 bicycle mechanics, Josh Taft of Manassas and Jake Bentley of Herndon, took a moment off for a bit of fun in the sun while Eyerman worked.



Will Barber and Kyle Griffith live in Leesburg but work for Audi of America in Herndon. On Bike to Work Day, they cycled the 16-mile distance from Leesburg to Herndon using the W&OD Trail, a 45-mile paved rail trail that runs from Purcellville near the Blue Ridge Mountains at its western end to Shirlington near D.C. at its eastern end.



Herndon Town Councilmember Grace Wolf joined Town of Herndon Police Department's cycle officers, Patrolman First Class E.R. Meyer and Sergeant. J. W. Rider at Bike to Work Day, Friday, May 19. "Herndon is a great place to bike," said Wolf. "We are a cycling community and it's great to see so many riders at our pit stop."

"I love Bike to Work Day. It gets people

out on their bikes, and when people are

riding their bikes, it's great for the commu-

John Iskander works at Fibertek, Inc. in

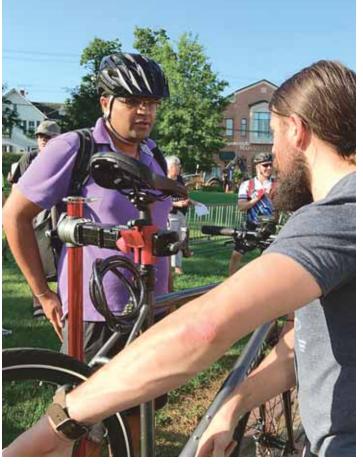
Herndon. He pulled into Herndon's pit stop

shortly after Rekas. When asked what he

nity," he said.

liked about Bike to Work Day, Iskander mentioned how cycling ignites corporate team building. "I like that it gets my four or five co-workers out, bonding by riding to work together."

Even individuals, who work for automotive industries headquartered in Herndon,



Vivck Ojha was a little unsure about his new bike on his commute from Herndon to Fannie Mae where he worked in Reston. Ojha asked A-1 Cycling bicycle mechanic, Josh Taft of Manassas, to give his bike a look over before he set off again during Bike to Work Day.

exchanged their four wheels for two, at least for that morning. Kylee Griffin and Will Barber cycled from Leesburg 16 miles away into Herndon via the W&OD Trail. The duo work for Audi of America headquartered in

See Bike to Work, Page 9

## **OPINION**

# Keep Virginia Green

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

or more than a half century signs along the roadsides and ads in local newspapers featured Smokey the Bear with a message "Keep Virginia Green." His reference was to forest fire prevention, of which he said 9 out of 10 could be prevented. Forest fires were a big concern because wood products were big business in Vir-

A campaign continues today with a "Keep Virginia Green" theme as part of the "Keep Virginia Beautiful" effort. It has a broader meaning as it now includes stopping littering and other actions consumers can take as part of caring for the environment in the Commonwealth.

Maybe the most meaningful effort ever taken to protect Virginia's environment was announced last week by Gov. Terry McAuliffe that he had signed an Executive Directive ordering the Department of Environmental Quality to begin the process of establishing regulations in Virginia that will reduce carbon emission from power plants. As the Governor explained, "As the federal government abdicates its role on this important issue, it is critical for



void...Virginia will lead the way to cut carbon and lean in on the clean energy future." The current federal administration has moved to rescind actions of the Environmental Protection Agency to reduce carbon in the atmosphere and to act on climate change.

While proponents of states' rights may applaud the shift from the federal to the state governments, wind currents from power plants and airborne pollutants do not recognize state boundaries. It is critically important that other states follow the actions of Gov. McAuliffe.

According to the press release announcing the Governor's Executive Directive, the Commonwealth has seen an increase from just 17 megawatts of solar installed to more than 1,800 megawatts in service or under development. Revenues in the rapidly growing clean energy sector have risen from \$300 million to \$1.5 billion between 2014 and 2016. In the last year alone, solar installations have risen

states to fill the nearly 1,200 percent. The number of Virginians employed by the solar industry rose 65 percent to 3,236 — twice the number of jobs supported by coal. An analysis by The Solar Foundation quoted in the release said that Virginia is now second in the Southeast and ninth in the nation for year-over-year solar growth. As of 2017, Virginia is first in the Southeast for corporate clean energy procurement.

> Dominion Energy, the Commonwealth's largest electricity producer, announced earlier that it intends to follow the federal Clean Power Plant regulations even if they are rescinded by the current administration. Older coal-powered plants are being converted to natural gas or closed. The company will be subject to any additional regulations that result from the Governor's Executive Directive.

> It is heartening to see the number of citizens who have expressed a greater interest in environmental matters as they realize the threat to current protections under the new administration. We need to thank and applaud the Governor for his action and at the same time keep the pressure on federal and state elected officials to see that our air is kept clean and safe. I am pleased that both the Sierra Club and the League of Conservation Voters have recognized my efforts in this regard.

#### LETTERS TO THE EDITOR

### Virginia Needs to Adopt California Fuel **Economy Goals**

To the Editor:

In response to Governor McAuliffe's directive to Virginia's DEQ to cut carbon pollution, Virginia should adopt Obama's and California's fuel economy goals: 54.5 mpg by 2025. Do climate-change dismissives — especially those who drive gas-guzzlers — ever go outside? Do they ever run, walk, or ride a bike beside a road so that they have to breathe in car exhaust?

I loathe walking beside roads, and when I've gone on long bike rides, I've noticed that "yahoos" in pickup trucks — especially the diesel models, like to "floor it" when they pass a group of bike riders, so that we are forced to get a lungful of carbon monoxide, methane, sulfur and nitrous oxides, polyaromatic hydrocarbons, and heavy metals. I'd like to see if they could get out of their three-ton "exhaust sprayers" and pedal up a two-mile grade.

Have they ever hiked in the mountains, away from traffic noise (which I despise), and breathed in pure, oxygen-rich air? My grandfather, a doctor from Marion, N.C., used to take a bicycle inner tube filled with mountain air when he went to the city, so that he could breathe the air from that tube with his car windows rolled up. To him (even with the rubber smell), that air was better than the exhaustfilled city air.

To Trump, those bike-riders and hikers are losers, especially compared to selfish status-

seekers who can afford a Cadillac Escalade, Lexus LX 570, Dodge Viper, or other ridiculously heavy and/or powerful gas hog. And who cares about wildlife, the hapless victims of our pollution? I do, for one! Shouldn't everyone be outraged to learn that:

- ❖ 25 percent of cars are causing 90 percent of the air pollution we breathe;
- in 2016, about 76 different models of vehicles weighed at least 6,000 lbs. (which are exempt from annual depreciation caps);
- eight of the most expensive luxury cars get the worst gas mileage (e.g., 14 miles per gallon or less overall).

With the strong evidence correlating dementia, Alzheimer's, and cancer with breathing car exhaust, Trump and the GOP plan to roll back national car emission standards. (My very health-conscious wife was just diagnosed with cancer, and with all the walking we do, breathing exhaust likely contributed to its onset.) Why doesn't Virginia join California to adopt the 54.5 mpg-by-2025 goal? It's the very least we should do!

John H. Fringer, III, P.E.

## Heart-Breaking Responses on Homelessness

Homelessness is a word that can conjure up a variety of emotions. For some it might be sympathy or contempt for those affected by it. For others it might be a fear of it possibly happening to them. The desire to find out how people felt on this subject served as the catalyst for my project team in a George Mason University communications class.

As part of the class project we had the opportunity to partner with the Fairfax County Office of Public Affairs and the Office to Prevent and End Homelessness. When we were informed about the current situation involving homelessness in the county, I was shocked. We were told that back in 2008, approximately 1,800 people were found to be homeless in the county. Although there has been an almost 50 percent reduction in homelessness since then, it had never occurred to me that a significant number of people in the area were going through this problem.

We wanted to know more about what others thought about homelessness in the county. We decided to do a survey of county residents about their thoughts on homelessness and report on what we found out. We sent the survey out on March 23 and promoted it through social media and email. After two weeks, we got the results and I think what we learned surprised all of us.

Almost 1,600 people filled out the survey. One of the responses revealed that 65 percent of those who responded believe homelessness affects them personally. Some people said they often saw people who were homeless, while others said they have never seen a person who is homeless in the county. Yet, what broke my heart were the comments that read "They are

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## News

# County Launches Innovation Challenge

Challenge brings together several hundred attendees who "might normally not cross paths."

By Andrea Worker
The Connection

he Fairfax County Human Services Council thinks it's time to shake things up, to build a new strategy for identifying, addressing and funding solutions for human service needs in the community, and they've taken the first step in that direction by hosting the Innovation Challenge on May 18.

Evidence from the recent Fiscal Year 2018 Budget process and the data collected in the "Human Services Needs Assessment" published last year, show a trend where more of the county's residents require some type of assistance. In the words of Board of Supervisors Chairman Sharon Bulova, "Demand is outstripping resources."

During the budget proceedings, some programs and initiatives were left unfunded, or given less than requested, and other initiatives and needs were rolled forward for future consideration.

Seven months ago, Human Services Council members Dr. Patrice Winter (Braddock District) and Thomas Goodwin (Providence District) "hatched an idea," Winter told the attendees at the Innovation event. She said that the two convinced each other that a broader network of people from a greater variety of disciplines and experiences was needed to bring a fresh perspective to the various problems. With the support of their council colleagues and from county personnel, Winter and Goodwin directed their idea into the Challenge that brought several hundred attendees together who, as Winter put it "might normally not cross paths.'

In her letter to the Innovation Challenge participants, Bulova called the

community-driven program "unprecedented in that it brings together leaders of all elements of the emerging 21st century human services community: businesses, established and startup; financiers in social impact investment; social entrepreneurs; philanthropists and foundations; nonprofits, and outstanding thought leaders in academia. Fairfax County employees," wrote Bulova, "are here primarily to listen."

THE PRESENTERS and the attendees covered a range of varying interests and experiences. In her opening remarks, Winter acknowledged that everyone present — speakers, panelists and audience members — came to the table with their own underlying agendas, causes or points of view. She asked that those agendas be "left in the parking lot. Models, strategy and process, www.ConnectionNewspapers.com



A diverse audience gathered for Fairfax County Human Services Council's Innovation Challenge, an event seeking greater community engagement to address the county's challenges.

not issues, are our directions this morning."

Speaking to the attendees, Goodwin applauded the audience's presence at the event, telling them that by being there, they were participating in an experiment in community engagement. Working together produces significant results, he affirmed.

"We know that," said Goodwin, using the example of the county's Diversion First program that seeks to direct persons with intellectual disabilities and mental health issues away from imprisonment to treatment when they come into contact with law enforcement for nonviolent offenses. "Five agencies work together across turf" to make Diversion First work, said Goodwin.

The Innovation Challenge, intended to be the launch for a series of events, set forth three main objectives:

- ❖ Exchange information about state-ofthe art innovations that can address health and human service challenges.
- Elicit new ideas from public and private partners to enhance services and maximize resources.
- Set the stage for specific recommendations about service enhancements and resources required to present to relevant stakeholders in the future.

The first section of the program offered presentations from persons working directly in Human Services in neighboring Montgomery County, Md. When questioned on seeking funds from the business community or other non-governmental sources, Sharon Friedman, project director of Montgomery Moving Forward, advised that the key is to develop partnerships early.

"We don't show up afterwards and ask for money," said Friedman. Instead, possible collaborators are asked to be at the table from the start, "when the needs and the challenges are explained and discussed."



Fairfax County Supervisor Dan Storck (D-Mount Vernon) discusses some of the issues with Human Services Council Member Thomas Goodwin (Providence District). Along with Council member Dr. Patrice Winter, Goodwin "hatched the idea" for the Challenge. Supervisors Cathy Hudgins (D-Hunter Mill) and John Foust (D-Dranesville) also attended the event.

Speaker Dr. Sallie Keller, professor of Statistics and director of the Social and Decision Analytics Laboratory of the Biocomplexity Institute of Virginia Tech ("Yes, what a mouthful!" agreed Keller) offered insights on "designed data collection" in the Human Services arena and work being done to better measure outcomes. "The goal is to democratize data ... and to provide new language for communication ... that can become a unifying thing around different disciplines."

After a section devoted to "Progressive Funding Opportunities," the organizers set the "social experiment" in motion with a series of "Reverse Pitches" to drive home

the collaborative approach that Winter, Goodwin and colleagues hope to see develop from this first Innovation Challenge.

**THE IDEA** is to "pitch" community issues and have businesses consider them and offer their suggestions and potential solutions, instead of the traditional "company pitches a product model." For the Innovation Challenge, real problems were shared, and real companies, who had been paired with the problem-presenters in advance for the sake of demonstration, came back with possible innovations, services, technologies, or skills sets that might be applied to solving the problem.

The topics chosen were familiar challenges for many in the audience. Heads nodded in acknowledgement when "Caregiver Support Services," "Transportation Options for Older Adults and Individuals with Disabilities," and "Skills Training for Today's Employment" were presented to the partnered businesses.

Fairfax County, like many jurisdictions across the country, is facing the challenge of widening gaps between the human services needs of its residents and the county's ability to deliver those needs within its budget constraints. With the kick-off of the Innovation Challenge, the Fairfax County Human Services Council is seeking to perform what they call a "much needed facelift" on the traditional methods of addressing those challenges. The public is encouraged to learn about the council at www.fairfaxcounty.gov, search Human Services Council and to review the "Human Services Needs Assessment" which is also available on the county's website.

For details on area parks, services, and communities, see www.fairfaxcounty.gov. Search for tax bills, property transfers, and employment opportunities.

### **Public Hearing Notice Fairfax County Secondary Six Year Plan**

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with Section 33.2-331 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 3 p.m. on June 20, 2017.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2018 through 2023. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

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

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



## PHOTO GALLERY "Me and My Dad"

 ${f T}$ o honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

editors@connectionnewspapers.com

## SUMMER FUN. FOOD & ENTERTAINMENT



#### Reston Photographic Society Exhibit

"Budapest Bridge," captures the romance of Budapest's nightlife along the Danube River. This photograph is an entry in the Reston Photographic Society's exhibit at the Reston Community Center at Lake Anne, June 5-July 2. Visit www.leagueofrestonartists.org/rps.

Send entertainment announcements to The deadline is noon on Friday.

#### **ONGOING**

**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

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 vomen 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

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at last 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

Teen and Adult Art Classes ArtSpace **Herndon** Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing nd 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 too 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 ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

#### **MAY 2-JUNE 29**

Art Exhibition. 8 a.m.-5 p.m. at U. S. Geological Survey, 12201 Sunrise Valley Drive, Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance Photo ID is required to enter. Visit www.HKAnneFineArt.com for more

#### THURSDAY/MAY 25

Meet the Artist. 6-7 p.m. at GreaterRestonArtsCenter, 12001 Market St. #103, Reston. Michael Booker paintings, often cut apart and reconstructed into quilt-like narratives combine his personal history and memory with the history of painting and African American culture. Call 703-471-9242 x 114 or visit restonarts.org for more

#### SATURDAY/MAY 27

A Star Spangled Salute. 7:30-10 p.m. at Reston Town Center, 11900 Market St. The band Natural Selection highlights this free event. Donations to Care Packages for Troops are appreciated. Call 703-912-4062 or visit www.restonchorale.org.

#### SUNDAY/MAY 28

**Family Memorial Day Celebration**. 9 a.m. at Town Hall Square in downtown Herndon, in front of the historic train depot. Mayor Lisa Merkel and the Herndon Town Council invite all citizens to join them in this observance and sendoff for Rolling Thunder motorcycles, riding through Herndon's historic downtown. Visit www.herndon-va.gov/ MemorialDay for more.

#### THURSDAY-SUNDAY/JUNE 1-4

37th Annual Herndon Festival. 10 a.m.-11 p.m. in Downtown Herndon, 777 Lynn t. The event features a carnival all four days, three stages of entertainment, a 10K/5K Race & Fitness Expo, children's hands on art area, children's alley, business expo, two nights of fireworks, arts and crafts vendors, and of food vendors. Visit www.herndonfestival.net for more.

#### **DEADLINE JUNE 2**

Lake Anne Exhibit. The Reston Photographic Society, a special interest group of the League of Reston Artists,

for the Lake Anne show. The exhibit runs 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

#### FRIDAY/JUNE 2

Casino Night. 6:30-10 p.m. at Volkswager Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. Staffed gaming tables, hors d'oeuvres, cocktails, raffles, a live and silent auction, as well as a celebrity emcee with music and dancing. Call 202-540-2328 for more.

#### **JUNE 3-AUG. 26**

Free Concerts. 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit

Gardens of Notes Tour. 10 a.m.-4 p.m. at tour of five residential gardens in three Reston neighborhoods, followed by a celebration at Hidden Land Landscaping \$20. Visit www.restonchorale.org.

Meet the Author. 2-3 p.m. at Reston Regional Library, 11925 Bowman Towne Road. Author and scholar Dr. Harry Butowsky will discuss his biography "I Survived: My Name is Yitzkhak." Call 703-689-2700 for more.

andau Eugene Murphy, Jr Concert 703-912-4062 or visit

#### JUNE 5-JULY 2

Lake Anne Exhibit. at the Reston Community Center at Lake Anne, 1609 Washington Plaza N. Exhibit features work by members of the Reston Photographic Society. Visit www.leagueofrestonartists.org/rps or call 703-476-4500.

#### **DEADLINE JUNE 6**

Photo Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition, Call 703-956-9560 or visit www.artspaceherndon.com/calls-for-

invites photographers to enter photographs from June 5-July 2 and is free and open to

#### SATURDAY/JUNE 3

Reston Town Center, 11900 Market St. A

7:30-10 p.m. at Reston Town Center, 11900 Market St. Kicks off the concert series. Call

#### **DEADLINE JUNE 30**

Call for Artists. at the US Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Eligible works are paintings, mixed media, and twodimensional works suitable for wall hanging (no photography). The exhibit will be on display from July 3-28. Artwork that encouraged. Enter works here www.leagueofrestonartists.org

#### SATURDAY/JULY 1

**Deanna Bogart Band Concert**. 7:30-10 p.m. at Reston Town Center, 11900 Market St. A night of dancing to the jump blues of this pianist/saxophonist/vocalist. Call 703

#### SATURDAY/JULY 22

Town Center, 11900 Market St. Play a blend of Celtic and klezmer music. Call 703-912-4062 or visit

#### SATURDAY/JULY 29

Love Canon Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. 703-912-4062 or visit

VIEWPOINTS

### What do you like to do for fun in and around Reston during the summer?



#### Kimberly Rooney, Reston

"We come here [to Lake Anne Plaza]. We like the Lake Anne Brew House, and Reston Town Center. We try to go to the festivals, dog adoptions, and just walk around and get dinner."



#### **Robin Parker, Reston**

"I like to come to the farmer's market, go to Saturday night free music in the pavilion in the town center, and sit on our deck with a gin and tonic, and cook something on the grill."



#### that comes here a lot, we come to that every Thursday." Kathy: "And all the festivals that

Doug: "We like the concert series

Kathy Evans and Doug Evans,

are here, the jazz festival, the ukulele festival, the ones that are at Reston Town Center, like the fine arts festival. We like to do all of those things.'

Doug: "Obviously we like to eat at all the restaurants. We go quite a bit to the restaurants here and there, in Lake Anne Plaza and at Reston Town Center. There's the farmer's market, which we always go to every week, so we love that.'

Kathy: "We'll get our grandson to some of the free children's things that are going to be here this summer. We also like just walking around the lake and enjoying all of the nature."

> - Photos taken and ANSWERS COMPILED by Ellen Barker

#### Ellen Jennings, Reston, and dog Allie

"I love to come to the farmer's market on Saturday mornings and have coffee and a muffin. And I love to walk, love to do the outdoor concerts. I'm looking forward to going to the farmer's market on Wednesdays, at St. John Newman.'

#### 912-4062 or visit www.restontowncenter.com/concerts.

Scythian Concert, 7:30-10 p.m. at Reston

Bluegrass version of hits from the '80s. Call

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## News

## Cortona Academy Northern Virginia Family Realizing 'The American Dream'

oseph Dadzie came to America 30 years ago from his native country, Ghana, hoping for a better life, but was unaware that after having two children with his wife, Georgina, that their son, Kwesi, as well as daughter, Araba, would be the reason their family would be realizing the American Dream. As 2017 graduating seniors from Cortona Academy in Herndon, Kwesi was awarded a \$100,000 merit scholarship for college with guaranteed acceptance into medical school, and their daughter, Araba, is in a position to apply directly from high school for nursing college.

When Kwesi was a junior in public school, he had given up any hope of attending a four-year college and his sister Araba was a senior and struggling. But Joseph and Georgina Dadzie had given up too much to come to America, leaving most of their family behind in Ghana, and refused to accept this. They then made the decision to try to change Kwesi and Araba's unsure college futures by investing their college fund on the high school level and transferred both children to Cortona Academy where Araba chose to repeat her junior year, rather than to graduate without any hope of her future goals and dreams becoming a reality.

At Cortona Academy, Kwesi and Araba worked hard and both achieved nearly perfect grade point averages. Especially for



Araba and Kwesi Dadzie graduation photo.

Araba, this was a miracle because of her learning disabilities and the fact that she was escaping an ongoing bullying situation and hated school, despite the encouragement of her parents. But at Cortona, Araba discovered her new-found self-confidence and joy for attending school, and was chosen as Cortona Academy's Keynote Speaker for the 2017 Senior Class. Kwesi received the news that he had been accepted to VCU, GW, and Randolph Macon College, and has chosen to attend Randolph-Macon College in Premed, accepted their \$100,000 scholarship, and will be automatically accepted George Washington University's medical school without having to take the MCATS

(Medical School Acceptance Tests) if he keeps his grades up, does internships and community service. Since community service and internships are part of Cortona Academy's education for all their students, Kwesi is already familiar with the concept that good grades are only half of a person's success — one must give back.

May 5 was one of the most important days for Joseph and Georgina Dadzie since they came to America. They watched their now self-assured, motivated children graduate from Cortona Academy at the Waterford at Fair Oaks, where nearly 80 people will be in attendance to cheer the Dadzies and all the other Cortona Academy 2017 graduates.



Cadets on the Herndon High School NJROTC

## Herndon High Cadets Win The Rifle Team Spicer Cup

fter four months of competition, Herndon High School's Navy Junior Reserve Officers Training Corps (NJROTC) Rifle Team has won the coveted Spicer Cup, defeating finalist West Potomac High School in the championship match. The team consists of Cadets in the junior and senior class.

Formed in 2003 in honor of the late Lt. Col. Joe Spicer (U.S. Army, retired) of Hayfield High School, the Fairfax County-wide JROTC Rifle League and its tournament include high schools across Fairfax County: Edison (Army), Hayfield (Army), Herndon (Navy), Mount Vernon (Marines), South Lakes (Army), and West Potomac (Army). After shooting single matches against each other, each school receives a tournament seeding. The top four ranked schools then compete in a semi-final/final format.

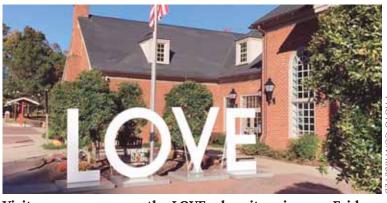
This is the seventh year in a row that Herndon has won. The Herndon team is coached by Capt. David Adler (U.S. Navy, retired). For more information about Herndon High School's NJROTC program, visit www.herndonnjrotc.com.

## LOVE Comes to Lake Anne Plaza

## Giant artwork will be displayed during 4th Annual Lake Anne Chalk on the Water Festival.

he Virginia Tourism Corporation will bring an oversized LOVE artwork to Lake Anne Plaza as part of a state and local partnership to promote public art and tourism. The artwork, which is 16 feet long and more than six feet high, is part of the Virginia is for Lovers campaign and designed to promote familyfriendly vacation experiences in Virginia. Visitors can come see the LOVE when it arrives on Friday, June 9 and will be on display at Lake Anne Plaza through Wednesday, June 14.

Visitors are encouraged to take a picture in front of the artwork and share it on Facebook at www.Facebook.com/ VirginiaisforLovers or on Instagram and Twitter, using the hashtag #LOVEVA.



Visitors can come see the LOVE when it arrives on Friday, June 9. It will be on display at Lake Anne Plaza through Wednesday, June 14.

The LOVE artwork arrives just in time for Lake Anne's popular public art event — the 4<sup>th</sup> Annual Chalk on the Water Festival, taking place on Saturday and Sunday. June 10-11 from 11 a.m.-5 p.m.

Chalk on the Water is a two-day street-painting festival where participants will create street art. Registration is now open for individuals of all ages to let their inner artist shine and turn Lake Anne Plaza into a kaleidoscope of CHARK art. lic art themed event to the plaza. Festival goers can purchase a "plot" of brick space on the plaza and paint to their hearts' delight whatever flows from their imagi-

Costs for spaces are \$10 for families and school-age children (Elementary – High School), \$15 for amateur artists, and \$15 for professional artists.

Individuals can register at http:/ www.chalkonthewater.com/. Only 100 spaces/plots are available for this event. Participants have a chance to win cash prizes for various categories, awarded by community judges. Judging starts at 2 p.m. for families and 3 p.m. on Sunday for professional and amateur artists.

Lake Anne collaborated with Public Art Reston to bring this pubFunds raised from the festival will be donated to Public Art Reston.

The festival is sponsored by the Friends of Lake Anne (FOLA), Reston Art Gallery, and Lake Anne Coffee House & Wine Bar.

#### Where & When

Lake Anne Plaza's – 4<sup>th</sup> Annual Chalk on the Water Festival, June 10-11, 2017

Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston, 11 a.m.-5

Visit www.lakeanneplaza.com or

Free for spectators. Costs for spaces are \$10 for families and school-age children (Elementary - High School), \$15 for amateur artists, and \$15 for professional artists. Individuals can register in advance at www.chalkonthewater.com. Only 100 spaces/plots are available for this event.

www.ConnectionNewspapers.com

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## Summer Fun

Herndon 10K-5K race attracts hundreds of participants.

> **Рното**ѕ CONTRIBUTED



## Herndon Festival Is Set for June 1-4

he 37th Annual Herndon Festival, an event known as the largest free event in Northern Virginia, will be held June 1-4 at the Historic Downtown Herndon, 777 Lynn St., intersection of Lynn and Station streets. The Herndon Festival features local and nationally-known entertainment on three stages, a carnival, fireworks displays on Thursday and Saturday, children's hands-on art area, arts and crafts show, business expo, 10K/5K races and fitness expo on Sunday, complimentary shuttle bus service, and an assortment of food vendors.

The festival is produced by the Town of Herndon Parks and Recreation Department with assistance from local area civic organizations and businesses. Festival goers can learn about Festival highlights and insider tips to hava great time herndonfestival.net. Thursday performances feature the music of Juxt, Parthenon Huxley, and Strung Like a Horse; Friday performances featureBad Influence Band, Crowded Streets The Dave Matthews Band Experience, and Rico Monaco Band; Saturday headliners include Ebb & Nova, Sgt. Pepper's Lonely Bluegrass



Carnival rides are among the most popular features of Herndon Festival.

Band, and The American Rogues. In addition, there will be entertainers roaming the grounds of the Festival to keep everyone smiling throughout the day. New this year, Country on the Green, from 11:30 a.m.-6 p.m. on the HMC Stage lawn includes country line dancing & lessons, lawn games, beer, bbq, and four amazing bands, featuring The Stickers, Blake Esse, Andrew Salgado Band, and Delta Spur. Festival hours are as follows: Thursday, June 1, 6-10 p.m.; Friday, June 2, 5-11 p.m.; Saturday, June 3, 10 a.m.-11 p.m.; and Sunday, June 4, 10 a.m.-6 p.m. Pets are not allowed in the Festival area, and all backpacks, packages

and hand-carried items will be searched for prohibited items.

A free shuttle bus service will transport attendees to and from the Festival area, departing every 10 minutes from Worldgate Shopping Centre and Herndon High School. Worldgate Centre riders will need to walk along Worldgate Drive and look for the signs at 12975 Worldgate Drive. Riders at Herndon High School need to meet at the large rock at the entrance to the school, off Bennett St. Parking at both shuttle bus pick-up/drop-off locations is free. Or, ride a bike and enjoy a free bike valet service located at the corner of Lynn and Elden streets.

### Spring Fling at Goddard School

On Saturday, April 29 the Goddard School of Herndon, held their annual Spring Fling festival, attracting hundreds of people with activities from face painting to pony rides and even a dance party for children and adults. It was a day to remember with the children's science experiment of raising caterpillars to full size butterflies released the day of the event. The **Goddard School focuses on STEAM** (Science, Technology, Engineering, Art, and Mathematics) and has a strong FLEX learning program for infants to 5 years old.





Town of Herndon cycle police officer, Sgt. Rider chatted a bit with his new cycling friends from ManTech International Corporation in Herndon. "We have seven people from ManTech here today," said Jim Fraser. From left: Sgt. Rider, Town of Herndon Police Department, Jim Flaser (Leesburg), Dave Weiss (Michigan), Pat Milton (Leesburg), Scott Campbell (Leesburg), Jeremy Block (Ashburn), Meghan Wilcox (Reston) and Jenna Aschenbach (Herndon).

### Bike to Work Grows in Herndon

From Page 3

said. "We work for the automotive industry but this, we thought, was a great opportunity to ride our bikes."

For Barber, it was his first ride to work for the season. "I ride about 1,000 miles a year," he said.

LOCAL THE WITH ECONOMY BOOMING, drivers are experiencing not only congested roads but extended peak-hour traffic going to and from work, even if they are going only a short distance. While driving in congested areas is stressful, it also takes up what could be free time to enjoy the little things in life, like friends and nature.

For Vivck Ojha, who works at Fannie Mae in Reston but lives in Herndon, the thought of giving cycling a try on Bike to Work Day was a no-brainer.

"This is my first time cycling "This is my season," Griffin to work," Ojha said, as he pulled into the Herndon pit stop with his friend, Abhijeet Chawhan. "I just got my bike two weeks ago. I'm excited about this," Oiha said.

> When asked what his main reason was for wanting to cycle to work, Ojha said while there was the convenience of the W& OD Trail connecting Herndon to Reston, what prompted him the most was the encouragement of his friend and co-worker, Abhijeet Chawhan.

> "We both live in the same community and work together," Chawhan said about his friend Ojha. "He likes nature and greenery. And this amazing trail, the W&OD, goes right beside our building."

> For more information on biking for transportation, fun, and fitness, including learning to ride, city cycling and community rides, visit waba.org.



Chip Magron, Allen Stern, and Mike Olson, volunteers from Fairfax Alliance for Better Bicycling (FABB), served at Bike to Work Day to bring awareness of FABB's efforts to make bicycling transportation safe, accessible and commonplace in Fairfax County for all ages, abilities and skill levels.



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#### Legals

#### **ABC LICENSE**

CBRR Hospitality Group LLC trading as Brain Drain, 3061C Centreville Road, Herndon, Fairfax County, Virginia 20171-3709. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises; Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages.
Raghunath Chintalapati, Member/Manager au thorizing advertisement. NOTE: Objections to uance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

#### Legals

#### **ABC LICENSE**

Messi Kuhn's LLC trading as O'Sullivans, 754 Elden Street, #102, Herndon, VA 20170 (Fairfax Co). The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises/Mixed Beverage Restaurant license to sell or man ufacture alcoholic beverages. Jenna Leigh Kuhn/Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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#### **Employment**

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## SUMMER FUN



The Reston Chorale will hold A Star-Spangled Salute on Saturday, May 27, at the Reston **Town** Center.

> Рното CONTRIBUTED

## A Star-Spangled Salute, Care Package Drive at Reston Town Center

he Reston Chorale and Brass of the Potomac will mark the beginning of Memorial Day Weekend with A Star-Spangled Salute, including a concert of patriotic music, entertainment by Al and Ellen Torzilli of the band Natural Selection, family activities and a care package drive for troops serving overseas. Slated for Saturday, May 27, 7-8:30 p.m., at the Reston Town Center's Pavilion, this free, family-friendly event will salute the men and women serving in the U.S. Armed Forces, and honor those who have made the ultimate sacrifice.

"This is one of the highlights of our season," notes Ruth Overton, president of The Reston Chorale. "There are moments when we sing the Armed Forces Salute — when a veteran, service member or their family hears 'their song' and gets to their feet or waves a flag — that bring home what this event is all about. It's a time and a way for us to say 'thank you for your service and sacrifice'—and to remember and honor those who gave their lives for our country." Thanks to support from Northrop Grumman, this year the Chorale will share the stage with Brass of the Potomac – a British-style brass band. Together, members of The Reston Chorale and Brass of the Potomac will present a concert of patriotic music and songs that celebrate America.

The event also offers ways to directly thank ser-

vice personnel: a creative station where children and adults can make thank you cards for troops, and a Care Packages for the Troops drive.

The Reston Chorale and Reston Town Center have teamed up to collect donations of care package items from snack foods and sports equipment to supplies for a Fourth of July celebration — that will be sent to a platoon serving overseas.

Suggested donations include protein bars, powdered drink mixes and water flavorings; non-aerosol, unscented toiletries; small electronics, such as hand-held games, fans, misters and non-lithium batteries; playing cards, puzzle books and lightweight sports equipment. Donations can be dropped off during the event on May 27, or on weekdays through Friday, June 2, in the lobby of 11951 Freedom Drive, Reston, as well as other Reston Town Center office buildings. "This event is about honoring and giving back to the men and women who serve our nation," notes Overton. "Thanks to the heartwarming response to the Chorale's care package drive, in just two years we have shipped 650 pounds of donations for troops serving far from home."

For more information about A Star-Spangled Salute and The Reston Chorale's care package drive, please visit www.restonchorale.org or call 703-834-0079.



**Sticking to United States Postal Service** tradition, antique mail truck braves the veather for the main parade for Great Falls' July 4 celebration last year.



Last year, Great Falls singer-songwriter Mary Ann Redmond performed a mix of classic covers and her own music at the Concert on the Green. The lawn was full of people from all over the area.

#### Concert on the Green, July 4 Highlight Summer in Great Falls

Celebrate summer in Great Falls, visit events, the Concerts on the Green schedule and www.celebrategreatfalls.org for more July 4 Movies on the Green selections.

## Bulletin

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

#### **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@onelifefitness.com 703-904-7600 for

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 MG Help Desk at 703-324-8556 for more

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at last 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 DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20. scholarships available. For more information or to register call 703-938-9050, go to 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/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

#### LETTERS

#### From Page 4

like pigeons, you feed one with money and more will flock in" and "You don't want homeless people in your neighborhood because they create trash." It seemed that many people were more hung up on the negative image they feel homeless individuals create for the county instead of their plight. Some of the comments were difficult for us to read, while others were heartfelt and inspiring.

My classmates and I learned a lot through our project on homelessness, but mostly I think it is that we (even college students) all have the ability to assist those in need.

#### **Giovonny Bland**

Communications/Public Relations George Mason University



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-Thomas Fuller

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### Woe Is Not Me



#### By KENNETH B. LOURIE

When I think about being diagnosed with lung cancer, I don't think, why me. I might think, why not me, but I definitely think, now what. The idea/strategy being: moving forward, not recriminating or regretting backward. As Popeye the Sailor man so often said: "I y'am what I y'am." Although I doubt he was talking about having lung cancer. How could he? He ate all that spinach, canned though it was. Besides, he's a cartoon character.

And as much and as often as he ate it and it always helped him overcome whatever predicament Brutus had put him in, is as little and infrequent as I ate it. Perhaps that was because my mother cooked vegetables in a pressure cooker so by the time I saw them on my plate, they no longer resembled a vegetable nor were they the least bit appetizing. To say the vegetables were limp and lifeless does a disservice to all things characterized as 'limp and lifeless.' In fact, I can still remember the first time I ate a vegetable that was not d.o.a. It was at my mother-in-law's house; she was a wor derful cook. She made asparagus for this memorable meal and served it in a beautiful antique china serving dish. When the dish came my way, I stuck my fork in the asparagus to serve myself and heard a sound, a poof. I was taken aback, sort of. It was a sound I had never heard before — from a vegetable. As I learned that night, it was the sound of a vegetable that had not been cooked beyond its edible life.

That's not to imply that avoiding vegetables contributed to my diagnosis. Hardly. It simply says that vegetables were not a part of my childhood. Meat and potatoes were, as was my standard go-to meal: cream cheese and American cheese on bread. It was the sandwich of my youth and it has remained very much a part of my adulthood as well. It may not sound appetizing to you; to me, it represents all the comforts of home — heaven on Earth between two slices of bread or open-faced on a bagel or English muffin. Simple but oh so effective —

Not to be totally oblivious to my underlying medical condition, I do realize that modifying my eating habits is a prudent and sensible consideration. However, I rationalize that need-tofeed with the explanation that, as a cancer patient (and anyone else, really), if I am to continue to attempt to thrive while I survive, I need to be happy, positive and relatively stress free. After all, this cancer business: characterized as "terminal" by my oncologist; chemotherapy ( and its well-known side effects) every five weeks, C.T. Scans quarterly, M.R.I.s every six months, P.E.T. and Bone scans every so often, face-to-face quarterly appointments with my oncologist and all the associated fears and anxiety surrounding this rather unpleasant experience, and you can imagine, even agree perhaps, that living in the trenches as us cancer patients do, we need help - in any number of ways; personal and professional.

And though I am mindful of what I eat, I don't want to abuse the privilege of survival I've been given. I never want to take it for granted, especially considering my original "13-month to two-year" prognosis. By the same token, life is for living. As Andy Dufresne (Tim Robbins) said to "Red" (Morgan Freeman) in the movie "Shawshank Redemption:" "Get busy living or get busy dying." Since I'm in no hurry to die, I need to find a balance in how I live. Being miserable because of what I can't eat won't work for me. I'm just not flexible/mature enough in my eating choices; never have been. I still eat like a child, but now I have a man-sized problem.

the longer I live with cancer, the more vigilant I have to be. Then again, if it ain't broke, is there any reason to fix it? Do I leave well enough alone or do I try to grow up and eat my age, not my shoe size? I mean, I am eligible for Social Security.

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

## SCHOOLS

## Herndon Middle School 'Reads Like Hawks'

By Fallon Forbush
The Connection

erndon Middle School students were recognized for their performance in the Third Annual Reading Games, a national reading contest

Students at the school competed against 17,317 students in more than 1,200 schools across the country. Their team, the "Read Like Hawks," read their way to winning the Great Reading Games Metro-DC Championship. Gladimi Carnogursky, a seventh grader, also placed first in the commonwealth of Virginia in the individual competition.

Not only did Herndon Middle School excel in the Great Reading Games, but other Fairfax County Public Schools performed well. In addition to Herndon Middle School, Armstrong Elementary School, Sandburg Middle School, Pulley Center and West Potomac High School all came in the top 100.

The games were put on by Learning Ally, a national nonprofit that supports people with reading disabilities, including blindness, visual impairment, dyslexia and other learning differences.

"Educators in Fairfax County Schools are true champions for students and an example for other school districts across the country," Terrie Noland, Learning Ally's national director of educator engagement, said in a statement. "Through our partnership, the county is ensuring struggling readers have access to grade-level books and helping students to love books in the process."

Students who participate in the

## How the Games Work

Learning Ally provides audiobook technology to the students who then select from 82,000 human-narrated textbooks, non-fiction or literature. Students can download the books directly onto their electronic devices. Students earn points for pages and minutes read.

games struggle with reading traditional text, which impacts their reading of print. Due to their reading challenges, students often may not participate in book clubs and other classroom reading activities. This can impact their self-esteem and cause students to fall behind in their studies.

"I have seen a marked increase in kids' positive attitudes toward reading and their interest in what they are reading," Jan Killian, a reading teacher at the school, said in a statement. "I have seen kids who previously struggled to finish a book, turn into voracious readers."

The Great Reading Games competition challenged all students to increase the amount of time they spent reading.

"We are so proud of our students," Killian said. "They have been reading so many great books."

Of the 20 schools that were part of the FCPS and Learning Ally partnership, 1,577 students read more than 329,516 pages.

Herndon Middle
School student Luke
Damvakaris was
proud of his accomplishment. He read
1,022 pages for the
competition.



Students at Herndon Middle placed first in the Metro-DC Region of the national competition, while seventh grader Gladimi Carnogursky earned first place in the commonwealth of Virginia. Herndon Town Councilmember Signe Friedrichs, school administrators, parents and Learning Ally representatives honored the school at a ceremony on Friday, April 21.



## Autism Acceptance Month in Town of Herndon

he Herndon Town Council made a gesture that showed the community that individuals with autism should be welcomed and included during its meeting on Tuesday,

The council unanimously approved a resolution that declared National Autism Acceptance Month in the town.

"Autism is a motor sensory difference experienced by children and adults. Some individuals are able to speak and others are not. Speech is not an indicator of intelligence. Autism is a lifelong condition," read the resolution.

Students and staff members of the Growing Kids Therapy Center, located in the town of Herndon, were invited to the Herndon Town Council meeting to testify on the resolution.

Virginia Del. Jennifer Boysko also joined.

Photo courtesy of the Town of Herndon

