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AD ON  
PAGE 7

Senior Living

PAGE 6

# Oak Hill Herndon CONNECTION

Welcome to  
Herndon  
Elementary  
Hill of the Bees



Teresa Fennesy, Principal Herndon Elementary School, is back at school after receiving the FCPS Outstanding New Principal Award.

## Rolling Out The Red Carpet For Educators

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## Youth Mobilize To Save the Planet

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## Model Nepal Society Holds Potluck Picnic

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PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 4 ENTERTAINMENT, PAGE 8 CLASSIFIEDS, PAGE 11



A small segment of the more than four hundred community members who attended the 2019 Model Nepal Society Potluck Picnic gather outside the canopy to record the moment.



Family members and friends of all ages gather at Lake Fairfax in Reston for the 2019 Model Nepal Society Potluck Picnic.



Herndon Town Councilmember Pradip Dhakal greets Rom Gharti at the annual Model Nepal Society Potluck Picnic held Saturday, June 15 at Lake Fairfax in Reston.

PHOTOS BY MERCIA HOBSON/  
THE CONNECTION

## Model Nepal Society Holds Annual Potluck Picnic

Model Nepal Society hosted its annual Potluck Picnic on Saturday, June 15 at Lake Fairfax in Reston. A reported 400 community members attended the daylong event at which they renewed old friendships and made new ones, shared favorite dishes, and more.

Reston resident Ashwini Sigdel, an eighth grader at Langston Hughes Middle School, joined in the fun. Afterward, Sigdel said that she and her friends explored the park and its offerings. "It was really fun. There were lots of people (and) I got to hang out

with many of my friends," she said.

Herndon Town Councilmember Pradip Dhakal attended the morning to sunset event with his family. After Dhakal gave a "big thanks" to all the volunteers who worked tirelessly to make the picnic successful, he added: "This is a great event that brings the community together, builds camaraderie amongst us, and creates an environment of mutual trust and help."

—MERCIA HOBSON

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## Environmental Change Through Youth Games and Activities

### Fifth Annual Fairfax County Environmental Education Conference held.

By MERCIA HOBSON  
THE CONNECTION

**E**nvironmental Student Leadership Initiative, formerly known as the Eco-School Leadership Initiative, presented its 5th Annual Fairfax County Environmental Conference. Held Saturday, June 22, inside and on the grounds of the Fairfax County Government Center, the free, day-long event helped high school and college students learn how they, as student-instructors could get involved with environmental education initiatives. By teaching elementary school students using hands-on and engaging interactive games and activities, in the process, the young students would become interested in fighting environmental problems and become future leaders in their communities.

In her Opening Remarks as Conference Co-Chair, Wendy Gao, a student at Oakton High School admitted to the 45 Northern Virginia high school and college-aged students seated before her, that when she joined ESLI two years ago, she didn't know how to solve climate change nor did she consider herself an "Earth enthusiast." Gao said she knew at the time that climate change was caused primarily because of fossil fuel corporations and "their political and economic lobbying power." Gao said she thought that creating policies to curb these corporations was the only way to solve the problem. She added that after joining ESLI, she understood that to reverse climate change, all aspects of society — political, economic, social and academic — must "move in the same direction."

**THE MISSION** of ESLI is to create a network of young people who are passionate about environmental education. "Climate education is not a requirement in public school systems, and many schools don't offer environmental science courses," said Gao. "There is a climate knowledge gap... and that's why ESLI and environmental education is fundamental to the environmental movement... We do what we do because young people have a lot more power than we're allowed to believe," she said.

During the conference, attendees visited two out of five workshops; each illustrated a lesson student-educators could teach elementary school students. The interactive experience used available ESLI curriculum, lesson plans and materials which would be made accessible to student-educators who chose to volunteer their services as a teacher through an ESLI chapter. And how to start an ESLI chapter at their school if one isn't already established.

"This is what I expected as I wanted to get exposure to learning different aspects of the environment and implement teaching these concepts at local schools," said Gitika Gorthi, 15, of Oak Hill.



**Wendy Gao, Conference Co-Chair and a student at Oakton High School, explains ESLI's mission is to create a network of young people who are passionate about environmental education.**

PHOTOS BY MERCIA HOBSON/THE CONNECTION



**Approximately 45 students from Northern Virginia high schools listen to opening remarks at the 5th Annual Fairfax County Environmental Education Conference.**

AGaurav Sethi, 16 and a student at South County High School in Lorton, was excited to network with other students his age. "I love to work with my peers,

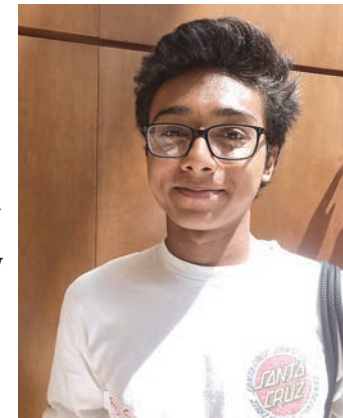
SEE YOUTH, PAGE 12

### VIEWPOINTS

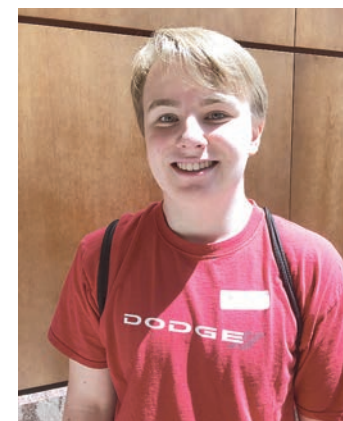
## What Brings You to the Conference?

—JULIA ZHOU

PHOTOS BY JULIA ZHOU/  
THE CONNECTION



**Raj Solanki, 15 of Herndon: "I came today] to learn about how we can help the environment by teaching others about how important it is."**



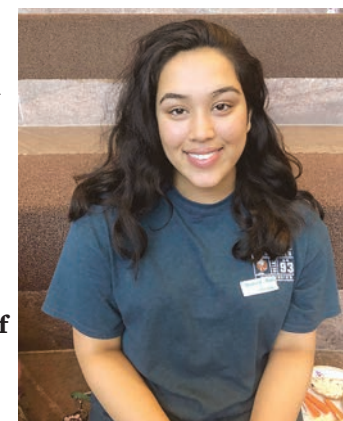
**Devin Cates, 16, of Herndon: "I hope to spread environmental awareness because there are a lot of people who don't know how fast climate change is coming."**



**Bridget Lee, 17, of Great Falls: "Our actions are hurting our Earth's environment and therefore the health of plants, animals, and us. If we continue our harmful actions, the Earth will continue on this path. I want to join students like Greta Thurnberg in helping the environment for all our benefit."**



**Christy Gao, 17, of McLean: "I'm the co-president of the ESLI club at Langley, therefore I'm here to learn about ways I can help to expand our club activities and help the kids in my community to start caring about the environment."**



**Janhvie Hoshi, 15, of Fairfax: "I wanted to learn ways we can spread the message of keeping our home, our bay clean. Because young minds are easily influenced... it's important to teach them the right way to respect and maintain the beauty of their home."**

# OPINION

## Campaign Finance Reform? Yes

Surprise! “No limits” can stimulate large amounts of campaign cash for many kinds of candidates and from many kinds of donors.

Virginia is one of 11 states (Alabama, Indiana, Iowa, Mississippi, Nebraska, North Dakota, Oregon, Pennsylvania, Texas, Utah, and Virginia) that impose no contribution limits on individual donors, says the National Conference of State Legislatures. The other 39 states restrict the amount of money that any one individual can contribute to a state campaign.

### EDITORIAL

But Virginia has no limits. No limits on what any individual can give to a candidate. No limits on what a state party can give to a candidate. No limits on what a PAC can give to a candidate. No limits on what a corporation can give to a candidate. No limits on what a union or employee organization can give to a candidate.

Only Utah, Oregon, Nebraska, and Alabama impose literally no limits as Virginia does.

Virginia’s General Assembly, and established candidates, usually the primary beneficiary of this permissive environment for contributions, have chosen this stance deliberately. Supporters often cite disclosure requirements as somehow making unlimited campaign cash OK.

More money doesn’t always lead to success for a candidate. The following information on contributions comes from Virginia Public Access Project.

Tim Chapman loaned \$845,094 to his own campaign seeking the Democratic nomination for chairman of the Board of Supervisors. Chapman also lost because even with all that money to get his message out, apparently his message did not resonate with voters. Jeff McKay, who won the Democratic nominee for chairman of the Board of Supervisors. McKay raised \$448,443.

Maggie Parker, running for the Democratic nomination for Hunter Mill supervisor, had

more than twice as much in contributions than the winning candidate. But more than half of her cash contributions, more than \$90,000, came from her employer, Comstock Partners, developer with multiple projects in Hunter Mill. Parker finished fourth out of five candidates.

Steve Descano ran on a platform of criminal justice reform. He loaned himself \$25,000 and received support from family. He also received more than \$450,000 from the Justice and Public Safety PAC; VPAP lists its business as “Democrat Advocacy.”

Descano won his challenge over Commonwealth’s Attorney Ray Morrogh, who was facing his first challenge and had \$242,011 in contributions. Descano’s message of progressive reform resonated with voters who turned out to vote.

Yes, let’s have campaign finance reform and sensible limits on donations.

## Making Suicide Prevention a Priority

BY MICHAEL BALLARD

Every 28 seconds someone makes a suicide attempt.

My first experience with suicide was in 1963 when I was 17. A teacher pulled me aside: “Ballard, your mother called. Your uncle killed himself this morning.” He turned around and walked off. I wanted to scream. My

Uncle Ashby was my hero — a UVA boxer, decorated vet, successful dentist, proud father of three beautiful daughters, and great athlete.

Why would he kill himself?

Since Ashby’s death, I’ve asked the question too often. A college classmate died of suicide. A neighbor I babysat had a hunting “accident” alone in the woods. A former girlfriend died of suicide. Two former employees, wonderful, sensitive, creative individuals, took their own lives.

Two siblings have attempted. Several times. I worry about them every day.

I wish I could end here, but two years ago when I was in California for the national Out of the Darkness Overnight Walk for Suicide Prevention, my daughter called. My grandson, 12 at the time, was having a mental health crisis and had just entered a psychiatric hospital. We learned he’d been wrestling with demons for over a year. They were telling him he was worthless — didn’t deserve to live.

My daughter and son-in-law are two of the finest, most loving and supportive parents I have ever seen. My grandson is a boy’s boy — soccer, basketball, baseball, now Lacrosse, wrestling, and trumpet — and a good student, loved by everyone. Yet he didn’t feel life was worth living. Today, he has a good counselor and support group, and has learned survival skills. But we keep a watchful eye and listen carefully.

These are the reasons why, on June 9th, I will be on Capitol Hill meeting with Rep. Wexton and Senators Kaine and Warner to urge them to make suicide prevention a top legislative priority.

I will be asking them to support:

1. Increased funding for suicide prevention research within The National Institute of Mental Health to a level commensurate with the suicide crisis in our country;
2. Strengthened reporting requirements for mental health parity;
3. Full funding of the National Suicide Prevention Lifeline;
4. Maintaining Service member and Veteran suicide prevention as a national priority.

In my meetings, I will be a voice for suicide prevention. I will be joined by passionate community leaders of the ever-growing movement of people who care about preventing suicide because they too have been

affected by suicide. You can join us by calling your member of Congress and asking them to make suicide prevention the priority it deserves to be.

*The writer is a resident of Great Falls, Former Chair, Suicide Prevention Action Network USA and Board Member, American Foundation for Suicide Prevention.*

### LETTERS TO THE EDITOR

## Virginia Needs Congress to Fight Alzheimer’s

To the Editor:

I lost my Dad and my Grandmother (his mother) to Alzheimer’s. Both were diagnosed in their 50s. My Dad was 68 when he died. This disease is always fatal. We must find a cure or a way to prevent this horrible disease.

Nearly 5.8 Million Americans are living with Alzheimer’s disease nationwide and 16 million serve as unpaid Alzheimer’s caregivers,

according to the 2019 Alzheimer’s Association special report. Among them are the 150,000 living here in Virginia and their 465,000 caregivers.

Today, I am urging U.S. Rep. Gerry Connolly to cosponsor the Improving HOPE for Alzheimer’s Act (S 880/HR 1873). This piece of bi-partisan legislation will educate clinicians on care planning services available under Medicare and on the care planning billing

code that was originally established under the original Hope for Alzheimer’s Act.

The state of Virginia needs your help, Congressman Connolly. Please support this crucial bill and bring us one step closer to a world without Alzheimer’s disease.

**Michelle Alonso**  
Alzheimer’s Association  
Ambassador  
Vienna

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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**Winner of the 2019 FCPS Honors Outstanding New Principal award, Teresa Fennessy, Principal Herndon Elementary School pictured with Dr. Scott Brabrand, FCPS Superintendent (left) and Stewart Robenson, President Moseley Architects (right) at the FCPS Honors ceremony held June 12.**



**As Jesse Kraft, Principal Coates Elementary shakes hands with Doug Guernsey, Vice President, Guernsey Inc., a 2019 FCPS Honors Sponsors, Dr. Scott Brabrand, Superintendent FCPS surprises Kraft and presents him with the 2019 FCPS Honors Outstanding Principal award.**

PHOTOS BY FAIRFAX COUNTY PUBLIC SCHOOLS

# Rolling Out the Red Carpet for Educators

Two Herndon principals recognized for ‘greatest achievements in education.’

By MERCIA HOBSON  
THE CONNECTION

For two local Herndon school administrators, Jesse Kraft, Principal Coates Elementary School, and Teresa Fennessy, Principal Herndon Elementary, the 2019 FCPS Honors Gala was an occasion to remember. Held June 12 at George Mason Center for the Arts, the evening event celebrated outstanding achievements by more than 550 FCPS employees. During the ceremony, Dr. Scott Brabrand presented the EDDY, the official award of the FCPS Honors, to top 12 employees in various categories, including Outstanding Teacher, Principal, FCPS Leader, Support Employee and more. Kraft and Fennessy each received an esteemed EDDY.

FCPS recognized the two Herndon principals among the 12 coveted EDDY award recipients, Teresa Fennessy, Principal Herndon Elementary School as this year’s Outstanding New Principal and Jesse Kraft, Principal Coates Elementary School as this year’s Outstanding Principal. Fennessy and Kraft each received a \$4000 award.

**TO RECEIVE THE OUTSTANDING NEW PRINCIPAL AWARD**, Fennessy had to be nominated and meet specific criteria. According to FCPS in its award criteria, eligible candidates for the Outstanding New Principal award must have completed at least three full years of teaching, and nominees, all new principals, had to: “Exhibit

**Teresa Fennessy, Principal Herndon Elementary School won the 2019 FCPS Outstanding New Principal award.**



superior instructional skills; Interact exceptionally well with students; Demonstrate excellent ability to communicate and engage with faculty, staff, parents and the community.” In addition, the nominee had to “contribute to one or more of the following Ignite Goals, in the FCPS Strategic Plan: Student Success, Caring Culture, Premier Workforce and Resource Stewardship.”

A few days after Fennessy received her EDDY, the staff at Herndon Elementary School, unknown to her, described what made Fennessy an Outstanding New Principal. Tiffany Bryant, who has been at Herndon Elementary School for more than 20 years, said in a statement, “Teresa Fennessy has been a breath of fresh air to Herndon ES as well as the Herndon community. Her enthusiasm and 100 percent belief in staff and student abilities create a sense of positivity on a daily basis. She is the epitome of outstanding and more than deserving of this award.”

Amber VanCassele, a Third Grade Teacher

**Jesse Kraft, Principal Coates Elementary School in Herndon is the recipient of the 2019 FCPS Outstanding Principal award.**



at Herndon Elementary School, replied, “Teresa has been an incredible leader for our school. It is so refreshing to be able to work with such a goal-oriented, professional and caring administrator who advocates for her students and staff. It’s been a privilege to work and learn alongside Teresa.”

Reached for comment, Fennessy, who said she loves working with the fabulous people at Herndon Elementary, stated, “They make this school great.”

**FOR THE OUTSTANDING PRINCIPAL AWARD**, which Kraft received, specific criteria to that award detailed nominees had to be principals who had started their fourth year or beyond as a principal and: “Manage effectively; Demonstrate and encourage creativity and innovation; Foster cooperation between the school and the community; Maintain a continuing dialogue with students and parents as well as faculty and staff; Keep abreast of developments in the field of education; Encourage team spirit; Demonstrate leadership and exem-

plify commitment; (and) Continue to play an active role in the classroom.” In addition, the nominee had to “contribute to one or more of the following Ignite Goals, in the FCPS Strategic Plan: Student Success, Caring Culture, Premier Workforce and Resource Stewardship.”

In a request for comment about Kraft, fellow EDDY award winner Fennessy said, “Jesse Kraft has a wonderful reputation as a forward-thinking leader who has had a positive impact on the learning at two FCPS Title 1 elementary schools.”

Dr. Scott Brabrand, FCPS Superintendent, stated, “Jess works with a passion that inspires the great educators around him. He empowers his staff and students as is a constant model, designing and leading training for teachers, creating workshops for students, and collaborating with parents.”

Through a collaborative effort with the FCPS HR Department, the Foundation for FCPS helped honor the commitment and achievements of FCPS teachers and staff through the annual FCPS Honors Gala. The Foundation sought business and community sponsors for the gala. The 2019 FCPS Honors Sponsors included Signature Sponsor-Apple Federal Credit Union, Highest Honors Sponsor-Cox Business, Honors Sponsors-Amazon Web Services, Architecture Incorporated, Guernsey, Innovation Health Aetna| Inova, Kaiser Permanente, Milestone Communications and Moseley Architects; and Event Sponsors- EagleBank, Edupoint and United Bank.



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## Senior Living

# A Difficult Conversation

## Talking to loved ones about Alzheimer's Disease

BY MARILYN CAMPBELL  
THE CONNECTION

After witnessing the slow decline of family members with Alzheimer's and other forms of dementia, Ana Nelson knows the importance of early recognition of signs of the disease and enacting a plan as early as possible. During the month of June, Alzheimer's & Brain Awareness Month, Nelson who is Vice President of Programs and Services with the Alzheimer's Association National Capital Area Chapter, is working to encourage family members who notice signs of cognitive decline in a loved one, to have open dialogue, no matter how difficult.

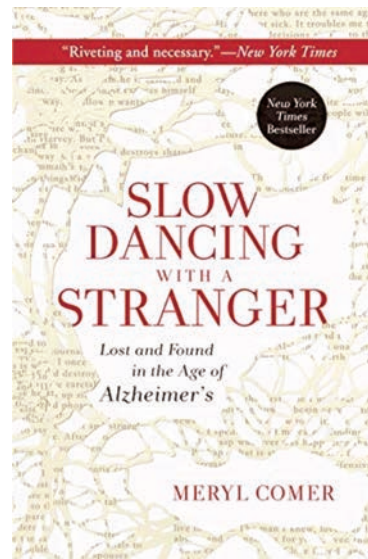
"You're always thinking that your parents or loved ones are going to be around for a long time, but we're talking about a disease where there's no way to stop it or cure it," said Nelson. "Alzheimer's is a progressive and incurable disease. You need to have the conversation as soon as you notice symptoms so that you can plan for it. Families sometimes wait too."

A new survey released by the Alzheimer's Association reveals that nearly 9 in 10 Americans say that if there were experiencing signs of cognitive decline they would want their loved ones to share their concerns. However, nearly three out of four Americans say talking to a close family member about such a decline would be challenging for them.

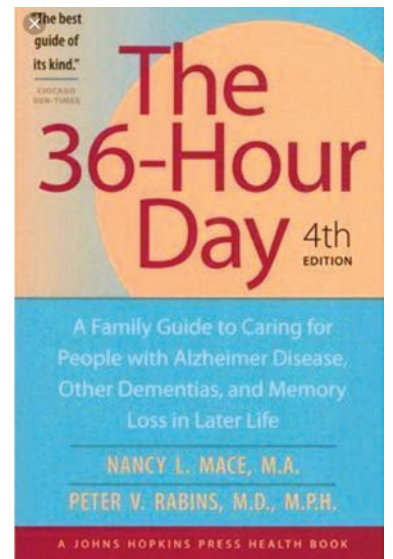
To offer ideas for closing that communication gap, Nelson points to a recently launched national campaign and partnership between the Alzheimer's Association and the Ad Council. The project, called "Our Stories" uses stories from real people who've noticed cognitive changes in a family member and initiated a conversation.

An early diagnosis allows families to plan both financially and legally for the future. Recognizing the signs of mental decline allows for a timely diagnosis. "The most common early symptom of Alzheimer's is difficulty in remembering recent events," said Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "Later symptoms are getting lost, problems with language, mood swings, lack of self-care, impulsivity, or lack of motivation."

Before initiating a conversation, plan the way in which it might begin. "You can share what you have observed," said therapist Carol Barnaby, LCSW-C "For example, 'It seems you are having trouble with remembering some things' and give examples. You can ask, 'Is this frustrating for you? Have you noticed or



**Among the resources recommended for those dealing with Alzheimer's are books entitled, "The 36 Hour Day" and "Slow Dancing with a Stranger."**



### For Assistance:

The Alzheimer's Association offers help to families as they navigate challenges of the disease. They offer face-to-face conversations with local experts and a free 24/7 Helpline 800.272.3900. Additional resources can be found at alz.org.

spoken to your doctor?" "I recommend being direct, yet warm and caring," added Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

Offering comfort and support can make the conversation less daunting, "You might say, 'I'm beginning to feel concerned about your health because I've noticed that you are having some trouble with your memory lately'" said Bagshaw. "Have you noticed that as well? How can I support you?"

Even with advanced preparation the conversation might not go as planned, says Nelson. "This is a delicate issue that might require multiple conversations," she said.

Encourage the family member to seek medical advice for an accurate diagnosis, suggests Barnaby. "Some mental confusion can be caused by certain medications, so it isn't always dementia," she said.

Be flexible realizing the conversation might not go as planned and raise concerns subtly. "Ask them if they have any concerns," said Barnaby. "You might say, 'I have been wondering how you are doing.

You haven't seemed your usual self. I am wondering if you have noticed anything."

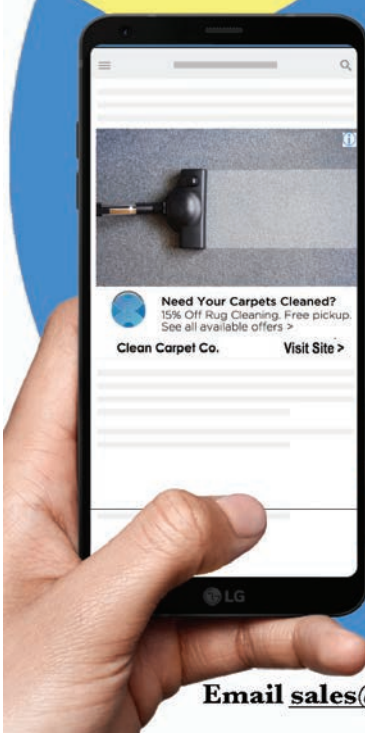
The Alzheimer's Association offers resources and assistance to those living with Alzheimer's and their families, says Nelson. "We are just a phone call away," said Nelson. "We offer help 24 hours a day, seven days in week and in more than 200 languages. It doesn't have to be a crisis situation. You can call even if you just need help."



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Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SOBER-RIDE FOR JULY 4

**Free Sober Rides.** Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on [www.SoberRide.com](http://www.SoberRide.com).

## VOLUNTEERS WANTED

**STEM Professionals Needed.** Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaledge@aol.com](mailto:donaledge@aol.com).

## SATURDAY/JUNE 29

**Forum on Disability Inclusion.** 8:30 a.m.-12:30 p.m. at the Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. The Fairfax County Board of Supervisors and The Arc of Northern Virginia will host a Disability Inclusion Conference, which will include over 25 display tables, a panel discussion, and community breakout sessions on topics such as employment, housing, public safety, social opportunities, and business-to-business tips for creating inclusive retail spaces. Coffee and a light breakfast will be provided. Free to attend. All members of the community are welcome. More information and registration is available at: [www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019](http://www.fairfaxcounty.gov/chairman/disabilityinclusionconference2019).

## MONDAY/JULY 1

**Application Deadline.** Each year, the Community Foundation for Northern Virginia

provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit [www.cfnova.org/for-grant-seekers/healthy-kids-grants](http://www.cfnova.org/for-grant-seekers/healthy-kids-grants) for more.

## TUESDAY/JULY 9

**Family Caregiver Telephone Support Group.** 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

## WEDNESDAY/JULY 17

**Fairfax Commission on Aging Meets.** 1-3 p.m. at McLean Governmental Center, Rooms A & B, 1437 Balls Hill Road, McLean. The public is welcome to attend and join in the comment period that begins each session. Visit [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

## SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

SEE BULLETIN, PAGE 9

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# JULY 4TH SAVINGS

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Art Exhibit: Beaches, Canyons, Caves and Cows.** Through June 30, gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Mother and daughter artists, Ann Millard and Elena Botts, will display their individual artistic endeavors as they exhibit together for the first time. Millard's acrylic mixed media work is colorful and abstract; Botts's portraiture is surrealistic and organic. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for more.

**Art Exhibit: Rough around the Edges.** Through July 6, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. On display through July 6, Rough around the Edges - Works in Paper by Ronni Jolles. Jolles's work has a three dimensional quality to it, due to the textures of the papers, gathered from around the world, and the way in which the paper is manipulated as it is glued to the canvas. Acrylic paints and sealants are then used on top of each layer of paper to add more variation in color, to bring out textures, and to protect the paper. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

**Art Exhibit: A Purposeful Manner Towards a Vague Destination.** Through Aug. 27, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit [restonarts.org](http://restonarts.org) for more.

**Herndon Farmers Market.** Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket) for more.

## THURSDAY/JUNE 27

**Hunter Mill Nights: Scythian (Irish rock).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 (except July 4) with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit [www.fairfaxcounty.gov/parks/performances/hunter-mill-nights](http://www.fairfaxcounty.gov/parks/performances/hunter-mill-nights) for more.

## FRIDAY/JUNE 28

**Live Music: Holly Montgomery Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## SATURDAY/JUNE 29

**July 4th in June.** All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Get the nation's birthday party started early. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. There will be live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday/June30. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

**Music in the Parks - "Feast for Young Ears."** 10 a.m. at E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks

## Herndon's 4th of July Celebration

Join the Town of Herndon for a family-fun event featuring patriotic arts & craft activities, live music, family games, bingo, food vendors selling dinner and dessert items, and more. Bring a blanket or lawn chair. All coolers and bags may be searched. No alcohol, glass containers or personal fireworks allowed. Thursday, July 4, 6:30 p.m. at Bready Park softball field, 814 Ferndale Ave., Herndon. Free admission. Visit [www.herndon-va.gov/recreation/special-events/4th-of-july](http://www.herndon-va.gov/recreation/special-events/4th-of-july) or call 703-787-7300.

children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music, and features a wide variety of musical selections from classical music to the familiar music of today. Visit [www.fairfaxsymphony.org/concerts-in-the-parks](http://www.fairfaxsymphony.org/concerts-in-the-parks).

## SUNDAY/JUNE 30

**Dairy Days.** 1-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Put arm muscles to work and discover how dairy products were made in the olden days. Come to "Dairy Days-Ice Cream Making & Butter" at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience the products of a historic dairy. Designed for participants age 5-adult. Programs run on the hour from 1-3 p.m. \$8 per person and does not include a house tour. Walk-ins are welcome, but preregistration is recommended. Children must be accompanied by an adult. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

## MONDAY/JULY 1

**Registration Deadline.** Lake Anne Cardboard Boat Regatta. Over 50 participating teams of all ages will construct and decorate their own life-size cardboard boats and then race them on Lake Anne. Register at [www.restonmuseum.org/cardboard](http://www.restonmuseum.org/cardboard).

## JULY 1-29

**Art Exhibit: Lasting Impressions.** Gallery hours at RCC Lake Anne - Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Lasting Impressions is about those images that evoke personal memories. From depictions of the Reston paths to scenes in the kitchens of friends and family, these paintings represent places that have meaning in Karen Danenberger's life and show what she has noticed about the world around her. Most of these works were completed in the past five years. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## JULY 1-AUG. 18

**Art Exhibit: For the Love of Art.** Gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Through a myriad of styles and media - oil, watercolor, pen and ink - Angie Magruder, a long-time Reston resident, shares her many talents as an artist in this exhibit at Reston Community Center Hunters Woods. Visit [www.restoncommunitycenter.com/](http://www.restoncommunitycenter.com/).

## WEDNESDAY/JULY 3

**Dog Days of Summer.** 5-7:30 p.m. at the



FILE PHOTO BY MERCIA HOBSON

## Fireworks explode over the Centennial Golf Course in Herndon during the 2018 4th of July celebration

Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Operated by Healthy Hound Playground and Isy's Ways. Visit [restontowncenter.com](http://restontowncenter.com) for more.

## THURSDAY/JULY 4

**Firecracker 5K for the Troops.** 8 a.m. at Reston Town Center. Join in an Independence Day 5K celebration and show support for the stars and stripes. Runners and walkers of all paces can register for this patriotic family-friendly event, presented by Leidos and Potomac River Running. Call 703-689-0999 or visit [praces.com/firecracker/](http://praces.com/firecracker/).

**July 4 Celebration.** Noon-4 p.m. at Lake Newport Recreation Area, 11601 Lake Newport Road, Reston. Come to the pool and for the festivities before heading off to enjoy fireworks. Enjoy a DJ, contests and prizes. Pizza, popcorn and cotton candy will be available for purchase. This program is cancelled in the event of rain. Registration is not required. Contact [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or 703-435-6577

**Herndon's 4th Of July Celebration.** 6:30 p.m. at Bready Park softball field, 814 Ferndale Ave., Herndon. Join the Town of Herndon for a family-fun event featuring patriotic arts & craft activities, live music, family games, bingo, food vendors selling dinner and dessert items, and more. Bring a blanket or lawn chair. All coolers and bags may be searched. No alcohol, glass containers or personal fireworks allowed. Free admission. Visit [www.herndon-va.gov/recreation/special-events/4th-of-july](http://www.herndon-va.gov/recreation/special-events/4th-of-july) or call 703-787-7300.

## FRIDAY/JULY 5

**Explore Rocky Run on a Wagon Ride.** 7-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring an adventurous spirit - and some shoes that can get wet - and set off on the "Creek Adventure Wagon Ride" to explore Rocky Run. The program is designed for family members age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

**One World Symphonic Festival.** 7:30 p.m. at the Pavilion at Reston Town Center. Free orchestra performance of "Music Under the Stars" presented by professional musicians from around the world. Visit [oneworldsymphonicfestival.com](http://oneworldsymphonicfestival.com).

**Live Music: Chris Timbers Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## SATURDAY/JULY 6

**Get Hooked on Fishing.** 9-9:55 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Lake Fairfax Park is offering the "Fishing Fun" series for children age 7-11 on Saturdays from July 6-27. Participants will learn fishing basics. The class helps participants improve fishing skills with spinning- and closed-faced reels while teaching safety, catch-and-release fishing and protecting the environment. All equipment is provided. \$66 per child for four sessions, plus a supply fee of \$20 payable at the first class. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

**Family Fun: Rocknocos.** 10-10:45 a.m. at Reston Town Square Park. The Washington, DC area's award-winning band for children of all ages - Coach Cotton, Williebob and Boogie Woogie Bernie write terrific songs that teach even the youngest music fans. Free. Visit [restoncommunitycenter.com](http://restoncommunitycenter.com) or call 703-476-4500.

**Reston Concerts on the Town: Chuck Redd & Friends.** 7:30-10 p.m. at the Pavilion at Reston Town Center. The weekly summer concert series presents jazz all-stars Chuck Redd & Friends featuring trumpeter/vocalist Byron Stripling and bassist/vocalist Nicki Parrott. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Visit [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## SUNDAY/JULY 7

**Opening Reception: Lasting Impressions.** 2-4 p.m. at RCC Lake Anne - Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Lasting Impressions is about those images that evoke personal memories. From depictions of the Reston paths to scenes in the kitchens of friends and family, these paintings represent places that have meaning in Karen Danenberger's life and show what she has noticed about the world around her. Most of these works were completed in the past five years. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**Opening Reception: For the Love of Art.** 2-4 p.m. at RCC Hunters Woods, 2310 Colts Neck Rd, Reston. Through a myriad of styles and media - oil, watercolor, pen and ink - Angie Magruder, a long-time Reston resident, shares her many talents as an artist in this exhibit at Reston Community Center Hunters Woods. Visit [www.restoncommunitycenter.com/](http://www.restoncommunitycenter.com/).

**Sundays in the Park with Shenandoah Conservatory: Luis Hernandez and Friends.** 7-8 p.m. at Reston Town Square Park. Grammy-award winning Luis Hernandez and his band present an evening of traditional jazz standards. Free. Call 703-476-4500 or visit [restoncommunitycenter.com](http://restoncommunitycenter.com).

## WEDNESDAY/JULY 10

**Dog Days of Summer.** 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Operated by Healthy Hound Playground and Isy's Ways. Visit [restontowncenter.com](http://restontowncenter.com) for more.

## THURSDAY/JULY 11

**Hunter Mill Nights: The Reunion Jazz Orchestra (Big Band).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit [www.fairfaxcounty.gov/parks/performances/hunter-mill-nights](http://www.fairfaxcounty.gov/parks/performances/hunter-mill-nights) for more.

## JULY 11-28

**Sacred Threads Exhibition.** 11 a.m.-5 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Sacred Threads is an exhibition of quilts exploring themes of joy, inspiration, spirituality, healing, grief and peace/brotherhood. This biennial exhibition was established to provide a safe venue for quilters who see their work as a connection to the sacred and/or as an expression of their spiritual journey. \$10. Visit [sacredthreadsquilts.com/default.htm](http://sacredthreadsquilts.com/default.htm) or call 703-793-0026.



# White H.A.R.T. Massage Relocates to Larger Location

“White H.A.R.T. Massage is excited to expand and be able to help more Herndon and Northern Virginia residents get out of pain and back to activities important to them,” said Casey White, owner of White H.A.R.T. Massage in the Town of Herndon.

White, her team of Virginia Licensed Massage Therapists, clients, Town of Herndon Vice Mayor Sheila Olem, Councilmembers Signe Friedrichs and Pradip Dhakal and others met at the business’ new and larger location, 491-A Carlisle Drive in Herndon, on Tuesday, June 11 for the Grand Opening and Ribbon Cutting Ceremony.

According to White, White H.A.R.T. Massage focuses on clinical pain management and injury rehabilitation. It offers massage concentrated on an individual’s specific condition or injury, helping to delay surgery or support faster recovery after surgery or injury.

“Our move into a larger space allows us to help more clients get the pain relief they need. It has also allowed us to more easily assist those with mobility issues, as we are now located in a first-floor location,” said White.

—MERCIA HOBSON



PHOTO BY MERCIA HOBSON/THE CONNECTION  
**With a snip of her large scissors, Casey White, C.E.O. and Founder of White H.A.R.T. Massage (center) ceremonially opens her Holistic and Rehabilitation Therapy office in the Town of Herndon. Herndon Vice Mayor Sheila Olem (front center left), Councilmembers Signe Friedrichs and Pradip Dhakal (front center right), and others lend their support.**

## BULLETIN BOARD

FROM PAGE 7

### ONGOING

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science’s STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551-2488, or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services’ BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

**Herndon High School Library** needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55

SEE BULLETIN, PAGE 11



PHOTO CONTRIBUTED

**Local and State officials and partners at groundbreaking.**

# Breaking Ground for Leesburg Pike Improvements

Officials broke ground Thursday, June 13, on almost seven miles of transportation improvements coming to Leesburg Pike (Route 7) designed to increase capacity, improve safety and traffic flow, and provide better mobility for cyclists and pedestrians.

The project includes adding a third lane to Route 7 in each direction from Reston Avenue to Jarrett Valley Drive in Tysons, building shared-use paths along both sides, replacing and raising

the bridge over Difficult Run, adding a pedestrian underpass for Colvin Run Mill Park access, as well as making other substantial intersection, bicycle and pedestrian improvements along the corridor.

One of the first milestones, a new triple-left turn from westbound Route 7 to southbound Baron Cameron Avenue, is expected to be complete by late August 2019. The entire project is scheduled for completion in summer 2024.

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## SUMMER FOOD PROGRAM

# Free Meals for Children During Summer Break

Approximately 29 percent of students in FCPS qualify for free and reduced-price meals. That's more than 54,000 students who usually have access to breakfast and lunch at school each day.

Fairfax County Public Schools will participate in the U.S. Department of Agriculture's (USDA) 2019 summer food service program for children, a program established to ensure that students continue to receive nu-

tritious meals when school is not in session. Free meals that meet federal nutrition guidelines will be provided to children at approved sites throughout Fairfax County.

Meals will be provided to all children without charge on a first-come, first-served basis. There will not be meal service on July 4 or 5.

SCHOOL SITES	DATES	BREAKFAST	LUNCH
<b>Bailey's Community Center</b> 5920 Summers Ln, Falls Church, VA 22041 703-931-7027	6/17-8/23	8:30-9:30 a.m.	Noon-1 p.m.
<b>Bailey's ES (primary)</b> 6111 Knollwood Dr, Falls Church, VA 22041 703-575-6800	6/14-8/23	8-9 a.m.(7/1-8/8)	11:30-1 p.m.
<b>Beech Tree ES</b> 3401 Beechtree Ln, Falls Church, VA 22042 703-531-2600	7/8-7/26	9:30-9:45 a.m.	Noon-12:30 p.m.
<b>Belvedere ES</b> 6540 Columbia Pike, Falls Church, VA 22041 703-916-6800	7/1-8/8	9:45-10:15 a.m.	Noon-1 p.m.
<b>Braddock ES</b> 7825 Heritage Dr, Annandale, VA 22003 703-914-7300	7/1-8/8	8:30-9 a.m.	Noon-12:30 p.m.
<b>Bren Mar Park ES</b> 6344 Beryl Rd, Alexandria, VA 22312 703-914-7200	6/14-8/23	8-10:05 a.m. (7/1-8/8)	11:30 a.m.-1 p.m.
<b>Brookfield ES</b> 4200 Lees Corner Rd, Chantilly, VA 20151 703-814-8700	7/1-8/8	8-9 a.m.	Noon-12:30 p.m.
<b>Bucknell ES</b> 6925 University Dr, Alexandria, VA 22307 703-660-2900	7/8-7/26	8:45-9 a.m.	12:15-12:45 p.m.
<b>Burke Center</b> 9645 Burke Lake Road, Burke, VA 22015 703-426-7300	7/1-7/26	N/A	11:30 a.m.-noon
<b>Camelot ES</b> 8100 Guinevere Dr, Annandale, VA 22003 703-645-7000	7/1-7/26	9:30-10 a.m.	N/A
<b>Centre Ridge ES</b> 14400 New Braddock Rd, Centreville, VA 20121 703-227-2600	7/1-8/8	8-8:30 a.m.	10:30-11 a.m.
<b>Chelsea Square Apts.</b> 5734 Backlick Rd, Springfield, VA 22150	6/17-8/23	N/A	Noon-1 p.m.
<b>Coates ES</b> 2480 River Birch Road, Herndon, VA 20171 703-713-3000	7/8-7/26	8-8:30 a.m.	11-11:30 a.m.
<b>Crestwood ES</b> 6010 Hanover Ave, Springfield, VA 22150 703-923-5400	7/1-8/8	8:40-9:10 a.m.	11:55 a.m.-12:35 p.m.
<b>Dogwood ES</b> 12300 Glade Dr, Reston, VA 20191 703-262-3100	6/14-8/23	9:45-10:05 a.m. (7/22-8/9)	11:30 a.m.-1 p.m.
<b>Falls Church HS</b> 7521 Jaguar Trail, Falls Church, VA 22042 703-207-4000	7/30-8/1	8-8:30 a.m.	11:30 a.m.-noon
<b>Forest Edge ES</b> 1501 Becontree Ln, Reston, VA 20190 703-925-8000	7/8-7/26	9:45-10 a.m.	11-11:30 a.m.
<b>Forestdale ES</b> 6530 Elder Ave, Springfield, VA 22150 703-313-4300	7/1-8/8	9:45-10:15 a.m.	1:15-1:45 p.m.
<b>Fort Belvoir Primary</b> 5970 Meeres Road, Fort Belvoir, VA 22060 703-781-2700	7/8-7/26	N/A	11 a.m.-noon
<b>Fort Belvoir Upper</b> 5980 Meeres Road, Fort Belvoir, VA 22060 571-982-1300	7/8-7/26	N/A	11 a.m.-12:30 p.m.
<b>Garfield ES</b> 7101 Old Keene Mill Rd, Springfield, VA 22150 703-923-2900	7/1-8/8	8-8:30 a.m.	Noon-12:30 p.m.
<b>Glasgow MS</b> 4101 Fairfax Pkwy, Alexandria, VA 22312 703-813-8700	7/8-8/8	7:20-7:45 a.m.	11:10-11:30 a.m.
<b>Glen Forest ES</b> 5829 Glen Forest Dr, Falls Church, VA 22041 703-578-8000	7/8-7/26	N/A	12:50-1:20 p.m.
<b>Graham Road Community Ctr.</b> 3036 Graham Rd, Falls Church, VA 22042 703-401-5257	6/14-8/23	N/A	11:30 a.m.-1 p.m.
<b>Graham Road ES</b> 2831 Graham Rd, Falls Church, VA 22042 571-226-2700	7/8-7/26	8:45-9 a.m.	11-11:30 a.m.
<b>Groveton ES</b> 6900 Harrison Ln, Alexandria, VA 22306 703-718-8000	7/8-7/26	9:25-9:45 a.m.	1-1:45 p.m.
<b>Gum Springs Community Ctr.</b> 8100 Fordson Road, Alexandria, VA 22306 703-360-6088	6/17-8/23	8-8:30 a.m.	Noon-1 p.m.
<b>Herndon ES</b> 630 Dranesville Rd, Herndon, VA 20170 703-326-3100	7/1-8/8	8:45-9:15 a.m.	10:45-11:30 a.m.
<b>Herndon MS</b> 901 Locust St, Herndon, VA 20170 703-904-4800	7/8-7/26	7-8:30 a.m.	Noon-12:30 p.m.
<b>Hollin Meadows ES</b> 2310 Nordok Place, Alexandria, VA 22306 703-718-8300	7/1-7/26	8:45-9:15 a.m.	11:45 a.m.-12:30 p.m.
<b>Holmes MS</b> 6525 Montrose St, Alexandria, VA 22312 703-658-5900	7/1-8/1	7:30-8:50 a.m.	11 a.m.-12:20 p.m.
<b>Hutchison ES</b> 13209 Parcher Ave, Herndon, VA 20170 703-925-8300	6/14-8/23	8:30-8:50 a.m. (7/1-8/8)	11 a.m.-1 p.m.
<b>Hybla Valley ES</b> 3415 Lockheed Blvd, Alexandria, VA 22306 703-718-7000	6/14-8/23	9-9:15 a.m. (7/1-8/8)	11:50 a.m.-12:30 p.m.

SCHOOL SITES	DATES	BREAKFAST	LUNCH
<b>Jackson MS</b> 3020 Gallows Rd, Falls Church, VA 22042 703-204-8100	7/8-8/2	8-8:30 a.m.	11:45 a.m.-12:15 p.m.
<b>James Lee Community Ctr.</b> 2855 Annandale Road, Falls Church, VA 22042 703-534-3387	6/17-8/23	8:30-9:30 a.m.	Noon-1 p.m.
<b>Justice HS</b> 3301 Peace Valley Ln, Falls Church, VA 22044 703-824-3900	7/8-7/26	7:30-7:55 a.m.	10:30-11:55 a.m.
<b>Key MS</b> 6402 Franconia Rd, Springfield, VA 22150 703-313-3900	7/1-7/26	8-8:30 a.m.	Noon-1 p.m.
<b>Lake Anne ES</b> 11510 North Shore Dr, Reston, VA 20190 703-326-3500	7/8-7/26	8-8:30 a.m.	Noon-12:30 p.m.
<b>Lee HS</b> 6540 Franconia Rd, Springfield, VA 22150 703-924-8300	7/8-7/26	7:30-7:55 a.m.	10:30-11:55 a.m.
<b>London Towne ES</b> 6100 Stone Rd, Centreville, VA 20120 703-227-5400	6/14-8/23	9:45-10 a.m. (7/1-8/8)	11:30 a.m.-1 p.m.
<b>Lynbrook ES</b> 5801 Backlick Rd, Springfield, VA 22150 703-866-2940	7/1-8/8	8-9 a.m.	Noon-12:30 p.m.
<b>Mason Crest ES</b> 3705 Crest Drive, Annandale, VA 22003 571-226-2600	7/8-7/26	N/A	Noon-12:30 p.m.
<b>Mount Eagle ES</b> 6116 N Kings Hwy, Alexandria, VA 22303 703-721-2100	6/14-8/23	9-9:45 a.m. (7/1-8/8)	11:30 a.m.-1:15 p.m.
<b>Mount Vernon HS</b> 8515 Old Mt Vernon Rd, Alexandria, VA 22309 703-619-3100	8/5-8/9	8-8:30 a.m.	Noon-12:30 p.m.
<b>Parklawn ES</b> 4116 Braddock Rd, Alexandria, VA 22312 703-914-6900	7/1-8/1	8:45-9:15 a.m.	11:30 a.m.-12:30 p.m.
<b>Pine Spring ES</b> 7607 Willow Ln, Falls Church, VA 22042 571-226-4400	7/8-7/26	9:35-9:55 a.m.	11:45 a.m.-12:15 p.m.
<b>Quander Road School</b> 6400 Quander Rd, Alexandria, VA 22307 703-718-2400	7/8-7/26	8-8:30 a.m.	N/A
<b>Riverside ES</b> 8410 Old Mt Vernon Rd, Alexandria, VA 22309 703-799-6000	6/14-8/23	8:45-9:15 a.m. (7/8-7/26)	11:30 a.m.-1 p.m.
<b>Saratoga ES</b> 8111 Northumberland Rd, Springfield, VA 22153 703-440-2600	7/1-7/26	9:45-10:10 a.m.	Noon-12:30 p.m.
<b>Sleepy Hollow ES</b> 3333 Sleepy Hollow Rd, Falls Church, VA 22044 703-237-7000	7/8-7/26	9:40-10:15 a.m.	11:45 a.m.-12:45 p.m.
<b>Springfield Estates ES</b> 6200 Charles C Goff Dr, Springfield, VA 22150 703-921-2300	7/8-7/26	N/A	Noon-12:30 p.m.
<b>Springfield Garden Apts.(South)</b> 6116 Cumberland Avenue, Springfield, VA 22150	6/17-8/23	N/A	Noon-1 p.m.
<b>Springfield Gardens Apts.(North)</b> 6116 Cumberland Avenue, Springfield, VA 22150	6/17-8/23	N/A	Noon-1 p.m.
<b>Springfield Square Apts.</b> 7000 Rhoden Ct, Springfield, VA 22151	6/17-8/23	N/A	Noon-1 p.m.
<b>Timber Lane ES</b> 2737 West St, Falls Church, VA 22046 703-206-5300	7/1-8/8	9-9:30 a.m.	11:45 a.m.-12:15 p.m.
<b>TJHSST</b> 6560 Braddock Rd, Alexandria VA 22312 703-750-8300	6/24-8/1	7:30-8 a.m.	11 a.m.-1 p.m.
<b>Vistas of Annandale(Avant Apts.)</b> 7931 Patriot Drive, Annandale, VA 22003 703-962-1273	6/17-8/23	N/A	11:30 a.m.-1 p.m.
<b>Washington Mill ES</b> 9100 Cherrytree Dr, Alexandria, VA 22309 703-619-2500	7/8-7/26	8:45-9:30 a.m.	11 a.m.-noon
<b>Westlawn ES</b> 3200 Westley Rd, Falls Church, VA 22042 703-241-5100	7/1-7/26	7:45-9 a.m.	Noon-12:30 p.m.
<b>Weyanoke ES</b> 6520 Braddock Rd, Alexandria, VA 22312 703-813-5400	7/1-8/8	8:45-9:15 a.m.	Noon-12:20 p.m.
<b>Whitman MS</b> 2500 Parkers Ln, Alexandria, VA 22306 703-660-2400	7/8-7/26	7:30-8 a.m.	Noon-12:30 p.m.
<b>Willston Multicultural Center</b> 6131 Willston Drive, Falls Church, VA, 22044 703-536-8943	6/17-8/23	8:30-9:30 a.m.	Noon-1 p.m.
<b>Woodburn ES</b> 3401 Hemlock Dr, Falls Church, VA 22042 703-641-8200	7/1-8/8	8:30-9 a.m.	11:30 a.m.-noon
<b>Woodlawn ES</b> 8505 Highland Ln, Alexandria, VA 22309 703-619-4800	7/1-8/8	10-10:30 a.m.	11:45 a.m.-12:15 p.m.
<b>Woodley Hills ES</b> 8718 Old Mt Vernon Rd, Alexandria, VA 22309 703-799-2000	7/1-7/26	7:45-10:30 a.m.	1-1:30 p.m.

SOURCE: FAIRFAX COUNTY PUBLIC SCHOOL

FROM PAGE 9

and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**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](mailto: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](http://parkinsonfoundation.org). Call Natalie McCall [nmccall@onelifefitness.com](mailto: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](http://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 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](mailto:skeduman@aol.com) for more.

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

**Passages 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](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto: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](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

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

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

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## That of Which I'm Most Proud



By KENNETH B. LOURIE

Not ending the title of this column with a preposition?

Not starting either of these sentences with a "so?"

Not beginning any of the first three sentences with an "especially" or an "and" (although I do begin many sentences with "And," just neither of these so far)?

No, of what I'm most proud, at least in the context of the nonsense I've presented so far, is my ability, going on a few months now, to ignore the illuminated warning lights on the dashboards of both of our cars: "Maint Req'd" on one and the low tire pressure icon on the other.

Typically, these kinds of non-stop reminders would have bothered me - like having an itch you can't scratch or a stone in your shoe.

Not anymore. These dashboard reminders barely register a blip on Kenny's radar.

I place the key in the ignition. I turn on the car. I see the various dashboard lights illuminate. And after the engine has begun idling, I see the remaining lights.

No problem. I just place my foot on the accelerator and go.

Though I might give these "idiot" lights a first thought and a second look, I will not be giving them too many more thoughts or looks as I drive around. Nor will they bother me in arrears when I arrive at my destination. Out of sight and out of mind, "totally," to quote my late mother.

As you may have discerned from reading the two preceding paragraphs, as it involves cars, I'm not exactly a hands-on person. More like, hands off.

Granted, this lack of interest and, dare I say, manliness, has no doubt cost me thousands of labor-rate dollars at the dealership/mechanic.

But it's just not me. It's never been me. I'm a sports and chocolate person. The only thing I want my hands on is the television remote or something sweet.

And tools? To quote your favorite Italian mobster: "Forget about it."

Definitely hands off, literally, especially if there's a car in the driveway. As far as I'm concerned, that's the danger zone. Nothing good will ever come from yours truly entering it.

In fact, I'm almost positive the repair will end up costing me more if I do it myself (which I couldn't do anyway). Throw in the frustration and perspiration involved and you have a match made nowhere near heaven.

Heaven will have to wait, I suppose.

Spending the repair dollars I have over the years doesn't thrill me either. But I have no choice. I can't do anything about my lack of abilities.

To quote the great philosopher, Popeye the Sailor Man: "I 'yam what I 'yam." And I have to pay what I have to pay. I remember always dreading the repair cost when a dashboard warning light would appear.

I knew that light (like the wedding invitation George received in a long-ago Seinfeld episode) was going to cost me hundreds of dollars. Hundreds of dollars which I did not have. That warning light, to invoke George from the same episode was "a bill." But as I've proved recently, that's a "bill" I've been able to ignore.

I know, ignoring a warning light seems stupid. Where's the future in that?

The repair is unlikely to fix itself and unless the bulb illuminating the warning light burns out, my negligence/ability to ignore it, is likely making a bad situation worse. Unfortunately - or not - however, I don't have a Pavlovian response to seeing that light. Seeing it doesn't make me instinctively react anymore.

It's not like banging one's knee with a "doctor's hammer." My wallet doesn't just open when the dashboard warns me. I just drive on.

Now if the light starts flashing, that's a different story, and one I haven't written yet, and I hope I never do. Because if that light does start flashing, I won't be able to ignore it, and likely, not be able to afford it, either.

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

**Samba Pathak, 17 of Fairfax, a student at Oakton High School and Conference Co-Chair, shares that ESLI is in partnership with Fairfax County Park Authority and recently changed its name to Environmental Student Leadership Initiative.**

PHOTO BY  
MERCIA HOBSON/  
THE CONNECTION



## Youth Mobilize to Protect Environment

FROM PAGE 3

and this is the perfect opportunity for me because there are many people here with the same interest and passion,” Sethi said.

At the “Water Workshop Lesson,” co-led by Celeste Phillips, Madison High School student and Maria Harwood, Northern Virginia Soil & Water Conservation District, attendees used a 3D EnviroScape Watershed education model. Through hands-on, multi-sensory experiences, conference attendees learned, as their future young students would learn, what a watershed was, how stormwater runoff carried pollutants through the basin to a pond, lake, river, bay, or ocean, and best practices to prevent this type of pollution from occurring.

Tim Turner, 16 of Lorton, said, “My main goal was to be able to understand more about our environment so I could inform younger children at elementary schools. ... The change starts with them.”

**AFTER LUNCH**, Pat Hynes, Fairfax County School Board, Hunter Mill District, recalled seven years ago when the board received a presentation from the founders of ESLI, “we were very impressed ... but we worried about whether it would last after the founding students graduated. ... Well, not only has ESLI survived, it has thrived,” said Hynes.

“The school board’s strategic plan is grounded in what we call the portrait of a graduate. Those important skills we want our FCPS students to build, collaboration, critical and creative problem-solving, and effective communication, are best taught through project-based learning, real-world problem-solving through student-centered projects. ... We teach best and learn best in community through relationships and meeting real-world challenges,” Hynes said, “I don’t worry about ESLI continuing any more. Our challenge, as a school system, is to keep up and make sure we are taking full advantage of what you, as students are offering,” she said.



PHOTO BY ASHLEIGH TAIN

**Pat Hynes who represents the residents of Hunter Mill District on the Fairfax County School Board tells attendees and leaders at the 5th Annual Environmental Student Leadership Initiative (ESLI) that their challenge is to keep up with the members of ESLI and make sure the school system is taking full advantage of what they offer.**

For information about those who supported ESLI and how to join an existing chapter or create a new one, visit [www.eslileaders.org](http://www.eslileaders.org).

### ESLI High School Chapters In Fairfax County

Chantilly High School  
Langley High School  
South County High School  
Marshall High School  
Madison High School  
Oakton High School  
Robinson Secondary School  
Thomas Jefferson High School  
South Lakes High School

### ESLI Virginia University Chapters

The College of William and Mary  
Virginia Commonwealth University



PHOTO CONTRIBUTED

**From left — Cornerstones staff: Vincent Jenkins, Housing Resource Coordinator, Elinah Mapfumo, Rapid Rehousing Case Manager, Kerrie Wilson, CEO and Eunice Robinson, Property Manager, Cornerstones Housing Corporation.**

## Amazon Tackles Local Housing and Homelessness

**Pilot program matches employee contributions to Cornerstones and Select Nonprofits.**

BY MERCIA HOBSON  
THE CONNECTION

**B**eginning, June 11, Amazon launched a major new employee match campaign to encourage employees to donate to 20 select nonprofits addressing housing and homelessness in the company’s two headquarters regions.

“We will donate to nonprofits located in Washington State, Washington, DC, Maryland, and Virginia, whose missions support affordable housing and people experiencing homelessness,” said Jay Carney, SVP, Global Corporate Affairs at Amazon. Reston-based Cornerstones is one of the selected nonprofits.

Amazon will match donations, one-for-one, up to \$5 million collectively, through Sept. 30. “This is an extraordinary new opportunity to help every Amazon employee fulfill their vision for investing in the strength and stability of our community,” said Kerrie Wilson, CEO of Cornerstones. “We are honored to be chosen for Amazon’s pilot program, and to do so alongside our partners in the region.”

Cornerstones has deep roots in the community. “Corner-

stones works to ensure individuals and families suffering from homelessness, isolation, or living in poverty can access resources that offer stability, empowerment and hope for healthy and connected lives. While the Northern Virginia economy continues to improve, Cornerstones served more than 16,900 individuals, including 3,828 families with 6,499 children – just this past year alone – individuals and families who struggle with crippling poverty resulting in food insecurity, housing instability, lack of medical care, and unhealthy living conditions.”

Wilson added, “We are united in our collective mission to disrupt homelessness, poverty, and inequality that currently affects our most vulnerable families, children, and seniors. We are confident that working with Amazon and our partners in this collaborative effort will result in even greater community volunteerism, support, and advocacy so that our region remains an extraordinary place to live and work.”

*To learn more about Cornerstones mission, impact and advocacy in northwestern Fairfax County, visit [cornerstonesva.org](http://cornerstonesva.org).*