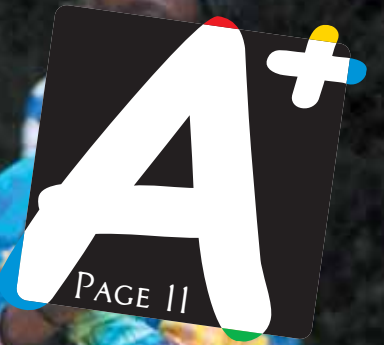


Swimmers prepare for the first leg of the Reston Youth Triathlon Sunday, May 12 at the Ridge Heights Pool.



## Reston Youth Swim, Bike, Run

SPORTS, PAGE 12

## Baron Cameron Revision Begins

NEWS, PAGE 3

## Life Time Club Set for Opening

NEWS, PAGE 3

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY ALEX McVEIGH/THE CONNECTION



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## Baron Cameron Master Plan Revision Begins

Park Authority looks to amend master plan, Reston Community Center looks at new facility.

BY ALEX McVEIGH  
THE CONNECTION

**T**he Fairfax County Park Authority has started the master planning process for Baron Cameron Park, a 60-acre park at the northwest corner of the intersection of Wiehle Avenue and Baron Cameron Avenue.

The park currently features nine rectangular fields, one lighted diamond field, a picnic area, playground, 32 community garden plots and an off-leash dog area. It also includes 430 parking spaces, many of which are used as a park and ride for commuters.

The Fairfax County Public Schools took ownership of the vacant site in 1971, and the Fairfax County Park Authority Board approved a master plan for the site in 1975. In 1990 the plan was revised again, and the off-leash dog area was added in a 2001 master plan revision.

The schools transferred the park to the Board of Supervisors in 2006, who subsequently transferred ownership to the Park Authority in 2011.

"This park is not a Reston park. It's a district park that serves people in the communities of Reston, Herndon, Vienna, Great Falls and other surrounding areas," said Bill Bouie, Park Authority board chair and a member of the RCC's governing board. "The field conditions there are fair, and I'm being nice. They have diminished over the years as a result of us not making an investment into it. The reason the park authority hasn't made an investment up to this point is because we did not own it until two years ago. Now that we own the land, we must consider future investments to this park so that it better serves Reston and the surrounding communities."

Jay Rauschenbach, project manager for the Park Authority, said the revision will look at ways to increase field capacities such as synthetic turf, as well as ways to improve the non-field facilities such as the picnic area, playground, off-leash dog area and community garden plots.

**ACCORDING TO THE PARK AUTHORITY**, each rectangular field is scheduled for around 1,000 hours of use annually and the diamond field is scheduled for about 1,600 hours.

At the heart of the current master plan revision is the Reston Community Center's interest in adding an indoor recreation facility. The RCC Board of Governors recently sent a letter of interest to the Park Authority about a possible partnership for a facility that would provide aquatic, gymnasium and other fitness facilities.

The RCC is currently undergoing a separate process than the Park Authority when it comes to planning the proposed facility.

"Our process is parallel to this park planning process, and from our perspective, what we're looking at is how to fulfill the priorities in our current strategic



**The Fairfax County Park Authority has started the master plan revision process for Baron Cameron Park.**

plan. Our current strategic plan identifies two facility priorities, an indoor recreational facility with aquatic features and a performing arts venue," said Leila Gordon, executive director of the RCC. "We are looking at Baron Cameron Park because it is an opportunity for us to do something that brings other resources to the table other than RCC Small District 5 dollars and cents. It represents a contribution from Fairfax County taxpayers in the nature of the land contribution."

Gordon said the combination of the current low cost of debt as well as construction at this time is a major appeal for the RCC, especially since she said it is a "very big priority" to maintain the Small District Five tax rate at its current level.

Consultants Brailsford and Dunlavey, who authored the original feasibility report for the RCC on such a facility in 2009, will present their updated feasibility and financial analysis to the RCC board and the public June 3, and the RCC board is scheduled to make their decision about pursuing expansion June 17.

"We'll also consider and analyze the request from the RCC should it be formalized next month," said Sandy Stallman, park planning manager for the Park Authority. "Once the RCC board has delivered its consultants information to the Park Authority, we'll be able to evaluate it to see if the facility is right for Baron Cameron Park and the community."

Many people at a public meeting May 7 at Buzz Aldrin Elementary School were concerned about a potential conflict of interest regarding Bouie's involvement in the process. He currently serves as chairman and Hunter Mill representative on the Park Authority board, as well as on the RCC Board of Governors.

Bouie, who was appointed to the Park Authority board nine years ago, and is on his fifth term on the RCC board, said he has not made any decision about the proposed facility.

"From the RCC side, we have two strategic initiatives, a need for indoor recreation facility aquatic based, and performing arts facility. The Park Author

SEE BARON CAMERON, PAGE 5



**Jeff Zwiefel, executive vice president and chief of operations at Life Time, speaks to Reston community members about the upcoming Life Time Athletic Reston facility that will open in September.**

## Life Time Club Set for Opening

Life Time Athletic Reston will be 13th "Diamond" club in country.

BY ALEX McVEIGH  
THE CONNECTION

**F**itness buffs in Reston will soon have a new state-of-the-art gym to visit. The Life Time Athletic Reston, planned for a September opening, will be one of only 13 "Diamond" level clubs in the country from Life Time.

"We've been in the Virginia market since 2000, and after looking at the demographics of Reston, we think it's a perfect fit for one of our Diamond clubs," said Jeff Zwiefel, executive vice president and chief of operations at Life Time. "We see areas here that fit perfectly well with the full service amenities we offer."

The 114,000-square-foot facility is currently under construction off Sunset Hills Drive between Wiehle Avenue and Hunter Mill Drive. It is scheduled to open in September. The facility will contain indoor and outdoor lap pools, two full-size basketball courts, more than 400 pieces of cardio and strength equipment, as well as steam rooms, a sauna, a spa, salon and a café.

"The idea is, quite frankly, to blow people away," Zwiefel said. "We've tried to think of everything from the equipment and space people need to work out, to a café stocked with foods that will complement the healthy lifestyle, to childcare services and personal spa services."

"Our general manager will be interviewing every single em-



**Jeff Zwiefel.**

ployee we hire, because we want to start with the best people," he said. "From there, we believe [in] world class programs that we don't think anyone else can replicate in a health club space."

Club staff members say they also hope to take advantage of the building's distance from the W and OD Trail, and the amount of active runners, cyclists and multi-sport athletes in the area.

"This is a growing area, a growing market, and there's a lot of businesses here already, as well as people who are very active and into health and fitness," said Miklos Horvath, who will be the general manager at the new facility. "Our goal is to combine everything under one roof, a gym, a spa, childcare services, sort of like the highest end country club."

Horvath said the club is currently accepting Founder's Memberships and offering virtual tours at the site, located at 1757 Business Center Drive.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

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## COMMENTARY

# Mental Health Needs Go Unmet

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



**U**nder provisions of the Code of Virginia that were strengthened after the tragic shootings at Virginia Tech in 2007, an individual who has a mental illness and is likely to cause "serious harm to himself or others" or who has "a lack of capacity" to protect himself from harm or to provide for basic human needs and "is in need of hospitalization or treatment," may be held under a temporary detention order. For the individual the law provides access to treatment, and for the public the law is intended to enhance safety. As well intentioned as these changes in the law were, there is serious evidence that a lack of services and facilities render the law ineffective in too many cases.

The Office of the Inspector General (OIG) of the Department of Behavioral Health and Developmental Services found in its review of the law that between April 1, 2010, and March 31, 2011, approximately 200 individuals who met the criteria for a temporary detention order were subjected to a process referred to as "streeting." Because there were no psychiatric facilities that had space or were willing to take them they were released from custody, hence the term streeting. As the OIG stated in its Semi-Annual Report, "Streeting represents a failure

of the commonwealth's public sector safety net system to serve Virginia's most vulnerable citizens and places these individuals, their families and the public at-risk. The fact that approximately 200 individuals, who were evaluated by skilled clinicians and determined to be a danger to themselves or others and lacking the capacity to protect themselves, were denied access to a secure environment for temporary detention and further evaluation, greatly concerns the OIG," as it should concern all of us.

For too many who are mentally ill and on the street, the next step is homelessness or the jailhouse. The Compensation Board is required by law to make a report each year on the number of mentally ill in the jails in Virginia. In its most recent report for the month of July 2012, the board found that of the 26,669 inmates in the system 3,779 were female, and 22,890 were male. Of the female populations, 38.74 percent were mentally ill, as were 21.22 percent of the male populations. By default our jails have become mental health facilities for too many people.

We are not doing enough to respond to the mental health needs of the commonwealth. According to the National Alliance on Mental Illness, the per capita spending for mental health programs in FY 2009 was \$122.90. For Virginia it was \$93.81. Too many of our mental health needs are going unmet.

### WEEK IN RESTON

## Reston to Host Ultimate Business Expo

The ninth Ultimate NOVA Business Expo is taking place on May 17, 7:30 a.m.-3 p.m. at QINETQ Building, 11091 Sunset Hills, Suite No. 800 in Reston, with some 100 exhibitors and hundreds of additional guests. This is the perfect place for business owners and other professionals to promote and grow their businesses.

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# Residents Discuss Baron Cameron Priorities

FROM PAGE 3

ity board has a number of needs, some funded, that extend out to 2021," he said. "I've been as forthright as I can, I've spent time with a number of people one-on-one and spoken to groups, and I'll still continue to do that as needed. I've got nothing to hide."

Many nearby residents were concerned about putting up a facility with Small Tax District Five funds in a district park, not a Reston park.

"The purpose of Baron Cameron Park is not to have something that ought to be in an urban area. There's lots of urban areas in Reston, lots of it that could be developed for this use. There's no need to put such a facility in the middle of the largest, nicest park in Reston," said David Okerson, who lives near the park, on the other side of Wiehle Avenue. "It's also somewhat dubious use of money from this community to find a facility that will be primarily used by non-Reston residents."

**OTHER RESIDENTS**, including several with swimming backgrounds, said such a facility is much needed. Michelle Moyer, who moved to Reston 25 years ago and has served on the board of the Reston Community Swim Team Association, said a facility

like the one proposed is a long time coming.

"The original RCC center opened in 1979. The 1980 census population was 35,662. As of the last census, we've increased conservatively, more than 64 percent," she said. "I fear that these facilities and amenities have not kept pace with our growth. I strongly support a multi-faceted indoor facility with access for all."


The Park Authority will develop their master plan draft revision, including public comment, over the summer, and present the draft plan during a public meeting in the fall, with more public input solicited for 30 days after that meeting and a possible Park Authority board action in early 2014.

Reston residents and businesses can share comments about the proposed Baron Cameron Facility by e-mailing, [RCCContact@fairfaxcounty.gov](mailto:RCCContact@fairfaxcounty.gov) with their name, address and comments.


Members of the public who wish to comment on the Baron Cameron Master planning process as a whole can contact Rauschenbach at:

Fairfax County Park Authority, Planning and Development Division, 12055 Government Center Parkway, Suite 421, Fairfax, VA 22035, or by e-mailing [Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov).

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## PEOPLE

### Tigerlily Founder Maimah Karmo Receives Global Sisterhood Award

Maimah Karmo, who founded the nonprofit Tigerlily Foundation in Reston that serves women and girls nationally and globally, is one of four pioneering female leaders who will receive recognition for the dynamic work she is doing in her community. Karmo will receive the Sisterhood Agenda Global Partner Award, now in its third year, as presented by the Sisterhood Agenda at the SHE: Sisters Healthy & Empowered event in celebration of National Women's Health Week on Friday, May 17, in St. John, U.S. Virgin Islands.

Karmo founded Tigerlily Foundation after she was diagnosed with breast cancer at 32 years old; she is committed to educating young women around the world about breast cancer and empowering them to be their own best advocates.

Karmo chose the name Tigerlily for her organization because of the seasonal aspects through which both flowers and women experiencing breast cancer progress. Karmo envisioned a woman undergoing treatment like a flower, which loses its petals then blossoms and grows again. Karmo believes in the transforming process the name embodies to help women be transformed during and after breast cancer.



**Maimah Karmo**

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## Vote in Spite of Election Fatigue

### Primary Voting, Absentee Voting, Republican Convention.

**A**bsentee voting, including “in-person” absentee voting, is already underway for the June 11, 2013 primary, a statewide Democratic party primary for lieutenant governor and attorney general, plus one delegate race in Northern Virginia.

Voters in the Democratic primary will choose between Ralph S. Northam and Aneesh Chopra for lieutenant governor; and between Mark R. Herring and Justin E. Fairfax for attorney general.

Because voters do not register by party in Virginia, any voter can vote in the Democratic primary, but cannot vote in a Democratic and Republican primary on the same day.

The Republican party will nominate their candidates for statewide office in a convention to be held on May 17-18, 2013 in Richmond. Delegates to the convention were elected by locality in March and April.

Each locality is entitled to one Republican convention delegate vote per 250 Republican

votes for governor and president at their last election, so that Fairfax County is entitled to 1,392 delegate votes; Arlington County is entitled to 215 delegate votes; Alexandria City is entitled to 133 delegate votes; the City of Fairfax is entitled to 32 delegate votes; Falls Church City is entitled to 14 delegate votes. Localities choose up to five times the number of delegates as votes, plus an equal number of alternates.

In Fairfax County, there is also Democratic primary for District 86, between Jennifer Boysko <http://www.jenniferboysko.com/> and Herb Kemp <http://www.herbkempfordelegate.com/>, with the winner facing incumbent Tom Rust (R). Democratic voters in the 86th House of Delegates District will find this on their ballots along with lieutenant governor and attorney general. (Precincts: Floris, Fox Mill, Stuart, Herndon #1, Herndon #2, Clearview, Herndon #3, Hutchison, Sugarland, Coates, Kinross West, Lees Corner #1, Carson)

The polls will be open from 6 a.m. to 7 p.m. on June 11, 2013.

Absentee voting allows qualified voters to participate in upcoming elections even though they may not be able to go to the polls on Election Day. Absentee voting in person began on April 26, 2013.

Most people in Northern Virginia qualify to vote absentee under this provision, although there are many others:

“Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.)”

In Fairfax County, in-person absentee voting is ongoing through June 8 at the Fairfax County Government Center, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035

Hours: Monday, Tuesday, Wednesday, and Friday: 8 a.m.-4:30 p.m.; Thursday: 8 a.m.-7 p.m.; Saturdays (June 1st and June 8th): 9 a.m.-5 p.m. Closed Monday, May 27, 2013 for Memorial Day.

Here are some good sources for information on upcoming elections:

Virginia State Board of Elections, <http://www.sbe.virginia.gov/>,

Virginia Public Access Project, <http://www.vpap.org/candidates?display=state>,

Fairfax County Board of Elections, <http://www.fairfaxcounty.gov/elections/ecalendar.htm>.

— MARY KIMM.

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Campaigning in Support of Homeless Solutions

BY SYLISA LAMBERT-  
WOODARD  
PRESIDENT AND CEO  
PATHWAY HOMES, INC.



PHOTO CONTRIBUTED

**A**s Pathway Homes joined our nonprofit colleagues, local officials and Fairfax County partners in the 100,000 Homes Campaign to raise awareness and support for the homeless in our area, I felt renewed hope that we will eradicate homelessness in our community.

Since the 100,000 Homes Registry Week in February, the outpouring of support and interest from citizens and friends has been nothing less than inspiring. I witnessed the amazing surge of community support and show of corporate responsibility that is characterized by the Fairfax community. In preparation to meet the needs of those identified through this community-wide event, local non-profits partnered and purchased new housing stock in anticipation of using subsidized housing vouchers to assist those most vulnerable in our community to get housing and stay housed.

While energized by public awareness raised around the

needs of homeless individuals and families encountered during Registry Week, there is much left to do. The good news is that this campaign successfully educated many caring neighbors and raised the awareness of many to the plight of the homeless. Pledges of support and creative partnerships are emerging to house the 1,350 individuals who are homeless in Fairfax County on any given day.

In the midst of such progress towards ending homelessness, few could have predicted what has evolved into a quiet storm involving deep cuts from sequestration that impact the homeless; and impending Medicaid cuts to supportive services for those with mental illness and substance use that help these individuals remain in housing.

In our daily efforts we never take for granted how critical the collective voice is to galvanize needed change. It was just weeks ago that Congress decided to ease the burden of federal spending cuts on

travelers inconvenienced and angry over airport delays. How impactful it would be to use our collective voice to show that this quiet storm of sequestration and Medicaid cuts will result in conditions that eclipse those caused by travel delays. These cuts will lead to increased homelessness, reduced and limited support services to the most vulnerable, and loss of new vouchers that were intended to support individuals in the homes recently acquired by non-profits and private landlords in their efforts to provide affordable and sustainable housing in our community.

While there is no doubt that our 10-year-plan to end homelessness will find a detour ahead, I maintain hope that it will not be a dead end that takes a severe toll on the resilience of our local community partners. Sequestration is having a disproportionate impact on the most vulnerable in our community, and the “collective voice” creates change. While the Fairfax local housing authority and elected officials are actively identifying short term solutions to temporarily mitigate additional reductions, we are left with the uncertainty of the extent of the impact of additional cuts on the individuals we serve and our community as a whole.

With continued community advocacy directed towards local, state, and federal elected officials, I believe our voice can be as influential and successful as our “frequent flyers” in averting a most devastating impact to our community.

At Pathway Homes we remain committed to advocacy and education and are committed with other non-profits, to developing innovative partnerships that will create needed housing and support to those most vulnerable in our community. We remain inspired by those we serve.

At the same time, it will take a great deal of innovation, collaboration, and faith to continue to help the most vulnerable in our communities. Pathways’ forecast for our community remains bright and hopeful with a strong belief that eradicating homelessness in our community is possible. As a community, we must remember that collective advocacy can change the course of time and result in positive outcomes for the individuals we serve.

*Pathway Homes Inc. provides non-time-limited housing and recovery-based supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia.*

# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## WEDNESDAY/MAY 15

**Brian Menish Exhibition.** 9 a.m.-9 p.m., at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Artist Brian Menish exhibits paintings he made with his left hand after losing the use of his right following a traumatic brain injury after a motorcycle accident; the former Restonian artist has two fine art degrees and currently lives in Colorado. [www.brianmenish.com](http://www.brianmenish.com).

## THURSDAY/MAY 16

**Popsicle Picnic and Membership Drive.** 10 a.m.-noon, at Bready Park, 816 Ferndale Ave., Herndon. Herndon-area mothers are invited to bring a picnic lunch to complement free bagels with coffee and popsicle treats for children as part of a membership drive; games are available for children.

[Herndon\\_moms\\_info@yahoo.com](mailto:Herndon_moms_info@yahoo.com).

**Bob Simon at Reston Young Professionals.** 6 p.m., at Reston Museum, 1639 Washington Plaza N., Reston. Enjoy wine, hors d'oeuvres and a chat with Reston Founder Robert E. Simon as well as Reston's first salesman Chuck Veatch, at Reston Young Professionals' cocktail for 35 people. RSVP. <http://www.meetup.com/RestonYP/events/109912442/>.

## FRIDAY/MAY 17

**Opening Night: Party On.** 6-9 p.m., at Town Center Pavilion, Reston Town Center, Reston. The party with live music, entertainment, a silent auction, signature cocktails and local prominent business leaders and elected officials, providing an opportunity for art lovers, sponsors, media, donors and for the public to celebrate to benefit the Greater Reston Arts Center's educational program; \$75-\$250. <http://www.eventbrite.com/event/4769049355?Buy=Purchase+Tickets#>.

## SATURDAY/MAY 18

**Herndon High School Walk/Run to Remember.** 8 a.m.-noon, Herndon High School, 700 Bennett St., Herndon. The event will feature a 5K walk/run, a soccer tournament, Battle of the Bands, Paige's Closet, face painting and games for children, and more. \$20; \$10 for children.



The Sunday, May 19, Reston Community Orchestra concert features four accomplished young violinists selected to be the soloists for the world premiere of "Concertino for Four Violins and Orchestra" by Michael Ream. (From left) Jenny Lee, 17, Jasper DeBoor and Sarah Slate, both 12, and Grace McKay, 10.

**22nd Annual Northern Virginia Fine Arts Festival.** 10 a.m.-6 p.m., at Reston Town Center, 12001 Market St., Reston. Contemporary artwork from over 200 artists in 16 categories. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

**Red Shoe Jazz Luncheon.** Noon-3 p.m., Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon. A luncheon to promote sisterhood, scholarship and service. \$65. [info@fcacd.st](mailto:info@fcacd.st).

**Improv(e).** 4-9 p.m., at Herndon High School's auditorium (Door 6 in the back), 700 Bennett St., Herndon. A night of comedy to benefit the Chuck Stanley Memorial Scholarship; entering improv teams pay \$30 at the door. \$5. [www.herndonrama.org](http://www.herndonrama.org) or [@herndonrama](mailto:@herndonrama).

**American Cancer Society Relay for Life Reston.** 1-8 p.m. for tennis, 8 p.m.-8 a.m. for walking, at South Lakes High School, 11400 South Lakes Drive, Reston. One hour of tennis or walking the track for a \$10 donation; join the "Tennis Team for Life." 703-435-6502, [www.restonrelay.org](http://www.restonrelay.org) or [relayforlife@restontennis.org](mailto:relayforlife@restontennis.org).

**Lonesome Highway.** 7:30 p.m., at the Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Lonesome Highway from Romney, W. Va., perform traditional bluegrass music; barrier and smoke free facility, refreshments provided. \$12. Free for children under 12. 703-435-8377 or [kd4fue2@verizon.net](mailto:kd4fue2@verizon.net).

**Opera for the People.** 7:30 p.m., at Reston Community Center, 2401

Colts Neck Road, Reston. The Vienna Choral Society and The Reston Chorale present an accessible concert of Verdi and Copland. \$25; \$20 for seniors/students; free for youth 15 and under accompanied by an adult. [www.viennachoralsociety.org](http://www.viennachoralsociety.org).

## SUNDAY/MAY 19

**22nd Annual Northern Virginia Fine Arts Festival.** 10 a.m.-4 p.m., Reston Town Center, 12001 Market St., Reston. Contemporary artwork from over 200 artists in 16 categories. [www.RestonArts.org](http://www.RestonArts.org) or [www.NorthernVirginiaFineArtsFestival.org](http://www.NorthernVirginiaFineArtsFestival.org).

**The Reston Community Orchestra Concert.** 4 p.m., Reston Community Center, 2310 Colts Neck Road, Reston. Preceding the concert at 3 p.m. there will be a reception recognizing local music educators. [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

## THURSDAY/MAY 23

**Reston's First Architects.** 7-9 p.m., at the Jo Ann Rose Gallery, Reston Community Center Lake Anne, 1609 Washington Plaza N., Reston. A free talk produced by the Reston Historic Trust and Reston Museum on Lake Anne, Hickory, Waterview, Coleson and Golf Course Island Clusters; panelists Harold Linton, Barbara Naef, Richard Speier, Cheryl Terio-Simon and Ralph Youngren illuminate the topic as wine and appetizers are served. 703-709-7700 or [www.restonmuseum.org](http://www.restonmuseum.org).

## BULLETIN BOARD

### MONDAY/MAY 20

**NARFE Dulles Chapter 1241 Luncheon Meeting.** 11:30 a.m., at Amphora Diner, 1151 Elden St., Herndon. Mike Collins, staff member of Congressman Gerald Connolly's Office, will be this month's guest speaker and will speak on available constituent services. Reservations by May 16. 703-435-3523.

### FRIDAY/MAY 31

**Fairfax Adult Softball (FAS) Applications Due.** FAS accepts applications for adult softball teams through May 31: men's, women's, coed, corporate coed, and Reston leagues are available. 703-815-9007, [www.fairfaxadultsoftball.com](http://www.fairfaxadultsoftball.com) or [office@fairfaxadultsoftball.com](mailto:office@fairfaxadultsoftball.com).

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

### ONGOING

**Arabic-speaking Older Adult Social Visits.** Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).



**The Herndon Senior Center** at 873 Grace St., Herndon, needs a volunteer musician to play soothing music for participants; piano available. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Long-Term Care Volunteer**

### Ombudsman Program Needs Volunteers.


Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). **Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, act as a companion while shopping at grocery store and pharmacy, make friendly calls to homebound individuals, be handy helpers for minor home repairs and help with yard work and chores are needed. 703-506-2199.

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## SCHOOLS



**Kacey Hirshfeld and her father on May 3 at VIMS' main campus in Gloucester Point.**

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by Friday.

**Kacey Hirshfeld**, a Reston native and student at South Lakes High School, has been selected as one of the six incoming students to participate in the Virginia Institute of Marine Science's Governor's School this summer. The program is a 4-week summer residential school provided in cooperation with Christopher Newport University. Since 1993, this program has been serving high-achieving high school students throughout Virginia and providing participants with authentic experiences in marine research. Pictured here, Hirshfeld and her father pose for the camera during student orientation on May 3rd at VIMS' main campus in Gloucester Point.

**Omar Moutal** of Reston has been named to the Dean's List at Berkeley College for the Winter 2013 Quarter. Moutal is pursuing a degree through Berkeley College Online.

The John F. Kennedy Center for the Performing Arts selected **Jeffrey Ward** of Reston for its internship program. From January to April 2013, he served as the education intern for the National Symphony Orchestra as part of the DeVos Institute of Arts Management. Ward is the son of Katherine and William Ward and he graduated from Ithaca College in 2008 with a Bachelor's degree in performance and music education. He received his master's degree in music performance from San Francisco Conservatory in 2011, where he was the winner of the Baroque Concerto Competition. He is also currently interning with Prelude: The Arlington Youth Orchestral Program. Previously, he spent a year teaching at the Community Music Center of Boston.

Achievement Scholar awardees are the finalist candidates judged to have the strongest record of accomplishments and greatest potential for academic success in college. The 2013 National Achievement Scholarship Winners are: **Kenyah T. Calhoun** of South Lakes High School; **Kyannah C. Calhoun** of South Lakes High School; and **Howard A. Small, Jr.**, of Thomas Jefferson High School for Science and Technology.

**Meredith Paige Moore** is a president honor roll designate at the University of Oklahoma Norman campus and on the honor roll for the fall 2012 semester.

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# Teaching Healing Through Altruism

Marymount students learn counseling technique by helping U.S. troops.

BY MARILYN CAMPBELL  
THE CONNECTION

**A** group of counseling students got to experience a therapeutic technique while also helping service men and women serving in Afghanistan.

Graduate students in the pastoral counseling program at Marymount University in Arlington assembled care packages for U.S. troops as part of a community service requirement. One of the project's goals was to teach the future therapists how altruism can have long-term mental health benefits.

"The research has shown that if a person goes outside of themselves to help others it can be a therapeutic experience, especially for those who have depression or other mental health challenges," said Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling and founder of the Pastoral Counseling program. "We want students to experience what a client would experience."

Students are required to perform 30 hours of community service as part of their program. The class of 11 students formulated, planned and implemented the task. "I think everyone thought of the assignment as not just a project we had to complete, but a chance to actually, in some small way, let men and women in the military know that people here at home do appreciate their



Marymount University professor Lisa Jackson-Cherry, Ph.D., discusses an altruism project with her pastoral counseling class.

service and sacrifice," said Annandale resident Nina Angeles.

The students collected an array of items like games, magazines, books and DVDs. They gathered nearly enough items to fill their classroom and exceeded their professor's expectations. "I was expecting five or six boxes, but it became more than

what the entire university could have put together," said Jackson-Cherry. "We had almost a roomful of supplies. The students solicited from their churches and from family members across the country."

Pastoral counseling students learn to incorporate spirituality into their work with clients. They wrote personal letters to the

troops and included information on stress relief practices like meditation and breathing exercises. "We could not help but feel for the brave men and women who ... face stressful and sometimes traumatic situations away from home," said doctoral student Maya Georgieva of Alexandria. "... It was essential that we send notes of encouragement and support."

Jackson-Cherry said the most powerful learning experience came when she delivered the boxes to a VFW Post in Maryland: the feeling that comes from seeing the impact benevolence has on others. "The place was packed for lunch, and I was planning to slip in the back door and drop off the boxes," she said. "There were veterans there from World War II and Vietnam ... they became teary-eyed as they were telling me stories of how the acts of strangers had impacted them when they were serving overseas. It was quite touching. I wish the students could have been there to see how their acts of kindness touched so many more people than they would have thought of."

The students did get an opportunity to experience gratitude first-hand, however, when the military unit that received their supplies wrote a thank you note to the class. "The unit was overwhelmed by the generosity and the kindness of strangers, especially because they were away from their families," said Jackson-Cherry.

PHOTO COURTESY OF MARYMOUNT UNIVERSITY

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Swimmers at the Reston Youth Triathlon prepare to enter the water at the Ridge Heights Pool Sunday, May 12.



Athletes in the Reston Youth Triathlon make the transition from swimming to cycling Sunday, May 12.

PHOTOS BY ALEX MCVEIGH/THE CONNECTION

## SPORTS ROUNDUPS

### South Lakes Boys' Soccer Clinches Regional Berth

The South Lakes boys' soccer team secured a berth in the Northern Region tournament with a 5-2 victory over Stone Bridge in the Liberty District tournament quarterfinals on Monday.

South Lakes extended its winning streak to 13 after dropping its season opener to T.C. Williams on March 14.

The Seahawks will compete in the Liberty District semifinals on Wednesday, May 15.

### Herndon Boys' Soccer To Host Robinson

The Herndon boys' soccer team finished the regular season with a 9-1-3 record and secured a berth in the Northern Region tournament by finishing second in the Concorde District standings. The Hornets will host Robinson at 7 p.m. on Wednesday, May 15 in the district tournament semifinals.

The Concorde District championship game is at 8 p.m. on Friday, May 17.

### All-Concorde District Lacrosse

The Herndon girls' lacrosse team had two players earn first-team all-Concorde District honors.

Freshman attack Maureen Curran and junior midfielder Rachel Delmontagne were named to the first team. Sophomore attack Michelle Huchette, freshman midfielder Kerry Curran and sophomore midfielder Alexis Duke were named to the second team. Sarah Suter, Katherine Wilson, Leanne Janowski, Katherine Dougherty and Alexandra Asack garnered honorable mention.

# Reston Youth Swim, Bike, Run

## Amy's Amigos host annual Reston Youth Triathlon.

BY ALEX MCVEIGH  
THE CONNECTION

Swimmers were able to hit the water at the Ridge Heights Pool Sunday, May 12, a few weeks before the scheduled Memorial Day pool opening, but there was a catch: they had to cycle and run as well. The annual Reston Youth Triathlon took triathletes age 6 to 15 through the pool and on the streets surrounding South Lakes High School and Langston Hughes Middle School.

Participants ages 6 to 8 swam 50 meters, biked 1.03 miles and ran a third-mile, ages 9 to 11 swam 100 meters, biked three miles and ran 1.11 miles and ages 12 to 15 swam 150 meters, biked five miles and ran 1.51 miles.

"I remember having trouble with the mile run in school when I was younger, so it was amazing to see the endurance and dedication of these kids," said Mary Harper, whose daughter was in the race.



Joseph Sgambati, 11, rides his bike during the second leg of the Reston Youth Triathlon Sunday, May 12.

"My daughter took the training seriously, and she seemed to really like having something to work toward, so I wouldn't rule out other Reston triathlons as she gets older."

**THE EVENT** was a fundraiser for Amy's Amigos. Hannah Becker, Olivia Wolfe and Kacey Hirshfield started the club in 2008 after the death of their classmate Amy Boyle, who passed away from brain cancer. They held their first triathlon in 2011.

Since their founding, the club has raised more than \$24,000 for brain cancer research. This year's



Kaliyana Haering, 10, competes in the cycling portion of the Reston Youth Triathlon Sunday, May 12.

triathlon money went to the Childhood Brain Tumor Foundation.

Runners finished the race with a lap around the South Lakes High School track.

"I liked finishing on the track, after biking on roads and running on trails, it was a good finale, like something you'd see in the Olympics," said Jordan Burns, 12. "It made me feel like I was a professional runner when you grab the cups of water and drink them while trying to run, and then crossing the finish line to a bunch of cheers."

Most finishers looked on the verge of exhaustion when they

crossed the finish line, grabbing their medal, a banana and some water before finding a cool place in the shade to sit down. But for many triathletes, their exhaustion didn't last long.

"My son finished and just looked pooped, he was covered in sweat and said all he wanted to do was sit down for hours and drink Gatorade," said Jason Bloom. "After about five minutes, a group of his friends came over and next thing I know he was up and running over to the moon bounce and the inflatable obstacle course, and they did a few laps through that. So I guess he's recovered nicely."

**IN ADDITION TO THE RIDES**, the finishers could take their medal to a makeshift podium for photo opportunities.

Many athletes said they would like to try it again, and Sean McCormack, 11, said he even had a suggestion to improve the course next year.

"I wish the swimming was last," he said. "Because it was really cold jumping in the pool first thing in the morning, but it would have felt great after biking and running."

More information on Amy's Amigos can be found at [www.amysamigos.org](http://www.amysamigos.org).



Lizy Gregory, 11, approaches the finish line of the Reston Youth Triathlon at the South Lakes track Sunday, May 12.



Grace Wright, 9, leads the pack on the South Lakes track during the Reston Youth Triathlon Sunday, May 12.

# HOME SALES

In March 2013, 72 Reston homes sold between \$1,280,000-\$155,000. This week's list represents those homes sold in the \$1,280,000-\$322,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

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1422 BELCASTLE CT	4	3	1	RESTON	\$850,000	Detached	0.13	20194	RESTON
11990 MARKET ST #1617	3	2	0	RESTON	\$849,900	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN
11188 LONGWOOD GROVE DR	5	4	1	RESTON	\$838,000	Detached	0.41	20194	RESTON
11268 CENTER HARBOR RD	5	3	1	RESTON	\$838,000	Detached	0.38	20194	RESTON
2000 BEACON PL	4	3	1	RESTON	\$775,000	Detached	0.17	20191	RESTON
1422 HEMINGWAY CT	4	3	1	RESTON	\$764,500	Detached	0.13	20194	RESTON
2018 BEACON PL	4	4	1	RESTON	\$725,000	Detached	0.14	20191	RESTON
2019 BEACON PL	4	2	1	RESTON	\$719,000	Detached	0.15	20191	RESTON
1235 WOODBROOK CT	3	3	1	RESTON	\$632,000	Townhouse	0.08	20194	RESTON
2011 LAKEWINDS DR	3	3	1	RESTON	\$625,000	Townhouse	0.05	20191	RESTON
12737 HITCHCOCK CT	4	2	1	RESTON	\$620,000	Detached	0.29	20191	POLO FIELDS
11220 LAGOON LN	4	3	1	RESTON	\$618,000	Townhouse	0.05	20191	RESTON
12103 STIRRUP RD	4	3	0	RESTON	\$599,900	Detached	0.34	20191	RESTON
1589 BRASS LANTERN WAY	4	4	0	RESTON	\$555,000	Townhouse	0.07	20194	RESTON
2617 CHECKERBERRY CT	4	2	1	RESTON	\$550,000	Detached	0.58	20191	RESTON
1330 WEDGEWOOD MANOR WAY	3	3	1	RESTON	\$550,000	Townhouse	0.09	20194	RESTON
1364 HERITAGE OAK WAY	3	2	2	RESTON	\$536,000	Townhouse	0.04	20194	RESTON
11990 MARKET ST #604	2	2	0	RESTON	\$535,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN
11171 LAKE CHAPEL LN	3	3	1	RESTON	\$530,000	Townhouse	0.06	20191	RESTON
2247 CEDAR COVE CT	3	3	1	RESTON	\$525,000	Townhouse	0.06	20191	RESTON
1228 WILD HAWTHORN WAY	3	2	2	RESTON	\$525,000	Townhouse	0.03	20194	HAWTHORN
1230 WILD HAWTHORN WAY	3	2	2	RESTON	\$490,000	Townhouse	0.04	20194	RESTON
1209 HERITAGE COMMONS CT	3	3	1	RESTON	\$485,000	Townhouse	0.04	20194	RESTON
1319 VINTAGE PL	3	3	1	RESTON	\$473,100	Townhouse	0.03	20194	RESTON
2150 GOLF COURSE DR	3	3	1	RESTON	\$452,000	Townhouse	0.04	20191	RESTON
1822 NORTH SHORE CT	4	3	1	RESTON	\$437,000	Townhouse	0.05	20190	RESTON
11605 HUNTERS GREEN CT	3	2	1	RESTON	\$428,000	Townhouse	0.04	20191	RESTON
11525 PINE CONE CT	3	2	2	RESTON	\$425,000	Townhouse	0.05	20191	WOODWINDS TWO
11034 SAFFOLD WAY	3	3	1	RESTON	\$419,000	Townhouse	0.04	20190	RESTON
11800 SUNSET HILLS RD #708	2	2	0	RESTON	\$415,000	Hi-Rise 9+ Floors		20190	CARLTON HOUSE
12000 MARKET ST #183	2	2	0	RESTON	\$415,000	Garden 1-4 Floors		20190	SAVOY AT RESTON TWN CNTR
12000 MARKET ST #184	2	2	0	RESTON	\$407,000	Garden 1-4 Floors		20190	SAVOY AT RESTON TWN CNTR
1855 STRATFORD PARK PL #212	2	2	0	RESTON	\$405,000	Garden 1-4 Floors		20190	STRATFORD
11723 DRY RIVER CT	3	2	2	RESTON	\$400,000	Townhouse	0.04	20191	RESTON
1535 TWISTED OAK DR	3	2	2	RESTON	\$392,000	Townhouse	0.05	20194	RESTON
2232 GUNSMITH SQ	4	2	1	RESTON	\$390,000	Townhouse	0.03	20191	RESTON
1519 NORTH POINT DR #202	3	2	0	RESTON	\$369,000	Garden 1-4 Floors		20194	NORTH POINT VILLAS
1972 WINTERPORT CL	2	2	2	RESTON	\$361,000	Townhouse	0.03	20191	RESTON
1860 STRATFORD PARK PL #306	2	2	0	RESTON	\$352,500	Garden 1-4 Floors		20190	STRATFORD
1680 SIERRA WOODS CT	3	2	2	RESTON	\$350,000	Townhouse	0.04	20194	RESTON
12000 MARKET ST #460	1	1	0	RESTON	\$349,000	Garden 1-4 Floors		20190	SAVOY AT RESTON TWN CNTR
1509 TWISTED OAK DR	3	1	1	RESTON	\$347,000	Townhouse	0.04	20194	RESTON
11164 BOATHOUSE CT #69	2	2	1	RESTON	\$345,000	Townhouse		20191	DOCKSIDE
11293 SILENTWOOD LN	3	2	1	RESTON	\$340,000	Townhouse	0.02	20191	RESTON
11961 BARREL COOPER CT	3	2	2	RESTON	\$322,000	Townhouse	0.04	20191	RESTON

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**When:** Saturday, May 18, 2013, 8:30 a.m. – 1 p.m.  
(Registration from 8 to 8:30 a.m.)

**Where:** Lake Accotink Park (rear entrance)  
5660 Heming Avenue, Springfield, VA.

**Cost:** \$30 registration fee • Picnic lunch provided

**Steps to Walk – or Support the 5-K Walk**

- Log on to: [www.fairfaxyouth.org/events.xml](http://www.fairfaxyouth.org/events.xml) to register
- Create your own team or join our Fairfax Families4Kids team.

For more information, visit the Web site at [www.fairfaxcounty.gov/ncs/fairfaxfamilies4kids.htm](http://www.fairfaxcounty.gov/ncs/fairfaxfamilies4kids.htm) or contact Beverly J. Howard, Fairfax Families4Kids Coordinator, 703-324-7518, TTY 711. Beverly.Howard@fairfaxcounty.gov



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**11:15 a.m.** Holy Eucharist, Rite II  
**5:00 p.m.** Come Just as You Are Contemporary Service

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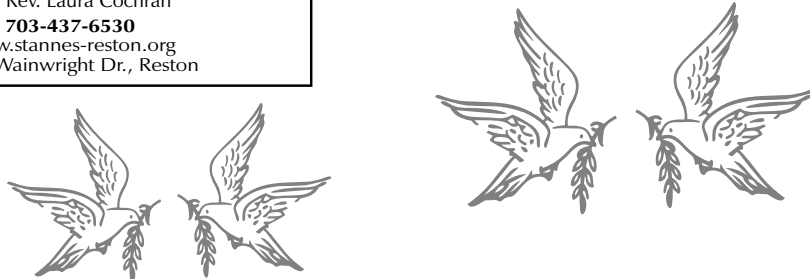
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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

### Centreville

13617 Northbourne Dr.....\$649,900..Sun 1-4.....Julie Young..Samson Props..703-380-2200  
14764 Green Park Way.....\$289,900...Sat 1-4.....Cathy Lanni...Long & Foster..703-615-4237

### Chantilly

42344 Astors Beachwood....\$790,000..Sun 1-4.....Chris Pezzana.....Weichert ..703-447-1662

### Fairfax

6119 Queens Brigade Ct.....\$622,500..Sun 2-4.....Carrie Shokraei.....RE/MAX..703-297-2109  
3737 Mazewood Ln.....\$374,900..Sun 1-4.....Debi Anderson..Samson Props..703-585-6164  
13233 Custom House Ct.....\$355,000..Sun 1-4.....Bryan Henry..Samson Props..703-786-2376

### Fairfax Station

7612 Rustle Ridge Ct.....\$839,950..Sun 1-4..Kathleen Quintarelli.....Weichert..703-862-8808

### Herndon

1236 Gilman Ct.....\$799,900..Sun 1-4.....Marnie Schaar...Long & Foster..703-509-3107  
662 Old Hunt Way.....\$749,900..Sun 1-4.....Cathy Lanni...Long & Foster..703-615-4237  
603 Adams St.....\$529,000..Sun 1-4.....Alison Sherman..Keller Williams..703-636-7306

### Reston

11270 Stones Throw Dr....\$1,339,900..Sun 1-4.....Marcy Thomas...Long & Foster..703-927-2190

### Springfield

6505 Lignum St.....\$575,000..Sun 1-4.....Dallison Veach.....RE/MAX..703-477-9290

### Vienna

10503 Dunn Meadow Rd..\$1,199,980..Sun 1-4.....Sonnet Lee.....Fairfax..703-862-8996  
10212 Browns Mill Rd.....\$850,000..Sun 1-3.....James Nellis.....RE/MAX..703-503-4375  
9900 Woodrow St.....\$635,000..Sun 1-4.....Jared Blatt..Samson Props..703-899-8799

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com)  
All listings due by Monday at 3 P.M.

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## A Fluid Situation



By KENNETH B. LOURIE

I don't mean to be the least bit paranoid, but I suppose that's because, as a stage IV non-small cell lung cancer "diagnosee," I'm already the most bit paranoid. A terminal diagnosis of incurable cancer has a way of doing that to you (at least to me it has). Not to blame cancer totally for my behavior, but can you think of a more deserving and appropriate cause of this effect than the "leading cancer killer in both men and women in the United States." In fact, according to the American Lung Association, "Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and prostate)."

So call me crazy (at least you can still call me – and I will answer, because I am STILL ALIVE). However, as a four-years-plus cancer survivor, if I've learned anything during my treatment, it is that symptoms manifest themselves – at their discretion, and presumably their appearance means something (as opposed to nothing which would of course be my preference). Ergo, an increase in the fluid in my lungs is nothing to sneeze at; that's because I've been too busy coughing (just kidding). But what does the existence of this fluid mean? Hopefully nothing, but it could mean something; something problematic.

An outpatient procedure: a needle aspiration of my lungs, will provide the answer. Although learning that answer comes with risks: aside from analyzing the fluid for active cancer cells, there's a possibility of a collapsed lung followed by a week-long stay in the hospital due to the penetration of the lung. And it could be all for nothing. It could simply be, as it is in 40 percent of the cases, a side effect of the targeted treatment tarceva pill I have taken every day without interruption going on nine months now.

Unfortunately, we're dealing with 100 percent of it, and the other 60 percent could contain cancer cells, which opens up a whole host of "unpleasanties," none of which have as yet been discussed. Aspirate and learn my fate or sit tight and be willing to wait. It's not exactly Shakespeare, but that is my question. Made easier – to me, in that I don't have any compelling/indicating-type symptoms: no shortness of breath, no persistent cough, no weightiness in my chest, to confirm this potential life-changer. Is the cancer spreading, or is the tarceva doing what tarceva does: harmlessly side-effecting while saving my life my life, but leaving behind this "fluidy" residue? Do I even want to know or can I continue to keep on living believing that it's nothing because it's not something? (For this cancer patient, ambiguity is a way of life.)

This is another one of those mental moments, one of the many emotional crossroads that cancer/terminal patients face. It's not exactly "The Price Is Right" where what's behind Door #2: "A New Car!" – or a tube of toothpaste (as but one of many examples) could make your public humiliation worthwhile – or not. For cancer/terminal patients however, these decisions could make your life worth living again, or it could make it worse. Where's that studio audience when you need them?

If I delay the procedure, will what I don't know now hurt me more than what I do know later? I don't know. Right now, I feel fine. Can't I just keep on pretending? I don't want to look for trouble. Besides, trouble has already found me. I don't need or want any more. Until I'm told otherwise, that is.

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

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-Werner Heisenberg

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