



Fairfax Republicans
Nominate Wolfe
For Sheriff

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The Most Exciting
Changes in
Herndon Schools?

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People's
Choice
Winner



NEWS, PAGE 5

Herndon High School senior Josh Katz at Herndon ArtSpace with his award-winning photograph that will be featured in the 2014 Herndon Town Calendar.

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Early designs for houses at the Helgar Oaks neighborhood, which has been proposed for the properties at 417 and 419 Van Buren Street.



The site for the proposed Helgar Oaks subdivision, a preliminary plan which was just approved by the Herndon Town Council.

Council Approves Preliminary Subdivision Plan

Helgar Oaks would feature nine houses on Van Buren Street.

BY ALEX McVEIGH
THE CONNECTION

The Herndon Town Council unanimously approved an application for a preliminary subdivision plan on the 400 block of Van Buren Street. The lots at 417 and 419 Van Buren Street, located adjacent to Bruin Park, are currently empty and total about three acres. The two single family houses on the properties will be demolished.

The new subdivision is called Helgar Oaks, and it would be a by-right development that doesn't require zoning waivers. It will consist of nine single family houses, a standard, 50-foot wide public street that includes a sidewalk and ends in a cul-de-sac.

The Beltway Investment Group started purchasing the property in November of 2011 with the idea to create a development for commuters.

"We look at this as commuter workforce housing, for somebody who is really going to enjoy the potential of being able to walk to the Metro and enjoy the downtown, it's almost equidistant from Metro to downtown," said Beth Clifford, president of the Beltway Investment Group. "Persons living here will most likely be families, any type, such as a new family with young children, or it could be more multi-generational. The floor plans are very modular, which will allow for many types of intergenerational living."

Clifford said the architecture will fit in with the eclectic nature of Herndon's architecture.

"There is no one type of Herndon house," she said. "A house in Herndon can be all over the place, from an 1800s farmhouse to post modern."

THE UNITS will range anywhere from 2,800 to 3,200 square feet above grade, and will include base-

ments, though none will be walk out basements. Some will have integrated garages, others won't.

There will not be an HOA, Clifford said, citing a lack of public spaces that would require community upkeep.

One issue with the property is drainage, as several residents said they were familiar with drainage issues in the area.

Rosendo Molina, who moved to Van Buren Street in April, said he has already experienced drainage problems on his property.

"When I moved there was a significant draining issue, so much so that we had to excavate in the back yard to address draining from our home to the main system," he said. "That current system only supports three homes at the moment, so I'm concerned that if you add nine more homes to what is a pretty small system, that there are plans that address an upgrade."

Richard Downer, a former town councilmember, is familiar with Molina's issue, as his mother lived in the same house for many years.

"Van Buren Street has open-ditch drainage, which offers very poor drainage," he said. "I think town is going to have to address the gravity flow deficiencies you're going to have on both sides of the street. I hope Public Works will take a close look."

RAY OCEL, deputy zoning administrator for the town, said there are already several measures aimed at helping drainage.

"In terms of stormwater management, each lot will have its own rain garden, typically in the rear of the house, but some will be on the side and one will be in front," he said. "There will be a maintenance agreement for the rain gardens required from each homeowner to maintain, and employees from the town's Public Works department will inspect them once per year. Each garden will drain into the public drainage system and will be graded to insure storm water doesn't run off the adjacent properties."

Bob Boxer, the town's director of Public Works, said they will continue to examine other stormwater management possibilities as the development moves closer.

BACK TO SCHOOL

What Are the Most Exciting Changes in Herndon Schools?

William Bates, principal, Herndon High School



"Herndon High School is now a Kids at Hope School, which follows the model that all students are capable of success, no exceptions. We are putting a focus on improving instructional practices to help students develop skills to succeed in the 21st century and on collaborating together to find ways to better connect with students and the community.

Our goal is to help Herndon High School students to become invested in and connected with their studies, each other as peers, with their adult faculty members, as well as with the school as a whole. We will use a variety of tools to accomplish this, such as holding students and faculty accountable with written pledges, providing lessons on character during new, extended teacher advisory periods, and various programs that will increase student involvement in school as well as boost school pride."

Anne Quinn, principal, Herndon Elementary School (pictured in the Serenity Garden, which was constructed in honor of Reema Samaha, a daughter of one of the faculty members of Herndon Elementary School, who was a victim of the 2007 Virginia Tech shooting.)



"Our biggest goal this year is to improve communication with our Herndon Elementary School community. We are very excited about offering home visits with families this year. Each teacher will do one home visit, which will give us a chance to meet with about 10 percent of the student population. We are doing these home visits to see how we can better support students and families by getting their insight and ideas. Every year is another chance to improve and, with this new program, we hope to better address the needs of our students, faculty and the Herndon Elementary community."

Kathy Manoatl, Dranesville Elementary principal—in the middle—with Assistant Principals Rae Mitchell and Dean Cicciarelli



"Our goal at Dranesville is to follow and expand upon the goals that Fairfax County has set for this year: "Dream, Design, Deliver," which aims to move students into the 21st century. We are following the STEAM model, which focuses on Science, Technology, Engineering, Art and Math. These subjects all provide the tools for every student to succeed. There is a perception that the culture of current academics is simply to teach students how to take standardized tests, but Dranesville pushes our teachers and students to cultivate skills that will do more than generate good test scores.

SEE SCHOOLS, PAGE 4

Fairfax Republicans Nominate Bryan 'BA' Wolfe for Sheriff

Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.

BY VICTORIA ROSS
THE CONNECTION

When retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

FIRST ELECTED SHERIFF IN 1999, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and confidence in our law enforcement community," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will

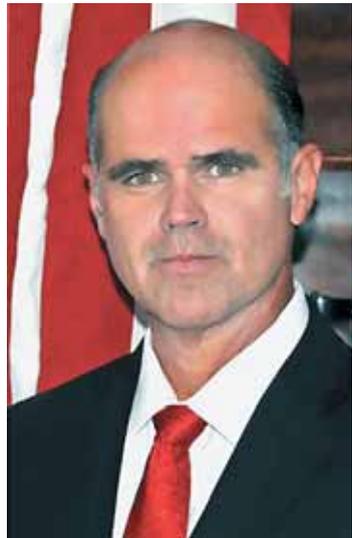


PHOTO CONTRIBUTED

Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax County Republican Committee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.

work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.

Kincaid, a graduate of Frostburg State College, began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the Sheriff's Office "sparked my interest in a career as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.

A Vienna resident, Kincaid won the Democratic nod against acting



PHOTO BY VICTORIA ROSS

Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a caucus held July 17.

Sheriff Mark Sites in a caucus last month.

Kincaid said that while she is focused on the three main functions of the sheriff's office—running the county's jail, performing security at the courthouse and serving civil process—she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

THE FAIRFAX COUNTY SHERIFF'S OFFICE is responsible for managing the Adult Detention Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our community well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.

What Are the Most Exciting Changes in Herndon Schools?

FROM PAGE 3

A big change that we will undergo this year is that all students, no matter their teacher or grade, will be given access to the highest level curriculums available. We will have school-based Advanced Academics classes available from the third grade and up, but will have advanced math available for all grade levels."

August Frattali, principal at Rachel Carson Middle School



"We have two major changes that we are implementing this school year. First of all, we are allowing students to bring their own electronic devices into school to supplement the technology that we already have available. Teachers will be able to utilize technology in all classrooms anytime they want to instead of having to rely solely on the availability of a mobile lab, allowing students to use the technology in the classroom in ways that mirror the way that they use technology in everyday life. Secondly, Rachel Carson is changing and improving the way that we approach teaching in relation to standardized testing. When teachers are forced to teach only what will improve standardized test scores, their talents and passions are limited. We want to move above and beyond teaching that is catered to state tests in order to spark student interest in the subjects that they are learning and to give them skills that they can use in their future lives after they leave Rachel Carson."

Toni Rose, principal at Lutie Lewis Coates Elementary School



"We are definitely a growing school. It is only our fifth year this year and we are expanding to the point where we now have six classroom spaces outside of the building. We are working hard to maintain beautiful art and music spaces and classrooms. The PTA is growing and getting stronger; it has taken on the goal of creating and maintaining more after school programs, such as the chess club, art classes and extra science classes, including robotics."

Gail Porter, principal at Floris Elementary School



"Our theme for this year is 'A Beautiful Mind—Learning for the 21st century.' We are looking at research based ideas including the "five C's": critical thinking, creative thinking, collaboration, communication, caring. We are teaching students with critical thinking so they can be prepared for 21st century jobs in the future. We will continue infusing technology every day in the classroom and are looking forward to the upcoming school year."

—SARAH ANDERSON

People's Choice Winner

Herndon senior Josh Katz reflects on award-winning photograph.

BY ALEX McVEIGH
THE CONNECTION

When the Town of Herndon 2014 calendars are sent to all the residents late this year, the work of Josh Katz will adorn the main page. Katz, a rising senior at Herndon High School, took this year's People's Choice Award winning photograph. It will appear on the calendar's third page, opposite Mayor Lisa Merkel's greeting.

Katz took the photo last summer, and he got the idea while going back and forth between skate parks in Herndon and the one at Lake Fairfax.

"I like skateboarding, and I like the long exposure shots that are in a lot of the skateboarding magazines I read, and this shot was a combination of the two," he said.

Katz manned his Canon T3i with a 50 mm lens during the shoot, and another friend held a flash while Omar Segovia went back



PHOTOS BY JOSH KATZ

This photo by Herndon High School senior Josh Katz was selected as the People's Choice award winner during the annual Herndon Town Calendar photo contest.

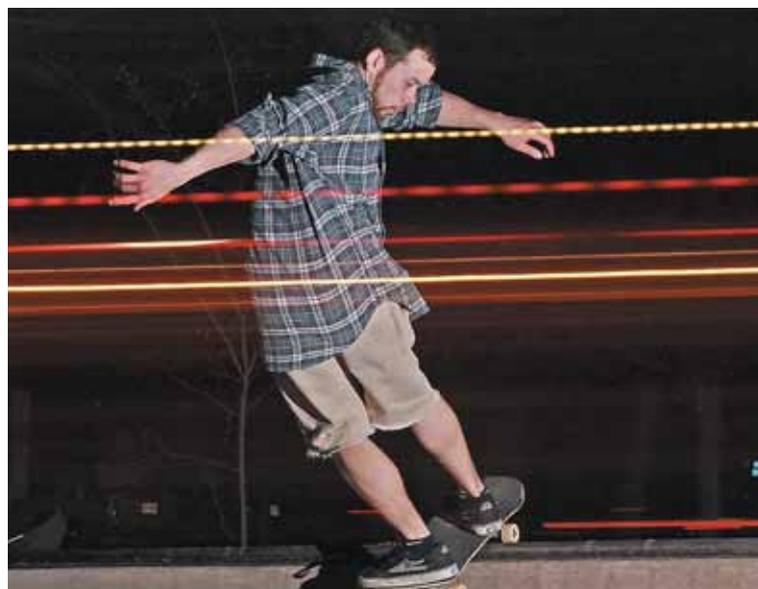
and forth across the park feature.

"We went out around 8 p.m., because I knew Omar would need some light to see where he was going, and I wanted to get some ambient light," he said. "But we only had about 15 minutes of good light to get the shot, and it took about five or 10 minutes to figure

out the best way to capture him."

Katz said he set the shutter speed on his camera for a two-second exposure, and clicked the shutter as Segovia hit the obstacle.

"We did a bunch of shots where I just messed with the aperture to let more or less light in, going from as wide as possible to as low as



A photo taken by Herndon High School senior Josh Katz featuring skater Kyle Nuansiri. Katz took a photo during this session that won him the People's Choice award in the Herndon Town Calendar.

possible," he said. "I probably took 60 or so photos, and maybe five or six ones that were really good."

The photo depicts a ghostly, translucent Segovia as he hits the front of the obstacle at the park, with a few headlights on Herndon Parkway visible in the background.

"I wanted people to be able to see something in the background, not just black, which is why the time of day was important," he said. "Once we got the light right, we sent Omar over the obstacle over and over and just kept shooting."

During the last school year, Katz

showed the results of his session to his photography teacher, who urged him to submit it to the Town Calendar competition.

More than 200 votes were received for the People's Choice Award photo, which included 58 finalists, and Katz's was the clear winner with more than 20 votes.

Katz will be enrolled in AP Photography at Herndon, and says his ultimate goal is to be one day published in a skateboarding magazine.

He will be honored by the Town Council at their Sept. 10 meeting.

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OPINION

Excerpts From King's 'I Have a Dream'

Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.

Listen to audio of the entire speech at www.smithsonianmag.com/multi-media/audio/128077288.html. To read the full speech, see: www.archives.gov/press/exhibits/dream-speech.pdf.

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

EDITORIAL

children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

LETTERS TO THE EDITOR

Libraries: Front Door to the Communities

To the Editor:

Thank you for contacting me regarding possible changes to Fairfax County Library services. I realize proposed changes, as reported by some, are a matter of great concern to you and our community. I also have grave concerns with the information circulating.

To begin, let's take another look at the facts.

The Fairfax County Board of Supervisors has not approved any changes in library services. Yes, there are ideas and possibilities being circulated but that is all.

As the Hunter Mill supervisor, I fully support public libraries as an essential service in Fairfax County and continue to emphasize that our libraries are the front door to the community. While the county has struggled in recent budgets with service reductions, I believe we have already gone too far. Please know that I am not in favor of additional limits to library services.

At their July meeting, the Library Board of Trustees wisely delayed implementation of any changes until they had additional opportunity for discussion and to have their questions addressed. The proposed changes will be on the agenda at their upcoming September meeting. In the upcoming

days, I will be meeting with our Hunter Mill representative and Library Director Sam Clay to hear the details of the proposal firsthand.

If you are interested in further information on the library proposal and strategic plan, these documents are available on the county's website;

<http://www.fairfaxcounty.gov/library/news/strategicplan.pdf>

<http://www.fairfaxcounty.gov/library/news/changes.htm>

I appreciate having the opportunity to review the facts in this matter. I am anxious to get to the bottom of this matter and will gladly follow up with you. Please do not hesitate to contact my office for further assistance.

Cathy Hudgins

Supervisor (D-Hunter Mill)

Beyond the Borders

To the Editor:

The needs of our immigrant populations will continue long after Congress makes a decision about comprehensive immigration reform.

Immigrants face many obstacles in integrating into their new communities. Joanne Lipson, a nurse anthropologist who studied an Afghan population that settled in California after the Afghan Russian incursion, found that language and social dissonance kept most

Afghans from associating with Americans. This keeps people from thriving in their new country. In her book, *The Middle of Everywhere: Helping Refugees Enter the American Community*, psychologist Mary Pipher explains the myriad of things persons from other cultures must learn about life here in the U.S. This book is available through the Fairfax County Public Library. ESOL classes, citizenship classes, GED, and vocational training will be needed to fully integrate our new Americans into society.

More than military presence at the border, the root causes of immigration must be addressed. Raul Grijalva, Democratic Congressman from Arizona, recently addressed border security. His district includes 350 miles of border, but he stresses the economic factors leading immigrants over the border. In *Adios Ninos*, historian Deborah Levinson illustrates the culture of death and destruction that has existed in one part of Central America, contributing to immigration. I would add that we must look at the social and political factors that prompt people to risk their lives crossing the border rather than remain in their own countries.

Susan Jacobson NP
Fairfax

Can We Afford It?

To the Editor:

"Affordable" housing is a good idea, isn't it? Supervisor Hudgins certainly thinks so. She wanted to raise homeowners' taxes even more to provide more of it. Who could object to the idea of homes for the homeless, goes the thinking. A civic duty almost, much in the way that the county's civic "improvement" bonds nearly always seem to garner a two-thirds vote (it's your money that's being borrowed, folks).

Supervisor Hudgins is now extolling the virtues of "residential studio units" for "individuals, new college grads, those on fixed incomes, and those with special needs." Pretty much everyone. But here's the thing: who decides who gets gifted with "affordable" housing? What is the basis of the selection/rejection process? Might long commuters with jobs in Fairfax County who have not lucked out here feel a tad short-changed?

I wonder how much "affordable" housing the county should have, what the size of the staff to administer such housing would be, why the county is in the landlord business at all, and what it does with the rent it collects.

The Soviet Union, older folks will remember, had unlimited "affordable" housing. What became of the Soviet Union, younger folks will ask.

Harry Locock
Reston

Oak Hill & Herndon CONNECTION

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BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/AUG. 21

Volunteer Art Exhibit Installation.

7:30-11:30 a.m., 12:30-5 p.m., at Amazon Web Services' Building, 13461 Sunrise Valley Drive, Herndon. ArtSpace Herndon needs volunteers to install an art exhibit at Amazon Web Services: help accept and install 400 pieces of 2D and 3D art; a minimum of 65 volunteers are needed. www.artspaceherndon.com.

American Red Cross Blood Drive.

3-8 p.m. Worldgate Sport & Health, 13037 Worldgate Drive, Herndon. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

THURSDAY/AUG. 22

Resident Curator Program

Implementation Study Public Meetings. 7 p.m. Frying Pan Farm Park Visitor Center, 2709 West Ox Road, Herndon. A study supporting the establishment of a Resident Curator Program in Fairfax County informs the public and receives its input at this meeting. www.fairfaxcounty.gov/parks/plandev/resident-curator-program.htm.

SATURDAY/AUG. 24

Fingerprinting at the Sheriff's

Office. 10 a.m.-2 p.m., at the Navy Federal Branch, 1821 Fountain Drive, Reston. Navy Federal Credit Union and the Fairfax County Sheriff's Office are partnering to invite local families to have their child fingerprinted for free.

MONDAY/AUG. 26

American Red Cross Blood Drive.

3-8 p.m. Reston Sport & Health, 11445 Isaac Newton Square, Reston. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

TUESDAY/AUG. 27

INOVA Blood Drive.

Noon-7 p.m., beside the Pavilion, 11990 Market St., Reston. Schedule appointments or register on-site to donate blood. 1-866-256-6372 or inova.org/donateblood.

Resident Curator Program

Implementation Study Public

Meetings. 7 p.m. Frying Pan Farm Park Visitor Center, 2709 West Ox Road, Herndon. A study supporting the establishment of a Resident Curator Program in Fairfax County informs the public and receives its input at this meeting. www.fairfaxcounty.gov/parks/plandev/resident-curator-program.htm.

WEDNESDAY/AUG. 28

American Red Cross Blood Drive.

8 a.m.-2 p.m. Reston Hospital-West Wing, 1850 Town Center Parkway, Reston. The organization's Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

Hunters Creek Wins 'Battle of Bottles'

It was a hard-fought contest, with both sides leaving it all on the battlefield. In the final tally, the Hunters Creek neighborhood bested the residents of The Four Seasons neighborhood in the "Battle of the Bottles," a friendly competition to see which neighborhood could increase recycling the most.

The contest, which took place throughout the month of July, was produced by the Herndon Environ-

mental Network (HEN) in partnership with the Town of Herndon and Meadows Farms Nurseries. The town's Department of Public Works (DPW) weighed recycled materials collected from each neighborhood in June, to establish a baseline, then measured again in July to determine the winner. Hunters Creek recorded the highest increase in recyclables, at 13 percent, while The Four Seasons ran a close second at 9.8 percent.

Combined, the two neighborhoods increased their recycling tonnages by an average of 820 pounds per week.

The Hunters Creek neighborhood will be presented with a \$500 gift certificate from Meadows Farms Nurseries, which will be used to beautify common areas in the neighborhood.

Both of the participating neighborhoods will be recognized by the Herndon Town Council at its pub-

lic meeting on Tuesday, Sept. 10, 7 p.m.

"The real winner in the 'Battle of the Bottles' is the environment," said Mayor Lisa Merkel.

"We are extremely grateful to the residents of Hunters Creek and The Four Seasons, to HEN, to Meadows Farms and to our own Public Works staff for spotlighting the importance of recycling through this fun, community-building competition."

INOVA CARES CLINIC FOR CHILDREN CLOSURE

Effective December 31, 2013, Inova Cares Clinic for Children will no longer provide Pediatric services at the clinic located at 1175 Herndon Parkway, Suite 500, Herndon, VA 20170. Patients wishing to remain with Inova Cares Clinic providers will have the option to continue their care at our Falls Church location: 6400 Arlington Boulevard, Suite 210, Falls Church, VA 22042. The Herndon clinic receptionist will gladly help you make the transition. Patients may request a copy of their medical record by completing a records release request which can be obtained from the Herndon clinic or by calling 703-531-3100. After December 31, 2013, custodianship of all records will remain with Inova Cares Clinic for Children in Falls Church and copies may be requested at any time.



It's the **PRE-SEASON SELL-A-THON** at Van Metre! If you purchase a **NEW HOME** at any of our communities during **AUGUST 5th - 31st**, you will receive **DOUBLE** the **SAVINGS** on the hottest new features for your handcrafted home!* It's a **HAIL MARY** when you visit Van Metre Homes this month, but hurry, supplies are limited!*

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*Offer valid on contracts written between August 5 - August 31, 2013. Some restrictions apply. Select options may not be available at all communities and may not be available on quick move-in homes. Cannot be combined with other offers or discounts. Offer and prices subject to change at any time without notice. For specifics on the Van Metre Pre-Season Sell-A-Thon, see Sales Manager for details. 8/13.

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/.

THROUGH MONDAY/AUG. 26
Northern Virginia Restaurant Week. The Greater Reston Chamber of Commerce brings the week of dining discounts back by popular demand; fine dining, fast casual, coffee shops, cafes and the like will have chic and hype-worthy offerings for the occasion. 703-707-9045.

WEEKDAYS/AUG. 21-29
"Paint and Beyond" Exhibit. 8 a.m.-5 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Paintings, mixed media and more will be on display. Free admission, parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. www.leagueofrestonartists.org.

THURSDAY/AUG. 22
Il Fornaio Wine Dinner. 6:30 p.m., at 11990 Market St., Reston. Dinner features five courses paired with wines, enjoyed in a group setting. \$64. 703-437-5544. banquets.reston@ilfo.com or www.ilfornaio.com.
Wayne Taylor and Appaloosa. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Wayne Taylor and Appaloosa is combined of seasoned musicians that play a variety of bluegrass music from Traditional to Contemporary. waynetaylorandappaloosa.com/.

FRIDAY/AUG. 23
Almost Journey + Kicking Norma. 6:30-10:30 p.m., at 777 Lynn St., Herndon. "Almost Journey" The newest NY based Journey tribute playing all of your favorite Journey hits and B-sides. http://www.herndonrocks.com/.



The seventh annual Lake Anne Jazz & Blues Festival is Saturday, Aug. 31, 1-8 p.m., and features the likes of Beverly Cosham and Rashida Jolley.

SATURDAY/AUG. 24
Rocknoceros. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children's songs and much-loved favorites. www.rocknoceros.com.
Jump Street. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Jump Street performs a variety of musical genres, including classic Motown, contemporary R&B, Top 40, as well as the classic dance hits from every era. www.restontowncenter.com/events.html.

THURSDAY/AUG. 29
Mama's Black Sheep. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Mama's Black Sheep is the musical collaboration of singer-songwriters Ashland Miller (guitar/vocals) and Laura Cerulli (drums/vocals). www.mamasblacksheep.com.

SATURDAY/AUG. 31
Lake Anne Jazz & Blues Festival. 1-8 p.m., at Lake Anne Plaza, 1609 Washington Plaza, Reston. Unified Jazz Ensemble, Beverly Cosham, Peter Fraize, Mykle Lyons, Adrian Duke, Sam Gunderson and headliner Rashida Jolley perform at the popular late-summer jazz fest; refreshments available in the beer garden www.lakeanneplaza.com.

THROUGH SUNDAY/SEPT. 1
Duy Lam: Union of Color and Form at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Visit the ArtSpace Gallery to view the works of Vietnamese painter and poet Duy Lam, impressionistic painter and abstract expressionist artist. 703-956-6590 or www.artspaceherndon.org.

SATURDAY/SEPT. 7
Run With the Doctor. 7 a.m. 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.
Tig Notaro. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The comedian opens the CenterStage season with her comedy act after appearing on "Comedy Central Presents" and "The Sarah Silverman Show." \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

THURSDAY/SEPT. 12
40 for 40: Celebrating 40 Decades of G.R.A.C.E. 6-9 p.m. Greater Reston Arts Center, 12001 Market St #103, Reston. Forty artists affiliated with G.R.A.C.E. will showcase their work in celebration of the center's 40th anniversary.

SUNDAY/SEPT. 15
Left Bank Quartet. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Four D.C.-based musicians perform a musical tapestry that has become a CenterStage Favorite. \$15 Reston, \$30 Non-

Predicting Unpredictable

Stand-up comedian Tig Notaro arriving at Reston's CenterStage.



Tig Notaro

Where and When

Tig Notaro, stand-up comedy, at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performance, Saturday, Sept. 7, 8 p.m. Tickets: \$15 Reston/ \$30 Non-Reston. Call 703-476-2500 or visit www.restoncommunitycenter.com.

Something completely different is on its way to the CenterStage at the Reston Community Center. Opening the 2013-14 Reston Professional Touring Artist series is the cutting edge stand-up comedy of Tig Notaro. Notaro has toured throughout the United States with her own unique style and outlook. She has appeared on Conan O'Brien, NPR's "This American Life" and "Wait, Wait, Don't Tell Me," as well as "Comedy Central Presents," to name just a few.

Stand-up comedy is new to the CenterStage. Paul Douglas Michnewicz, Reston Community Center arts and events director, said, "because of its intimacy with the audience, the CenterStage is an excellent venue for comedy. There is an immediate connection between the artist and the patron. I think comedy will be an excellent addition to our annual line up of great performances at the Reston Community Center."

Notaro has a distinctive manner as she comments about the world around her and her own life. She has a singular sense of "timing and wry wit," said Michnewicz. "I can definitely predict that it will be

unpredictable. ... The set that catapulted her to stardom was called 'Live' and it was in response to her then-recent diagnosis with breast cancer. Louis CK was in the audience and said it was the best set he had ever seen."

Reston. www.restoncommunitycenter.com.

FRIDAY/SEPT. 20
Red Molly and We're About 9. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Folk trio Red Molly performs their acclaimed music as part of the CenterStage Professional Touring Artist Series. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

SATURDAY/SEPT. 21
Run With the Doctor. 7 a.m. 108

Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

SATURDAY-SUNDAY/SEPT. 21-22
Rally for a Cause Tennis Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and women's singles and doubles, with brackets for all levels of players, to benefit USTA Serves, Heart and Cornerstones. \$30. www.restontennis.org or rally4acause@restontennis.org.

SUNDAY/SEPT. 22
America's Adopt a Soldier 5K/10K Fun Walk/Run. 10 a.m., at Lake Fairfax Park, 400 Lake Fairfax Drive, Reston. Wear red, white or blue and run or walk varied terrain in support of America's Adopt A Soldier projects and programs; donate coats for homeless veterans or other items (see at http://run-walk.eventbrite.com/) for care package assembly during and after the event. Preregistration only. \$40. http://run-walk.eventbrite.com/.

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Trinity Presbyterian Church Hosts Concert Series

BY RYAN DUNN
 THE CONNECTION

The Loudoun Jazz Ensemble performed at the fellowship hall of Trinity Presbyterian Church in Herndon on the afternoon of Sunday, Aug. 18. The program began with a selection of songs including "Take the A Train" by Ellington and Strayhorn and "Someone to Watch Over Me" by George and Ira Gershwin.

The Loudoun Jazz Ensemble (LJE) was formed in January of 1997 by Dick Schroeder and is a performing organization of the Loudoun Community Band, Inc. The purpose of the LJE is to provide a group in which area musicians who have a strong interest in "Big Band" jazz can rehearse, and to bring the results of their efforts to the people of



The Loudoun Jazz Ensemble Saxophones includes Brett Takas, Steve Andersen, Tom Andersen, Albert Miller and Dale Kane.

the surrounding areas.

The LJE performs a wide variety of the big band music, from the '40s through today.

The LJE is under the direction of

Roger Rossi, a former member of the Army Blues Jazz Ensemble.

"We rehearse at the fellowship hall here at this church," said ensemble member Richard Moreno.

The LJE is under the direction of



Music director of Trinity Presbyterian Church Tricia Neff.

Moreno is a congregant of Trinity Presbyterian Church. "I have been with this band since 1997, and I am one of the oldest members of the band," said Moreno.

"We are building up a music series with one concert a month, this show was the kickoff," said Tricia Neff. A resident of Ashburn, Neff has been the music director for

Trinity Presbyterian Church for 11 years. "The music series will be free and open to the public. We have the space and are able to bring shows of all sizes. ... Our next show will be the William and Mary Jazz Ensemble, and they are scheduled to perform on Sept. 28," said Neff.

After the show concluded, church congregant Eunice Sutter stayed to speak with some of the performers. "It is a wonderful show, the talent was amazing. We love the performances and I look forward to more," said Sutter.

To learn more about events at Trinity Presbyterian Church, visit their homepage at: http://www.trinityherndon.org.

To learn more about the Loudoun Jazz Ensemble visit: http://www.lcbandinc.org/ljehome.htm.



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Fairfax County Board Honors Herndon High Step Team

Team members are 2013 Youth Step USA National Champions.

The Fairfax County Board of Supervisors honored the Herndon High School Step Team at its July 30 board meeting for winning the 2013 Youth Step USA National Championship. The team of 24 boys and girls in grades nine through 12 beat teams from around the country at the National Championship held in late May in Harrisburg, Pa. to recapture the national title that it also held in 2011. The step team is the only team in the nation to have won the championship twice. Team coach Gary Bushrod, who was a member of the team while at Herndon High School, was also named Coach of the Year. Faculty co-sponsor Kelly Winningham also was a member of the team while at Herndon.

The team participated in seven competitions this year, leading up to the national event, and won first place in six of them.

Stepping is a percussive dance performance in which the participants' entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, singing and handclaps. It is now practiced worldwide, having been originally developed by African American fraternities and sororities.

"This is a great accomplishment. The team and Coach Bushrod should be very proud," said Dranesville Supervisor John Foust. "This outstanding team practiced tirelessly and demonstrated that they are outstanding athletes and competitors."



Supervisor John Foust (D-Dranesville) and other members of the Fairfax County Board of Supervisors recognized the Herndon High School Step Team and coach Gary Bushrod as 2013 Youth Step USA National Champions at their July 30 meeting.

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PHOTO CONTRIBUTED

Members of the Dulles Regional Chamber Board of Directors listen as Democratic gubernatorial candidate Terry McAuliffe, center, discusses his top priorities for the commonwealth if he wins this year's election. Also pictured: Don Owens, left, chairman of the chamber's board of directors, and Eileen Curtis, right, the chamber's president and CEO.

McAuliffe Talks Issues With Dulles Regional Chamber

Democratic gubernatorial candidate Terry McAuliffe recently met with members of the Dulles Regional Chamber of Commerce during a meet-and-greet styled event where he discussed key issues of this year's election.

Members of the chamber's board of directors and committee heads packed the conference room at the chamber's Chantilly office to hear McAuliffe's views on such things as jobs, education and transportation.

"I'm focused all on economic development, all on job creation," McAuliffe said. "I am a fiscally conservative, pro-business Democrat who is socially very progressive."

McAuliffe called transportation and education his top priorities.

"We've got to think long term and strategically [about transportation projects]," said McAuliffe, who supports the bi-county parkway and a bridge across the Potomac.

In particular, McAuliffe linked education to Virginia's future workforce, referring both to teacher and graduate retention.

"We've got to have the best workforce," he said. "We've got to convince employers ... that we're going to have that workforce for many years to come."

WEEK IN HERNDON

Town of Herndon Labor Day Schedule

Town of Herndon government offices and services will be impacted by the Labor Day holiday, Monday, Sept. 2, as follows:

Refuse Collection—No refuse will be collected on Monday, Sept. 2. Refuse normally collected on Monday will be collected on Tuesday, Sept. 3.

"Education is an investment," he said, citing a particular interest in pre-kindergarten learning and preparing students for 21st century jobs.

"The earlier you can get that mind thinking creatively and cognitively, the more return you're going to get on your investment," McAuliffe said.

During his visit with chamber members, McAuliffe fielded more than 45 minutes of questions including queries about sequestration, incentives for new businesses and technology, and public transportation.

"It was an intimate and candid discussion about issues vital to our region," said Eileen Curtis, president and CEO of the Dulles Regional Chamber.

"As a leading voice on economic development and workforce initiatives in Northern Virginia, it is critical to offer our members an opportunity to speak to someone who may have a huge voice in the future of their business and community," Curtis said.

As a non-partisan organization, the chamber will also host a meet-and-greet event for its members with Republican gubernatorial candidate Ken Cuccinelli later this month.

Herndon Community Center—Closed Monday, Sept. 2.

Herndon Centennial Golf Course—Open 6:30 a.m.-dark.

Labor Day Event—Herndon Labor Day Festival, Town Green, noon-6 p.m. Information: herndon-va.gov or 703-787-7300.



Club officer Bill Hollar (left) helps a miniature horse ready for the next show at Frying Pan Park.

Miniature Horses Parade at Frying Pan

Miniature Horse Club Show held at Frying Pan Farm Park in Herndon.

BY RYAN DUNN
THE CONNECTION

From Friday, July 19 to Sunday, July 21 the Old Dominion Miniature Horse Club met at Frying Pan Farm Park's equestrian center in Herndon for their Summer Sizzle club show. This show was sanctioned by the American Miniature Horse Association and the American Miniature Horse Registry.

The club was formed in 2011 to promote and stimulate the sale, breeding, exhibition and ownership of the Miniature Horse in Virginia and beyond. "The average age of a miniature horse owner is 50 years of age. As baby boomers mature, they downsize," said club secretary Carol Hollar.

"We have had contestants both in and out of state, including New York, New Jersey, Pennsylvania, Maryland, Virginia, North Carolina and South Carolina. We had about 150 horses participate in this show throughout the three days," said Hollar.

Having members from seven different states keeps the Old Dominion Miniature Horse

Club informed of the needs of miniature horse owners in those areas. One of the goals of the club was to be accepted to participate in the Virginia Horse Industry Board's "Virginia Bred" Program. They met this goal for 2012. The Virginia-Bred Incentive Fund offers paybacks to reward the showing of Miniature Horses bred and born in Virginia.

The Summer Sizzle horse show at Frying Pan Park was the first miniature horse show sanctioned by both the AMHA and AMHR in Virginia in 20 years. "Previously, for sanctioned shows we had to meet outside of Virginia," said Bill Hollar, treasurer of the Old Dominion Miniature Horse Club.

"We have had a ton of spectators," said Frying Pan Park employee Allison Howell. "The Old Dominion Miniature Horse Club has been a lot of fun to work with."

"We have had a fantastic time at Frying Pan Park, the staff has been fantastic and very accommodating," said Carol Hollar.

For more information, about the Old Dominion Miniature Horse Club, visit their webpage at <http://www.odmhc.com>.



Linda Kint, a competitor of the Summer Sizzle Show at Frying Pan Park, holding a trophy she won.



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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The Herndon field hockey team, seen last season, will travel to face Langley on Aug. 28.

Herndon Fall Sports Openers

Many of Herndon's fall sports team will open their respective 2013 seasons in the next two weeks.

The football team will open at home against Mount Vernon at 7:30 p.m. on Friday, Sept. 6. The following week, the Hornets will travel to face West Springfield on Thursday, Sept. 12.

The field hockey team will travel to face Langley at 7:30 p.m. on Wednesday, Aug. 28. The Hornets will play in the Herndon Invitational Aug. 30-31.

The cross country team will compete at the PR Relays on Thursday, Aug. 29 at Bull Run Park and the Monroe Parker Invitational on Sept. 7 at Burke Lake Park.

The volleyball team will host Lake Braddock at 7:15 p.m. on Tuesday, Sept. 3.

South Lakes Fall Sports Openers

The South Lakes football team will open its 2013 season with a home game against Westfield at 7:30 p.m. on Friday, Sept. 6. The Seahawks will travel to face Washington-Lee the following week.

The field hockey team will compete in the Under the Lights Tournament on Aug. 26-27 at Lee High School. The Seahawks will face Chantilly and West Springfield during first-day action, and Hylton and Centreville on the second day.

The cross country team will take part in the PR Kick-Off Invitational on Aug. 29 at Bull Run Regional Park.

The volleyball team will travel to face Robinson at 7 p.m. on Wednesday, Aug. 28. The Seahawks' home opener will be at 7:15 p.m. on Sept. 3 against Marshall.

Oakton Fall Sports Openers

The Oakton football team will open its 2013 season next week with a home game against T.C. Williams at 7:30 p.m. on Friday, Aug. 30. The following week, the Cougars will host Vienna foe Madison on Sept. 6. Oakton won the Northern Region championship last season.

The field hockey team will compete in the

Under the Lights Tournament at Lee High School on Aug. 26-27. The Cougars will face T.C. Williams and Osbourn Park on the first day, and Mount Vernon and Lee on the second day. Oakton's home opener will be on Sept. 3 against Madison.

The volleyball team will host South County at 7:15 p.m. on Wednesday, Aug. 28. The cross country team will compete at Great Meadows on Sept. 7.

McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore. McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey. McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

USA Hockey Team Camp to Include Public Day on Aug. 27

USA Hockey's 2013 U.S. Men's National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27.

Tickets for the event are limited and are on sale at ticketmaster.com.

All ticket holders will receive the following: player autographs; collectible puck; limited edition scarf; American flag; chance to skate; exclusive pre-order access to the Nike USA Hockey Olympic replica jersey.

In addition, NHL Network's Kathryn Tappen will host an on-ice program that will include the unveiling of the 2014 Nike Olympic jersey, the introduction of all 48 players attending the camp, and product giveaways.



PHOTO BY THERESA ASHLEY

The Firecracker 5K for the Troops held on July 4 at Reston Town Center benefited the USO of Metropolitan Washington, a nonprofit that provides support services to military members and their families living in the area.

Firecracker 5K for the Troops

More than 3,000 runners and spectators participated in the Reston Town Center event.

The USO of Metropolitan Washington, a nonprofit providing support services and programs to area military members and their families, benefited on Independence Day as the charity of choice during the annual Firecracker 5K for the Troops race at Reston Town Center.

More than 3,000 runners and spectators participated in the patriotic event, which included a JROTC Color Guard and a United States Army anthem singer in an event put on by Potomac River Running.

Net proceeds from the event's corporate sponsors were donated to USO-Metro to help fund critical programs and services provided by the nonprofit for the nearly 300,000 military members living in the Washington-Baltimore region and the 150,000 who travel through local airports each year.

The Independence Day race also marked the first annual "Battle of the Branches" competition in which active duty military members represented their branch of service by racing in the event. The United States Army won with the most registered soldiers and its "prize" was a generous donation in their name

to USO-Metro.

Hundreds of race participants and spectators also donated school supplies, including notebooks and pencil sharpeners, for the children of junior-enlisted military members. The school supplies will be distributed to local military children through USO-Metro's "Operation Back to School" program. The annual back-to-school program serves to honor and recognize the service of military children while easing the financial strain on junior-enlisted families.

Runners and spectators took a moment to write messages of thanks and support on a "signing wall" located near the end of the finish line. The wall will travel to and be displayed at USO Centers throughout the Washington-Baltimore region.

Corporate sponsors included Endurance Athlete Center, American Taproom, U.S. Trust, NJVC, Dyncorp International, Google, VMware, and Geico. Media sponsors included WMZQ, 98.7, ABC7/WJLA-TV and News Channel 8 and Connection Newspapers. Papa John's donated more than 800 slices of pizza, Naked provided a variety of juices and Occasionally Cakes donated cookies.

Reston United 99 Blue Holds Soccer Tryouts

Reston United 99 Blue, a U14 NCSL D5 team, is holding supplemental tryouts in August. Coach Kamal Ismail is a former professional player and has more than 20 years coaching experience. He currently coaches JV and varsity

boys' soccer at South Lake High School.

The team has been in the NCSL since U9 and currently has players from Reston, Herndon, Ashburn and Chantilly. For more information, email Jay at birdintheyard@yahoo.com.

Easing Back Into School

End-of-summer tips to make the first day of school less stressful.

BY MARILYN CAMPBELL
THE CONNECTION

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to back to go

to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley C. Lowry, the upper school academic coordinator and Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not pro-



PHOTO COURTESY OF THE HEIGHTS SCHOOL

One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

vide students with the brainpower needed to start the year off right."

A sleep schedule adjustment is particularly important for middle and high school students. "Get them up earlier for those needed doctor and dentist appointments before school starts," said Lisa Turissini, Ed.D., chair of the Department of Education at Marymount University. "This age group loves to sleep in and some adjustment to an earlier schedule is really a good idea. You can also have them go to bed earlier to assist getting up earlier each morning."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

DESIGNATE AN AREA for completing

homework assignments. "Do they have a work area set to go at home to complete homework each evening?" asked Turissini. "Is there a set time each evening for this to happen? Will there be certain evenings when everyone is present for family dinner together?"

Setting goals, both academic and personal, is important when beginning a new school year. "All school divisions, private or public, have some sort of grade-level objectives," said Shannon Melideo, Ph.D., associate dean, School of Education and Human Services at Marymount University. "Find the appropriate grade-level goals and spend a few minutes with your child reading over what they will learn and set some goals."

Young, says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."

Melideo recommends taking trips to the public library to find books or resources about topics a child will cover during the school year. Melideo said, "For example, third graders in Virginia often learn about ancient civilizations. Get some books on ancient Egypt."

Back-to-School Soda Ban

FCPS conducts pilot program banning sugary sodas in seven high schools.

Healthy eating habits begin early, and in an effort to curb consumption of sugary drinks by students, Fairfax County Public Schools (FCPS) will be conducting a pilot program in September that will ban sugary soda drinks in seven of its 25 high schools.

Sugary drinks, according to researchers, are believed to be a major contributor to increasing rates of childhood obesity in the United States, as well as diabetes, heart disease and other diseases. Schools in more than 40 states have banned student access to sodas.

According to an Aug. 19 FCPS new release, soda products are not currently available in any Fairfax County Public

Schools during the school day, except for adult purchases in teachers' lounges.

The ban will remove regular soda products from the after-school soda machines in each of the seven participating schools, which include Chantilly, Falls Church, Langley, Marshall and West Potomac High Schools; Lake Braddock Secondary School; and Thomas Jefferson High

School for Science and Technology.

Student and parent after-school fundraisers such as snack bars and booster clubs are excluded from this pilot, according to the release.

In the participating schools, 47 existing soda machines will be replaced with 37 new, state-of-the-art glass front beverage machines.

The new items, according to school officials, will include diet sodas, diet and unsweetened teas, coconut waters, V-8 Fusion Juice, SoBe Lifewaters, Propel Zeros and G2 Gatorade products. The costs of the new machines will be covered by the Coca-Cola Company and PepsiCo.

An evaluation of the one-year pilot will be conducted by FCPS' Office of Food and Nutrition Services and will include an examination of revenues, students' product preferences and acceptance of new products.

But limiting access to sugar-sweetened beverages may not have the impact school officials hope for. In one of the most comprehensive studies on the subject, published in 2008 in *The Archives of Pediatrics and*

Adolescent Medicine, researchers looked at soda and sweetened beverage consumption among roughly 7,000 fifth and eighth grade students across 40 states. The students were followed between 2004 and 2007, a time when many states and school districts were beginning to enact bans.

The study found that removing soda from cafeterias and school vending machines only prompted students to buy sports drinks, sweetened fruit drinks and other sugar-laden beverages instead. In states that banned only soda, students bought and consumed sugary drinks just as frequently at school as their peers in states where there were no bans at all, according to researchers.

"I think definitely the biggest message is that laws need to be comprehensive to have any positive effect at all," said Daniel R. Taber, an author of the study and postdoctoral research associate at the University of Illinois at Chicago. "The most unequivocal finding was that laws that focus on soda are just not getting it done. If you really want to create a healthier school environment, you need more comprehensive laws."

—VICTORIA ROSS

NEWS

Fairfax County Police Officers Win Gold in Darts At World Games

Fairfax County Police officers Mike Tucker and Mark Kidd won gold medals in the darts competition at the 2013 World Police & Fire Games in Belfast. The pair defeated dart throwers from numerous other countries in "501" doubles. "I thought coming to Northern Ireland we'd have much greater competition because in Ireland and the UK, dart is more their pastime," Kidd said. "And we did."

The World Police & Fire Games are one of the largest multi-sport, multi-venue athletic events in the world, drawing more than 12,000 competitors from police, fire and public safety agencies from more than 70 countries. The games will be hosted by Fairfax County in the National Capital Region in 2015.

The atmosphere was one of camaraderie and good times among old friends, and the people of Belfast were very friendly and helpful, Tucker said. "One of the best things here, competition put aside, is just meeting all the different people from all the jurisdictions," he said.

Tucker and Kidd are among a group of about 60 men and women from the National Capital Region who are part of a large contingent of American competitors at the 2013 Games in Belfast.

As liaisons to Fairfax 2015, Kidd and Tucker hope to bring the lessons they've learned competing against the world's best fire and police dart throwers when the games come to the National Capital Region in two years. The two police officers won bronze when they competed in the 2011 World Fire & Police Games held in New York. "Darts is really a worldwide competition especially when it comes to the UK, Australia and South Africa. When we come to Fairfax, we are going to make sure it's done, and done right and make sure we please everyone across the globe," Kidd said. The 2013 darts competition was held at the Newforge Country Club in south Belfast, home to the Police Athletic Association of Northern Ireland.

FAIRFAX 2015 is a nonprofit organization established by Fairfax County to organize, manage and operate all activities related to hosting the 2015 World Police & Fire Games. The 2015 games will take place in more than 40 venues throughout the National Capital Region (VA, DC and MD) from June 26 to July 5, 2015. Beneficiaries of the 2015 WPFG will include the U.S. National Law Enforcement Memorial, the U.S. National Fallen Firefighters Memorial and the local Valor Awards Scholarship Fund. The games are projected to attract more than 30,000 visitors to the Washington, D.C. area and generate an estimated \$80 million for the regional economy.

For more information, go to: www.Fairfax2015.com or www.wpfg2013.com.

S.I.C.U.

By KENNETH B. LOURIE



Surgical Intensive Care Unit. And why, pray tell, am I titling a second consecutive column with a hospital-related acronym? Because, for the second consecutive time when I feel like writing, I am still in the hospital, the Intensive Care Unit, to be specific. Three days after being admitted, (since I was having trouble breathing, talking and catching my breath), a thoracic surgeon and a pulmonologist performed emergency-type surgery on my left lung and withdrew 4.5 liters of fluid from it. Followed by, so I was told, a left lung which did not re-inflate (as we needed it to) further compromising my recovery. And though typically we can live with one good lung, for a stage IV, non-small cell lung cancer survivor however, such challenges are a bit beyond the pale. And that's how I looked pre-surgery: pale. In fact, the color was draining right out of my face. I describe that lack of color as ashen gray and death warmed over. It was not a good look.

But I have lived to fight another day/days. Three days now, post surgery, and after yet another CT Scan, my thoracic surgeon visited me and seemed pleased and somewhat surprised to report that, as evidenced by this most recent scan, my left lung seemed to look better than he had expected (given the surgical timeline), and had even inflated a bit. As such, tomorrow, the plan is to remove the 28-centimeter long chest tube which had been inserted into my left lung (from under my left arm) the purpose of which was-to/isto assist in draining any remaining fluid/"infiltrate" (doctor's word for schmutz) to hopefully enable the lung to heal and possibly expand. As the fluid continues to diminish and become clear, I, too, continue to improve. So I remain hopeful. However, what this clarity actually means in the short-term (or even the middle- or long-term), I certainly don't know. Nevertheless, I have decided to not look askance at any good news I receive. If my doctors are happy, I'm happy.

When the chest tube comes out, it will be replaced by a narrower catheter, a more durable everyday-type tube. Apparently, I will henceforth be in the on-and-off business; letting any accumulating fluid in my lung drain and then sealing the catheter with a turn; somewhere between a spigot and a faucet, I imagine. I suppose I can live with that. What alternatives do I have, really? Living forward however, I don't anticipate I'll be running any marathons. Heck, I'll likely not even be able to watch any on television or in person either; and for a Bostonian, that would be disappointing.

Today, in the addition the miscellaneous — and ongoing, medical assessments I regularly receive, my family and I will be meeting with the palliative care team. Presumably, given the recent changes to my health, it's a discussion which seemed prudent to have and thus a recommendation was made — to us. From what little I understand, palliative is not exactly hospice, nor is it giving up. It's not necessarily about dying either, but living in a more manageable and organized way in order to maximize options (non-curative though they may be) and minimize distractions/discomfort while seeking to improve one's overall quality of life. Moreover, if its suggestions lower stress, I'd be all the more grateful because what we got here, to quote Judge Roy Bean is, "a serious situation," and probably getting more serious by the day.

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

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