

# Reston CONNECTION

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Summer Camps  
Education & Activities

Krissy Smith and other volunteers made sure participants were warmed for the Saturday Champions4Children 5K Race and Fun Run at Lake Fairfax Park, in Reston.

## Fun'raising Race at Lake Fairfax

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## ATOKA PROPERTIES



LO8175796 \$1,765,000

ROBIN CIRCLE, LEESBURG, VA - Stone, brick, and cedar estate on 3.54 acres. Heated indoor pool, a sports pub, a racquetball court with hoop, audio/video system w/ 2 home theaters, rooftop deck, picnic pavilion w/ gas barbecue, potting shed, 2+ 2-car garages, & caretaker apartment.

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Peter Pejacsevich  
540.270.3835



LO8298950 \$1,399,000

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Mo Chatfield-Taylor  
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FQ8176289 \$1,299,000

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“ I'm Isabel  
and I like  
to dance. ”

Isabel Doran  
Promising ballerina



## NEWS



PHOTOS BY RYAN DUNN/ THE CONNECTION

**Herndon-Reston FISH volunteers Marcia Di Trapani and JoAnn Bordeaux were recognized for their work with FISH at the Annual Fish Fling held at Crowne Plaza Dulles Airport Hotel on Saturday, April 26. With them is Susan Sather, a FISH community board member.**

## Herndon-Reston FISH, Inc. Holds Fish Fling

**Event honors volunteers who contribute to FISH's efforts.**

BY RYAN DUNN  
THE CONNECTION

**H**erndon-Reston FISH, Inc., a nonprofit organization dedicated to helping families meet emergencies and short-term needs, held its 9th Annual Fish Fling Gala at the Crowne Plaza Dulles Airport Hotel on Saturday, April 26, from 6 to 11 p.m. The gala was FISH's largest fundraising event to acquire the financial support for its Family Assistance Program. In 2013 FISH worked with over 1,300 area families.

Since 1969 Herndon-Reston FISH has offered immediate assistance to local residents in short-term crises. FISH's mission is to provide friendly, instant, sympathetic help or emergency support within the community.

The 2014 FISH Fling Gala included a sit-down dinner, auction with dozens of great items, and live music by The Franklin Project band. The annual fling honors volunteers and partners who contribute to FISH's effort. Fling chair Susan Sather said, "This annual FISH Fling Gala is an important event for us to recognize our supporters, as well as to obtain funds for our program."

Attending the event were U.S. Rep. Gerry Connolly (D-11) and state delegates Ken Plum (D-36) and Tom Rust (R-86). Individuals honored at the FISH Fling for their extra volunteer service included Marcia Di Trapani, JoAnn Bordeaux, Suzanne Rudiselle, and Myra Santoro. "We have some wonderful community support," said Bordeaux.

The goal of FISH is to prevent evictions, keep utilities from being turned off and help people pay for their prescriptions. They work closely with social workers from Fairfax County, local hospitals and other nonprofit organizations. Additionally, Herndon-Reston FISH, Inc. operates an Information and Re-



**Barbara Williams and April Elliott who oversee operations of The Bargain Loft for Herndon-Reston FISH, Inc. attended the 9th Annual Fish Fling Gala in Herndon.**

ferral Service, funded by a grant from Fairfax County, which provides all callers with information about sources of long and short-term assistance available in Fairfax County through public and private agencies. This service also arranges rides for Herndon and Reston residents to get to medical appointments. FISH runs a monthly Financial Workshop to teach individuals and families financial literacy.

FISH also operates The Bargain Loft, located at 336 Victory Drive in Herndon. The Bargain Loft was started in 1981 as a volunteer-run thrift store selling household items, furniture, toys and more. Profits generated by The Bargain Loft support the FISH assistance program, providing residents with emergency needs. Barbara Williams and April Elliott oversee the operations of The Bargain Loft. "It is a multifaceted part of community outreach and fundraising," said co-manager April Elliott.

Lisa Groves, a resident of Reston and graduate of South Lakes High School, class of 1978, helped with the raffle of televisions donated by CDW Corporation. "This event is held so business and individuals can come learn about us, it is meant to be a community building event," said Groves. Before the meal, U.S. Rep. Connolly was invited to say a few words. "Let us redirect ourselves to our neighbors and our community... God bless the work of FISH and all the volunteers," said Connolly.

For more information on Herndon-Reston FISH, visit [herndonrestonfish.org](http://herndonrestonfish.org).

## 'Reston at 50' Studied GMU symposium explores the planning and diversity of area.

BY REENA SINGH  
THE CONNECTION

**R**eston is a city with a past - a past that George Mason University students are discovering.

Students - from undergraduates to doctoral candidates, presented their findings about Reston in time for the community's 50th anniversary Monday at Hunter Mill Community Center.

The symposium, titled "Reston at 50: Looking Back at Forward Thinking," covered diversity, preservation, scholarship and planning to an audience of more than 50 community members. Director of African and African-American Studies Dr. Wendi Manuel-Scott moderated the event.

"Many early residents settled into Reston because of the ideals of the community," said Director of the School of Art Dr. Harold Linton during his talk about how Reston's plan developed and some of the architecture the community centers were inspired from.

His student, Lindsey Bestebreurtje, is a university doctoral candidate who discussed Reston's policies for integration and diversity in addition to the rise and fall of suburban appeal.

Right before Reston went from cattle pasture to community, federal policies made it easier for blue-collar workers to

own a home. However, that did not mean these homes were available to people of all races.

"These restrictive covenants only allowed homes to be sold to Caucasians," she said.

Reston was one of the few places in Virginia to allow people outside of the Caucasian race to buy homes at the time.

Four undergraduate students who have undertaken research in the Planned Community Archives about Reston, discussed their findings - some which were very specific, obscure information - to the audience.

The students, in order of presentation were Michael Fijalka, Mark Wisinger, Drake Eidson and DeNike Williams.

Wisinger found that a zoning request from Jack-in-the-Box turned into a conflict when Restonians on the board voiced that the fast food restaurant did not follow the vision created by founder Robert Simon. The restaurant eventually became a McDonalds, he said, then a Japanese restaurant.

The symposium caused many residents to reminisce why they chose to live in their community.

Janet Cochran, Reston, came to the symposium because she is on the university advisory board for GMU.

"I lived in Reston since 1972," she said. "When I moved here, the population was 12,000. Now it's 60,000. That's a huge difference."

## Reston and Sterling Lions Clubs Provide Eye Screening



**The Reston and the Sterling Lions Clubs maintained a booth to provide PediaVision screening of eyes of children, 6 months to 19 years old, at the Healthy Kids Day on Saturday, April 26, held at the YMCA, 12196 Sunset Hills**

**Road in Reston. PediaVision is a non-invasive procedure that takes only a few seconds to complete and detects the potential presence of problems such as nearsightedness and eye misalignment. Results are provided to parents to determine if follow-up vision care is needed. On Saturday, 40 children were screened. Results were provided to the parents of eight children to determine if additional care is needed. Above, Reston Lions Club President, Don Leas, is shown administering a test to a visitor to the booth. For more information on PediaVision, visit [www.restonlions.org](http://www.restonlions.org) or [SterlingLions@verizon.net](mailto:SterlingLions@verizon.net).**



PHOTOS BY RYAN DUNN/THE CONNECTION

Before the 5K Race and Fun Run was held, there was a warm up session held with Virginia state senator Chap Petersen (D-34), Krissy Smith, and ABC7/WJLA-TV anchor Rebecca Cooper.

## 'Fun'raising Race at Lake Fairfax

### Champions 4Children 5K Race and Fun Run held in Reston.

BY RYAN DUNN  
THE CONNECTION

"It was a fun race," said Nick Abbott, "It brought me back to my high school days of cross country." On the morning of Saturday, April 26 Abbott and other participants of the second annual Champions4Children 5K Race and Fun Run assembled at Lake Fairfax Park, in Reston. The event was a fundraiser for SafeSpot, a Children's Advocacy Center, and nonprofit that will provide direct services to child victims of sexual and physical abuse in Fairfax County. The organization opened doors to their office in Fairfax on April 2.

Approximately 315 persons registered for the race event, which also had corporate and individual sponsors. Some of the major sponsors included ASG Security, Capital One Bank, Colliers International, Willis of Maryland, ePlus Inc., Capital Source, and Todd and Michelle Kingsley. "We want a smiling face on every kid," said Rebecca Cooper of WJLA/ABC. Cooper has been a long time supporter of the fight against child abuse, and was Grand Marshal for this year's Champions4Children Race.

Participants in the race enjoyed sunny, mild weather. "It is a beautiful park," said co-chair of the race Michelle Kingley, a resident of Great Falls. The first to complete



Tracey Madigan, Alex Haugh, Kim Fagen and Michelle Kingsley pose for a photo after the 5K race. Haugh and Fagen, both of Vienna, were the first two to complete this year's Champions4Children 5K race at Lake Fairfax Park, in Reston.



Runners race to the finish point for the Champions4Children 5K race at Lake Fairfax Park in Reston. There were approximately 315 persons registered for the April event.

the 5K was Alex Haugh, a resident of Vienna. "It was a great race, a little hilly but a great workout," said Haugh. The second to finish was Kim Fagen, also a resident of

Vienna. "It is my first time running this course, it was fun," said Fagen. To learn more about SafeSport Children's Advocacy Center, visit safesportfairfax.org.



PHOTO BY RYAN DUNN/THE CONNECTION

Artist Odinga Tyehimba, George Hemphill, Renee Stout, Robert Goudie, and GRACE Executive Director and Curator Holly Koons McCullough at the artists reception for the exhibit Incubator.

## GRACE Opens Incubator Exhibit

### Exhibit features works of artists Renee Stout and Odinga Tyehimba.

BY RYAN DUNN  
THE CONNECTION

"I think there are few collaborative shows between two artists like this," said Derryl Harris. "The depth and the materials, it is quite unique." Harris, a resident of Herndon and board member of Greater Reston Arts Center (GRACE), attended the April artists reception for the exhibit Incubator which features artwork of Renee Stout and Odinga Tyehimba. Self-taught artist Tyehimba combines interest in traditional art with his interpretation of the historic and contemporary experiences of Africans in the Americas. Renee Stout has received acclaim for her mixed-media works exploring issues including identity, race, gender, and healing.

"It is a brilliant show," said George Hemphill, owner of Hemphill Fine Arts gallery located in Washington, D.C. "Renee is one of the most important artists in D.C. today, she is a storyteller." Stout, who is based in Washington D.C., is the only American artist to have had a solo exhibition at the National Museum for African Art, and is a recipient of numerous prestigious awards. This includes awards from the Joan

Mitchell Foundation, and Louis Comfort Tiffany Foundation. Stout has shown her work in shows throughout the United States, England, Russia and the Netherlands.

"You cannot do this sort of event without a fantastic staff," said Robert Goudie, chairman of the GRACE Board of Directors, introducing GRACE Executive Director and Curator Holly Koons McCullough, who described how the art show developed.

"I did not curate this show," said McCullough, explaining that this art show was developed by the artists Stout and Tyehimba. "I could not be more pleased with what has developed. This is challenging work, this is work the artists have brought years of craft to. Some of these pieces are heartbreaking, some are funny. They run the gamut of human emotion... I love the idea that GRACE could be an incubator for this creative process."

"I would say that this show is about courage and trust," said Erica Harrison, associate curator at GRACE. "I am really happy we were part of a catalyst to make this exhibit. It is powerful when two people can come together to cohesively share a passion through visual means."

The exhibit will be on display at GRACE until July 5 and is open to the public. Artists and art lovers founded GRACE in 1974 as a source of cultural enrichment for the new community of Reston. The gallery is located at 12001 Market St. #103 in Reston, and its website is [www.restonarts.org](http://www.restonarts.org).

# Reston Little League Presents Leadership Awards

Sean Dooley, director at The Wise Investor Group at RW Baird in Reston, presented Leadership Awards to deserving players who are entering their final season of baseball in Reston Little League, as well as RLL alumni who have chosen to continue teaching the game as youth umpires. During ceremonies held in conjunction with the annual Little League Parade at Reston Town Center, each awardee was honored with an award certificate that cited their "sportsmanship during past seasons, their potential for continued leadership development as they graduate on to new teams and schools, and their love of the game." In addition, each awardee received a Scholarship Award for Positive Coaching Alliance (PCA) leadership training. Players have as many as 15 seasons of experience playing baseball in Reston Little League, starting at age 4. Awardees are: Jack Thompson (Athletics), Aiden O'Donovan (Phillies), Josh Meade (Yankees), Sully Gholson (Nationals), Vikrant Magadi (Rays), Shea Huntington (Pirates), Nick Gryski (Red Sox), Braden Huebsch (Mets), Owen Walker (Umpire), and Kyle Sather (Umpire).

Dooley said he is "proud that these young men represent Reston Little League in our community, and it is fitting to recognize our youth leaders as they prepare to graduate from our program and move on to bigger and better things. We hope the training they have received from RLL will help them on the field, in their schools, and in their community." Jason Walker, President of RLL, agreed that the awards are a perfect fit with RLL's objective of "implanting firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage

and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens."

Reston Little League has spring and fall seasons, with over 700 hundred players age 4-12 starting play on local fields beginning this week. Visit <https://www.insports.net/restonlittleleague> for more information and to learn how you can play!

**Reston Little League Leader's Scholarship Awardees pictured left to right: Jack Thompson, Nick Gryski, Josh Meade, Shea Huntington, Aiden O'Donovan, Braden Huebsch, Vikrant Magadi, and Sully Gholson with Sean Dooley of The Wise Investor Group in Reston.**



PHOTO CONTRIBUTED

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## FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.



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From left — Annmarie Swope, Jamie Miller, Kim Gilbreath, Barbara A. Gist, Catherine Hudgins, Tamara Rios, Maria Wastler, Dr. Karen Garza, Dr. Anita Taylor, Shane Wolfe, Katelyn Montgomery.

## Aldrin Elementary, Giant Announce Partnership

Aldrin Elementary and Giant of North Point announced their business partnership with a school assembly, on March 6. This is the first official school partnership for Giant. Aldrin's fifth and sixth grade chorus performed a special song and kindergartners created a video highlighting their recent field trip to Giant.

The video showed how they integrated the school curriculum into their own virtual Giant Market.

The audience and speakers included Fairfax County Public Schools Superinten-

dent Dr. Karen Garza, local government officials, Aldrin school administrators, the Reston Rotary Club, Giant and PTA representatives.

As part of the partnership, Giant is providing volunteers to work with students, money for the Weekend Food Programs and educational field trips.

Aldrin will support Giant by supplying student artwork for store display, communicating the partnership throughout the community and inviting Giant staff members to Aldrin school events.



*The Reston*  
**Chorale**

# Feelin' Groovy

Reston's  
Early Years:  
Sounds of the  
60s and 70s

**Saturday, May 10, 2014**  
**4:30 pm & 7:30 pm**  
Reston Community Center  
2310 Colts Neck Road  
Reston, Virginia

**For Tickets:**  
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RCC Box Office  
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**\$645,000**

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**LIST PRICE TBD**

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# OPINION

## Trending in the Right Direction

Commitment to ending homelessness shows progress, but more affordable housing is needed.

On one night in late January, local jurisdictions in our area fanned out to count the number of people who were literally homeless. Fairfax County released its numbers last week; Arlington and Alexandria will do so in the near future.

In Fairfax County, the commitment in 2010 to end homelessness in 10 years has resulted in significant progress, even in the wake of the great recession. The number of people literally homeless decreased by a third from 2008 to 2014, from 1,835 to 1,225 counted this year.

Many non-profit organizations have partnered to prevent homelessness one family or individual at a time for those on the brink and to house chronically homeless individuals. There is so much still to be done.

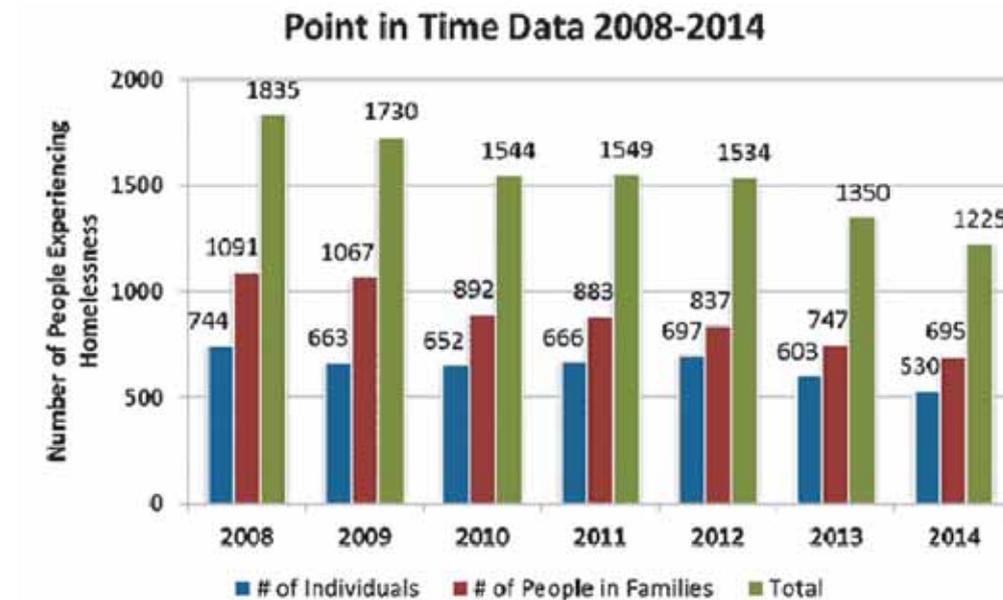
On the night of Jan. 29, 2014 there were 1,225 people who were literally homeless in the Fairfax-Falls Church community, a 9 percent reduction from January 2013, or 125 fewer people.

The 2014 point-in-time count of people experiencing homelessness includes people who are described as "literally homeless," those who are in shelters, in time-limited transitional housing programs, or unsheltered and living on the street at one "point in time." It does not count the individual who might be homeless but is sleeping on a friend's sofa or the family squeezed into an uncle's "spare" bedroom after being evicted from their own apartment.

Two sentences from the county report are worth repeating, even if they are obvious:

"The results would be even more substantial if additional housing options were available. The reduction in homelessness will not continue at the same pace in the future without significant increases in the availability of affordable housing."

A year ago, the coalition of partners committed to ending homelessness embarked on the local piece of a nationwide effort to provide housing for the chronically homeless people in our community. There were an estimated 150 such individuals, living in the woods and in cars and on the street, in the county, and a year later, FACETS and others met this



Point-in-time data on the number of people literally homeless 2008-2014.

year's milestone of bringing 50 such individuals into housing. These are people who need a continuum of services get on their feet.

Despite the good news on the steady decline, the past few months have been marked by push-back from some residents about allowing more affordable housing in the form of efficiency apartments and by several members of the Board of Supervisors expressing lack of support for even the concept of providing more affordable housing.

This misguided attitude on the part of some county leaders ignores the fact that this region cannot be economically vibrant if there is no place affordable to rent even for households who make \$50,000, never mind the households that get by on less than half of that.

Two full-time \$10 an hour positions yield \$40,000 a year. Last year, a family needed an annual income of \$56,472 to afford to pay the \$1,412 per month rent on the "fair market rate" for a two-bedroom apartment in Fairfax County. Rents have continued to rise.

Many working families living in Fairfax County struggle financially, balancing choices every month between rent, transportation, food, medical costs and other expenses that are not optional.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.CO



PHOTO BY MARY KIMM

After being homeless for five years, Sandara Perry, left, recently moved into permanent housing with ongoing support provided by FACETS. Perry grew up on Route 1 in Mount Vernon, and was placed in foster care while her mother struggled with addiction. Without support to make the transition from foster care, Perry struggled with alcohol and abusive relationships. She shared her story at the FACETS annual breakfast last Thursday, April 24, and she is pictured here with FACETS Executive Director Amanda Andere.

### LETTERS TO THE EDITOR

#### Is WarnerCare Here?

To the Editor:

Several weeks back, Fred Siskind of McLean attempted to defend a provision of the Patient Protection and Affordable Care Act (PPACA) - Medical Devices Excise Tax ["Incorrect Assertion," The Reston Connection, March 19-25, 2014]. Unfortunately, Mr. Siskind did not go far enough in his re-

search. The PPACA was the authorizing legislation for the Medical Devices Excise Act. Implementing regulations were assigned to the Internal Revenue Service (Section 4191) and the Food and Drug Administration. The FDA determined what devices would be taxed. The tax would be paid by the manufacturer or importer of the device. Thus, one would not expect to see the 2.3 percent tax on their bill or statement - a true statement. However, it takes a lot of denial to be-

lieve that a tax levied on the manufacturer is not eventually passed on to the consumer. One need only to type in "Medical Device Tax" in Google to learn the background and regulations addressing this cruel tax. While there are a number of exemptions; e.g., eye glasses, motorized wheelchairs, etc. over \$1B in taxes was collected in the first year from a \$30B market with a reported loss of 33,000 jobs. It's a cruel tax as it hits consumers at a low point in

their lives - they are sick or injured and often without the means to pay for crutches or a foot boot.

The other day, Senator Mark Warner (D-Va.) proposed some lash-up tying Obamacare to the mortgage industry. Lord only knows what is the idea behind the current train wreck - a bigger one? Let's be forewarned and say no to WarnerCare!

Jack Kenny

Reston

SEE MORE LETTERS, PAGE 13

## Reston CONNECTION

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# OPINION

## Assembly Leaves Unanswered Questions

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



Last Wednesday the 2014 session of the General Assembly adjourned sine die at the end of the Reconvened Session that is called at the conclusion of each regular session to consider amendments to legislation proposed by the Governor and vetoes he

### COMMENTARY

made of any bills. Much of the work during the Reconvened Session dealt with technical issues related to the drafting of bills during a fast-paced session. Although the regular session has concluded, the General Assembly is already in special session to consider the biennium budget and closing the gap in health care coverage.

As I wrote in a column a few weeks ago, I give the regular session an "I for Incomplete" grade because it has failed to date to pass the most important work of every session in an even-numbered year—passing a budget for the state for the next two years beginning July 1. Otherwise, as I wrote in the same column, the session would be considered a reasonably productive one. Republicans in the House of Delegates have refused to consider closing the gap in health care coverage even though federal dollars are available to cover 100 percent of the cost. While I have tried to understand their logic for wanting to separate the expansion of Medicaid from consideration of the budget, I can only conclude that separation of the two issues is simply an attempt to defeat any effort to expand Medicaid. How or why would a legislature consider or pass a budget that ignores five million dollars a day in federal revenue available to

it? Why would a legislature choose to ignore the nearly two hundred million dollars in state general funds that Medicaid expansion would free up to meet critical needs in education and public safety? How can one argue that separating Medicaid expansion from the budget would make for a "clean" budget when 20 percent of the current budget is the current Medicaid program? Why

would we watch billions of dollars be paid by Virginia businesses to the federal government without adopting the program these dollars were intended to support? Why should residents of the poorest area of our state—the southwest—go without health care when their neighbors in Kentucky and Tennessee are receiving care through Medicaid? Why should we ignore the pleas of our hospitals who suffer serious financial challenges from providing uncompensated care to indigent people when Medicaid expansion would cover these costs? Why are we ignoring the fact that our free clinics have more patients than they can serve? There are many more questions that could be asked of Republicans in the House of Delegates, but the answer to all is the same: politics. Political considerations are keeping the Republicans from being willing to consider what they term "Obamacare." The Koch brothers funded Americans for Prosperity along with Grover Norquist and the Tea Party are actively working against Medicaid expansion, and Republican incumbents fear a primary challenge from the right if they vote for anything related to expanding Medicaid.

Proponents of closing the coverage gap must generate the same kind of fear in the incumbents for the general elections next year.

## Reston Farmers Market Opens With SNAP Saturday, May 3

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



Question: What is the surest sign that spring has finally arrived? Answer: The Reston Farmers Market opens this Saturday at Lake Anne Village Center. The Market is back, stronger than ever: 27 of the 28 farmer-vendors return for the 2014 season, along with the problem-solving volunteers from the Fairfax Master Gardeners. And, there are some interesting and important additions.

In the off-season, Market volunteers (Fran and I) recruited rancher and author, Forrest Pritchard of Smith Meadows Farm. Mr. Pritchard wrote best-selling "Gaining Ground," the story of converting his traditional family farm into a wholly grass-fed operation. His farm adds to an already strong offering of quality meats in Reston. Smith Meadows also brings home-made pastas to the Market, to go with existing offerings including: the only fresh seafood stand in a County market; four quality bakeries; an impressive selection of fruits and veggies—including Sunnyside's organics and Potomac's ecoganics; fine goat and cow cheeses; honey; Virginia Vistas' always flowering plants; and Kettle Corn.

After several years' absence, a food assistance program returns to the Reston Farmers Market. For many years, the WIC (Women, Infants and Children food stamps) program was an active part of the Market,

### INDEPENDENT PROGRESSIVE

with farmers participating and many low-income Reston resident families benefiting. But, the program was defunded by Virginia about five years ago. This season, supplemental food assistance returns in the form of the federal Supplemental Nutrition Assistance Program (SNAP). Thanks to efforts by FCPA staff and to Cornerstones (formerly Reston Interfaith), which will manage the program at the Reston Farmers Market, more families will

be able to access the market's fresh, nutritious foods. Generous local donors, including the United Christian Parish, INOVA and several individuals are already contributing supplemental dollars to the program. As one would expect in Reston, SNAP is a real community effort. While there may be some other changes at Lake Anne on Saturday mornings, including rearranged locations for nonprofits and community organizations' tables in order to accommodate prepared foods and meals coming in the separate Crafts Market, the Reston Farmers Market will be in the same place. Furthermore, while the exciting plans for Lake Anne redevelopment are moving forward including a central location for the Reston Farmers Market very near its present location, the temporary relocation of the Market during the construction phase is at least four years away, according to the developer. My taste buds are already twitching, sensing the arrival of spring and the great local tastes we'll find in the 2014 Reston Farmers Market.

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

**SATURDAY/MAY 3**

**Fox Mill Woods Swim & Tennis Club Open House.** 12-3 p.m. 2634A Black Fir Court, Reston. Learn about membership, register for our swim team, and meet tennis pros. [fmwstmembership@gmail.com](mailto:fmwstmembership@gmail.com).

**ONGOING**

**Fairfax County's Meals on Wheels** urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

**Knitting Enthusiasts, Musicians Needed.** 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, [www.fairfaxcounty.gov/olderadult](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

**Habitat Heroes Project.** The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.

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"Me and My Mom Photo Gallery,"  
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Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

# CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## WEDNESDAY/APRIL 30

### Reston Friends Spring Book Sale.

5-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### Kirby Celebrates "Reston at Fifty" in Photos.

Monday through Friday, 8:30 a.m.-4 p.m. Reston Center Two Building, 12005 Sunrise Valley Dr., Reston.  
[www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

## WEDNESDAY/APRIL 30-FRIDAY/MAY 2

### Sunrise Orthodontics Youth Art Exhibit.

11490 Commerce Park Drive, Reston. The artwork featured is from the GRACE Art program at Lake Anne Elementary influenced by the art of Wassily Kandinsky.

## WEDNESDAY/APRIL 30-SUNDAY/MAY 25

### Far & Wide: Travel as Muse. - In Far and Wide.

ArtSpace Herndon, 750 Center Street, Herndon. Join artist Trisha Adams on a journey where unique architecture and distinctive trees offer interesting new shapes, where plants, earth, and buildings present novel color palettes, where each painting imparts a part of itself to the next as the viewer circles the gallery.  
[www.artspaceherndon.org](http://www.artspaceherndon.org)

## THURSDAY/MAY 1

### Reston Friends Spring Book Sale.

10 a.m. -8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

## FRIDAY/MAY 2, 3, 9, 10

### "Chapter Two." 8 p.m. Reston

Community Center, 2310 Colts Neck Road, Reston. Neil Simon's sparkling comedy. Tickets can be purchased at [www.restonplayers.org](http://www.restonplayers.org).

## FRIDAY/MAY 2

### Reston Friends Spring Book Sale.

10 a.m. -5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### First Fridays Art House Cinema and Brew.

7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Watch The Conspirator, a historical drama about the assassination of Abraham Lincoln. Advance reservations are required, made through our website, 21+, \$10 for the movie and two microbrews. Check out website for listings.  
[www.artspaceherndon.org](http://www.artspaceherndon.org)

## SATURDAY/MAY 3

### Reston Farmers Market Opening Day.

8 a.m. - 12 p.m. Lake Anne, 1609 Washington Plaza N, Reston.

### Reston Friends Spring Book Sale.

10 a.m. -4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### Far and Wide: Travel as Muse Exhibit Opening Reception.

7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. In Far and Wide: Travel as Muse, join artist Trisha Adams on a journey where unique architecture and distinctive trees offer interesting new shapes.  
[www.artspaceherndon.org](http://www.artspaceherndon.org)

## SUNDAY/MAY 4

### Book Look.

2-3 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join ArtSpace Herndon for this month's children's book selection The Gingerbread Man Loose on the Fire Truck, by Guest Author Laura

[www.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)



PHOTO BY TRACI J. BROOKS STUDIOS

**From left: Jeff Breslow as George Schneider and Greg Lang as Leo Schneider in Reston Community Players' production of Neil Simon's 'Chapter Two.' Playing at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods Village Center, Reston through May 10. Friday & Saturday evenings at 8 p.m., Sunday, May 4 at 2 p.m.**

Murray. With snappy rhymes and fresh illustrations, the Gingerbread Man goes on a school field trip adventure to a firehouse. Includes a poster with fire safety tips and activities. The reading is free and open to the public, but seating is limited so reservations are strongly recommended. 703-956-6590  
[www.artspaceherndon.org](http://www.artspaceherndon.org)

### March for Babies 2014.

10 a.m. Reston Town Center, 11900 Market Street, Reston. March for Babies is the March of Dimes premier fundraising event. Participants will walk 4.5 miles. The free, family-friendly event will be held rain or shine. March for Babies supports March of Dimes research and other programs nationwide and in our community to help both babies born healthy and those who need help to survive and thrive. To learn more and to register, please visit [www.marchforbabies.org](http://www.marchforbabies.org) or call (888) 274-3711.

### Reston Friends Spring Book Sale.

12-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston.

### 3rd Annual Stop Hunger Now! Meal Packaging Event.

2 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Needed are 120 volunteers to package 30,000 meals. Both standing and sitting jobs are available and children of all ages may participate. For more information or to sign up in advance, contact organizer Steve Lambakis at [slambakis@verizon.net](mailto:slambakis@verizon.net) or the church office at 703-620-3065.

### Wild Edibles.

1:30 - 4 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Many naturally occurring plants can make a nutritious and tasty addition to your diet. Sample some "wild" dishes and take home recipes to try on your own. After an indoor presentation that includes the ethics of collecting and how good foraging starts at home, hike the trails in search of edible plants. Each participant will harvest some to take home. Reservations required by May 2. Fee: \$7/person RA members, \$9/person non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## MONDAY/MAY 5

### Reston Photographic Society Meeting.

7-9 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. John Eppler, a published nature photographer and Reston native, will share his images and discuss his techniques.

## THURSDAY/MAY 8

**Author Event.** 7 p.m. Reston Regional Library, 11925 Bowman Towne

Drive, Reston. Author Michael J. O'Brien will discuss We Shall Not Be Moved, his highly regarded history about one of the iconic moments in the Civil Rights movement, the 1963 Jackson Mississippi Woolworth's sit-in. O'Brien's book is on the FCPL "Top History Picks" reading list. Adults. Free.

## FRIDAY/MAY 9

### Tour the Solar System.

7 - 8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Compare weather conditions, size, and the length of years and days of all the planets in the solar system (even Pluto) through interactive activities. Get all the information you need to select your new planet without leaving the safety of Earth! Reservations required by May 6. Fee: \$5/child RA members, \$7/child non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## SATURDAY/MAY 10

### Bicycle Safety Rodeo.

1-4 p.m. Lake Newport Pool Facility, 11601 Lake Newport Road, Reston. Join the Reston Association, RA's Bike and Pedestrian Committee, and The Reston Bicycle Club for their Annual Bicycle Safety Rodeo. Children will complete 8 safety stations and earn their bicyclist's license. Children must bring their own bicycles and helmets. No registration required. This event is cancelled in the event of rain. Contact 703-435-6577 for information.

### The 2nd Annual Green Lizard Half-Century Fun Ride Bike-A-Thon.

Advance registration, now through May 1st is \$40.00; May 2nd-May 10th registration is- \$50.00. Payment can be made by mail or in person. Cash, check, debit or credit card accepted. For debit and credit card payment contact the Green Lizard at (703) 707-BIKE (2453). All riders may participate by securing a minimum of \$50.00 in pledges in lieu of registration fee. Pledge sheet may be picked up the Green Lizard Cycling downloaded from their website. Pledge sheets must be presented at check-in.

## WEDNESDAY/MAY 28

### Modern Moves, in partnership with Dance Place.

8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers - Daniel Burkholder, Daniel Phoenix Singh and Erica Rebolgar - come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

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# Herndon's Alston Named East-West MVP at Cap Classic

**Herndon's Auslander, Oakton's Bacon compete at event.**

BY JON ROETMAN  
THE CONNECTION

**B**randon Alston experienced a lot during his senior year of high school. He transferred from St. Benedict's in Newark, N.J., to Herndon High, returning to the community in which he grew up. After joining the school's boys' basketball team, the Hornets experienced the joy of a Conference 5 championship and the pain of a season-ending overtime loss to Woodson in the region semifinals. Alston also decided to continue his basketball career at Lehigh University.

On April 26, Alston added an MVP award to his busy 2013-14 campaign.

Alston, a 6-foot-5 guard, scored a game-high 25 points for the West all-stars, leading the team to a 126-115 victory in the East-West all-star game during the 41st Annual Capital Classic at T.C. Williams High School.

Alston shot 6-for-14 from the floor, including 3-for-4 from 3-point range, and made 10 of 11 free-throw attempts. He grabbed six rebounds and tallied five assists en route to MVP honors.

It was an impressive showing for Alston as he prepares to play Division I basketball at Lehigh.

"It's been a lot, but at the end of the day I found a good school I like," Alston said about his senior year. "... The goal was to get to a good college, so I got to a good college in the end."

Alston was part of a West team,



**Herndon senior Brandon Alston, left, scored a game-high 25 points for the West all-stars and was named MVP of the East-West all-star game during the 41st Annual Capital Classic on April 26 at T.C. Williams High School.**



**Herndon senior Kent Auslander scored 11 points, including a trio of 3-pointers, for the West during the Capital Classic's East-West all-star game on April 26 at T.C. Williams High School.**

led by W.T. Woodson head coach Doug Craig, which shared the ball

well, scored 46 points in the first quarter and led 78-53 at halftime.



**Oakton senior Robert Bacon scored six points for the South all-stars during the Capital Classic's North-South all-star game on April 26 at T.C. Williams.**

"Our coach is a good coach," Alston said. "We actually had two

**"It's been a lot, but at the end of the day I found a good school I like. ... The goal was to get to a good college, so I got to a good college in the end."**

**— Herndon senior Brandon Alston, who will play basketball at Lehigh University**

practices, so it wasn't really the first time we played together. We knew we had a lot of shooters, so we just got it to the open man."

Kent Auslander, Alston's teammate at Herndon, also suited up for the West squad. Auslander was in the starting lineup and finished with 11 points. He made 4 of 7 field-goal attempts, including 3 of 6 from behind the arc. He grabbed six rebounds and finished with three assists.

Eight of the nine West players scored in double figures.

"We told them before the game, just everybody share the ball with each other because everybody here can play," Craig said. "If we share the ball, everybody will score, everybody will look good and we'll get a 'W.'"

Earlier in the North all-stars defeated the South all-stars 109-106. Oakton senior Robert Bacon started for the South team and finished with six points and five rebounds.

Clinton Christian's Byron Hawkins, a member of the South squad, scored a game-high 29 points and earned MVP honors.

In the main event, the U.S. all-stars defeated the Capital all-stars 139-134.

## SPORTS ROUNDUPS

### South Lakes Baseball Swats Hornets

The South Lakes baseball team defeated rival Herndon 6-1 on April 26.

The South Lakes Seahawks and the Herndon Hornets waited weeks before finally getting a chance to play on a gorgeous Saturday afternoon. The fans were ready to watch some baseball.

Senior Terry Petersen took the mound for the Seahawks.

Petersen kept the Hornets off balance

for five innings, allowing just two hits and no runs while striking out four Hornets. The Seahawk bullpen, led by freshman Noah Luckenbaugh, junior Ben Darby and senior JoJo Lear, finished the game for the Seahawks.

South Lakes started the game with a double by Lear and a walk by senior Justin Cosing. Lear scored on a couple of wild pitches and Cosing stole a base and scored on a ground ball by sophomore Marty Gryski.

The Seahawks picked up the third run in the second inning on a leadoff single by

junior Jared Abelson, who moved to third on a single by Gryski and scored on a wild pitch.

The Seahawks picked up another run in the third inning on a single by Gryski, who moved to second on a wild pitch, stole third, and scored on a sacrifice fly by junior Matt Wojciehowski.

The Seahawks pushed another run across in the fourth when junior Jared Abelson reached on a Hornet error and scored on a single by junior Kyle King.

The Seahawks picked up their final run in the fifth inning when Gryski was hit by a

pitch, moved to second on a balk and scored on a single by Abelson.

The Hornets avoided the shutout by picking up a run in the sixth on a couple of walks and a single by senior Thomas Duggleby.

South Lakes defeated Fairfax 5-1 on April 28, improving its record to 6-7. The Seahawks will host Madison at 6:30 p.m. on Friday, May 2.

Herndon (6-4) will travel to face Robinson at 6:30 p.m. on Friday, May 2.

— KEVIN DARBY

# LETTERS

## Local Students Write Poetry and Reap Reward

To the Editor:

Perhaps when your school is named for a famous poet, a flair for rhythmic verse comes naturally. This appears to be the case for students attending Langston Hughes Middle School in Reston.

More than 75 students entered this year's annual poetry contest, and winners were just announced. The contest, sponsored by Northwest Federal Credit Union and the school's PTA, offered students an arena in which to express an idea poetically, an opportunity that may often get

overlooked in our otherwise high-stress-, get-to-soccer-practice-, standardized-test-plagued teens.

N. Barry Carver, this year's poetry contest coordinator, says about writing, "Nothing sharpens the mind like considerate writing, done on a deadline, for a potential payday." He would know; he's an author himself.

First-place winner Chelsea LeSage is a seventh grader at Hughes who won for her poem, "Dimples." "Dimples" is a sad but subtly and elegantly finessed poem tracing an individual's transformation from authenticity to artifice.

Chelsea received 200 dollars for her efforts.

Awards were given out on Monday afternoon and in addition to the first prize, included a 100-dol-

lar prize for second place winner, seventh grader Sarah Mamros, and a ten-dollar prize for each of the ten honorable mention winners. All students who entered received an offer for a \$10 gift card.

But maybe the real prize is in the opportunity to

experience the risk of writing with feeling and making something of lasting human value.

"We're so proud of all our students here at Hughes," says Hughes principal Aimee Monticchio. "They show dynamic range in their writing far beyond their years."

**Courtney Wilson**  
Reston

## Why 30 Minutes Only?

To the Editor:

Hunter Woods shopping Center marked new parking restrictions for the spaces directly across the stores on the left side nearest the RCC. The spaces are marked: 30 minutes only. This rule is quite incongruent with the merchants located there.

When one dines at Ledo Pizza, you can expect more than 30 min-

utes to get and eat a good hot pizza. It takes more than 30 minutes to be served and chew and swallow meals at Hunan Café.

Nail and Spa requires more than 30 minutes for a manicure or pedicure, not to mention both.

Tanning needs more time for the entire procedure.

The Buffalo Wing Factory has patrons staying more than 30 min-

utes. And I would guess Mathnasium has programs that require more than 30 minutes.

To be fair, one can take out to go from Ledo Pizza or Hunan Café and that discourages patrons from enjoying a sit down meal in either place. So for whom are these spaces meant please?

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## Father and Son "Twogether"



By KENNETH B. LOURIE

As a born, bread and buttered Bostonian (Newton Centre, a suburb, to be specific), one of my enduring and genetic passions has been to live and die (figuratively speaking; this is not a cancer column) for The Boston Red Sox. My father sold concessions at Fenway Park (the stadium home of the Bosox since 1912), during the Depression when he was a little boy (not yet an adolescent even). He was nicknamed "Beezo," (his given name was Benet, although he was always called Barry) so he could gain full acceptance to a local knothole gang. Named after the wooden planks which surrounded the old Braves Field in Boston (a National League team called Boston its home as well back in the day), the kids ("gangs") would stand and peer through the knotholes in the wooden planks which otherwise blocked their view. It was a privilege and an honor for my father to be so connected to the game this way. He grew up loving baseball, and as a parent, he passed his love of the game on to me – and my brother.

Growing up in the suburbs, there were no planks surrounding our fields and no knotholes. The grass might have been a little thin though. It was on these fields where I played "sandlot" baseball. Close to home but miles away from Fenway Park. Here we mapped out our own base paths and used hats, gloves, coats, etc. to identify the bases, the pitcher's mound and of course, home plate. To fill out the respective teams, we often split however many kids we had into however many positions we needed filled, often with some kids playing multiple positions on both teams. Anything to get a game in. I spent many afternoons and evenings before the age of 10 practicing in this manner.

I thought I had become pretty good, too – for a kid, so when Little League tryouts were announced – for ages 9–12, I was very excited. My goal was to play baseball. My older brother had done so; now it was my turn. Unfortunately, my tryout was not very successful. I was not picked for "The Majors." I was picked by a "Minor" League team and that's where I began my career. I pitched a few games, even caught a few games, not really distinguishing myself in either endeavor. Still, about halfway through the season, I was called up to "The Majors," by the Boston Red Sox, (Little League version). I was thrilled by the selection and even more excited that I'd be playing for the Red Sox – of all teams, wearing a similar uniform and colors of my heroes at the Big League level. I chose uniform number 16; to this day, I always look to see who's wearing that number on the current Sox (Will Middlebrooks, currently) and then envision myself being in that uniform. Wearing that uniform, and hat, solidified my dream. I wanted to play for the Boston Red Sox in Fenway Park when I grew up, and for the next 10 years or so, through Little League, Junior High School, Babe Ruth League, High School; in spring, summer and fall, I pursued that dream. I tried out for my college team, but ultimately, that's where the dream ended.

Still, it was during these extremely formative years when my father and I built the foundation of our relationship: baseball. We practiced together, played catch together, attended all my games together, went to Fenway Park together, listened to games on radio together, watched games on our black & white television together, and filled up my scrapbook together; in essence, we enjoyed our life together – through baseball.

And even though the prospects of fulfilling my dream were never particularly realistic, its common pursuit by me and my father made for memories that have lasted over 50 years. My father may be gone, but he'll never be forgotten. Every time I watch a baseball game, I remember how it all began – for me, throwing a ball to my father. That was no field of dreams; that field was, and is, my reality.

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

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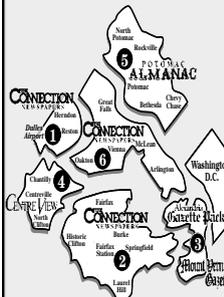
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## NEWS



PHOTOS BY TERRY LOWENTHAL/BECHTEL

Wiehle Avenue Station at night

# Silver Line Phase 1 Reaches 'Substantial Completion'

The Metropolitan Washington Airports Authority announced its concurrence Thursday with an April 9 Declaration of Substantial Completion for Phase 1 of the Silver Line Project to extend the Washington region's Metrorail public transit system. The concurrence affirms that the Phase 1 construction by Dulles Transit Partners, a construction consortium led by Bechtel Corp., has satisfied the contract requirements applicable to the project's major functional elements.

"Achieving substantial completion is a significant milestone," said Airports Authority President and CEO Jack Potter. "We have conducted a thorough review of the contractor's submission and are satisfied that Phase 1 has met the contractual requirements that will allow the project to now move to the next steps in the process to begin passenger service. We appreciate the close cooperation among WMATA and our partners in moving this large and complex project forward."

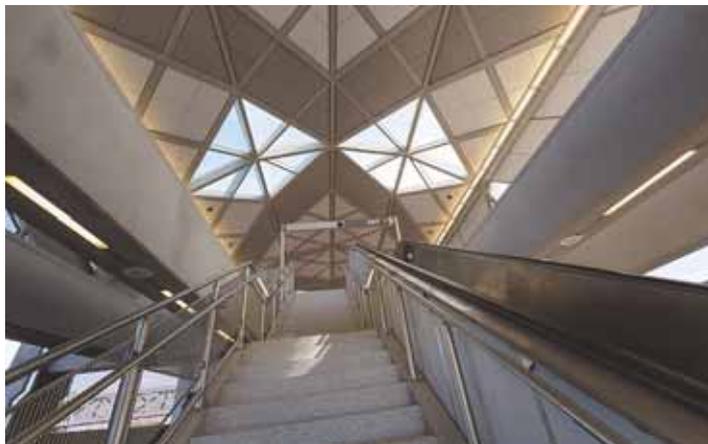
Phase 1 of the Silver Line project is an 11.7-mile segment with five stations serving McLean, Tysons Corner and Reston in Northern Virginia, which are among the fastest-growing communities in the National Capital region. The Airports Authority is managing construction of the project.

The Airports Authority's determination that Phase 1 has reached substantial completion follows a 15-day period during which Airports Authority staff re-

viewed documentation and test results on the work performed by Dulles Transit Partners. The concurrence decision recognizes that work to finalize a number of items will continue beyond the substantial completion date, as outlined in agreements with WMATA and Dulles Transit Partners. Following substantial completion, Dulles Transit Partners will continue working on remaining punch list items and performing other tasks under the agreements. That work relates to train and track communications systems, power equipment, tunnel handrails and cables, elevator, and leak and drainage issues.

The next step in the process toward passenger service is WMATA's decision to take over the Phase 1 project so it can conduct its own inspections, testing, and training. While WMATA is performing these activities, additional reviews of the project will be undertaken by the U.S. Department of Transportation's Federal Transit Administration and the regional Tri-State Oversight Committee. Following those reviews, WMATA will be in a position to formally accept the Phase 1 project and commence passenger service.

Phase 1 of the Silver Line connects to Metrorail's Orange Line in Falls Church, and runs to the eastern edge of Reston, with four stops in Tysons Corner. Work also has begun on Phase 2 of the project, which will connect the Metrorail system with Dulles International Airport and points in Loudoun County.



Wiehle Avenue Station: The Silver Line is a 23-mile addition to the Metrorail system.

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# Summer <sup>2014</sup> Camps

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# Choosing a Summer Camp

Now is the time to register; many choices.

BY MARILYN CAMPBELL  
THE CONNECTION

Many families with school age children will plan to have their children spend some of the much-anticipated summer season in camp. If you haven't yet selected camps for your children, now is the time.

"Popular classes and programs always fill early," said Kevin Rechen, camp director of Summer at Norwood in Potomac, Md.

Whether you choose a traditional day camp, a specialty camp or a sleep away camp, the Washington, D.C. region has a multitude of offerings.

"Summer camp is an opportunity for children to develop social skills with their peers," said Linda Gulyn, Ph.D., professor of psychology at Marymount University in Arlington. "Camps give the benefits of social interaction in a more relaxed setting."

When selecting a camp, there are factors

that parents should keep in mind. "When parents are looking for a camp they should try to find a camp where they're comfortable with the facility, the programming and counselors and staff," said Rechen.

An array of specialty camps offer children a chance to focus on one activity.

"Developmentally, as children get older they get more specialized in their skills and interests," said Gulyn. "Summer camp is an opportunity to hone in on those skills. Go with the child's interest and skills and further develop those because they are an important part of a child's identity."

St. Stephen's & St. Agnes School in Alexandria offers camps that include Quadcopters and Video Editing, MiKiDo Mixed Martial Arts, CSI Detective, Hunger Games, Civil War, Fantasy Battle Gaming, Filmworx Movie Making, Eco-Adventures, Junior Musical Theater, Zoology, [and] Junior Veterinarian, said Linda Stratton of SSSAS.

Other specialty camps include cooking



PHOTO COURTESY OF FAIRFAX COUNTY PARK AUTHORITY  
**Campers at Hidden Oaks Nature Center marvel at a crayfish they netted.**

camps, yoga camps and sports camps that run the gamut from tennis to hockey.

At George Mason University, high school juniors and seniors will have an opportunity

to attend a camp that will give them a head start on college. "It's not your parents' summer camp," said Sudha Kamath. "Mason is giving high school juniors and seniors

the chance to take some rare classes for college credit, covering everything from insects that crawl underground to objects that spin through outer space."

Cathy Evans, director of special projects at George Mason University said, "Subjects include astronomy, biology, chemistry, computer science, economics, environmental science, ethics, global affairs, health behavior, history, mathematics, nutrition and public speaking. The sky's the limit as students explore topics like 'Stars, Galaxies and the Universe' and 'The Ecosphere.'"

Camp Greenway at The Madeira School offers three options for two-week camp sessions with outdoor and indoor activities, said Laura Temple, spokeswoman for school in McLean, Va. "Water sports, games, team sports, music, arts and crafts, and MAD Science are all part of the daily action for campers."

The Fairfax County Park Authority offers camps nature camps that are designed to immerse children in the outdoors. "We want the children to connect with the world around them," said Judy Pedersen, Public Information Officer, Fairfax

County Park Authority. "When they leave camp, we hope that they have a deeper appreciation for the world around them for and the environment." You don't need to be a resident of Fairfax County to attend the camps.

**ANOTHER OPTION** is sleep away camp. How does a parent know that their child is ready for to make this leap?

"It is going to vary from child to child and family to family," said Michele C. Garofalo, Ed.D., assistant chair, Department of Counseling and a professor of Psychology at Marymount University in Arlington. "I think if a child has spent time having sleep overs with friends and has done ok, and is independent and feels comfortable sleeping at friends' houses then it should be fine."

Garofalo suggests that the first sleep away camp experience should be brief.

"The first summer, send them to a four-day camp to test the waters. Their first experience should be at a camp that is close to home. Don't send them to a camp in California the first time."

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## Many Ideas for Summer Activities Avoid those dreaded words: 'I'm bored.'

BY MARILYN CAMPBELL  
THE CONNECTION

Molly McAlister enjoys the freedom of summer, but there are three words she dreads hearing: "Mom, I'm bored." Creating activities to keep her three children busy during the summer is a task she enjoys, but it isn't always easy.

"I can't afford to send all three children to camp," said McAlister who lives in Centreville. "I love taking the kids swimming or on bike rides, but sometimes I run out of ideas."

Many parents allow "screen time" to keep children happy, but it's important to interact with them

as well.

"Some parents will give their child an iPhone or an iPad to entertain them," said Michele C. Garofalo, Ed.D., assistant chair, Department of Counseling and a professor of Psychology at Marymount University in Arlington. "Interacting with children and being involved with them rather than giving them electronic activities is important. It is important for kids to figure out how to interact with their parents and friends."

"Summer is a wonderful time for parents to get to know their kids and interact with them in a different way," said Garofalo, who lives in McLean.

One way that families can spend

quality time together is by creating art, said Dabney Cortina of the McLean Project for the Arts in McLean. In addition to summer camps, McLean Project for the Arts offers family workshops where parents and children create art together.

"The whole process of creating is so important to a child's development and it's so important to be with your children and create something together," said Cortina. "I see the smiles as the children and adults put their heads together to create things. I think it's also a wonderful release for adults."

**COMMUNITY SERVICE PROJECTS** are a great way to

spend time and help children learn during the summer.

"Let them spearhead a yard sale," Garofalo said. "Kids gather the items, make flyers and put the flyers in everyone's mailbox. They can donate the money to charity so you can tie in a service project."

Spend time in the kitchen. "You and your children can do a lot of baking and donate the items to a homeless shelter," said Garofalo. "With parental approval and guidance, kids can also do dog walking or water flowers for neighbors who are away."

For families who want to spend time in nature, Len Annetta, Ph.D. Professor in the College of Education and Human Development at

George Mason University suggests the Manassas National Battlefield Park. The park, which is home to more than 160 species of birds, has been recognized National Audubon Society as an Important Bird Area.

"Our area has so much history," said Annetta. "Most of these place don't cost money but can immerse students in something educational, which is really critical."

**FOR PARENTS** who plan a summer of varied activities, specialty camps as well as parent-child activities are worthy options. Even one or two sessions of week-long specialty camps can add to a child's summer.

Reston CONNECTION

Summer Camps Education & Activities

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## Summer Camps Education & Activities

# Promoting Summer Learning

BY MARILYN CAMPBELL  
THE CONNECTION

When summer vacation begins and school ends in a few weeks, learning doesn't have to take a hiatus. Opportunities for reading, math, science and history skills are plentiful and none require that children set foot in a school. From a walk in the park to a trip to the grocery store, teachable moments are virtually everywhere.

"There are a thousand ways to do it, but reading is critical," said Marjorie Myers, Ed.D., principal, Francis Scott Key Elementary School in Arlington. "I think the most important thing to do is read in a fun way. Read as a family. Parents can read challenging books to their children. Go to your local library and take advantage of fun activities there.

Some elementary schools encourage their students to read and discuss what they are reading with their parents.

**WHEN IT COMES TO** science, Len Annetta, Ph.D., professor of Science at George Mason University says he and his wife Jennifer spend a lot of time at the Smithsonian museums with their two children, Samantha, 13, and Joey, 11.

"We particularly like the Air and Space Museum," he said. "It keeps them engaged in science. We walk around together and we ask them questions after we leave a

museum. When they get home they get to go online and do more research on things that interest them."

There are subtle science lessons to be learned even when taking a summer stroll. "We're out for a nature walk and we see an animal or plant and we start talking about it," said Annetta. "We also look at and talk about grasses and trees and animals."

A shopping trip can also be an opportunity for a math lesson, said Myers. "Take your children to the grocery store and use actual money instead of credit cards, so the children can see a value for money and numbers," she said.

"Give children an allowance so they can make the connection between money and the cost of things they want to buy. Sitting in a class room with fake money doesn't quite get it."

This area offers an abundance of locations for history lessons. "I go out to the battle fields near Manassas," Anetta said. "There are placards that help describe what is going on. There are a lot of local museums that offer the same opportunities."

Keeping a journal is another way to keep skills sharp outside of a structured setting.

"Keeping a travel or camp journal is a fun and easy way to support academic skills," said Benita Cathey, director of admissions at Grace Episcopal School in Alexandria. "A travel or camp journal reinforces writing, geography and social studies and organizational skills."

# Arcadia Center for Sustainable Food and Agriculture Hosts Mobile Mart, Camp for Children

For many, spring symbolizes fresh flowers, new beginnings and baseball, but for those who work at Arcadia Center for Sustainable Food and Agriculture, located on the grounds of the Woodlawn Estate in Mount Vernon, spring means another season of working to ensure that all members of the community have access to fresh, healthy food.

"All of our programs start up again in spring," said Morgan Maloney, farm education manager.

Arcadia runs a camp where children from ages 6-11 get to experience life on a farm and learn about the source of their food. Arcadia officials are raising money to offer financial assistance to those who need it.

"Campers spend most of their time in our educational garden," said Maloney. "One fourth of the farm is specifically designed for that age group and is called the groundhog garden."

"I am really excited because we have 30 farm camp scholarships, but we still need more money to make it happen for families who would not be able to send their children to camp," said Hess.

## How to Get Involved

For more information on becoming a member of Arcadia Center for Sustainable Food and Agriculture, The Arcadia Mobile Market Seasonal Cookbook, the Arcadia Farm Camp, Spring Dinner or any of the organization's other programs, visit <http://arcadiafood.org/>.

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- ♦ **Fun** — Farm camp combines learning and play in a safe, interactive outdoor environment. Each day includes free time in the Groundhog Garden and Natural Play Space, as well as active, educational games led by experienced staff.

She is passionate when she talks about her mission. "This camp counteracts nature deficit disorder," she said. "There are no electronics. The children are sweaty and happy. They have a lot of independence and freedom to make choices."

— BY MARILYN CAMPBELL

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