

# Herndon Festival Attracts Crowds

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Jerry Brown, playing Uncle Sam, greets Nikole Fejes, 8, and Sebastian Valdiva, 7, at the Herndon Festival.

Sowing Seeds of Love at Dranesville Elementary

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Local 'Truther' Arrested for Stealing Memorial Signs

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PHOTO BY REENA SINGH/ THE CONNECTION



## WEEK IN HERNDON

### Herndon Village Network To Hold Information Meeting

The Herndon Village Network announces a Public Information meeting on June 5 at 6:30 p.m. at the Herndon Senior Center, 873 Grace Street in Herndon. Learn about the Herndon Village Network and how they plan on serving Herndon area seniors. The event is free and open to the public.

The Herndon Village Network is a new non-profit whose mission it is to support Herndon area senior citizens to help them remain in their homes, to be an integral part of the community, and to improve the quality of their lives. The meeting will focus on the initiatives of the organization, including the NV Rides Program, a Fairfax County initiative which will provide free rides to seniors who may need transportation to medical appointments or social activities.

For more information, contact HerndonVillageNetworkInfo@gmail.com.

### Reston Master Plan Phase II Open House and Film Showing

Supervisor Cathy Hudgins (D-Hunter Mill) and the Fairfax County Department of Planning and Zoning are hosting an open house on the Reston Master Plan Study Phase II. Phase II of the Reston Master Plan will look at the village centers throughout Reston. Issue areas such as transportation, parks, environmental, and zoning will be explored during the workshop. Fairfax County staff from multiple disciplines will be available to answer questions and discuss the Reston Master Plan Phase II process. The meeting will be held on Saturday, June 7, at United Christian Parish (UCP) Church, located at 11508 North Shore Drive in Reston. Doors will open at 9 a.m.

In addition to the open house, a sneak peak of the work-in-progress cut of "The Reston Story" will be shown at the conclusion of the open house. The film explores the first 50 years of Reston through its early days to the present. As the film's website details, "The Reston Story will follow the development of this 'new town' from its beginnings — a 6,750-acre tract of farming land to the home of approximately 65,000 residents and a job center for an estimated 60,000 workers."

Interested participants can RSVP with their name, number of guests, and phone number to [Huntermillrsvp@fairfaxcounty.gov](mailto:Huntermillrsvp@fairfaxcounty.gov). For more information, contact the Hunter Mill District office at 703-478-0283.

### SCHOOL NOTES

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

**Emily Schaal**, a student at Herndon High School, is the winner of the 2014 National Peace Essay contest for Virginia and has earned a \$1,000 academic scholarship — US Institute of Peace announced. Emily's essay examined how security sector reform contributes to sustainable peace.

**Five Fairfax County Public Schools (FCPS) students** have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation."

National winners include:

❖ Melissa Halbrook of Woodson High School, Gold Medal for humor, "Kim Jung-Un's New Clothes."

❖ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

❖ Jean Jeon of Herndon High School, Silver Medal for novel writing, "Strain."

❖ Sara Warrington of TJHSST, Silver Medal for Journalism, "Overcoming Intolerance."

The Scholastic Art and Writing Awards, a 91-year old program of the Alliance for Young Artists and Writers, will honor the winners at a special ceremony at Carnegie Hall in New York City on Friday, June 6.

**Douglas Graney**, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions. Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently completed the renewal process for board certification from the National Board for Professional Teaching Standards.

Herndon area students **Michael H. Chen, Emily Schaal, Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang, Sreenath Are, Rohan Banerjee, Ashwin Basana, Arjun Iyer, Aseem Jain, Anne Li, Soumya Mishra, Christin Park, Rohan Punnoose, Sarah Quettawala, Simran Rohatgi, Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

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PHOTOS BY REENA SINGH/ THE CONNECTION

**Andy Klaff and Casey Veatch, event sponsors, guided the Reston Chamber of Commerce's Virtual Tour on May 28.**

## Dulles Corridor Virtual Tour

**Local business leaders get a peek into the future.**

BY REENA SINGH  
THE CONNECTION

**A** boom in both housing and population is expected as the Metrorail Silver Line stations begin to open.

A comprehensive virtual tour of the areas that would be impacted during the first wave of Metrorail Silver Line station openings was shared with dozens of business owners at Hyatt Regency Reston during Reston Chamber of Commerce's Virtual Reality Tour on May 28.

The early morning event started off on an energetic note with popular songs blasted after each speaker's introduction. Fairfax County Economic Development Authority CEO and President Gerald Gordon joked that the song "Happy," this year's single by Pharrell Williams, did not suit his music style.

"I'm really more of a Simon and Garfunkel guy," he said, before launching into his speech.

Reston Town Center, where the virtual reality tour was held, is 100 percent leased, he said, and a number of businesses are on a wait list. Tysons Corner also experienced a boost in growth when the Silver Line began being built.

"Tysons Corner is booming, and if you like to play wack-a-mole, you can fill up one building and another one will pop up somewhere else. All laws of supply and demand have been suspended for the next few years."

He said Tysons Corner and Reston are a model for economic growth in the region.

"Reston and Tysons are to Fairfax County what Fairfax County is to the state of Virginia," he said.

U.S. Rep. Gerry Connolly (D-11) admitted the road to economic growth, a fully-funded metro line, has been bumpy.



**U.S. Rep. Gerry Connolly (D-11) spoke at Reston Chamber of Commerce's Virtual Tour of the Silver Line corridor on May 28.**

"I can tell you that doing big things is hard," he said.

He noted that Silver Line's Phase I is still being tested at 52 years.

"That's too long for our region," he said. "I assure you that our competition does not take 52 years with transportation in Shanghai, in Beijing."

Because of the Metro line, Fortune 500 companies are clamoring for space in the area and more people are moving to northwest Fairfax County.

Mark Looney, Cooley LLP partner, gave the audience the residential and business growth expectations by the numbers. Splitting his statistics between Tysons Corner and the Reston-Herndon area gave sponsors time to hop on stage for trivia questions and prizes.

Looney discussed renovations and space available throughout the Tysons Corner area. When covering Reston, however, he focused on what could be expected with the mixed use business and residential area near the Metrorail stations and the population growth expected slightly further out.

Also discussed were the roadway changes that would be ideal - such as adding four more crossings for Dulles Toll Road and widening Reston Parkway.



PHOTO COURTESY OF HERNDON POLICE DEPARTMENT

**Stolen memorial signs dedicated to victims of the Sandy Hook massacre in 2014 were found in a local man's room.**

## 'Truther' Arrested for Stealing Memorial Signs

**Playground memorials dedicated to Sandy Hook massacre victims.**

BY REENA SINGH  
THE CONNECTION

**A** local man who refers to himself a "truther" is being detained for stealing signs dedicated to Sandy Hook Elementary shooting victims that were placed in Connecticut and New Jersey playgrounds.

Andrew David Truelove, 28, was arrested in a house on the 400th block of Fillmore Street on Saturday, May 30, according to a press release from the Herndon Police Department.

Charges are pending from police departments in Connecticut and New Jersey.

He is currently at the Fairfax County Adult Detention Center.

"One memorial sign was stolen from a playground in Mantoloking, N. J. and the other

from Mystic, Conn.," according to the press release. "Both signs were dedications to shooting victims, 7-year-old Chase Kowalski and 7-year-old Grace McDonnell, from Sandy Hook Elementary School."

Truelove took photos of him sticking his middle finger up at the signs. The "truthers" claim that the massacre of 20 children

and six adults on Dec. 14, 2012 was a hoax to implement gun laws.

"It's hard to explain the 'why,' because from our perspective, it doesn't appear rational, that type of thought process," said HPD Chief of Police Maggie DeBoard at a press conference. "We know Sandy Hook occurred, obviously. There's a lot of victims in that case, so I can't explain the 'why.' We do know that [Truelove] has a troubled past."

**"It's hard to explain the 'why,' because from our perspective, it doesn't appear rational, that type of thought process."**

**— HPD Chief of Police Maggie DeBoard**

Chief DeBoard did not elaborate on Truelove's criminal background, other than it is "tied to kids," and he is banned from county school property.

Public Information Officer Lt. Jim Moore confirmed house on Fillmore Street, where Truelove's rented room was, is near Herndon Elementary School.

Herndon Police Department was notified by the Stonington Police Department in Connecticut about a possible address for Truelove. He was arrested after HPD obtained a search warrant.

"We're actually going to go up to return the signs," said Public Information Officer Lt. Jim Moore. "We're going to arrange that this week."

**Dranesville Elementary second graders deposit painted 'peace rocks' along the stone path leading into Jessica's Garden. These students designed and painted these crafts to help beautify the garden's entrance.**



PHOTOS BY THOMAS FRIESTAD/THE CONNECTION



**Mosaic tiles spell out Jessica's name at her garden's entrance path. According to art teacher Anne Nagy, the mosaics were a time-consuming aspect of the garden's creation, but one that allowed for collaboration between students and staff.**

# Sowing Seeds of Love at Dranesville Elementary

**School community commemorates classmate, unveils Jessica's Garden.**

BY THOMAS FRIESTAD  
THE CONNECTION

The thunderous percussion of Dranesville Elementary's "Drumming Dragons" served as accompaniment while its students and faculty alike proceeded from the building to sit among six painted wooden garden beds. Principal Kathy Manoatl of McLean set the tone for this memorial ceremony the afternoon of May 30 in her opening speech to the crowd.

"Today is a joyful day, because we are

opening a garden," Manoatl said. "There are many beautiful things in this garden, growing new things for our world. Today is a joyful day because we have here in front of us a memory of Jessica."

Jessica Melendez Maradiaga was a 5-year-old kindergarten student at Dranesville Elementary. Earlier this year, Jan. 24, she passed away from a brain tumor in the Hospice of Northern Virginia in Arlington, where she was its youngest patient.

"I knew Jessica because she was a student at Dranesville, and since I'm the principal, I have the joy of knowing all of my

students," Manoatl said. "Jessica was a joy-filled student here at kindergarten with us, and we had the joy of knowing her for five months. I was very lucky, because I got to visit her at her home and hospice, I got to see her in the classroom, and I've gotten to know her mom very well."

Manoatl said Jessica's Garden came into fruition at the behest of a group of seven fifth and sixth grade students and neighbors of Jessica, known as the Love Spreaders.

"The Love Spreaders had a meeting with me and were very concerned that something be done to remember Jessica," Manoatl

said. "We were already thinking of a garden, so I asked them at that point if they would like us to gear the garden toward Jessica. To them, it seemed like a natural idea."

Art teacher Anne Nagy of Fairfax described the process of constructing and installing the garden as one involving significant teamwork from Dranesville's students and faculty.

"It started out as a small meeting with a group of students, then it morphed into this huge project where everyone got involved," Nagy said. "Sixth grade students painted the flower beds, we raised money for the mo-

SEE SCHOOL, PAGE 5



## Public Hearing Notice Fairfax County Secondary Six Year Plan

The Virginia Department of Transportation (VDOT) and The Board of Supervisors of Fairfax County, in accordance with § 33.1-70.01 of the Code of Virginia, will conduct a joint public hearing in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 at 4:00 PM on June 17, 2014.

The purpose of this public hearing is to receive public comment on the Secondary Six Year Improvement Plan for Fiscal Years 2015 through 2020. Copies of the proposed plan may be reviewed at the VDOT's Northern Virginia District Office at 4975 Alliance Drive, Fairfax, VA 22030.

Persons requiring special assistance to attend and participate in this hearing should contact the Virginia Department of Transportation at 800-367-7623. Persons wishing to speak at this public hearing should contact the Office of the Clerk to the County Board of Supervisors at 703-324-3151.

## 16th Annual Heritage Golf Fundraiser

Friday, June 13th 2014

Reston National Golf Course  
11875 Sunrise Valley Drive, Reston, VA 20191

POC: [men@heritagefellowshipchurch.org](mailto:men@heritagefellowshipchurch.org)  
Cost: \$85

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# School Community Remembers Jessica

FROM PAGE 4

saics, the kids worked on the mosaics and decorations, and everyone came together as a community.”

Nagy said she finds a garden to be a particularly fitting way to honor Jessica’s memory, as well as a great method for beautifying the Dranesville school grounds.

“I think a garden is an important part of life and an important way to honor a person because it’s where things grow and it’s a fun place for students to learn, and I think it needed Jessica’s presence to be felt here,” Nagy said. “When I came to the garden’s location a few weeks ago, it was so sad, and now, it’s a really great place. I think everyone is going to be coming here a lot more now.”

Following the placement of painted “peace rocks” at the garden’s entrance by second graders, as well as a musical tribute from the fifth and sixth grade chorus, Rosalina Maradiaga of Herndon cut a pink ribbon at the garden’s entrance. Maradiaga, whom Manoatl introduced as “la mama de Jessica,” symbolically opened the site commemorating her daughter.

“I feel happy about these efforts to commemorate Jessica; I feel sad, but I give thanks to everyone who has done this,” Maradiaga said. “I hope to come to visit,



PHOTO BY THOMAS FRIESTAD/THE CONNECTION

**Dranesville Elementary students observe a photo of Jessica attached to a bench at the garden’s entrance. The bench features a sign commemorating “Jessica: beloved daughter, sister and student.”**

maybe later this week. I feel grateful because, if it wasn’t for the school, this garden wouldn’t have been made.”

Love Spreader Gaby Mejia, age 12, said she, too, will be visiting Jessica’s Garden on occasion.

“I’m going to middle school next year, so I’ll be coming back to Dranesville to visit this garden,” Mejia said. “I never met Jessica, but she lived in my neighborhood, and from what I heard, she was really kind and cool.”

Manoatl ended her speech to the Dranesville community on a poignant note.

**“Every time you come out to this garden, I want you to think of a smiling young girl whose name was Jessica.”**

— **Dranesville Elementary’s Principal Kathy Manoatl**

“Before we leave today, remember that this is your garden,” Manoatl said to her audience. “This is what we as a community have created, and this is in Jessica’s name. Every time you come out to this garden, I want you to think of a smiling young girl whose name was Jessica.”



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**Let’s Celebrate Dads & Grads!**  
**Father’s Day June 15th**

# OPINION

## On Voting in the 8th

Vote this week at your convenience in person absentee, or be sure to vote on Tuesday.

Chances are that if you are a registered voter in the 8th Congressional District, your mailbox has been letting you know that many candidates are running in next week's Democratic primary.

The 8th Congressional District is currently represented by retiring U.S. Rep. Jim Moran, and seven candidates are running for the right to replace him. There is no runoff, so even if the top candidate gets considerably less than 50 percent of the vote, he or she will move on as the Democratic nominee in November, facing Republican Micah Edmond. Given the voting history in the 8th district, the Democratic nominee will most likely move on to serve in Congress.

(Our region is losing its two longest serving members of Congress to retirement, Moran and U.S. Rep. Frank Wolf (R-10). Voters in the 10th Congressional District will choose between Republican Barbara Comstock and Democrat John Foust in November.)

The 8th Congressional District includes all of Arlington, Alexandria and Mount Vernon, plus parts of Tysons, McLean and Vienna to the north, Springfield, Lorton and Mason Neck to the South.

Candidates include Don Beyer, Lavern Chatman, Mark Levine, Patrick Hope, Adam Ebbin, Bill Euille and Derek Hyra. Three other names will appear on the ballot even though

the candidates have withdrawn from the race because they withdrew after the ballot was printed/set.

Election Day is Tuesday, June 10, and regular polling places will be open 6 a.m. - 7 p.m.

Voters who qualify to vote absentee can vote in person early until June 7. But be sure to vote by primary Election Day, June 10.

Anyone who might working and commuting for 11 of the 13 hours polls will be open on Election Day, 6 a.m.-7 p.m., qualifies to vote absentee. You can vote absentee if you

### EDITORIAL

are: a student or spouse at an academic institution, absent on business, absent for personal business or vacation, unable to get to the polls due to a physical disability or illness, a caretaker of a confined family member, a precinct election officer, have a religious obligation or conflict, active duty uniformed service or merchant marine or a dependent, regularly employed outside the U.S. or a dependent, and several other special circumstances.

In Arlington, vote absentee-in-person at Courthouse Plaza, 2100 Clarendon Blvd., Suite 320, through Saturday, June 7; weekdays 8 a.m. - 5 p.m., Saturday 8:30 a.m. - 5 p.m.

In Alexandria, vote absentee-in-person at the Office of Voter Registration & Elections, 132 North Royal Street #100 through Saturday, June 7, 8 a.m. - 5 p.m. <http://www.alexandriava.gov/Elections>



VPAP.ORG

In Fairfax County, two options:

♦ Fairfax County Government Center, Office of Elections, 12000 Government Center Pkwy., Suite 323, Fairfax, through Friday, June 6, 8 a.m. - 7 p.m., and Saturday, June 7, 9 a.m. - 5 p.m.

♦ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, through Friday, June 6, 3:30 - 7 p.m. and Saturday, June 7, 9 a.m. - 5 p.m.

Read extensive previous coverage about the candidates at

<http://www.connectionnewspapers.com/news/Election/National/Representatives/VA08/>

## Father's Day Photos

Father's Day is June 15, and as in years past, The Connection will publish a gallery of photos of fathers, grandfathers, great grandfathers and sons and daughters. Send your photos, including names of everyone in the photo, ages of children, town of residence and a brief description of what is happening to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

## Have You Had a Taste of Asia?

By WONHEE KANG

Two years ago, the Taste of Asia event was created through a partnership with the Boys & Girls Clubs of Greater Washington and the Asian American Chamber of Commerce to celebrate Asian and Pacific Islander Heritage Month. This year's event, Saturday, May 10, enjoyed a new location thanks to a new partnership with Everest College, Tysons Corner.

A wet weather forecast for the day had some committee members anxious about how the event would operate in both the indoor and outdoor locations needed for the event.

Throughout a morning full of setting up; including transforming the normal every-day college classrooms into Asian celebratory places full of dragon decorations, colors, and shapes from a far eastern part of the world and collecting food from eight different restaurants located in Fairfax County,

which truly brought the taste of Asia to the college location, the committee asked mother nature to keep the rain drops away.

We celebrated the event with an impromptu 'Day Light Dance' initiated by Robert Lee, the event's Master of Ceremony, which was joined by everyone from the youngest dancers to the oldest, praying for the rain to stay in the sky. After the greetings, Sanjana Srikanth presented an Indian dance followed by an impressive presentation from a group from Taekwondo. The audience was mesmerized by these works of art from people of Asia.

The original Taste of Asia event was created to share the culture of the Asian countries and this



PHOTO CONTRIBUTED

**The Taste of Asia at Everest College in Tysons on May 10 included many demonstrations, as well as food and other cultural interactions.**

year's event shared the Asian food, performances, cultural arts and friendships with 200 people of varying backgrounds including

about the meaning of names and background, helping the attendees

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## Oak Hill & Herndon CONNECTION

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**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Reena Singh**  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

**Kim Taiedi**  
Display Advertising  
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**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecqueux  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



OPINION

# Taste of Asia

FROM PAGE 6

make meaningful connections to each other.

All participants had a passport to get their stamps to be sure they were not missing out any valuable experiences from the event. I trust all participants from this event tasted Asia in many ways and I am grateful for that. I thank 30 -plus volunteers that we had for the event and special thanks to our event committee members who helped build many positive bridges among people in this diverse county.

When I witnessed some kids from Ghana, trying on Korean, Chinese and Thai dresses and having a photo-op, I saw a glimpse of 'Promised Land,' that once Martin Luther King noted.

When I witnessed Chinese women helping Hispanic young

people wearing their Chinese costumes, there was heartfelt welcoming and receiving of friendship built.

It was pleasure of seeing acceptance of each other and they are moving forward to learn about each other and they are reaching out and sharing their stories.

Their hearts were wide opened to embrace each other for those moments.

There was joy and happiness all around.

I saw what Dr. Martin Luther King dreamed: "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!"

I am committed to seed the

dream that Dr. King once talked about by offering a column that would continue to offer a place for a "Taste of Asia" and I am very excited about this calling.

As E.M. Forster noted, that this column will bring humanism to our living.

"The four characteristics of humanism are curiosity, a free mind, belief in good taste, and belief in the human race."

*Wonhee Kang will write an occasional column for the Connection.*

*Chairperson of Taste of Asia*

*Chairperson of Next-generation Entrepreneurship and Leadership Development Committee (NELDC)*

*Sr. Director of Boys & Girls Clubs of Greater Washington, Fairfax County Region*

*Director of Worship-arts, Culmore United Methodist Church*

## What About Virginia Taxpayer?

It is interesting to read the Democrats calling the expansion of Medicaid a "A Moral Imperative!" Yet when Governor Terry McAuliffe and the Democrats talk about the additional funding that would come from the federal government paying for the expansion of Medicaid not a word is heard about how this addition federal funding could be used to cut the tax burden on all Virginia taxpayers. Instead, the only thing that comes out of the Governor in Richmond is how he (and the democrats) will spend this new federal revenue source to expand teacher salaries, police funding, parks and other vote buying programs. Maybe, just maybe the democrats and the Governor would

get more (some) bipartisan support for expansion by talking about at a minimum putting this money aside for a few years to at least see if the federal government will actually be able to keep affording this new spending. Keep in mind, once expanded with the federal purse string attached, there is no going back regardless of the future cost to the Virginia taxpayer. The Democrats need to get real and come up with a moral way to protect the Virginia taxpayer over the long run for a change. A little slower on the tax and spend might be an interesting concept to achieve that goal.

**Dudley Losselyong**  
Great Falls

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# Born to Run Memorial 5K Race Is June 14

Fundraiser for deceased teacher's two daughters.

By BONNIE HOBBS  
THE CONNECTION

In November 2013, Franklin Middle School teacher Jannine Parisi, 47, was the victim of a tragedy which left her two teenage daughters without parents. But she's not been forgotten by those who knew and loved her.

And now, her former school is holding a 5K race in her honor and to raise money for her children's education. The first annual Born to Run 5K Memorial Race and Fun Run is slated for Saturday, June 14, at the school, 3300 Lees Corner Road in Chantilly.

"Jannine was a huge Bruce Springsteen fan, so we named the race after his song," said Assistant Principal Bryan Holland, organizing the event. "And as a P.E. teacher, physical fitness was important to her, and we wanted to do a community-minded event to honor her."

Parisi taught at Franklin for eight years and, according to Rob Gibbs, a fellow P.E. teacher there, "She was a well-respected member of our Franklin Middle School family. She was a wonderful teacher, role model and friend to students, staff and our school community."

"Jannine's students respected her as a positive influence, given her ability to inspire them and place the concerns of others above her own," continued Gibbs. "Since November, our school community continues to collectively heal from her loss. We want to make this special event a successful tribute to Jannine and her spirit."



Jannine Parisi

The 5K starts at 8:30 a.m., followed shortly afterward by the 1K fun run.

Online registration is at [www.prraces.com](http://www.prraces.com). Registration for the 5K is \$35 until June 12, \$40 on race day; the 1K is \$20 through race day. Potomac River Running is managing the 5K, and runners will be timed via a computer chip in their race bibs.

All proceeds will be donated to an established education fund for Parisi's daughters. One is a Chantilly High senior and the other is in eighth grade, and both will be at the event. Those unable to participate in the event, but wishing to contribute, may do so at the Website.

"Jannine valued education, and

what meant the most to her were her daughters," said Holland. "So the best way for us to honor her and give back is to help provide an education for them."

Awards will be given to the fastest overall male and female finishers, the overall male and female staff members from the Chantilly Pyramid and the top male and female finishers in various age categories. Packet pick-up is Friday, June 13, from 3-6 p.m., and Saturday, June 14, from 7-8 a.m., before the event.

Runners will traverse a flat course through the Chantilly Highlands neighborhood, and the race will both start and end at Franklin Middle. The fun includes a raffle for gift certificates from local merchants, and the school PTA and

community businesses are providing refreshments afterward for the participants.

"The event will focus on a sense of community and the celebration of life," said Gibbs. "We are very excited to be honoring our friend in such a fashion." Anyone who'd like to donate an item to the raffle or volunteer to help on race day should contact Assistant Principal Bryan Holland at [bholland@fcps.edu](mailto:bholland@fcps.edu).

"So far, about 250 people have registered to run, so we're hoping for a good turnout," he said. "As people found out about the race, they've contacted me to ask what they could do, and it's reassured me how truly caring and compassionate the Chantilly community really is."



In happier times: Jannine Parisi having fun at school.



PHOTO CONTRIBUTED

Sixth annual Love Your Body Yoga Festival will be held on Sunday, June 8, 10 a.m. – 3 p.m.

## Love Your Body Yoga Festival Comes to Reston Town Center

Yoga studios and wellness centers of Northern Virginia will offer classes, services, and share information at Love Your Body Yoga Festival on Sunday, June 8 from 10 a.m. until 3 p.m. at Reston Town Center, 11900 Market Street, Reston. With free admission, LYBYF offers free activities and entertainment for the whole family including live music, healing demonstrations, food samples, and soothing therapies such as Reiki, chiropractic, massage, and yoga. Donations for participation in specific classes will benefit Cornerstones. The Kids Tent will offer storytelling, laughter yoga, and more, for all ages. New highlights are presented at this year's event, and all are invited to enjoy the variety of activities, free prize drawings, and many booths on Market Street through the day at the 6th annual Love Your Body Yoga Festival.

Come and celebrate COMMUNITY with Northern Virginia's best yoga instructors and alternative health care providers offering fun and educational methods at Love Your Body Yoga Festival, which also launches the official start of Virginia Yoga Week 2014. Love Your Body Yoga Festival highlights are below, and the full event schedule of classes and activities is available online. For more information, call Beloved Yoga, 703-860-9642, email [marketing@belovedyoga.com](mailto:marketing@belovedyoga.com), and visit [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com).

"This is truly an event for everyone – young and old, yogis, and those who have never tried yoga before," says Maryam Ovissi, co-owner of Beloved Yoga. "At Love Your Body Yoga Festival, everyone can learn about the many ways to take care of their bodies from the inside out – physically, mentally, and emotionally – to feel stronger and healthier." Love Your Body Yoga Festival is organized by Beloved Yoga, which has studios in Reston and Great Falls, Virginia, and is presented with support from other local businesses and community volunteers. For sponsorship details, contact [marketing@belovedyoga.com](mailto:marketing@belovedyoga.com).

## Love Your Body Yoga Festival, 2014 – Main Stage and Tents

Main Stage: Presentations begin with Beloved Yoga's opening class and live music at 10 a.m.; followed by a variety of classes for all levels of yoga, 20 to 25 minutes in length; ending with a Closing Circle Celebration from 2:40 until 3 p.m. Donations for class participation will benefit Cornerstones (formerly Reston Interfaith).

Bhakti Tent: Live music through the day, and indulgence in the art of devotion through mantra and sound.

Yoga Therapy and Ayurveda Tent: 10 to 15-minute talks about various topics and how to utilize

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## An Homage to Jannine Parisi

At Franklin, Jannine Parisi was a hardworking and cherished staff member; to me personally, she was a good friend. She is best known for her beautiful smile and positive attitude that would improve anyone's day. She inspired her students to reach the potential she saw in each of them. She was patient with them; and they, in turn, thought highly of her.

Jannine was also the heart and soul of the P.E. department as the pseudo-mothering figure and mentor to each member. And she loved and treated each member as if they were part of

her own family. She was a calming voice, and her humor and laughter made her friends' and colleagues' days better. Her warm personality was contagious.

Always happy to help other teachers, Jannine became a prominent and award-winning member of the GMU Teaching advisory council. Her love and passion for her job always inspired her co-workers and provided those new to the profession with a solid foundation to start from.

However, those who worked closest to Jannine recognized that the most important thing in her life was being a mother. She spent

countless hours making sure both her girls had the skills to succeed in life, and she was so proud of the young women they had become.

As a co-worker, she inspired her colleagues to develop positive relationships with one another and with their students. As a person, she inspired us all to live our lives with a smile on our face, regardless of what was going on in our lives. She led a dignified and selfless life and will be forever missed, but never forgotten, by her Franklin family.

— BRYAN HOLLAND,  
ASSISTANT PRINCIPAL, FRANKLIN  
MIDDLE SCHOOL



Memorial 5K and Family Fun Run  
Race logo.

# CALENDAR

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

## TUESDAY/JUNE 3-SUNDAY/ JUNE 29

**Artspace Herndon.** 7-9 pm. ArtSpace Herndon, 750 Center Street, Herndon. On June 7, join in the opening reception of Artspace Herndon's Burnt Offering exhibit, by Morgan Johnson Norwood. Free. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org).

## THURSDAY/JUNE 5-SUNDAY JUNE 8

**Celebrate Fairfax!** Celebrate Fairfax!, Northern Virginia's largest community-wide celebration, arrives June 6-8 to the Fairfax County Government Center. Twenty-five acres of vendors, exhibitors, rides, and nightly fireworks. 703-324-FAIR (3247) for all details.

## THURSDAY/JUNE 5

**Home Food Preservation.** 7-8:30 p.m. Walker Nature Center, 11450 Glade Dr, Reston. Introductory class for adults covering food preservation methods, from canning to freezing. RSVP by June 2. \$5-7. [naturecenter@reston.org](mailto:naturecenter@reston.org) (703)-476-9689/press 5.

## FRIDAY/JUNE 6

**Friday Night Live! Gonzo's Nose.** 6:30- 10:30 pm. Town Green Herndon, 777 Lynn St, Herndon. Gonzo's Nose is the most popular party band in the national capitol area, bringing solid musicianship to a massive setlist of cover songs, which range from the early '80s until songs that hit the radio just yesterday. Free. 703-481-6133.

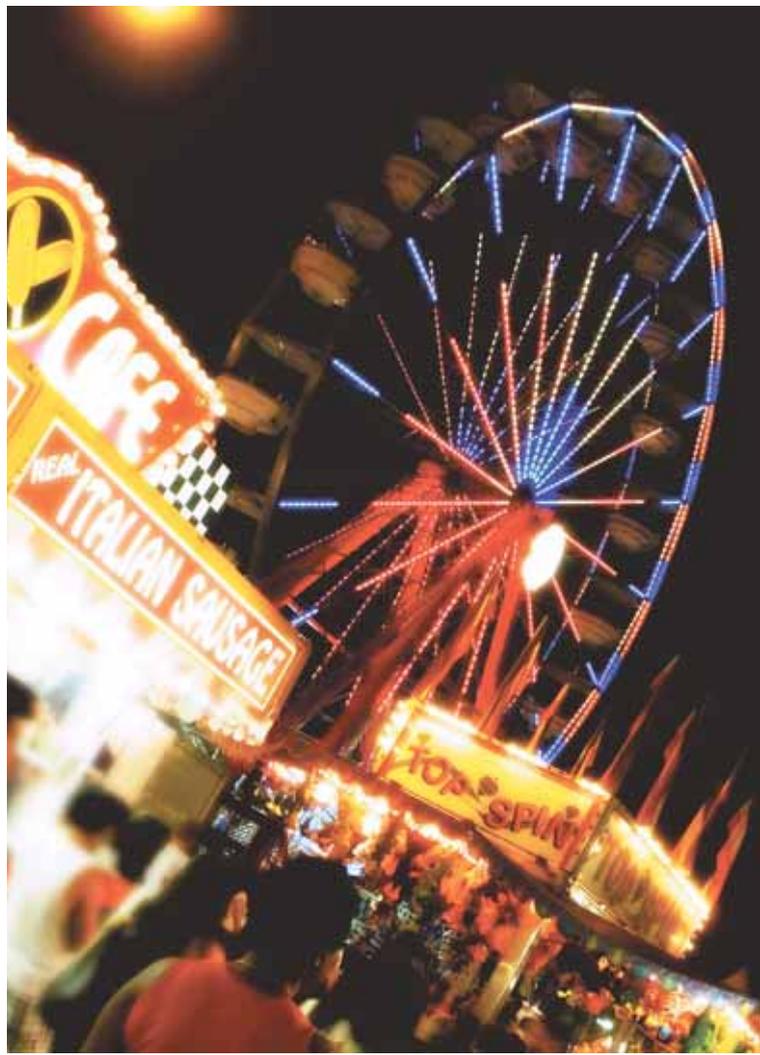
## SATURDAY/JUNE 7

**D-DAY 70th Anniversary: From Normandy to the Battle of the Bulge.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relive the Normandy Campaign and the Battle of the Bulge in this slide presentation narrated by local historian Jim Lewis. Teens and adults. Free.

**Relay for Life.** 1 p.m. Herndon Middle School, Locust St, Herndon. 703-938-5550.

## SATURDAY/JUNE 7-SATURDAY JUNE 21

**Flea Market at Lake Fairfax.** 8 a.m.-4 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. You never know what you may find at the Saturday flea market, from home furnishings to other treasures. Free for shoppers. \$25 for vendors. 703-471-5416.



Giant ferris wheel at the Celebrate Fairfax! Festival. This year the festival will be held Thursday-Sunday, June 5-8.

PHOTO COURTESY OF CELEBRATE FAIRFAX

## SUNDAY/JUNE 8

**SpeakeasyDC's Born This Way: Stories About Queer Culture in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. One of the region's premiere storytelling theatres presents an adults only afternoon of entertaining and thought-provoking true stories that showcase a range of perspectives from the Lesbian, Gay, Bisexual and Transgendered (LGBT) community. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**Women's Golf Month Free Clinic.** 12-1:30 p.m. Herndon Centennial Golf Course, 909 Ferndale Ave, Herndon. 703-471-5769.

**Land, Sea, and Sky Exhibit Opening Reception.** 2-4 p.m. RAGS, 11400 Washington Plaza, Reston. A fine art exhibit of landscapes painted by Dorothy Donahey in acrylics on canvas in representational abstract and realism. Donahey will be on hand to discuss her work.

## THURSDAY/JUNE 12- JUNE 28

**Take a Break Concert Series.** 7-9 p.m. Lake Anne Plaza, 11404 Washington Plaza W, Reston. On Thursdays, take a break with this outdoor concert series at Lake Anne Plaza. Free.

## FRIDAY/JUNE 13

**Friday Night Live! Burnt Sienna.** 6:30-10:30 p.m. Town Green Herndon, 777 Lynn St, Herndon. Burnt Sienna is a five-piece cover rock band, delivering their show with a high-energy party approach. Popular songs from '80s to present. Free. 703-481-6133.

**Taste of Reston 2013.** 3-11 p.m. Reston Town Center, 11811 Freedom Dr, Reston.

Taste of Reston is the largest outdoor food festival in the area, with two days of restaurants and community vendors, live entertainment on three stages, a carnival, the Family Fun Zone! And our Wine 'n Dine area. Free. 703-707-9045.

**Artspace Herndon Senior Tea.** 1-2

p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. Free. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org).

## SATURDAY/JUNE 14

**Taste of Reston 2013.** 12-11 p.m. Reston Town Center, 11811 Freedom Dr, Reston.

Taste of Reston is the largest outdoor food festival in the area, with two days of restaurants and community vendors, live entertainment on three stages, a carnival, the Family Fun Zone! And our Wine 'n Dine area. Free. 703-707-9045.

**12<sup>th</sup> Annual SENIOR Senior Prom.** 2-4 p.m. St. Joseph's Hall, 750 Peachtree St, Herndon. The Rotary Clubs of Herndon and Reston welcome all aged 50 years or better. Wear prom attire or beach wear! RSVP to Oliver Chiropractic and Acupuncture at 703-904-8528 by June 11.

Transportation can be provided if needed.

**Fishing with Fathers.** 10:30 a.m.-12 p.m. Walker Nature Center, 11450 Glade Dr, Reston. All ages. Celebrate Father's Day by fishing with us at Lake Audubon. Rods and bait provided. Those 16 and older wishing to fish will need a fishing license available online at [www.dgif.virginia.gov](http://www.dgif.virginia.gov). RSVP by June 11. \$7-9. [naturecenter@reston.org](mailto:naturecenter@reston.org). (703)-476-9689/press 5.

## SATURDAY/JUNE 14-SUNDAY/ JUNE 15

**Engine #62 Trackless Train Rides at Lake Fairfax.** 1400 Lake Fairfax Dr., Reston. Hit the pool and hitch a ride on the trackless train, running on the second week of June, July, and Aug. Special runs also May 31, June 1, and July 4. Watermine park opens May 24. \$3. 703-471-5416.

## SATURDAY/JUNE 21

**Nature Exploration: Lake Anne by Canoe/Kayak.** 2-4 p.m. Lake Anne Public Boat Docks, Washington Plaza in the Lake Anne Village Center. Adults.

Join a naturalist to explore Lake Anne from a different perspective. Bring your own kayak or canoe, or rent one for \$6.

Reservations required by June 18. Free with your own canoe; rental fee for kayaks or canoes. [naturecenter@reston.org](mailto:naturecenter@reston.org). (703)-476-9689/press 5.

## ONGOING

**Free Comedy Showcase.** Thursdays 8:30 p.m., at Kalypto's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypto's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

## Reston Concerts on the Town Kick Off New Season

**R**eston Concerts on the Town, the weekly summer concert series at Reston Town Center, will kick off its summer season on June 7 with Beatles tribute band Hard Day's Night. The concerts are free thanks to a grant from the Reston Town Center Association and support from Reston Town Center owner Boston Properties. These shows take place every Saturday night, from June 7 thru Aug. 30, from 7:30 to 10 p.m., rain or shine.

The series features talented local and national acts from across the country. This year's line-up features a diverse array of music including boogie-woogie blues; swing; jazz; Latin fusion; bluegrass; zydeco; funk, and Motown. Music lovers of all ages are invited to bring blankets, lawn chairs and picnics to the concerts each week and come ready to enjoy a swingin' good time.

This summer's highlights include:

- ❖ Joe Maher's Big Joe & the Dynafloes will hit the Town swingin' with special guest award-winning blues artist Tom "Mookie" Brill - June 21

- ❖ Local jazz favorite Chuck Redd brings trumpet virtuoso Byron Stripling and Nicki Parrott on July 5.

- ❖ Kick up your heels with the bluegrass, rockabilly and western swing of Jackass Flats on July 12.

Visit for more information [www.restontowncenter.com/concerts/](http://www.restontowncenter.com/concerts/)

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## PHOTO GALLERY!

### "Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

# Herndon Festival Attracts Crowds

The 34th annual festival brought visitors from throughout the county.

BY REENA SINGH  
THE CONNECTION

Carnival rides, kettle corn and a 10-foot-tall Uncle Sam in downtown Herndon can only mean one thing: it's Herndon Festival.

The 34th annual festival brought visitors from throughout the county into town from May 29 to June 1.

"It's becoming one of the most interesting festivals in Northern Virginia, maybe even in the greater D.C. area," said festival creator Arno Randall.

Randall has seen the festival flourish from taking up two streets to now taking over downtown Herndon.

"If you stop for a moment, you see smiles on everyone's faces," he said. "It's meant to be a good family-friendly festival to make people feel good about the community they live in."

In the next week or two, the fes-

tival committee will pour over photos and talk about their observations to determine an estimate for the number of people who came to this year's event.

"Ten thousand people came the first year," he said. "We've been blessed with excellent weather. The crowd was larger than usual, I believe."

He said the secret to creating such a successful festival is in the details.

Sara Kimbrell, Fairfax, said she brings her family to the festival nearly every year. Her daughters, Jamie and Lainey, loved the teacup ride where they swung their seats wildly around and around.

"My sister lives in Herndon," said Sara. "It's nice that it's a free festival, that we can at least get admission for free."

Lisa Hulen, Potomac Falls, said she noticed the festival when she cycled through the town recently.

"It looked like it would be a lot of fun for him," she said, pointing at her 8-year-old son Sean.

They were in line to go on the Ferris wheel, but he was the most excited about going on centrifugal force ride called "High Energy."

"It seems very well organized," said Hulen. "We were able to ride the shuttle here from the free parking area, which was nice."

If it seemed that there was a lot of police present at the festival - there was. According to Herndon Police Department's Capt. Brad Anzengruber, it was not just HPD that was there. Fairfax County Sheriff's Department, Virginia Police Department, Northern Virginia Task Force and Herndon Police Support Team were all represented at the festival.

"It's a great chance to interact with the public," said Capt. Anzengruber. "You have to provide a safe environment for people to enjoy themselves."

He said there were no serious incidents at this year's festival.

"We've rescued more lost children than anything else we've been doing," he said.



PHOTO BY REENA SINGH / THE CONNECTION

Jamie Kimbrell, 8, and Lainey Kimbrell, 6, ride the teacups at the Herndon Festival this past weekend.

## CHOOSE THE PERFECT CEILING FAN WORKSHOP

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# Poverty in the Classroom

Pockets of low-income students scattered through Northern Virginia.

BY MICHAEL LEE POPE  
THE CONNECTION

When Carla Castro-Claure was approaching the age when she would soon attend Kindergarten, her mother became increasingly concerned about Hybla Valley Elementary School. She wasn't sure it was safe for her daughter, and stories were circulating through the neighborhood about elementary school students being suspended for having drugs. Then, one day, she learned about a robbery that happened at the 7-Eleven on the corner. The robbers hid at the school to evade police.

"It was known to be a bad elementary school," said Castro-Claure. "It has the lowest test scores, and there was a lot of crime in the neighborhood."

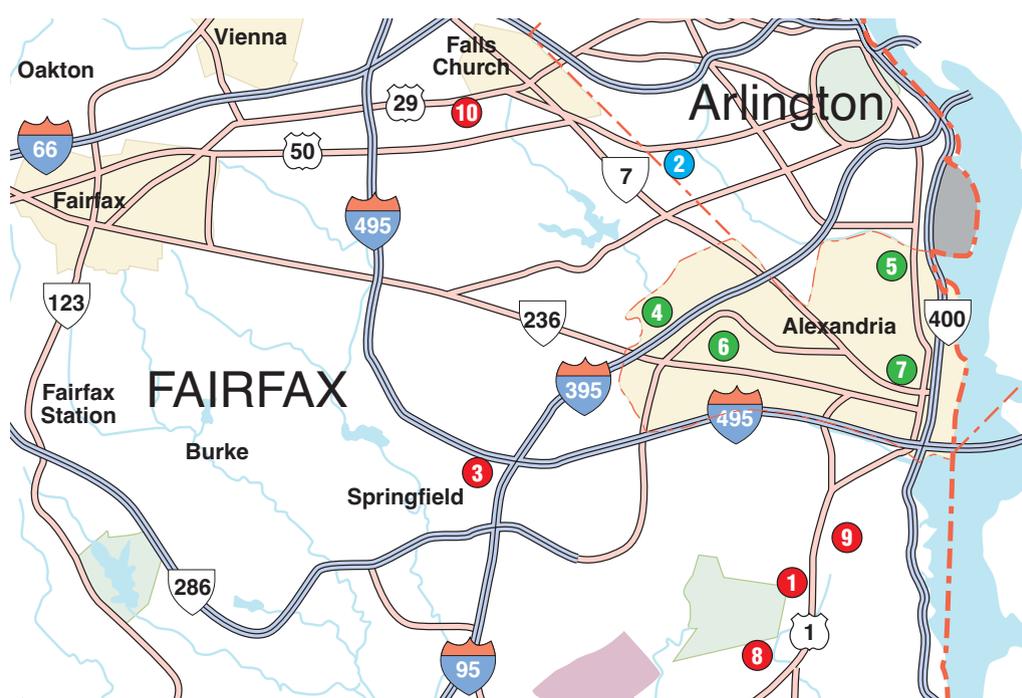
Her mother decided that Hybla Valley was not safe enough for her, choosing another school several miles away. Since that time, she said, the school has improved. It has new security measures, and the test scores have improved. Her sister now attends the school, and her mother heads the parent-teacher association. Nevertheless, the school struggles with poverty. According to a statewide database of poverty in the classroom, Hybla Valley has the highest rates of students who qualify for free or reduced price lunch in Northern Virginia.

"We have a sense of urgency at all times at this school," said Hybla Valley Principal Lauren Sheehy. "At another school, we may not need as much skills and as much energy to get the job done. But here we need 110 percent at all times, and that's what drives us every day."

**POVERTY SPREADS** across the classrooms of Northern Virginia by ZIP code, with poor neighborhoods logging the highest percentage of students who qualify for free or reduced price lunch. Among all schools in Alexandria, Arlington and Fairfax County, Hybla Valley has the highest. Almost 90 percent of students qualify, making it one of the highest poverty schools in the region. And even though Arlington County has a reputation of being a wealthy enclave, Carlin Springs Elementary comes in a close second. More than 86 percent of its students qualify for free or reduced price lunch.

"Arlington, like, most suburbs has very segregated schools although nobody wants to talk about it," said Fred Millar, whose children attended Arlington Public Schools. "When you draw school boundaries to effectively insulate the wealthy students, that's class warfare."

Although the 10 highest-poverty schools in Northern Virginia are spread out across the region, one area has a cluster of high-poverty schools. Southeast Fairfax County



Division	School Name	Principal	Free or Reduced Price Lunch	Performance English	Math	Asian	Black	Hispanic	White	Other
1	FCPS Hybla Valley ES	Lauren Sheehy	89.32%	59%	62%	5%	15%	77%	2%	1%
2	APS Carlin Springs ES	Corina Coronel	86.32%	61%	69%	9%	10%	70%	6%	6%
3	FCPS Lynbrook ES	Mary McNamee	86.05%	54%	45%	13%	3%	77%	5%	2%
4	ACPS William Ramsay ES	Rosario Casiano	85.44%	60%	50%	6%	26%	54%	11%	3%
5	ACPS Cora Kelly Magnet ES	Brandon Davis	81.91%	71%	80%	1%	34%	59%	6%	0%
6	ACPS Patrick Henry ES	Ingrid Bynum	81.86%	47%	51%	6%	49%	33%	8%	4%
7	ACPS Jefferson-Houston ES	Rosalyn Rice-Harris	81.66%	41%	50%	1%	67%	20%	10%	2%
8	FCPS Mount Vernon Woods ES	Pamela Simpkins	79.88%	52%	53%	8%	29%	59%	2%	1%
9	FCPS Bucknell ES	Timothy Slayter	79.09%	52%	42%	5%	15%	77%	2%	1%
10	FCPS Graham Road ES	Tamara Ballou	77.66%	71%	83%	11%	14%	66%	9%	1%

FCPS — FAIRFAX COUNTY PUBLIC SCHOOLS; APS — ARLINGTON PUBLIC SCHOOLS; ACPS — ALEXANDRIA CITY PUBLIC SCHOOLS

has three of the highest poverty schools hugging the Route 1 corridor. Three of the elementary schools here make the top 10 list of high poverty schools: Hybla Valley, Mount Vernon Woods Elementary school and Bucknell Elementary School. Critics say these neighborhoods fall through the cracks because they don't have the kind of money and clout enjoyed by areas with wealth and power.

"In a lot of ways, government is more responsive to those who have than to those at the bottom," said Del. Scott Surovell (D-44). "Why does every planetarium in the county work except the one at Carl Sandburg? Why do we still have a huge Head Start waiting list? Why do we still have a big childcare waiting list?"

**TEST SCORES** show that students at high-poverty schools often struggle to meet state and federal standards. One of the highest poverty schools in the region is Jefferson-Houston in the City of Alexandria, where test scores have been so low for so long that

state leaders are poised to orchestrate a takeover. When classes begin this fall, the newly created Opportunity Educational Institution is expected to seize control of the school, which serves Kindergarten through eighth grade. The institution, which was created by former Republican Gov. Bob

**"In a lot of ways, government is more responsive to those who have than to those at the bottom."**

— Del. Scott Surovell (D-44)

McDonnell, is targeting six schools in Virginia. Jefferson-Houston is the only school in Northern Virginia, although city leaders in Alexandria are hoping that a lack of organization and funding will derail the takeover, although frustrated parents say Alexandria leaders have demonstrated they are unable to transform the school.

"I think it's a good idea for new people to step in and take over," said Bea Porter, whose grandson attends the school. "The local school system has failed Jefferson-Houston for too long."

According to salary data received in a Freedom of Information request, teachers at high poverty schools often receive lower pay than their counterparts at other schools. In many cases, that's because teachers at high-poverty schools are fresh out of school and looking to enter the profession. Many transfer to wealthier neighborhoods, where teaching students can pose fewer of the challenges related to poverty. The average pay for a Kindergarten teacher in Fairfax County, for example, is \$61,000. The highest Kindergarten teacher salary is \$99,000 at Fort Belvoir, and the lowest is \$45,000 at London Towne Elementary. The average Kindergarten teacher salary is higher than the average Kindergarten teacher salary at Hybla Valley, Lynbrook, Mount Vernon Woods, Buckness and Graham Road.

"We have this mythology of equality," said Jon Liss, founder of Tenants and Workers United. "But the reality is that there has been a resegregation because of the overlap of race and class."

**BEHIND HYLBA VALLEY** is a series of trailers — sometimes called portables — where students gather in temporary structures. Schools with the most number of trailers tend to be at high poverty schools, although school officials also use them at some schools with low rates of poverty such as Haycock Elementary School and Clermont Elementary School. Critics say the village of trailers behind Hybla Valley is an indication that Fairfax County Schools is not willing to invest the kind of resources here that might go to a school where parents would lobby School Board members for a new wing of classrooms.

"The value of education is not equal," said Alma Lopez, parent of four children at Hybla Valley Elementary School. "If you compare students in McLean to students in Hybla Valley, it would be obvious that the level of education is better in McLean."

The principal says that the school has always needed trailers, even after a two-story addition gave the school 17 more classrooms. Before she came to Hybla Valley, Sheehy was assistant principal at Lynbrook Elementary School, another high poverty school. Like many of the teachers and staff at Hybla Valley, Sheehy says that she feels called to work with students in need.

"It really is a calling. It's a real passion, and I feel really proud to be at the school and proud to support the students here," said Sheehy. "Our teachers embrace it, and they acknowledge that there are more challenges here than at other schools."

# Saluting the Seniors

**Ceremony in Fairfax recognizes high school seniors who are enlisting in the military.**

BY EMMA HARRIS  
THE CONNECTION

**A**s high school nears its end for the many seniors of Fairfax, Loudoun and Prince William counties, students are faced with countless options of what will be their next step in life.

For a small group of seniors, this step means one thing — enlisting in the military. In the fourth annual Enlistee Recognition Ceremony, the Northern Virginia chapter of Our Community Salutes, along with over 200 community members, gathered at George Mason University Thursday, May 29 to thank and support about 50 seniors who have chosen to enlist in the military after graduation. “No matter what branch of service you’ve chosen, what you’ve done is an honorable thing and something you should be proud of,” said Marine Corps Sergeant Major Mark Byrd, a guest speaker. “Not many take on this challenge,” he said, adding that only half a percent of Americans enlist to serve their country.

“You are a special group of people,” Byrd said, “and you will be the heroes that your siblings and family members will try to emulate.”

“We are proud to have such fine men and women

defending our country,” said Sharon Bulova, chairman of the Fairfax County Board of Supervisors, commending the enlistees for sacrificing their personal needs and desires for their country. “You all are an inspiration,” she said. Aaron Gilchrist, an NBC4 news anchor and master of ceremonies, then read the names of the enlistees as they walked across the stage to be individually recognized.

**OUR COMMUNITY SALUTES**, a national organization, was brought to Northern Virginia when Christine Zinser of Fairfax decided that high school seniors who decide to enlist were not getting their well-deserved thanks, she said. In 2011, her son Philipp enlisted in the Marine Corps, and Zinser organized the first of the Enlistee Recognition Ceremonies.

“It’s the right thing to do,” she said, so Zinser continues to organize the ceremonies.

“They’re doing a big thing, and it deserves big recognition,” she said.

Every year the ceremony gets bigger, Zinser said, adding that eventually she would like to see the ceremony be held at a Nationals baseball game.

“The parents are bursting with pride, and so am I,” she said. During the ceremony, Sharon Stark, district director for the office of Rep. Gerry Connolly (D-11), stood to recognize Zinser. On behalf of Connolly, she read a Congressional Record Statement that commends Zinser for her efforts in creating the Northern Virginia chapter of Our Community Salutes, as well as making sure that enlistees of Northern Virginia receive proper recognition from their community.



**Guest speaker Major General Robert Dyess of the United States Army talks to enlistees and their parents at the fourth annual Our Community Salutes Enlistee Recognition Ceremony Thursday, May 29.**



**The Marine Corps enlistees of Fairfax, Loudoun and Prince William counties stand with their recruitment officers at the fourth annual Our Community Salutes Enlistee Recognition Ceremony Thursday, May 29.**

PHOTOS BY EMMA HARRIS/THE CONNECTION

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# Team On Going



By KENNETH B. LOURIE

In anticipation of my next face-to-face appointment with my oncologist, the first in three months (as per usual) and considering a breathing issue I've been experiencing the last month or so, my wife, Dina (original Team Lourie member) asked if I wanted my brother, Richard (the other original Team Lourie member), to attend. Not that he wouldn't attend if asked (he's local); it's more that I'm wondering if he really needs to attend, as in whether there will be life-changing, cancer-related decisions where all hands need be on deck. Of course, a week before the appointment I have no legitimate clue – nor have I received any suggestions from my oncologist – that anything of substance/recent changes that have occurred (I have also recently completed my quarterly diagnostic scans and am awaiting those results as well) will be discussed; and that's the point of this column: how frequently, how/when does the patient/survivor know when team members should be present at these appointments?

Initially, at the very first meeting with your oncologist (see last week's column: "Team Up"), team members' presence, inclusion, participation, etc., is mandatory. It's the subsequent appointments, however, when their presence may not be necessary; that is, the discussions with the oncologist are more mundane, (at least they have been for me anyway, mostly) and matter-of-fact and not as serious as they were at the beginning, when I was advised to take that trip I had always dreamed of because my prognosis was not that good: "13 months to two years." Now, I feel that if I bring along the entire team, I'm tempting fate somehow; thinking negatively when thinking positively is the anecdotal solution to what ails me. Trouble has already found me. I don't need to look for it.

And by trouble, I mean: the current treatment is no longer maintaining the tumor's status quo and there's been some spread and/or growth or some additional kidney/liver damage, manifestation of which would likely stop treatment. Given that I'm presently taking the last drug my oncologist feels comfortable recommending I take (given the previous organ damage I've already experienced and knowing that most chemotherapy drugs are filtered through one or two of these organs), my next choices are: other chemotherapy drugs with a 10 percent chance of positively affecting the tumors (vs. doing nothing), a clinical trial at either N.I.H. or Johns Hopkins, or doing nothing and living my life – what there is of it, and trying in turn not to not focus or anticipate when the other shoe will drop off – figuratively speaking, and/or maybe even literally, too. And therein lies my dilemma: if this is in fact where I am, the need for a calm and reasoned perspective to help consider these alternatives would be most welcome and appreciated. Still, I can't help being reminded of the old joke about the not-too-bright person questioning how the Thermos knows to keep the cold water cold and the hot water hot. How do I know my future fate? I don't. I'd like to believe in karma, but sometimes, maybe most of the time, the die is cast.

If the substance of the conversation with my oncologist is to be serious, I want the team there. If it's not, I don't want them there as a presumptive buffer to bad news that I might not even receive. I don't want to waste their support for an appointment that doesn't really warrant it, if you know what I mean? But the problem is, I'll never know until it's too late, and too early is subject to reinterpretation, as I wrote about previously in a column titled: "Whew!" So now I'll be waiting even longer for information/an assessment and knowing even less in the interim (because we've sort of learned our lesson) – and therefore we likely won't know anything until the actual appointment.

Perhaps I'm writing around in circles here, but having cancer isn't exactly a by-the-numbers kind of existence, and there's certainly no handbook or racing-type form to direct you on the various facts/feelings to consider in your everyday living-with-cancer life. (I wish there were; gosh, that would make it so much easier.) Moreover, what seems like simple choices for those of you outside these battle lines become somewhat muddled to those of us on the inside. I'll manage, though. I'm still alive five years and three months after receiving my diagnosis/prognosis in late February, 2009, a heck of a lot longer that I was originally given; and as I'm extremely fond of saying: "I'd be crazy to complain," and I'm not complaining, I'm just trying to sort out yet another cancer conundrum.

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

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).

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**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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**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

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**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391 or [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**Hope Fellowship Church** will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or [www.hopefellowshipchurchloudoun.org](http://www.hopefellowshipchurchloudoun.org).

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# Healthy Cooking with Children

Local foodies say cooking with children can establish a lifetime of healthy habits.

BY MARILYN CAMPBELL  
THE CONNECTION

From creating dough for freshly baked bread to squeezing lemons for a neighborhood lemonade stand, Michael Roll enjoys spending time in the kitchen with his children transforming ordinary food into nutritious culinary creations, particularly during the summer. He says that when parents cook healthy meals with their children they model behavior that can last a lifetime.

"The more 'from scratch' and processing raw food at home a child can see through their parents, the better understanding the child can develop in terms of what makes food healthy and unhealthy and where our food comes from," said Roll, director, Department of Culinary Arts and Food and Beverage Management at The Art Institute of Washington in Arlington. "These are fundamental things that can easily be lost in our very time-crunched worlds and long grocery store aisles of prepared and over-processed foods."

Farmers markets can offer a goldmine of inspiration for creating nutritious summer meals. "[They] bring us seasonal, fresh produce, grown close to home," said Christine Wisniewski, an instructor at Culinary Cooking School in Vienna. "In contrast to the mad dash into the supermarket the rest of the year, the more relaxed summer schedule also gives us the chance to really look around and broaden our food horizons."

Offering children a wide selection of fresh food and a chance to make their own selections broadens their culinary horizons. "In my experience, kids are more willing to try something new if they are given the opportunity to choose that new item themselves," said Wisniewski. "Challenge them to choose one new thing a week. "One week have them look for the most beautiful fruit or vegetable they can find at the market, next week have them find the ugliest. You might all be surprised with how that experiment plays out. The kids will gain exposure and you will gain experience. You were always curious about kohlrabi anyway, right?"

Roll encourages parents to approach cooking with an attitude of enthusiasm. "Baking chocolate chip cookies, even with my 6 year olds was fun because measuring flour, sugar, learning how to crack an egg were all exciting things for them," he said. "Licking raw batter and tasting warm cookies didn't hurt, but at 11, my son could probably make passable cookies without any help. My family's passion for cookies is why."

**COOKING TECHNIQUES** and the tasks children undertake in the kitchen should be age appropriate, said Roll. "For the really young, nothing beats funny shapes, layering yogurt and fruit and granola in a clear glass is magical to a child," he said. "For the older, make baking a chemistry lesson on baking soda [or] why flour in bread makes such a different product than flour in pancakes."

Roll added, "I think that starting simple helps, too. Chicken broth, chicken, carrots, celery and pasta,



PHOTO COURTESY OF TINY CHEFS

**Students at Tiny Chefs Culinary Academy learn to prepare healthy meals.**

**"The more 'from scratch' and processing raw food at home a child can see through their parents, the better understanding the child can develop in terms of what makes food healthy and unhealthy."**

— Michael Roll

with some seasoning still makes the best cold remedy there is. A child can peel a carrot. A child can test the doneness of pasta, a child can learn that a little salt is great, no salt is bland, and too much salt is a disaster."

With a little planning, parents can create delicious and healthy fare with their children that is hands-on, but safe. "Letting kids help cut fresh fruit for fruit salads is a great summer dish, said Beth Szymanski of Tiny Chefs, a culinary academy with locations in Fairfax, Arlington, Alexandria, Sterling, Ashburn, Reston, Herndon, Centerville, Va., and Potomac, Md. "Kids love to help cut food and having them use lettuce knives lets them really help out in the kitchen while keeping them safe."

Szymanski adds that there are simple short cuts to create substantial, low-maintenance meals. "Use an already cooked rotisserie chicken to create a chicken salad or pasta salad in the summer time to keep the kitchen cool without having to turn on the oven, plus the kids love to help shred and cut up the chicken," she said.



PHOTO CONTRIBUTED

**Herndon runner Andrew Goldman and swimmer Emily Meilus received their state championship rings on May 28. Pictured from left: Greg Miller, assistant director of student activities; Kelly Barr, assistant principal for the class of 2014; Goldman, senior; Meilus, freshman; William Bates, principal, Herndon High School; Jonathan Frohm, director of student activities.**

## Herndon's Goldman, Meilus Receive State Championship Rings

State rings were presented to Emily Meilus (freshman) and Andrew Goldman (senior) on May 28 by Director of Student Activities Jonathan Frohm and Principal William Bates for their achievement in VHSL sports this school year.

Meilus won the 100-meter backstroke during the swim and dive season and Goldman won the 3200-meter run during the indoor track and field season.

Both students are planning to compete during the summer. Goldman, coached by Pete Sherry, is currently on the outdoor track and field team for Herndon and plans to compete in Junior Nationals in the summer. Goldman will attend University of Virginia in the fall.

Meilus will compete in Nationals in August and return to Herndon High School in the fall, where she is coached by Kathy McLaughlin.

## Madison Baseball Advances to Semifinals

John DeFazio drove in the winning run in the 12th inning and the Madison baseball team advanced to the 6A North region semifinals with a 7-6 victory over West Potomac in the quarterfinals on Monday.

The Warhawks were down to their last out in the bottom of the 11th, when Mike Nielsen hit a two-run home run to tie the score at 6.

Madison will host McLean in the semifinals at 7 p.m. on Wednesday, June 4.

## Langley Softball Blanks Patriot HS

The Langley softball team defeated Patriot 3-0 in the 6A North region quarterfinals on Monday.

The Saxons will travel to face Lake Braddock in the semifinals at 7 p.m. on Wednesday, June 4.

## Langley Baseball Ends Season

The Langley baseball team ended its season with an 11-2 loss to West Springfield in the 6A North region quarterfinals on Monday.

The Saxons finished the year with a 14-10 record and were runner-up in Conference 6.