

County Director of Park Authority Kirk W. Kincannon, Park Authority Board Chairman Bill Bouie, Fairfax County Tree Commission Chairman Robert Vickers, Reston Association Parks and Recreation environmental resource manager Claudia Thompson-Deahl and RA Chairman Ken Kneuen in front of the tree cookie.

Biggest Virginia Pine Becomes 'Tree Cookie'

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PHOTO BY REENA SINGH/ THE CONNECTION

Langston Hughes Middle Celebrates Poetry

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NEWS

Honored for 'Advancing Public Service' Dean Klein, two other county employees win A. Heath Onthank award.

BY REENA SINGH
THE CONNECTION

Dean Klein truly believes homelessness can be eradicated.

The Director of Fairfax County Office to Prevent and End Homelessness will be one of the A. Heath Onthank award winners for his work with the county.

"I come from a family with a long line of social workers and was exposed at a young age to the importance of helping people in need."

The Onthank winners — Klein, Department of Transportation's Tom Biesiadny and Office of the County Attorney's Cynthia Tianti — will be presented their awards on June 17.

According to the county website, the award is to "grant recognition for accomplishments of outstanding worth in advancing and improving public service in the Fairfax County Government and School System by an individual county employee."

Since Klein took the director

position in 2009 - when the department was created - the homeless population has been reduced by more than 30 percent.

"We've been able to significantly reduce the number of people who are literally homeless in our county," he said.

Klein has not always wanted to be a social worker, he said. He graduated from Ohio State University with a Bachelor's degree in journalism and advertising. Although his family is from Cleveland, he moved to Washington D.C., where he received a Master's degree in social work from Howard University.

"I always found the D.C. area to be very exciting and thought it would be a good opportunity to live here," he said.

Before his work with Fairfax County, he was the senior community relations manager for the Freddie Mac Foundation, where he oversaw the company's Stable Homes Stable Families portfolio.

He said the county was successful in reducing the number of homeless residents because of the

partnerships with other organizations, like Cornerstones. "I'm really proud of the level of collaboration in our community," he said.

Michael O'Reilly, Chairman of the Fairfax-Falls Church Partnership to Prevent and End Homelessness board, said the collaboration between the county and other organizations can be traced right back to Klein. "Dean's ability to work with so many different partners in so many areas has allowed us to become a much more unified force to impact homelessness," said O'Reilly.

Many others, including U.S. Rep. Gerry Connolly (D-11), are happy to see Klein being recognized for his work with the county. "Since the Board of Supervisors created the Office to Prevent and End Homelessness during my tenure as Chairman, Dean has taken the lead with the nonprofit, business, faith-based communities and county agencies to implement our 10-year Plan to eradicate homelessness in Fairfax County," Congressman Connolly said in an email. "Under Dean's leadership, Fairfax has



PHOTOS BY REENA SINGH / THE CONNECTION

Director of Fairfax County Office to Prevent and End Homelessness Dean Klein will be one of the A. Heath Onthank award winners this year.

made tremendous progress in reducing the local homeless population and putting people back on the path to self-sufficiency through our network of shelters and sup-

port services. Fairfax was one of the few jurisdictions nationally to have its homeless population decrease during the Great Recession."

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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



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

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.

"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."

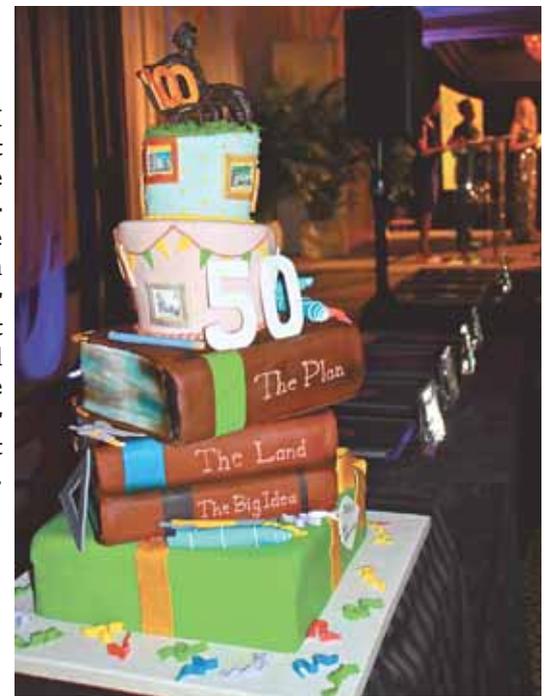
Because of the Metro line, Fortune 500 companies are clamoring for space in the area and more

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.



Phase II is a part of the comprehensive Reston Master Plan that will shape the town over the next 50 years.

PHOTOS BY REENA SINGH/ THE CONNECTION

Phase II Conversation Begins

Master Plan open house scheduled.

BY REENA SINGH
THE CONNECTION

Restonians will have the chance to take a peek at new development ideas for their town.

Reston's Phase II Open House will be held from 8:30 a.m. to 12:30 p.m. June 7 at United Christian Parish Church to introduce plans for town center redevelopment and some residential areas.

Supervisor Cathy Hudgins and the county Department of Planning and Zoning will be hosting the event at 11508 North Shore Drive.

"I think the most important point of Phase II is to have everyone in the community engaged," said Hudgins. "This will be more about walking around and talking than speeches and presentations."

Phase I focused on the areas surrounding the future Metrorail line. Phase II focuses

on the wider Reston community.

She said the plans are not final - this is just a way to get public feedback and introduce the phase.

She said because Lake Anne village center already has its own revitalization plan, it will not be a part of Phase II.

"There are other village centers that have failed, and they need to be looked at," she said.

She said she expects this phase to be developed over the next year before it goes before the Fairfax County Board of Supervisors for approval.

"It won't take four-and-a-half years, that's for certain," she said. "I think it will be a very engaging experience."

Reston Citizens Association President Ken Knueven said members of RCA will be at the open house to look at some of the zoning and land changes that are being proposed.

"I think with Phase II, there is a lot coming," he said. "Stay tuned, because RCA will be discussing it in the future."

For more information, visit <http://www.fairfaxcounty.gov/huntermill/>.



Aerial 3-D map of Reston at the Lake Anne museum.

Biggest Virginia Pine Becomes 'Tree Cookie'

Possible tree competition for county.

BY REENA SINGH
THE CONNECTION

Most cookies are done after baking for 15 minutes. Not a tree cookie, however.

The largest Virginia pine in the state took about 140 years to become a tree cookie, where it was awarded to the Reston Association by the Fairfax County Tree Commission.

FCTC Chairman Robert Vickers explained that a "tree cookie" is a cross section of a tree to show the rings at Thursday's meeting.

"I was driving down Reston Parkway and stopped at the intersection of Lawyer's Road and there's kind of a park and ride there, and I saw this enormous pine tree," he said.

That was three years ago. When he measured it, he found out it was the largest pine in the state, ac-



PHOTO BY REENA SINGH / THE CONNECTION
County Director of Park Authority Kirk W. Kincannon, Park Authority Board Chairman Bill Bouie, Fairfax County Tree Commission Chairman Robert Vickers, Reston Association Parks and Recreation environmental resource manager Claudia Thompson-Deahl and RA Chairman Ken Kneuve in front of the tree cookie.

ording to a Virginia Polytechnic Institute and State University tree website. When the 2012 derecho hit Northern Virginia, he found out the tree was no longer alive.

Vickers' love for trees goes back several years.

"About seven years ago, Great Falls had a competition to identify the biggest trees in Great Falls," he said. After searching the area with a tree guide fresh in his memory, he found that the biggest elm tree in the state of Virginia was

growing there in the village.

He said that the age of the pine found in Reston is significant.

"It's pretty rare because Virginia Pines are quite delicate," he said.

He suggested a county-wide tree competition be created to help nurture a love for nature.

"You are one of the finest citizens associations in the county," he said. "Why don't you have a contest to find the largest tree in Fairfax?"

The tree, which was on Reston

Association's property, was uprooted during the most recent derecho. Because the county park authority helped to remove the tree, they were also awarded a "cookie" from the tree.

Reston Association Parks and Recreation environmental resource manager Claudia Thompson-Deahl said she hoped one of the tree cookies could be given to the Walker Nature Center.

"Trees are what make Reston so special," she said.

WEEK IN RESTON

Reston Master Plan Phase II Open House

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.

Interested participants can RSVP with their name, number of guests, and phone number to Huntermillrsvp@fairfaxcounty.gov



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

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COMMENTARY

Garden Magic

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



The General Assembly has been in recess since early March when a special session was called by the Governor to pass a biennial budget that had failed to pass in the regular session. The impasse of course is about expanding Medicaid to provide health insurance to 400,000 of Virginia's working poor or turning down five million dollars a day because it is related to "Obamacare." We will return from our recess whenever there is a compromise proposed or some solution on which to vote. I have already endorsed a compromise offered by three Republican senators that would establish a program similar to those set up in a number of very conservative states that have expanded Medicaid.

In the meantime, I have had more time to spend in my garden than I have had any spring for many years.

I had almost forgotten how relaxing and satisfying working in the soil can be. I live on a postage stamp size lot of maybe a third of an acre. When we moved in more than 20 years ago, I loved our new house but was disappointed that the lot was so small. I now find the lot to be plenty big to maintain.

I grew up in rural Page County, Va. We did not have a farm, but we did have enough land that Dad and Mom had a wonderful vegetable garden. Dad raised enough vegetables to feed us all summer, and

Mom canned or froze enough to last the rest of the year.

The unfinished cellar under our house had large bins that kept potatoes year-round. My parents raised some flowers, but my interest in flowers was piqued by Mr. Johnson who lived in D.C. but had a weekend home on the Shenandoah River near my home. I was paid five dollars a week to mow the lawn but also got to observe him and the multitude of flowers and shrubs he had. He often gave me starts of plants that I could take home for our yard.

I have never lived any place where I could have a vegetable garden like my Dad's nor was I probably ever willing to do the tremendous amount of work he did to make it successful. I always have had lots of flowers as my Facebook (Kenneth R. Plum) friends can attest with the number of photos I post.

While working in the garden this spring trying to fill in the bare spots in the lawn, putting up new window boxes, pruning and restoring perennials, I remembered a book I used for years as a gardening guide, *The Complete Book of Garden Magic* by Roy E. Biles (Ferguson: Chicago, 1956). I could not find my original copy, but I was able to purchase a used one through the Internet.

Though obviously dated in many of its recommendations, it nonetheless reminded me that the magic in gardening comes not only in what you plant and grow but in the soothing effect the process can have on your life.



Fishing at Reston's Lake Audubon

Michael Hales of Reston caught a four pounds, seven ounces largemouth bass on May 31 in Reston's Lake Audubon near a dock using a black and pink rubber worm.



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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 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>

EDITORIAL



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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.

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 year's event shared the Asian food,



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.

performances, cultural arts and friendships with 200 people of varying backgrounds including many young people.

background, helping the attendees make meaningful connections to

SEE TASTE, PAGE 7

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OPINION

Taste Of Asia

FROM PAGE 6

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

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Great Falls Soccer Club, is looking to strengthen their Boys rising U14 ODSL Travel Team for the 2014/15 campaign. We are focused on maximizing player development with an emphasis on core technical skills and enhancing decision making abilities.

Prepare for High School and beyond! We want rising U14 players born after 08/01/00 who want to take their game to the next level!

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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. 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.

"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."

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



In happier times: Jannine Parisi having fun at school.



Memorial 5K and Family Fun Run Race logo.

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, and



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, 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 the tools of yoga to find wellbeing and balance. Ayurvedic services will be available, and practitioners will answer questions.

Kids Tent: Scheduled activities for all ages include storytelling, hula hooping, dance, and laughter yoga, as well as yoga especially for kids.

See all activities scheduled from 10 a.m. through 3 p.m. at www.loveyourbodyyogafestival.com.

Beloved Yoga - www.belovedyoga.com; Reston studio: 12001 Sunrise Valley Drive, Reston; Great Falls studio: 1137 Walker Road, #4, Great Falls.

South Lakes High Student Wins State Competition

Sarah Quan, senior at South Lakes High School in Reston, won first place in the instrumental category of the Virginia State James A. Bland competition, and a \$2500 scholarship, held at the Virginia State Lions Club Convention on May 16. She is a violinist and played Brahms Violin Concerto in D Major. The convention was held at the Sheraton Premier Hotel at 8661 Leesburg Pike in Vienna. To reach the state finals, Miss Quan won the local competition in Reston in February and the district competition in Alexandria in April. She competed against the winners from five other state districts in Vienna to win the state competition. Two hundred and ninety talented musicians competed at the local and district levels in the instrumental category. Miss Quan plans to continue her education in music at Brigham Young University.

Sarah Quan with Reston Lion Steve Reber who was co-host with Lion Jack Gazlay at the Reston competition.



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Sabrina Capannola, Roman Neumeister, Sanjay Colaco, and Alec Albertson rode as a team in the American Diabetes Association's Tour de Cure Race hosted at Reston Town Center.



PHOTOS BY RYAN DUNN/ THE CONNECTION

Tour de Cure Held in Reston

Cyclists bike to raise funds for American Diabetes Association.

BY RYAN DUNN
THE CONNECTION

Thousands of persons went to Reston Town Center on Sunday, June 1, to participate in the American Diabetes Association's Tour de Cure Race. The event began at 6:30 a.m., and continued throughout the day. Over 1,100 people registered to participate in the event. "We keep improving on the event every year based on feedback from participants," said volunteer event chairperson Danae Goldberg.

Goldberg helped coordinate over 150 volunteers who offered their assistance for the event. "This year has been one of our most robust events," said Goldberg. The Tour de Cure is not a race, but a bike ride that encourages people of all experience levels to participate in an event to raise the level of awareness about diabetes. Participants can form teams and raise money to benefit the millions of children and adults with diabetes. Similar events take place each spring in over 80 cities across the country. A Tour de Cure Race in Washington, D.C. is scheduled this Sept. 27.

THIS YEAR the fundraising goal was set at \$1,000,000. Cyclists had a fundraising minimum of \$250 which they turned in prior to the start of the race. The event had four different bike routes which bikers could choose from. These included the Combined 14/20 Mile Fun Ride and Fitness Ride

Bob Simala with co-workers who made the Lilly USA bike team for the 2014 American Diabetes Association's Tour de Cure Race. Lilly USA, LLC develops products and devices for diabetes care in the United States.



designed for beginner bikers, the 36 Mile Road Challenge Ride which went out to Ashburn, the 68 Mile Blue Ridge Metric Century Ride, and the Leidos Health 108 Mile Century Ride which went out to Purcellville. Each route was marked with directional signs, bike marshals, and support and gear or SAG vehicles.

"We had eight riders in this event today," said Bob Simala, who rode with a team of colleagues from Lilly USA, LLC. Lilly USA, LLC develops products and devices for diabetes care in the United States. "This is a great organized event, with a wonderful course using the W&OD trail," said Simala. Simala and his colleagues intend to participate in the event again next year. This year 106 teams were registered to participate in the event.

Some top corporate teams in this year's event included Leidos, KP Thrive, Lockheed Martin & Friends, Team Northstrat, and

Serco. Also participating was a bike team from the World Bank. "This is my first time in this race," said Alec Albertson. "The camaraderie and opportunity to raise funds for a worthy cause feels good." Mary Merritt, Executive Director of the American Diabetes Association (ADA) for the National Capital Area was also at the event. "Diabetes is one of the fastest growing diseases in America," said Merritt. "We want to focus on prevention and helping people manage the disease through our research, advocacy and education."

Information booths on diabetes and health awareness were set up on Market Street near the Town Center pavilion.

There was also an active kids zone for participants who brought children to the event. "It has been a great event," said Lynn Douglas, a software engineer at Northstrat Incorporated who cheered on co-workers participating in the bike ride.

PHOTOS BY RYAN DUNN/ THE CONNECTION



Langston Hughes Middle School PTA sponsor Sumi Vintimilla, NWFCU representative Nicolette Watkins, guest and musician Tim Johnson, and event coordinator Norman Barry Carver.

Celebrating Poetry

Langston Hughes Middle poetry contest inspires creativity.

BY RYAN DUNN
THE CONNECTION

At the end of April, Langston Hughes Middle School held an after school award ceremony for the annual poetry contest. Approximately 80 poems by students were entered in this year's annual poetry contest, and winners were announced. The contest, sponsored by Northwest Federal Credit Union (NWFCU) and the school's PTA, offered students an arena to express ideas poetically. Representing NWFCU was Nicolette Watkins. "It has been a wonderful opportunity for the credit union to work with this school," said Watkins.

"We're so proud of all our students here at Hughes," said Hughes Principal Aimee Monticchio.

"They show dynamic range in their writing far beyond their years." Representing the PTA at the event was Sumi Vintimilla. "I was impressed with the profound potential of the poets," said eighth grade teacher Bob Dopko.

"I think it was handled beautifully," said seventh grade teacher Hannah Prince. "This event was months in planning and we agreed cash prizes were a good prize."

Participants in the 2014 Langston Hughes Middle School poetry contest have a group photo with poetry contest coordinator and author Norman Barry Carver.



Reston author and poetry contest coordinator Norman Barry Carver announced the winners of the contest, which was judged by students in the International Baccalaureate program at South Lakes High School. Tim Johnson, resident of Alexandria, also attended the event and encouraged all the young people present to get in the habit of writing or making journals. Johnson also brought a chocolate cake to the event.

After the awards were handed out, Carver congratulated all the contest participants. "You have done really done something by being artistic, what will you do tomorrow?" asked Carver. Student participants were then invited to read their poems. "It is very exciting that they came forward to recite their work," said local resident Fabiana Cesa.

First place prize was awarded to student Chelsea Le Sage for her poem "Where Have You Gone?" Sarah Mamros won second place for her work "Shine Through the Darkness." Other winners who placed in the contest were Johnny Norton, Ethan Spira, Talia Makarov, Elizabeth Shaw, Nicole Eubanks, Margaret Vicheck, Yesenia Roman-Longoria, Louise Singer, Carolina Torres and Maeve Keck.



'Working From the Roof' at Lake Anne

On May 5, Lake Anne Elementary School's principal and assistant principal were taking turns "working from the roof." The students earned "Dolphin Dollars" for the school which represents their good behavior in the classrooms, hallways, café, etc. As their "reward" the principal and assistant principal said they would go up on the roof and work once the students earned at least 20,000 Dolphin Dollars.

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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 Culinaria 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.

CALENDAR

Send announcements to reston@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.

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 (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-



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

471-5416.

her work.

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 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

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.

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.

12th 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. RSVP by June 11. \$7-9. 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. (703)-476-9689/press 5.

ONGOING

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso'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

Reston 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/

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JOB RESPONSIBILITIES:

Plans and oversees the administration of designated Clubhouse teen programs, budgets, schedules, recordkeeping, implementation and evaluation of activities that support Youth Development Outcomes. Establishes Clubhouse program objectives consistent with organizational goals and mission. Establishes and maintains Clubhouse program goals and settings that insure the health and safety of teen members; Assist with orientation, evaluation and in-service training of program staff and volunteers as well as recruiting new volunteers for programs. Provide day to day supervision of program related staff. Increase visibility of Club teen programs via posting of daily schedule, announcements of upcoming events and the dissemination of timely information for the development of advertising and promotion through mailings, fliers and media releases. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org



Summer Camp Counselor

at our Culmore and Murraygate Club sites Provides support and direction for activities provided within a specifically focused program area, such as Education, Special Education, Social Recreation, Arts & Crafts, and Physical Education. KEY ROLES Prepare Youth for Success. Create an environment that facilitates the achievement of Youth Development Outcomes; promote and stimulate program participation; register new members and participate in their club orientation process; Provide guidance and role modeling to members.

Program Development and Implementation: Effectively implement and administer programs, services and activities for drop-in members and visitors; Monitor and evaluate programs, services and activities to ensure safety of members, quality in programs and appearance of the branch at all times. Prepare periodic activity reports.

Supervision:

Ensure a productive work environment by participating in weekly branch staff meetings. May be required to drive Club van. Letter of interest and resume to Wonhee Kang at wkang@bgcgw.org

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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 than 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.

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Faith Notes are for announcements and events in the faith community, including special holiday services. Send to 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.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.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.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

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 for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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.

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.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and 12 p.m. Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

Reston Community Center ANNUAL PUBLIC HEARING



The public is invited to attend Reston Community Center's Annual Public Hearing for programs and budget.

**Monday, June 16, 2013
6:30 p.m.**

**RCC Hunters Woods
2310 Colts Neck Road, Reston**

Can't make the meeting? Reston residents and businesses are invited to share thoughts via email to RCCContact@fairfaxcounty.gov, and look for our annual report online at www.restoncommunitycenter.com



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Friday, June 20 • Dogwood Pool • 4:00 - 7:00 p.m. (Rain Date: June 21)

COMMUNITY COOKOUTS

Wednesday, July 9 • North Hills Pool • 5:00 - 7:00 p.m.

Wednesday, July 30 • Hunters Woods Pool • 5:00 - 7:00 p.m.

END OF SUMMER POOL PARTY

Friday, August 15 • Golf Course Island Pool • 4:00 - 7:00 p.m. (Rain Date: Aug. 16)

FOR MORE INFORMATION, PLEASE CONTACT KEVIN DANAHER, RCC COMMUNITY EVENTS DIRECTOR, AT 703-390-6166.



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