

Audience and attendees of the sixth Annual Ukulele Festival at Reston Lake Anne Plaza learn traditional Hawaiian dance in a lesson by the Chantilly based Isa Pacifika Dancers.

## Ukulele Festival Held at Lake Anne Plaza

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### Dulles International Airport Challenges

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# Dulles International Airport Challenges

## A demand for change at Dulles Airport.

BY RYAN DUNN  
THE CONNECTION

Washington Dulles International Airport, located in Fairfax and Loudoun Counties in Virginia, was once surrounded by farmland. An image of the Dulles Airport decorates the seal for the Town of Herndon. Yet Dulles airport is fighting an image problem. Virginia political and business leaders are trying to reverse passenger declines at Dulles Airport, as more passengers travel through Reagan National Airport.

In 2005, 27 million passengers flew through Dulles; in 2014, the number was 21.6 million. In comparison, 17.8 million passengers flew through Reagan National Airport in 2005. By 2014, that number of Reagan passengers had become 20.8 million. Three times in 15 years, Congress has lifted the 1,250-mile perimeter and added new flight slots at Reagan National.

Some travelers have said Dulles Airport is difficult to navigate through. It has also been getting a bad reputation for luggage issues. Dulles had 1,086 total claims, out of which 331 were approved or settled for a total of \$67,952.16 between 2010 and 2014. A USA Today investigation found the TSA is taking a hit for damaged bags, paying out \$3-million in claims for lost, broken or stolen items.

**TSA PAID OUT** 7.6 claims per million passengers at Washington Dulles International, about two and a half times the number of losses paid at nearby Reagan National and

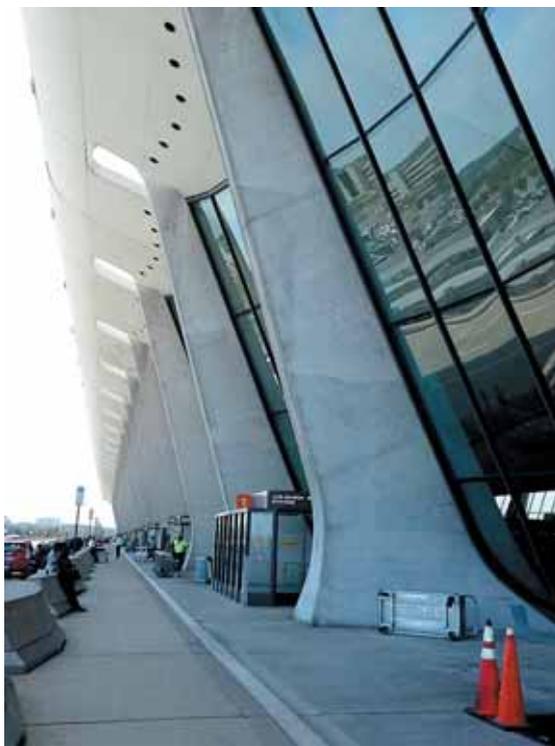


PHOTO COURTESY OF CREATIVE COMMONS

**Virginia political and business leaders are trying to reverse passenger declines at Dulles Airport, as more passengers travel through Reagan National Airport.**

nearly four times more than the airport ranked with fewest complaints among the 30 busiest Airports in America, Detroit Metropolitan Airport.

In the meantime, Metropolitan Washington Airports Authority (MWAA) is trying to increase revenue while more passengers are using Reagan National. Dulles is expensive for airlines. Most large airlines fly a “hub-and-spoke” network where they fly almost entirely to and from their hubs. Without a United hub, there are no flights to smaller eastern cities from Dulles, since United de-

pends on connecting passengers to fill them.

United CEO Jeff Smisek said United is reluctant to expand at Dulles because it is more expensive than other airports. Airports have to be self-sufficient and pay for their facilities and operations through revenue they earn inside the airport (like restaurants, concessions) and fees airlines pay. When an airport wants to build new facilities, it must take on debt that raises the costs for the airlines.

In January 2015 Virginia Governor Terry McAuliffe unveiled new, large versions of the “Welcome to Virginia” signs at Dulles Airport. In April, a seminar was held at the Sterling AOL Campus, titled Dulles Matters. The event was sponsored by the Committee for Dulles. Stewart Schwartz, executive director of the Coalition for Smarter Growth, said although Dulles is a key regional asset, the public must be sure leaders are making the smartest choices when it comes to spending taxpayer money.

A study commissioned by the MWAA showed Dulles generated more than \$1.2 billion a year in tax revenue and nearly \$10 billion in labor income. More than 19,000 people work at Dulles, but nearly 250,000 jobs are tied to the airport. MWAA operates National and Dulles. “We need to rally and put Dulles and this region onto a positive growth path,” said Keith Meurlin, president of the Washington Airports Task Force and former Washington Dulles International Airport manager.

Phase 2 of Metro’s new Silver Line will include a station at Dulles, and construction may be complete by 2020. The MWAA

may amend its ground transportation policy to allow Uber, Lyft and similar services access to airport property at National and Dulles. The Maryland Aviation Administration, which oversees BWI, studied practices at other airports to develop a “comprehensive review” of its ground transportation service, and plans to update regulations in coming months, officials said.

Traditional cabs pay a \$3-per-fare fee to operate at National, unless it’s a pre-arranged trip, and they must wait in line to be dispatched. Uber and Lyft drivers can pull up to the curb to collect passengers. “They are popular with a certain segment of the population,” said John Massoud, vice president of M&R Taxi Company, Inc., trading as Arlington Blue Top Cab, which has provided taxi service to Northern Virginia since 1984. A locally owned family business, M&R Taxi Company, Inc. has potential taxi drivers go through a detailed screening process including a drug test, training and an exam. “Only then we do allow someone to drive a Washington Flyer taxi,” said Massoud. Although taxi companies have few worries for the Metro Silver Line, they have expressed specific concerns regarding rider services such as Uber.

**DULLES AIRPORT** has been reviewing three potential sites for hotel development including a 2.6-acre site used as employee parking at the east end of the terminal. The other two sites include: a 5.6-acre site behind a daily garage facing the main terminal, near the future Metro station; and a 13.7-acre lakefront site near the existing Dulles Airport Marriott hotel, which has a lease to operate at Dulles through 2027. On-airport hotels have been popular for travelers who have early flights.

## Chamber Promotes Reston Businesses

### Why business should do business with the Greater Reston Chamber of Commerce.

BY MARK INGRAO  
PRESIDENT AND CEO/GRCC

The Greater Reston Chamber of Commerce (GRCC) is changing the way businesses are connecting with each other. Our members are not coming to networking events to just pass business cards but they are also formulating genuine relationships.

Recently the chamber reinforced our dedication to the community and our members with our social media membership retention campaign “We are Reston” which highlighted various member busi-



#### COMMENTARY

nesses. The grand finale of the campaign ended with a video promotion starring our members and the founder of Reston, Bob Simon.

We continue to help our members create partnerships with other local businesses through our LeadShare group. LeadShare was created to facilitate business growth among Chamber members. LeadShare groups connect members to learn about each other’s businesses, exchange warm leads and facilitate introductions to prospective clients. The Chamber operates three industry-exclusive groups of

no more than 30 members who meet twice a month for one hour. Our LeadShares are industry exclusive so that your business has the full market share within your group.

The mission of our Ambassador Committee is to actively engage the Chamber’s newest members by facilitating connections and involvement with current members. In addition, this committee conducts regular outreach to current members to ensure they are maintaining and maximizing the benefits of their membership.

Tom Madden, President and CEO of Visual Impact Productions, LLC, and Small Business of the Year ACE Award winner, said:

“I got roughly 12K in business in less than a year by just attending a few events before I joined. Since joining, I have several proposals in that hopefully will turn into business. One of them is a potential 40K

deal. Not a bad ROI for \$325 or so?”

Amy Salley, GRCC Membership Services Manager, said:

“Members of the Greater Reston Chamber of Commerce look out for each other. It really is as simple as that. I have a great example: A couple of new members within the past two months went to their Ambassador and explained that business is slow; they need help with ideas on how to bring in new business. This person didn’t hesitate, she asked them a few questions, which led to a great idea; not even a week later they gathered together with other like-industry members creating a seminar that is specific to that industry. Their goal

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# NEWS



A stage was set up for musicians who played at the July 11 Annual Ukulele Festival at Reston's Lake Anne Plaza. Pictured are members of the Hula Monsters, an East Coast band which have been performing since 1988.



PHOTOS BY RYAN DUNN/THE CONNECTION

Musician Stuart Fuchs with Oak Hill resident and musician Glen Hirabayashi of the Aloha Boys. Both played at the Ukulele Festival. The festival was hosted by the Lake Anne Merchants with support from the Reston Community Center, Friends of Lake Anne (FOLA), and the Northern Virginia Ukulele Ensemble.

## Ukulele Festival Held at Reston's Lake Anne Plaza

### Aloha! Ukulele festival a success in Reston.

By RYAN DUNN  
THE CONNECTION

A signature summer event of Reston is the Lake Anne annual Ukulele Festival, held this year on Saturday, July 11. The free festival featured performances by internationally known and local ukulele musicians, music demonstrations, open to the public jam session, vendors and family-friendly activities. "I drove from Arlington to attend this event," said patent agent Mihal Gross. Gross is a member of the ukulele group which meets at Cafe Montmartre, also located at Reston's Lake Anne Plaza.

The Saturday morning farmers market and craft market took place as usual, and many crafters stayed through the festival. For local merchants, the event brought in more visitors and patrons. "This is my favorite event at the plaza," said Doris Tyler, owner of Chesapeake Chocolates. Tyler has operated at Lake Anne since 2007, and offers a variety of chocolates, regional beers and wines.

One of the vendors was Herndon resident Stacie Blythe, who brought some handmade instrument hangers. "My husband picked up the ukulele a year and a half ago," said Blythe. Musicians were able to display a variety of styles and approaches to music with the ukulele.

**THE EVENT** featured many artists, including Nashville musician Donna Frost. This was her first year performing at the Reston Ukulele Festival. Frost was invited to visit the festival some years earlier, and was inspired to learn the ukulele. "I was so blown away by the music, this festival was a key



Herndon resident Stacie Blythe, who brought some handmade instrument hangers, was one of the vendors who attended the July 11 Annual Ukulele Festival at Lake Anne Plaza.

point in my life," said Frost. Frost played music from her album "Ukeabilly Mama."

Many of the attendees agreed the ukulele is an interactive instrument, with an active community. This festival is the only ukulele festival in Northern Virginia, which has brought thousands of people to Lake Anne from across the region for this event. "At Lake Anne, we like to incorporate unique events," said marketing strategist Maurisa Potts, who attended the festival with her family. The family-friendly event brought many visitors of all ages to Lake Anne to hear the live music.

Oak Hill resident Glen Hirabayashi, a

member of the Aloha Boys returned to perform again at the festival. Based out of the Washington D.C. area, the Aloha Boys have played at numerous functions including the Birchmere and The Kennedy Center. "This is a great event," said Hirabayashi, a founding member of the Aloha Boys. Hawaiian transplants, the founders of Aloha Boys met at Halau O' Aulani, a Hawaiian cultural school in Arlington, where their children were studying. They first formed their group to provide Hula music to the school.

Other featured artists included New Hampshire folk artist Stuart Fuchs who has played at festivals and theaters across the

region, and the band the Hula Monsters, which has been hailed for their ability to play a mix of swing, rockabilly, Hawaiian and blues. The Chantilly based Isa Pacifica Dancers gave a luau show and encouraged audience participation in a traditional Hawaiian dance.

**THE FESTIVAL** was hosted by the Lake Anne Merchants with support from the Reston Community Center, Friends of Lake Anne (FOLA), and the Northern Virginia Ukulele Ensemble. Reston's Lake Anne Plaza will host its 9th Annual Lake Anne Jazz Festival on Sept. 5 beginning at 2 p.m.



The Hula Monsters were one of the music groups which performed at the July 11 Annual Ukulele Festival at Reston's Lake Anne Plaza. The event brought many guests and patrons to hear the music and visit the area stores.

# OPINION

## Backpacks for All

Thousands of students will begin school this fall at a disadvantage; help now so they have the basics.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many if not most families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local

backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 7-9. Purchases of certain school supplies, clothing and footwear are exempt from the Virginia sales tax. Each eligible school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See <http://www.tax.virginia.gov/content/school-supplies-and-clothing-holiday>.

This is a good place to start, but these students need more than backpacks. In this area, we need to address the impacts of income inequality in the schools. If we succeed in effectively educating these students, the savings overall will be enormous. These students need protection from budget cuts in their classrooms. They need help addressing inequality in the face of "bring your own device policies," and other technology needs.

Here are a few ways to give:

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided 90,000 supply kits and backpacks in its first three years. They seek donations of cash, backpacks donated by citizens and calculators donated by businesses. Contact Jay Garant in Fairfax County Public Schools Office of Business and Community Partnerships at 571-423-1225 [jay.garant@fcps.edu](mailto:jay.garant@fcps.edu) or Sherry Noud [SMNoud@fcps.edu](mailto:SMNoud@fcps.edu) 571-423-4300, Fairfax County Public Schools Office of Social Work Services.

<http://collectforkids.org/resources/>

❖ **Cornerstones in Reston** needs 3,000 backpacks. Each year, Cornerstones and its partner, Kids R First, equip thousands of K-12 children in the Reston-Herndon area (Cornerstones' clients, as well as other local students who receive free or reduced cost school meals) with brand-new backpacks. You can buy backpacks online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office at 11150 Sunset Hills Road, Suite 210, Reston; Aug. 10-14 (Monday - Friday); 9 a.m. - 5 p.m. Contact Alacia Earley, Volunteer and Drives Manager, 571-323-9568.

<http://www.cornerstonesva.org/donations/drives/back-to-school/>

❖ **United Community Ministries** annual Back to School campaign is underway, and they rely on your support to meet the needs of students from low-income families in the Mount Vernon community. They especially need larger-sized backpacks for middle and high school students, and seek cash contributions to buy supplies. <http://www.ucmagency.org/back-to-school-2015.html>

❖ **OUR DAILY BREAD** Collect for Kids Back to School program runs each summer in partnership with Collect for Kids in a county-wide effort to ensure that the neediest children in our community receive the supplies they need to succeed in school. The program is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. Contact Dawn Sykes at 703-273-8829.

— MARY KIMM,

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

EDITORIAL

## Police View from Inside a Crown Vic

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



INDEPENDENT  
PROGRESSIVE

Last Friday, I participated in a "ride along" with a Fairfax County Police Officer from the Reston Station during an eleven and a half hour evening shift patrolling Reston and part of Great Falls. I sat next to my officer-partner's computer in a 2008 Ford Crown Victoria cruiser. Our role was to back-up officers in nine other cruisers patrolling Reston. During the shift, I got to spend time with many of the officers we saw on calls and over dinner. All the officers were experienced, with up to 25 years' service. All were bright, engaging, and dedicated professionals.

Patrol duty involves a lot of traffic work—responding to and writing reports on accidents, and directing traffic as needed. And, it turns out there are lots of traffic violations happening in Reston. My partner pointed out at least 20, including running red lights, illegal lane changes, speeding, failure to signal, and texting. Yet, my partner gave only three warnings. Often, we were unable to stop to cite offenders because we were responding to calls which take precedence, unless a violation is more serious than the call routine. This particular Friday, most dispatcher calls were routine—no high-speed pursuits with sirens or

violent crimes—although two had potential. We had four calls to check on home alarms (all malfunctions) and three domestic dispute calls, one involving a woman responding to a boyfriend's aggressive behavior coming at him with a knife. He fled before we arrived. There were none of Reston's most typical crimes—car and home larcenies. We did join other officers for the most exciting call—serving an arrest warrant for Loudoun County to twin brothers, possibly armed, holed up in a Great Falls mansion. But, it was a wrong address. I was both disappointed and relieved, although I felt certain the Reston team could have handled it. One of my goals was to learn how cops feel about their work. First I had to convince them I wasn't anti-police. They feel

misunderstood, with controversy fed by media and politicians. Once I was accepted, we could talk pretty frankly—agreeing more than disagreeing. They asked how I felt about the John Geer police killing, for example. I told them I thought both the shooting and FCPD stonewalling were unjustified. Surprisingly, they did not disagree. They felt responsibility should have been admitted.

I asked why so few officers use tasers, a less lethal alternative form of force. Look! No room! They pointed to already overloaded belts with pistol and holster, two clips of cartridges, pepper spray, flashlight, folding

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Reston  
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## COMMENTARY

# Chamber Promotes Reston Businesses

FROM PAGE 2

is to promote the seminar at several different venues including the Business Education Series at the Chamber. One simple request for help from a fellow member turned into an opportunity for everyone at that meeting.”

Great business relationships build great businesses. Our Network Nights draw over 100 members and guests every month and are held on the fourth Tuesday of every month. We also offer our members multiple media exposure opportunities:

\*Business Focus aired on Comcast 28 & Fairfax Public Access: Highlighting our members businesses

\*Reston Chamber Spotlight: Is a feature, sponsored by the Greater Reston Chamber of Commerce, which runs in the online news magazine, RestonNow

\*Weekly Update advertising opportunities: Our weekly newsletter is distributed to more than 6,000 Northern Virginia business community members, elected officials and other decision makers

\*Greater Reston Chamber of Commerce (GRCC) Blog: Members have the opportu-

nity to highlight their business knowledge. Blog entries are promoted on all social media networking sites.

\*Community Focus section in our Weekly Update, highlights members who are making a difference in their community

\*Annual sponsorship opportunities

\*Affordable marketing opportunities

Our programs fall within our four strategic cornerstones related to our mission:

\*Networking

\*Business Development & Marketing

\*Community Engagement & Advocacy

\*Business Education & Mentoring

The Greater Reston Chamber of Commerce is committed to our members and we are offering them opportunities to grow their business and build their brand. As the president and CEO of the Greater Reston Chamber of Commerce, I'm proud to say that the GRCC is the largest regional Chamber in the metropolitan area and it's because our members know we put them first!

For more information about the Greater Reston Chamber of Commerce please visit [www.restonchamber.org](http://www.restonchamber.org).



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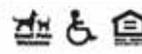
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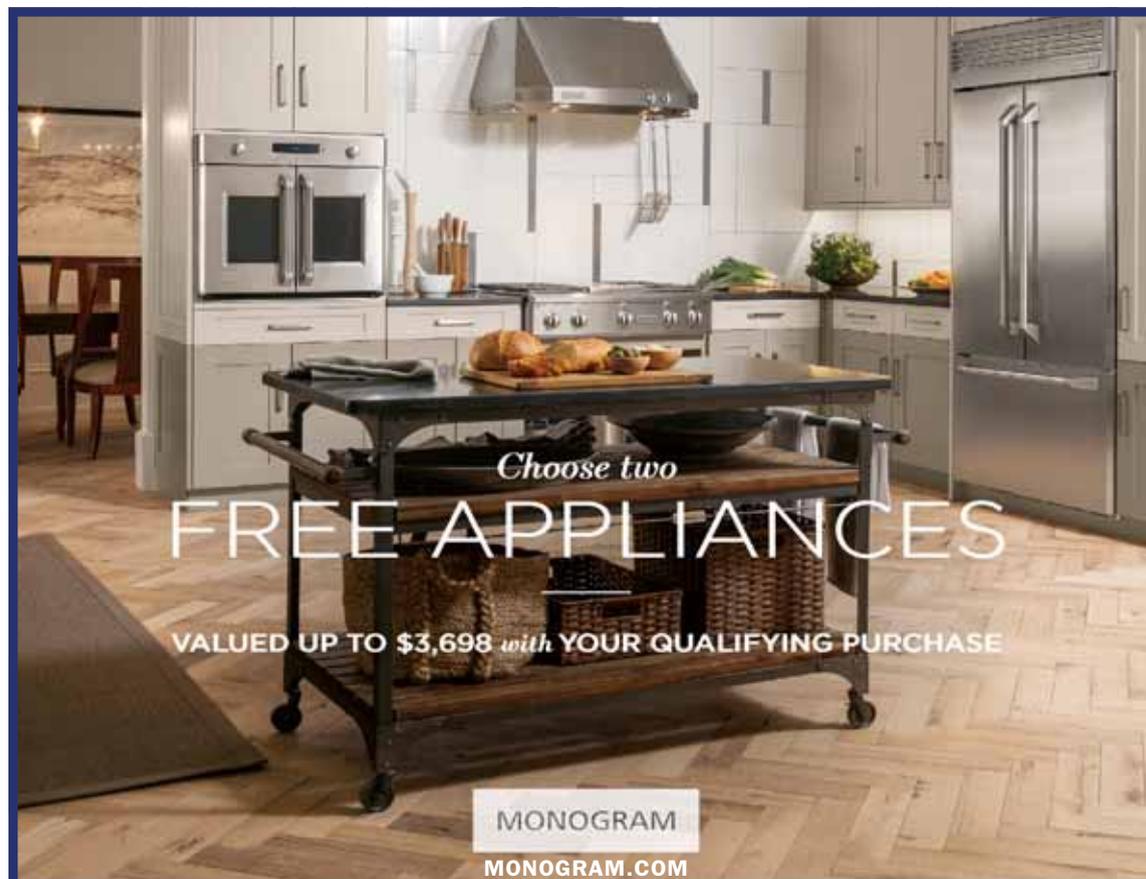
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PHOTO BY MARILYN CAMPBELL

Art supplies and games that allow for creative play can be an important part of unstructured free time.

## Unsheduling Summer Play

Experts praise the benefits of free play for children.

BY MARILYN CAMPBELL  
THE CONNECTION

What was once a time for catching fireflies, swimming and exploring has evolved into a period of elite day camps, academic enrichment classes and top-dollar sports clinics. For many children, summer is packed with so many activities that it can hardly be called a break, say local educators, reminding parents of the benefits of unregulated play. “Camps and activities are fine in moderation because children need structure,” said Andrew Clarke, Ph.D., an Arlington-based child psychologist. “But allowing children to have free time during the summer is important for their self-confidence and overall well-being. ... Children can become enriched simply by being allowed to explore their own environments.”

**NOT ALL CHILDREN** are naturally self-directed, but parents can provide minimal structure through which children can gain the benefits of unstructured free time.

For example, help children develop a list of potential activities that might interest them. This could assist children who have difficulty thinking of things to do on their own or who might be prone to saying “I’m bored” when faced with free time and no planned activities.

“I recommend giving kids suggestions of various activities and having them choose,” said Stacie B. Isenberg, Psy.D., a child psychologist

based in Bethesda, Md. “Sometimes it is helpful to make a list together with them and post it on the refrigerator or other prominent place.”

Isenberg suggests including activities such as playing board games, reading books, hula hooping, kicking around a ball, blowing bubbles, doing mazes, puzzles or painting. “When it’s time for a new activity, have them check out the list,” she said.

It’s especially beneficial if the activity won’t require constant supervision. “Provide safe spaces for them to play in,” said Joan L. Ehrlich, Ph.D., a coordinator in the Interpreter Services Office at Northern Virginia Community College. “If you know the space is safe, you can give them more leeway to play on their own, and can pull back on the direct supervision.”

**PARENTS SHOULD ALSO SET** boundaries and standards regarding acceptable and unacceptable activities, she continued. “When my kids were small, we had designated ‘no screen’ time. It was wonderful to hang back and watch them engage in a board game or card game. You would be amazed at what kids will choose to do when televisions, computers [and other electronics] are not an option. Nothing against those devices, but, let’s face it, they can be addictive which makes it hard to compete with other healthy, educational options.”

“All you need to do to facilitate unstructured downtime is to not over schedule them ... and provide an open-ended learning environment,” added Gail Multop, an early childhood education professor at Northern Virginia Community College. She believes the tools for such play are simple: “Puzzles, books, an art table with supplies and time outdoors in nature.”

COMMENTARY

## Paying for Our Schools

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



The recent tension between the Fairfax County Board of Supervisors and the School Board over approval of the budget for the public schools left one big factor out of the equation for funding schools—the role of state government in financing public education in the Commonwealth. Public education as defined in the state constitution is a partnership between state and local governments. For some years, the state funded on average statewide more than half the cost of public education. In recent years there has been steady slippage in state support, and local governments have had to pick up the difference.

“Virginia Issues and Answers,” an excellent publication of the Virginia Tech School of Public and International Affairs, took a look at the issue of financing K-12 education in Virginia in its spring 2015 issue. While the national average of state funding for public education has been around 50 percent, “Virginia, however, has provided a smaller fraction of funding with its contributions typically 10 percentage points below the national average.” With the Great Recession, funding for education dropped nationally while in Virginia in 2010 it dropped to 37 percent to be in the lowest quartile among the states.

As would be expected, in a look at local funding the opposite is true. In Virginia, localities have been asked to pick up a greater share of education costs. The study found that on average local governments in Virginia have to put in about 10 percent more for

education than their counterparts in other states. “Whereas most other states rely more heavily on state revenue to fund their schools, Virginia relies more heavily on local revenues from local property and sales taxes,” the report stated.

Federal funds typically provide 10 percent or less to the revenues of schools in the states. Interestingly, in 2009 the federal share of funding schools in Virginia increased by 4 percent as Virginia accepted without fanfare or objection American Recovery and Reinvestment Act monies that otherwise Virginia politicians like to rage against. The Virginia Tech study found that during the Great Recession other states cut their per pupil spending less than cuts in Virginia.

The funding for schools is complicated by the necessity under the federal Constitution to ensure that children throughout the state are equally protected to have access to public education. The equalization aspect of the state funding formula for schools results in a higher percentage of state dollars going to the poorest communities over the more prosperous ones. While the success of the formula is open to debate on equalizing access to education, reductions in the amount of dollars available disadvantage all school divisions.

Local governments in Virginia can pass only those taxes that are permitted by state government. Fairfax County cannot pass a meals tax, for example, without state authorization and approval in a local referendum. Fairfax County residents expect the best schools and under current laws and practices have to shoulder most costs through the property tax. As the debate goes on in Fairfax City about funding our schools, we need to have a discussion about the state’s shrinking role.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Herndon High School Senior, **Charlie Shen**, earned four perfect scores consecutively on the National Latin Exam. He is one of 10 students in the entire country to have done so. Sophomore Kyle Nielsen will represent Virginia as the History specialist on the Novice level Certamen team at National Junior Classical League Convention this summer. Sophomore Dora Drezga, who earned this honor last year, earned a spot as an alternate on the Intermediate level Certamen Team. The Certamen team is sponsored by Latin Teachers, Emily Lewis and Bethany Abelseth

Momentum Realty and Holly Weatherwax are extremely proud to announce the recipient of the 2015 Momentum Realty Book Scholarship at Herndon High School. This year’s recipient, **Ester De La Cruz** of Herndon, will attend Northern Virginia Community College where she plans to study nursing. The award was presented on June 11 at the Herndon High School Senior Awards Ceremony.

**Emily George**, of Herndon, has been placed on the Dean’s List in recognition of academic excellence during the spring 2015 semester at New River Community College.

**Kendall Crouther**, of Herndon, Master of Urban Education, graduated from Union University May 16 during spring commencement services of the 190th graduating class at Oman Arena.

**Adam John**, of Reston, is among four students named to the Phi Theta



Adam John of Reston

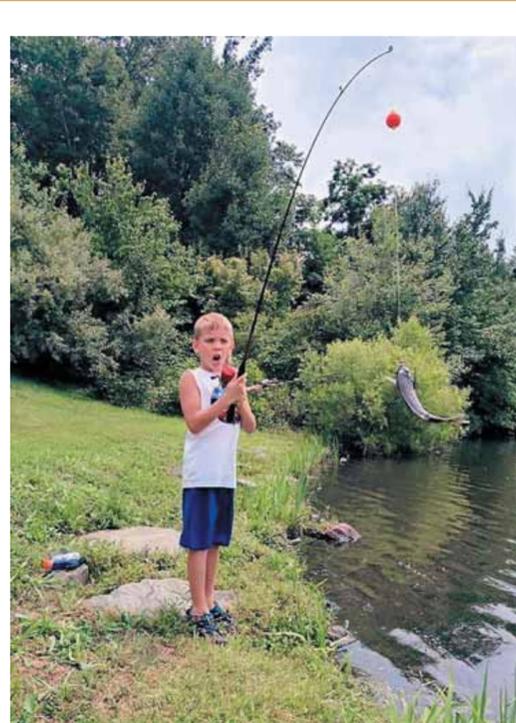
Kappa Top Ten All-Virginia Academic Team during a recognition ceremony April 22, in Richmond. The four students were nominated by Northern Virginia Community College. John, 25, studied biology at NOVA’s Loudoun Campus and served as president of the Alpha Zeta Rho chapter of Phi Theta Kappa. He completed two research-based internships and will transfer in the fall to Columbia University to study neuroscience. He hopes these experiences will help him gain acceptance to a MD-Ph.D. program so he can pursue medical research in brain function.

Teams of students from three Fairfax County public schools won top honors in the recent Virginia State Odyssey of the Mind tournament. Top teams came from

**Fox Mill Elementary School**, **Greenbriar West Elementary School**, and **Carson Middle School**. First place winners advance to the Odyssey of the Mind World Finals scheduled for May 20 at Michigan State University.

The team from Fox Mill Elementary won first place in the Runaway Train Division II competition. Team members are Amy Appler, Katie Wagner, Ashvita Vadicherla, Nicholas Bravo, Krithik Nadella, Tanvi Bhat, and Vijay Rudraraju.

The Carson Middle team won first place in the Pandora’s Box Division II competition. Team members are Charlotte Cai, Noah Ginsburg, Wen Ip, Ryan Jones, Maya Nakhre, Charlotte Peterkin, and Ethan Waple.



### Seven-Year-Old Catches a Whopper

**James Adair, 7, of Reston**, caught two large bluegills – maybe 1-1/2 lb. size - in Lake Audubon in Reston on July 5.



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# SPORTS

## Penultimate Weekend of Swim Meets

**D**espite the early threat of thunderstorms last Saturday, RSTA swimmers reported to their pools ready to swim, and swim they did! Five teams had swimmers set new team or league records.

For Lake Anne, Darius Truong came in at 31.55 in the 11-12 men's 50-meter backstroke to beat the previous league record of 32.56 set by Ryan Ha in 2012 and his own All-Stars record of 32.60. In the 11-12 men's 50-meter breaststroke, he clocked a blistering 35.85 to beat his own record of 36.46.

The 8 & under girls' 100-meter freestyle relay team of Jacqui Go, Amber Lu, Claire Munro and Katie Semanchik set a new team record with a time of 1:28.27, replacing a record set in 2003.

For Glade, Isabella Gati clocked in at 30.08 in 15-18 women's 50-meter butterfly, beating a league record set in 1996. She also set a new team record.

Sophia Landeryou set a new team record for 11-12 women's 50-meter freestyle with a time of 29.41, replacing a record set by her sister in 2012.

The 15-18 women's 200-meter medley relay team of Madeline LaPorte, Meghan Benedetto, Isabella Gati, and Emily Landeryou set a new team record at 2:16.31.

For Lake Newport, Anna Redican set a new record time of 32.57 for 13-14 women's 50-meter backstroke.

The 15-18 men's 200-meter medley relay team of Casey Storch, Michael George, Jack Edgemond, and Grant Bommer set a new record of 2:02.53.

For Newbridge, Ryan Ha set a new team record for the 15-18 men's 50-meter backstroke with a time of 29.43.

For North Hills, Joseph Sciortino set a new team record of 29.40 for 11-12 men's 50-meter freestyle.

The 11-12 men's 100-meter medley relay team of Miles Yang, Evan Zhang, Joseph Sciortino, and William Xu replaced their previous record with a new team record of 1:09.23.

The 13-14 men's 200-meter medley relay team of Ryan Hill, Ryan Luczak, Abhishek Bazaz, and Ryan Grimes replaced their previous team record with a new time of 2:12.44.

### North Hills Hurricanes 645, Lake Anne Stingrays 481

For North Hills, triple event winners Katie Cazenias, Albert Huang, and Sarah Sciortino. Double event winners were Allison Boone, Michelle Boone, Eleanor Boyer Uriarte, Marlee Czarny, Emily Decker, Ishan R Ganjoo, Landan Grange, Ryan Hill, Ada Langston, Benjamin Livaudais, Piper Luczak, Emily Ren, Samantha Sciortino, Carly Shaffer, Caroline Xu, and Evan D Zhang.

For Lake Anne, triple event winners were Rowan O'Connor, Darius Truong, Devin Truong, and Fred Zhang. Double event winners were Ben Dealey, Patrick Fouse, Joanne Fu, Joseph Letteri, Emily Meilus, Molly Mescall, and Katherine Susla.



**Glade's Girls 15-18 200-meter Medley Relay team of Lainie Davison, Madeline LaPorte, Isabella Gati, and Emily Landeryou set a new team record in the event at 2:16.31.**

### Hunters Woods Marlins 615, Autumnwood Piranhas 481

For Hunters Woods, triple event winners were Nolan Dunkel, Jack Henry Ham, Spencer Line, Ashley Nobles, Ashley Thai, Jair Valenzuela, Gwyneth Wagner, and Brian Zhou. Double event winners were Nathan Cheng, Charlotte Hoelzl, Joseph Jerome, Ruth Kelly, Prana A Owen, Philip Pan, Liam Tolbert, Katie Vintimilla, Evelyn Wagner, and Roger Zeng.

For Autumnwood, triple event winners were Emily Hur, Blake Jackson, and Diya Murthy. Double event winners were Anna Y Byrd, Drew Daly, Will Daly, Olivia Heatherly, Anne Kennedy, Anna C Nielsen, and Josephine A Taylor.

### Lake Audubon Barracudas 616, Glade Gators 470

For Lake Audubon, triple event winners were Sydney Cook, Robby Cordts, Max Daum, Matthew Fritz, Marley Mulvaney, and Griffin Scanlan. Double event winners were Troy Elliott, Andrew Fritz, Emily Fritz, Alya Giavis, Angelika Giavis, Spencer Harris, Dylan Mulvaney, Bryce Onozuka, Sasha Osinovsky, Sophia Randall, Alejandro Romero Jennissen, Aidan Scanlan, and Maxwell Wilson.

For Glade, the triple event winners were Clara Landeryou and Sophia Landeryou. Double event winners were Nicholas Bowen, Alec Brown, Blake DeHoust, Isabella Gati, Sara Maslouhi, Kellie McCrea, Maggie Thomas, Amanda Wagner, and Yanglan Xu.

### Lake Newport Lightning 636, Newbridge Dolphins 464

For Lake Newport, triple event winners were Max Bear, Caroline Kohn, Anna Redican, Siena Shannon, and Casey Storch. Double event winners Henry Collins, Caitlin Connelly, Joshua Gregory, Dan Ni, Meghna Sharma, Alyssa Spar, Lauren Spar, Britt Trucksess, Amy Zhao, and Michael Zhou.

For Newbridge, triple event winners were Justin Compton, Ian Ha, and Erin Irlan. Double event winners were Elise Baldwin, M. Byrnes, Jean-Louis Guill, Ethan Ha, Sam Joyner, Christian Kalinowski, Greg Mayo, and Mia Milosevic.



**Lake Audubon's Juana Hernandez (top) and Glade's Dierdre Curry race in the Girls 11-12 50-meter Breaststroke**



**Kathryn Cole (LA) and Isabella Gati (GL) race for the finish in the Girls 15-18 50-meter Butterfly.**



**Evan Melnick of Autumnwood swims the Boys 11-12 50-meter Backstroke.**



**Lake Newport's Michael George swims the breast stroke leg of the 15-18 Men's 200-meter Medley Relay team helping set a new record of 2:02.53.**

# CALENDAR

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

## ONGOING

### Take a Break Concert Series.

Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

### Reston Concerts on the Town.

Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062.

[www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts)

### Summer Reading Program.

Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/rr/>.

## THURSDAY/JULY 16

### Dragonfly Class: An Introduction.

7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn to identify Reston's common dragonflies, and get a basic introduction to their bizarre behavior and complex history. Reservations required by July 13. Fee: \$5/person. [naturecenter@reston.org](mailto:naturecenter@reston.org).

### School's Out Book Discussion Group.

6 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join this lively discussion of "Running out of Time" by Margaret Peterson Haddix. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

### Art Educator's Exhibition: "In Practice".

5-7 p.m. Reston Town Center, 11900 Market St., Reston. Celebrating the accomplishments of metro area art educators.

### All-corners' Group Fun Run.

6:30 p.m. Reston Town Center, 11900 Market St., Reston. Potomac River Running. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. Visit [www.potomacriverrunning.com](http://www.potomacriverrunning.com)

## SATURDAY/JULY 18

### The Art of Camouflage.

11 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. From green-colored frogs and bugs blending into the undergrowth to moths that resemble bird droppings, there are amazing examples of camouflage right under our noses. Explore the gardens and trails in search of hidden critters. Reservations required by July 15. Fee: \$5-\$7/person. [naturecenter@reston.org](mailto:naturecenter@reston.org).

### Homeless Cooking.

10 a.m. - 12 p.m. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Cooking for the homeless and delivering meals to those in need on the streets of Washington, D.C.

### Family Fun Entertainment Series: Rocknocs.

10-10:45 a.m. Reston Town Center, 1190 Market St., Reston. Enjoy D.C. area's award winning band Rocknocs who write terrific songs for children of all ages. Free. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### Reston Concerts on the Town Series.

7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the pavilion for jazz all-stars Chuck Redd and friends, featuring trumpeter/vocalist Brian Stripling. Free. Visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

## SUNDAY/JULY 19

**Dragonfly Count.** 10 a.m. - 4:30 p.m. Meet at Bright Pond - Park at the end



**Tucker Winfrey suffered from a sprinal cord injury while at the beach in December 2013 and now has found a passion in painting. Winfrey will be holding his first art exhibition on July 24 at the Frying Pan Park Visitors center.**

of the Bright Pond Lane cul-de-sac. Adults. Join local dragonfly experts, learn tips on identification and have fun while helping to obtain important information on our fast-flying friends. Reservations required by July 16. [naturecenter@reston.org](mailto:naturecenter@reston.org).

### Reston Fit Club at Reston Town Center Pavilion.

11 a.m. Reston Town Center, 11900 Market St., Reston. Enjoy various fitness classes including yoga, dance, self-defense, cardio and core strength.

## MONDAY/JULY 20

### Mr. Knick Knack! Children's Performance.

10:30-11:15 a.m. Reston Town Center, 11900 Market St., Reston. Heart-centered music for kids and their grown-ups. Free. Visit [www.restontowncenter.com](http://www.restontowncenter.com)

## TUESDAY/JULY 21

### The Kindercise Show.

10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sing and dance with Wolf Trap teaching artist John Taylor. All ages. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

### Explore More! at GRACE.

11 a.m.-5 p.m. Reston Town Center, 11900 Market St., Reston. Walk-in art-making program designed for preschool and elementary school aged children. \$5 per child. Visit [www.restonarts.org](http://www.restonarts.org).

### All-Corners' Group Fun Run at Potomac River Running.

6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. Visit [www.potomacriverrunning.com](http://www.potomacriverrunning.com).

## WEDNESDAY/JULY 22

### I'm A Builder! Story time With Wood Blocks.

11 a.m. Herndon

## Lovaas

FROM PAGE 4

baton, handcuffs, etc. Some were uncomfortable with the complex new two-cartridge taser, and spoke of maintenance issues. As a result, only two of 10 officers carry tasers. Something must change if tasers are to be used by all.

Officers acknowledged their pay is "OK," and despite challenges, they like their work. However, they say "higher ups" are often unresponsive to their operational needs. Examples include the tasers, excessive reports, and the choice of Ford Taurus to replace

Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create and learn (STEAM). Ages 3-5 with adult.

### Meet Me at the Movies- Senior Movie Day at Bow Tie Cinemas.

10 a.m. Reston Town Center, 11900 Market St., Reston. Reston Association presents "Black or White." Refreshments and door prizes are provided prior to the movie. Free for those 55 years or older. Doors open at 9:15 a.m. Visit [www.reston.org](http://www.reston.org).

## THURSDAY/JULY 23

**All Join In.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for children ages 2-5.

## SATURDAY/JULY 25

### Chesapeake Chocolates Anniversary Celebration.

11:30 a.m. - 2:30 p.m. 11426 Washington Plaza W, Reston. Join Chesapeake Chocolates as it celebrates its 8th Anniversary and the recent expansion of their business into the former Lake Anne Florist space. Special activities include chocolate samples, wine and beer tastings, chocolate dipping, coupons and giveaways.

### Sensational Senses.

10:30 - 11:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 3 to 5. Bring your nature tools with you to explore life along the trails. Smell a fragrant flower, touch smooth moss, and listen for the birds and bees. See if you can find the colors of the rainbow and use your tastebuds on a tasty snack. Reservations required by July 22. Fee: \$6-\$8/person. [naturecenter@reston.org](mailto:naturecenter@reston.org).

## OPEN HOUSE • SATURDAY, 7/18/15

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11:15 a.m. Holy Eucharist, Rite II  
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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### JULY

7/29/2015 ..... Professional Profiles & Business in the Community

### AUGUST

8/5/2015 ..... Wellbeing

8/12/2015 ..... HomeLifeStyle

8/19/2015...A+ Camps & Schools - Back to School - Private Schools

8/26/2015 .....Newcomers & Community Guide Pullout

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## "Scant" Know For Sure Anymore



By KENNETH B. LOURIE

After six years, four months and two weeks since being diagnosed with stage IV, non-small cell lung cancer (the "terminal" kind), I can say with certainty that I have no sense of what my next CT scan, scheduled for July 15th, will indicate. Previously (multiple scans over multiple years), I've felt something in my upper chest/lungs where the largest tumors are located and the subsequent scan showed nothing of consequence. On other scan occasions, I've felt nothing of consequence in my chest and the scan showed tumor growth, enough to change my medication. On still other scan occasions, I have felt something in my chest (where the tumors are located), and sure enough the CT scan showed some growth. Finally, and conversely, on still other CT scans, I've felt nothing of consequence and there was no tumor activity of concern. As a result of these four contradictory indicators of possible growth/no growth, for the weeks, then days, leading up to my every-three-month CT scan, I never know what to think I feel any more than I know what to feel I think. Thirty or so scans into my cancer-controlled life, I'm still teetering emotionally before, during and after the computerized tomography. And though the actual scan itself takes less than a minute, the damage is done and can only be undone after we learn the results.

Which oddly enough presents another similarly juxtaposed problem. In the early years, during our post-scan "scanzxiety," waiting the week or so until our next face-to-face appointment with my oncologist to learn the results was unbearable, so usually I would call a day or two later and get a message to him or my oncology nurse, attempting to speed up a response. Typically, I would hear back sooner rather than later. Eventually, e-mail communication became part of the process, and after my scan was completed, I started e-mailing my oncologist directly, advising him of my status and asking for results.

Usually, the news was good. Occasionally the news was not. And though my oncologist would rather have delivered bad news in person, he certainly could appreciate how difficult it was for me/patients to wait, so he continued to e-mail. One time however, the post-scan e-mail he sent us was discouraging and said he would discuss it further at our next appointment, scheduled as usual within the week. When he saw us in person, he was surprisingly upbeat and immediately told us/apologized for having e-mailed us some incomplete information concerning my scan, and told us instead that the "results were good," not bad, something about the radiologist comparing the wrong scan (he had me at "results were good"), the exact kind of potential miscommunication waiting and discussing results in person eliminates. As a result, we have, with experience gained over the last few years, begun to be able to wait for the appointment to discuss the scan and not stress too much in the interim, generally.

Since we stopped e-mailing and requesting scan results, my oncologist oddly enough has, on his own initiative, e-mailed us good news, not e-mailed us bad news and not e-mailed us good news. This inconsistency has remade the time leading up to the scan stressful again, because now we don't know what not hearing from the oncologist might mean; heck, it might mean nothing, it just might just be that he's on vacation (as was the actual case one time and it was no one's responsibility to inform us of anything so no one did). Of course, we didn't know, so naturally we went negative thinking it was bad news.

Similar to the CT scan results meaning/not meaning, this is not exactly two halves making a whole, this is more like eight quarters making up two different wholes. Unfortunately, easy is the last thing it has become, when it's the first thing it needs to be. Cancer is tough enough on its own. It doesn't need any help. I'm extremely grateful to still have a chance. I just wish I had more of a choice.

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

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Melissa Romano, Member  
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Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Aug. 11, 7-8 p.m.** to discuss "Keeping Organized as a Caregiver." Register at [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) and click on Caregiver Support. Call 703-324-5484, TTY 711.

Fairfax County's **Long Term Care Ombudsman Program** needs **volunteer advocates** for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit the Northern Virginia Long Term Care Ombudsman Program at [www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/).

The **Wakefield Senior Center in Annandale** needs an experienced **Canasta Player**, an **Art Instructor** and certified instructors **Pilates** and **Ballroom Dance**. For these and other opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Herndon Adult Day Health Care Center** needs a **Piano Player** to play classical or music from the 1960s and before. For these and other opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Hollin Hall Senior Center in Alexandria** needs instructors for the following classes: **Basic Guitar, Italian, Pottery** and **Ballroom Dance**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Fairfax County Meals on Wheels** needs **coordinators, co-coordinators**, and **substitute drivers** for routes throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Little River Glen Senior Center in Fairfax** needs a **Computer Lab Assistant** and a **Zumba Gold Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults in Alexandria** needs a **Country Western Line Dance Instructor, Mosaic Art or Jewelry Making Instructor, Hula Hoop Class Leader** and an **African Style Dance Instructor**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.



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~ Michael James, Member, Koko FitClub, Herndon

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Yours in good health,  
Nick Konarski, General Manager,  
Koko FitClub of Northern Virginia

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they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member, Koko FitClub, Reston



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