

Oak Hill ❖ Herndon
CONNECTION

Meet People and Pets of Herndon

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Ginger.

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2015 "Stuck at Prom" grand prize winners: Mia Rickenbach, of Chantilly, and Chandler Derbyshire of Herndon.

Chantilly, Herndon Couple Wins Prom Attire Contest

Mia Rickenbach and Chandler Derbyshire of Chantilly and Herndon, respectively, won the 2015 Duck brand Stuck at Prom Scholarship Contest Grand Prize. After spending 90 hours and using 39 rolls of Duck Tape to create their one-of-a-kind prom attire, the public voted this couple to the top spot – and now, each student earns \$10,000 in scholarship dollars. Rickenbach and Derbyshire's intricate bright green, turquoise, pink and yellow Duck Tape prom outfits wowed online voters. The striped gradients and pinstripes on both the dress and suit were all created using solid-colored Duck Tape. Originally inspired by nature and flowers, the couple described the final product as "Willy Wonka meets Todd Oldham '80s/early '90s vibe." Rickenbach and Derbyshire will each receive a

\$10,000 scholarship for their hard work, and Chantilly High School, the school that hosted their prom, will receive \$5,000.

For the past 15 years, the Stuck at Prom Scholarship Contest has challenged high school students in the United States and Canada to fashion Duck Tape into prom masterpieces for a chance to win scholarship dollars. Rickenbach and Derbyshire received the most votes of the other Top 10 finalist couples in a competitive online voting period that began June 15, earning the winning title out of more than 150 entrants.

Visit stuckatprom.com to see the entire 2015 Stuck at Prom Scholarship Contest gallery and learn more about the winning couples. For more information on Duck Tape and to get inspired with craft ideas and instructions, visit duckbrand.com.

FAITH NOTES

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

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.

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.

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A Beginning, Not an End

BY TIM PETERSON
THE CONNECTION

Citizen Michael Ducharme has lived with dyslexia since he was a student. His two daughters both have dyslexia. The father, representing the parents' movement Decoding Dyslexia, spoke at the July 9 school board meeting in support of the proposed Fairfax County Public Schools Strategic Plan that specifically addresses challenges in the schools facing students with dyslexia.

"We're now faced with the fact tomorrow is today, the fierce urgency of now," Ducharme said. "It's time for vigorous and positive action in this plan."

The plan, which the board approved on Thursday night, is a long-term strategic document with four main objectives of student success, caring culture, premier workforce and resource stewardship. It was developed with input and feedback from over 30,000 "stakeholders," according to Fairfax County Public Schools.

"Our growing and vibrant school system is now the 10th largest district in the United States, and having a clear plan and focus is critical to meet the needs of every child and deliver our Portrait of Graduate," superintendent Dr. Karen Garza said in a statement. "Ignite is about energy – it is about expending the time and effort on the actions necessary to close achievement gaps, support our teachers, provide resources to our schools and help our students succeed in life."

According to the release from Fairfax County Public Schools, some of the specific areas for attention and priorities highlighted in the plan include:

- *Developing a more holistic approach to education by addressing students' social and emotional needs

- *Eliminating achievement gaps

- *Helping students develop real-world skills

- *Creating a balanced assessment framework as a way to decrease instructional emphasis on test preparation

- *Increasing instructional time available to prepare students for success along with providing more equitable access to resources, especially technology

- *Hiring and retaining high quality teachers

- *Confronting budget issues that have led to the elimination of educational programming and employee positions

The board voted 11 to 1 in favor of the plan, with Springfield representative Elizabeth Schultz as the only dissenting opinion.

"I feel like it sort of became a Mr. Potato Head: you have all the parts, but you're not sure what it's going to look like at the end," she said. "The biggest concern I have is not specifically identifying what the known challenges are, or perceived challenges are, with changing demographics, growing student population, types of education our students are needing... the nexus of all of these



Pat Hynes accepts the gavel from Tammy Derenak Kaufax and begins her term as school board chairman.



FCPS superintendent Dr. Karen Garza comments on the new Strategic Plan during the school board's meeting.

PHOTOS COURTESY OF FAIRFAX COLIC SCHOOLS



Steven L. Greenburg, president of the Fairfax County Federation of Teachers, voices his support for the new Strategic Plan being voted on by the school board.

I think we just didn't get to in this document."

Dranesville representative Jane Strauss said the nature of the plan is that it's built to grow and change. "The Strategic Plan is really a beginning, it's not an end," she said, "an evolving plan, not set in stone. It lays out and solidifies our belief in the direction we need to go. It gives us a roadmap forward but does not create guardrails that are so high we cannot make adjustments."

Providence representative Patty Reed supported the plan and asked there be "detailed discussions on how do we actually use the document."

"How do we use it to make budget decisions?" Reed asked. "Everything in here obviously has been well thought out... But we all know our budget realities. How can this document help us make some tough decisions."



Michael Ducharme of Decoding Dyslexia applauds the new Strategic Plan for Fairfax County Public Schools for specifically addressing challenges for students with Dyslexia.

Dr. Garza, speaking on the plan, said, "I would urge this board: Let's adopt this plan, move forward, spend time perfecting it over time. Otherwise we'll continue to spin."

The plan calls for a quarterly status report to be filed, with a school board reassessment scheduled for June to make updates or adjustments.

THE BOARD ALSO VOTED ON A NEW CHAIRMAN and vice chairman to replace Tammy Derenak Kaufax and Ted Velkoff, respectively, for one-year terms.

In her outgoing remarks, Derenak Kaufax used candy to sum up some of her experiences with the board and its work going forward.

"We've had our Hot Tamales moments, a few Circus Peanuts moments," she said, "Mostly we're a group of dedicated Smarties

passionate about our desire to educate the next generation. To do so effectively, we must be funded properly, so we're always on the hunt for that extra 100 Grand, or million."

Pat Hynes was nominated as the only candidate for chairman and subsequently voted through.

Board members spoke highly of Hynes' nine years as an elementary school teacher in Fairfax County Public Schools as well as her law background.

"I think the combination of your lawyerly skills and your very recent and constant view from the classroom to be very important to this board," said Strauss.

Mason representative Sandy Evans said Hynes "has been a very thoughtful member of our board as well as a very candid one."

Schultz offered her criticism that she would've liked to see more competition for the position, rather than a decision being made prior to the meeting. I think it's healthy for us as an organization," she said. But she didn't withhold her support for Hynes, saying the candidate is "going to get a cautious yes from me... the proof will be in the pudding."

After receiving the gavel from now former-chairman Derenak Kaufax, Hynes said, "The job of the chairman and vice chairman is to protect the process for everyone. Collaboration is an important skill and I will be relearning it this year and looking forward to it."

Ted Velkoff nominated Sandy Evans for the vice chairman position. Evans also ran unopposed and also carried the vote.

"I would say she played a critical role in a couple of the signature accomplishments of this board," said Velkoff, including "reform of discipline process, later high school start times."

"The key trait," Velkoff added, "is willingness to compromise."

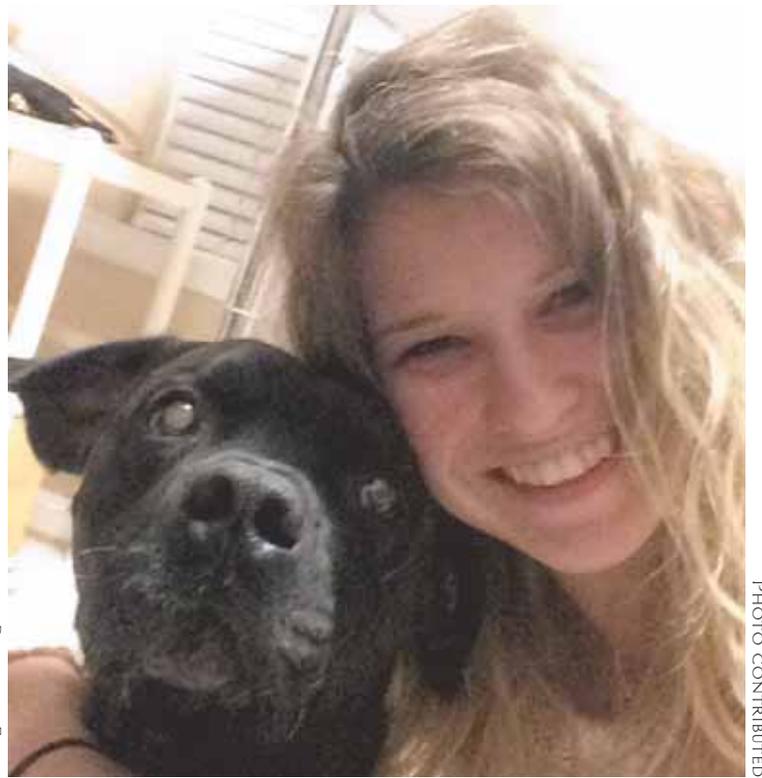
For more information on the "Ignite" Strategic Plan, visit the Fairfax County Public Schools website www.fcps.edu/news/strategic.shtml.



Erica Jensen and her new dog, Ginger.



Ginger the Jensen dog



Jordy and proud owner Lauren Johnston.

'Sweet Demeanor and Big Smile'

Jordy Christmas is a little dog with a big personality. Being a labrador-dachshund mix, with a big head and little body, this pup is a sight to see. Yet, what Jordy lacks in his stature, he makes up for with his heart. Owners James Christmas and Lauren Johnston love their dog for his sweet demeanor and big smile.

"Jordy is a big part of our family. He is always happy and play-

ful. His special place is in your lap and no matter the day we've had we know that when we get home, he'll be excited to see us and be sweet and loving."

But don't be fooled, this pup is sweet, but also strong: Jordy loves to go outside, and is so tough he can pull even the sturdiest human around the neighborhood if he gets excited. These fun times leave Lauren and James smiling, "That's our boy!" they laugh.

Ginger Charms the Jensen Family

The Jensen family loves their new pup Ginger, a 2-and-a-half-year-old beagle-dachshund mix. Ginger lives in Herndon with her family of four, who have been her proud owners for two months. Although this may seem short, Ginger has completely captivated the hearts of her new family. Erica

Jensen, the youngest daughter of two adores her dog, whom she even hopes to bring to her last year of college.

"I love Ginger because she is the best friend! She loves to snuggle, play and go for walks all while being cheerful; she has the greatest smile.

She instantly brightens my

mood because she's so sweet and energetic," said Erica.

Jensen loves to spend time with her pup both at home, and outdoors. "Ginger's great because she helps me stay healthy and active every time we go for a run or long walk together."

SEE PETS, PAGE 12

Meet Mollie and Gryffin

Mollie Clement, youngest child of the Clement family in Herndon, tells about their dog Gryffin:

"Gryffin is a 13-year-old black and tan coon hound mix, we think. We've loved our mutt ever since we adopted her from foster care in 2001. We had a feeling she would be a handful, but had no idea the joy she would bring us in the years to come.

Gryffin always greets strangers with enthusiasm. She loves to snuggle with people (especially if it means she gets her ears rubbed!) She tries to get along with other dogs too, but sometimes gets anxious when other dogs infringe on her territory. We

also think she has ADD...she loves to chase squirrels, cars, birds, and the garbage truck – sometimes all at once!

In her younger years, she would constantly scratch at the front door to be let outside. After she was done with her adventures, she would track dirt into the house.

Her dirty nose was always a sign that she had been digging. Now, Gryffin leads a more peaceful life of sunbathing and couch surfing (yes, we let her on the couch.)

Our whole family loves Gryffin. From her loyalty to her 'pumpkin seed' eyebrows, Gryffin continues to be an important part of the Clement family."



Gryffin goes for a walk.

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The Not-Our-Cat

By QUINN GRIFFITH, 11
HERNDON

Our former neighbors adopted a cat from a shelter as a Christmas present for their daughter. All she wanted to do was cuddle it, play with it, sleep with it, and have it be the nicest kitty ever. She named it Mily, after Miley Cyrus. But Mily did not want to be snuggled 24/7. She spent most of her time outside, in the bushes in front of our house. When our neighbors got a puppy for their son's birthday, the cat moved out entirely. She only went inside their house at night to eat, sneaking in through the kitty door to avoid waking the puppy. This would have continued for a very long time, had my grandma not started putting food out for Mily while she was visiting. After my grandma left, I kept putting food out for Mily on the back porch. I would spend hours kneeling in our front yard, five feet away from the cat, with my hand outstretched. Sometimes Mily would let me pet her, and sometimes she ran away. My dad began to sit with me, and gradually her trust for us grew, until she would no longer run away when I walked up to her to pet her. Then winter came, and during a massive snowstorm we heard yowling at the front door. We opened the door and in stepped a very wet and cold kitty. After we dried it off, we recognized it as Mily! Mily spent the night in our house while the storm blew over, and in the morning, we let her out. When spring came, our neighbors told us that they were going to move. Then



Quinn with Mily

they handed us a kitty door and a bag of Mily's favorite cat food. They said that Mily wouldn't like moving one bit, and that she didn't want to live with them anyway. And this is how the Not-Our-Cat became Our-Cat. And we love her!



PHOTO CONTRIBUTED

Lia and Pumpkin

Hamster on the Loose

By LIA GRIFFITH, 9
HERNDON

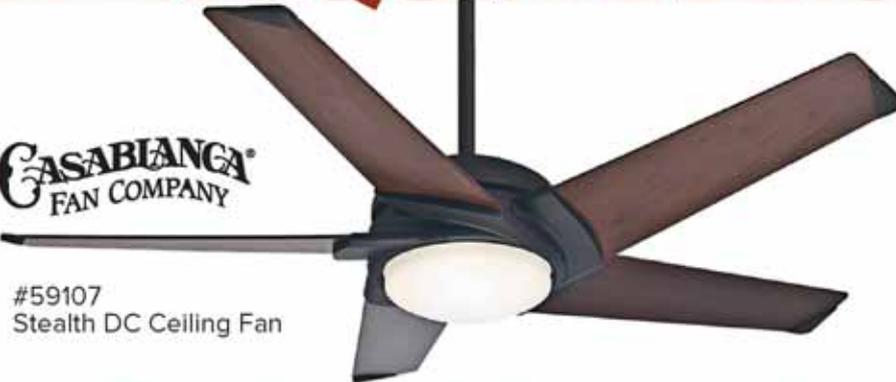
My name is Lia Griffith and I love pets. I have a hamster named Pumpkin. Pumpkin is orange on the top and white in the middle and orange at the bottom. We built a special enclosure for her out of thin wooden boards, with hinges on the corners so it can fold flat when we need to put it away. Sometimes I take Pumpkin out and put her in the enclosure to run around while I read or do homework with her. Once after I had put her away and gone to bed she was able to escape through a loose hatch on the cage. When I

woke up, I went downstairs to say good morning to Pumpkin. I found the hatch open and the cage empty! So I ran upstairs and woke up my mom to help me find her. Luckily, our cat sleeps outside at night. We searched frantically for half an hour, looking in every corner, under every piece of furniture, everywhere she could possibly be. While my mom was looking in the shoe bin, I decided to look in the bathroom. There I found her, sleeping all curled up in a nest of Kleenex in the trash can! I was so relieved! And now I am much more careful to check the cage hatches. I even put tape over them, just in case. I love my hamster.



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OPINION

What's Special about Your Community?

Share tips in upcoming Newcomers and Community Guides.

The Connection's annual Newcomers and Community Guides will publish Aug. 26.

A bevy of interns, plus staff writers and editors, are preparing this year's editions, but we need help from our readers.

What tips do you have for someone getting to know the community?

EDITORIAL

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Friday, Aug. 14.

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After One Year, Silver Line is Changing the Face of Northern Virginia

BY U.S. REP. GERRY CONNOLLY (D-11)
SPECIAL TO THE CONNECTION NEWSPAPERS



If you were among the thousands descending upon Tysons Corner Center this summer for the grand opening of the new Hyatt Hotel, which included a concert and fireworks, you experienced firsthand the transformation taking place there and throughout the Dulles Corridor thanks to the arrival of Metro's Silver Line.

It was just one of many milestones we've celebrated as we reach the one-year anniversary of completion of Phase 1 of Silver Line service from East Falls Church through Tysons to Wiehle-Reston East.

Previously, the mall was accessible mainly by car and one often had to contend with fierce traffic to get there. Today, the Tysons Station is one of Metro's busiest on Saturdays.

With the opening of the mall's plaza connecting with the Metro station and new offices, apartments, and the hotel, the outdoor space is bustling with families din-

ing alfresco, dancing to one of the Friday night concerts, or trying their hand at the free games and activities set up throughout the plaza.

And that's just the beginning of the transformation! The changes around the malls are emblematic of what we're seeing take place across Tysons and Reston. Thanks to the Silver Line, people are doing something that up to now was unthinkable: They are walking to work, to eat, to shop, or to their homes.

The collection of office parks and shopping centers, once surrounded by vast expanses of parking, are now being connected to the Silver Line by raised walkways interspersed with pocket parks. Today, you can even walk off the train at Tysons or Reston to shop at a local farmers market!

Take a ride on the Silver Line through Tysons and out to Reston and you can see the transformation we envisioned taking shape. At least five new buildings including new high-rise apartments opened in the past year, and the construction cranes dotting the

skyline and projects in the pipeline give us a glimpse of what's to come.

The growing ridership on the year-old Silver Line demonstrates the pent-up demand for transit in the corridor. Wiehle-Reston East continues to be the busiest Silver Line station with nearly 9,000 riders a day, and during the morning rush it is the third highest revenue-generating station across the entire Metro system. Overall, Silver Line ridership is exceeding expectations with an average of 16,000 rider trips per day.

Northern Virginia's economy is also feeling a boost. The 23-mile Dulles Corridor, with five Fortune 500 companies and numerous other firms headquartered there, already accounts for 25 percent of the region's gross domestic product.

By connecting downtown Washington and suburban Maryland to the region's second largest employment corridor, the Silver Line has created new opportunities for our workforce. And the growing commercial tax base along the corridor, already a primary driver of the regional economy, will relieve some of the burden on local property taxpayers and help sustain our

investments in schools, public safety, and parks.

Within a few years, Phase 2 will extend the Silver Line to Dulles and Loudoun County, providing a new link to our premier international airport and opening a new commuting option for the outer suburbs.

Over my two decades of service as Chairman of the Fairfax County Board of Supervisors and now as Congressman for Virginia's 11th District, construction of the Silver Line topped my list of priorities. I was proud to work with other local, state, and federal leaders to keep this important project on track and I am excited about the future benefits of this transit line to our region.

I hope you share this excitement and will join us in celebrating the one-year anniversary of the Silver Line and the positive transformation to come.

Congressman Gerald E. Connolly represents Fairfax and Prince William Counties and the City of Fairfax in the U.S. House of Representatives. At the ceremony marking the opening of the Silver Line one year ago, then Metro General Manager and CEO Richard Sarles said about Connolly: "Without him, we wouldn't be here today."

schools during the year.

Fairfax County is a comfortable community to live. People all over the nation come here for jobs and for its outstanding schools, supported by dedicated and hardworking teachers. Life is good for many living here, but lest we forget, at times those deserving citizens need some help in our

community. Those organizations identified in this article are excellent places to go and donate the basics items so needed by our kids. We can help to insure our kids will have a good start this coming new school year.

Ronald L. Baker
Springfield

Oak Hill & Herndon CONNECTION

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PET CONNECTION

Volunteering for SPIRIT

Over the last several years, friends and neighbors have asked why we volunteer at the SPIRIT Open Equestrian Program. It's certainly not glamorous. We muck stalls, groom horses, clean tack, and walk a lot of miles with the Spirit horses. And then, we do it all over again the next day. Why? Check out these photos — taken at Frying Pan Farm Park in Herndon during Spirit Open Equestrian Summer Classes 2015 — and you'll know why.

— DIANE PIRES

Riding is fun, no matter what direction you face. Just ask Suhani, who is riding Coco.

PHOTOS BY VOLUNTEERS AND PARENTS



Sarah smiles for the camera while riding her favorite horse, Spirit.

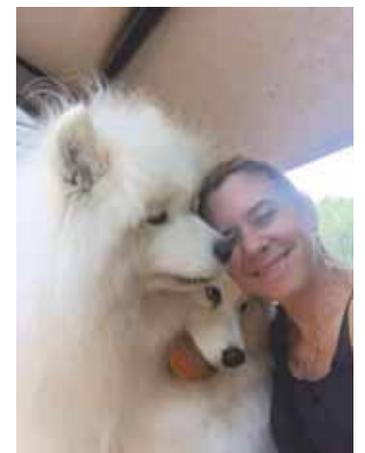


Buster Finds Forever Home

This is Buster in his sink. No one else gets to use it. From sickly 14-week-old kitten to 3-year-old spoiled furball, Buster's had a long journey to find his forever home with the Pires family of Oak Hill - writes Diane Pires.

Meet Dublin and Pink

Andrea Creighton, of Oak Hill, sends this photo of Dublin and Pink, who are "always willing to snuggle." Dublin is a 4-year-old samoyed and his favorite activity is playing ball; Pink is a 4-year-old samoyed and about to become a mom later this month.



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Herndon Braves Represented at Cal Ripken All-Star Game

Three members of the Herndon Braves participated in the Cal Ripken Collegiate Baseball League all-star game on July 15 at Shirley Povich Field in Bethesda, Md.

Catcher Andy Mochabee, infielder Alex Lipman and pitcher Mitch Aker helped the South all-stars defeat the North all-stars 3-2.

Mochabee got the start behind home plate and finished 1-for-1 with a single. He also reached base via hit by pitch. Mochabee was batting .324 with three home runs and 14 RBIs entering Tuesday's action.

Lipman went 0-for-1 at the plate and also reached base via hit by pitch. Lipman (Salisbury) entered Tuesday's action batting .303 with two home runs and 11 RBIs.

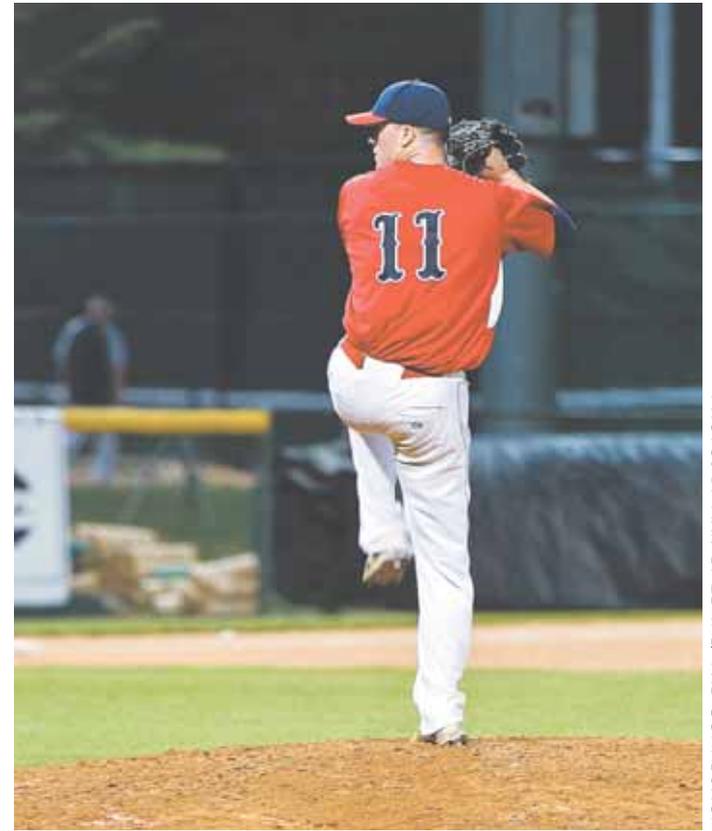
Aker earned the save, pitching a 1-2-3 ninth inning while striking out two. Aker entered Tuesday's action with a 3-0 record, four saves and a 0.84 ERA.

The Herndon Braves entered Tuesday with an 18-20 record and 10 games behind the first-place Bethesda Big Train. Herndon was one game behind the third-place Alexandria Aces and two games behind the second-place Vienna River Dogs.

The Braves will host the Big Train at 7 p.m. on Thursday, July 23 at Herndon High School.



Herndon Braves infielder Alex Lipman competed in the Cal Ripken Collegiate Baseball League all-star game on July 15 at Shirley Povich Field in Bethesda, Md.



Herndon Braves pitcher Mitch Aker earned the save in the Cal Ripken Collegiate Baseball League on July 15 at Shirley Povich Field in Bethesda.

PHOTOS BY HARVEY LEVINE/THE CONNECTION

RSTA Season Ends with Co-Champions

Those familiar with RSTA team rivalries will have a hard time believing this, but last Saturday, Ridge Heights swimmers, whose meet against Autumnwood was called because of rain after the age group relays, visited the Lake Newport pool to cheer on the Lake Audubon Barracudas. The fate of the 2015 RSTA Championship was riding on the outcome of that meet—if the Barracudas defeated the Lightning, the Sharks would reign as undisputed champs with an undefeated season.

With Lake Newport and Lake Audubon within six points of each other throughout the meet and tied halfway through the freestyle events, anything could happen. Two rain delays had swimmers and parents waiting it out in their cars.

"We knew it wasn't going to be called off because of the weather," said David Cordts, parent to two Barracuda swimmers. "The score was so close it would have gone down as a tie and Lake Newport needed a win, so we knew we'd keep swimming."

Ultimately Lake Newport prevailed and preserved their own undefeated season, making them co-champions of the league with the Ridge Heights Sharks (because there are nine RSTA teams and only six meets, not all teams swim against each other).

Lake Audubon finished in second place with a 4-2 record, while Hunters Woods and North Hills were tied for third with

3-2-1 records.

The nail-biting tension at the Lake Newport pool wasn't the only excitement of the weekend. Nine swimmers finished off their regular season by smashing some team records.

Lake Audubon's Mathew Fritz crushed two long-standing team records. In the men's 11-12 50-meter breast stroke he broke a record set in 1985 by half a second, and in the 50-meter butterfly he broke a record set in 1986 by .26.

Glade's relay team of Madeline LaPorte, Meghan Benedetto, Isabella Gati, and Emily Landeryou set a new team record of 2:15.12 in the women's 15-18 200-meter medley relay.

Lake Newport's relay team of Dylan Jones, Dan Ni, Alan Yu, Zach Wang broke a record set earlier this season in the men's 13-14 200 medley relay.

Newbridge Dolphins 560, Glade Gators 548

For Newbridge, double event winners were Elise Baldwin, Levi Bishop, Eric Compton, Everett Ha, Sam Joyner, Greg Mayo, and Joseph Sgambati. Triple event winners were Justin Compton, Mary Carol Cook, Jean-Louis Guill, Ethan Ha, Ian Ha, Laela Huddleston, and Sarah Zhong.

For Glade, double event winners were John Clarke, Blake DeHoust, Clara Landeryou, Madeline LaPorte, Everett Liggett, Abigail Stiglitz, and Maggie Thomas. Triple event winners were Natalie Bardach, David Clark, and Sophia Landeryou.



Madi Cook, a longtime Ridge Heights team member and current head coach, celebrates the Sharks' co-championship with her team.



Glade's Maya Berry competes in the women's 11-12 50-meter freestyle.

PHOTOS CONTRIBUTED

CALENDAR

Send announcements to north@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

Herndon Town Calendar

Photography Exhibit. Through July 26 at ArtSpace Herndon, 750 Center Street, Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. The photographs were taken within the corporate limits of the Town of Herndon. Many of the entries depict people participating in seasonal or community events.

Herndon Friday Night Live. Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. herndonrocks.com/schedule.php.

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

WEDNESDAY/JULY 22

I'm A Builder! Story time With Wood Blocks. 11 a.m. Herndon 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.

Farm Explorers. 4:30- 5:30 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Hands-on activities for children. Tickets: \$6. Visit fairfaxcounty.gov.

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.

iPhoneography. 6:30-9:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Students will learn tips and tricks of iPhone photography, killer camera apps that will help push your pictures to the next level, creative techniques and how to shoot in challenging light, and how to post-process your images on your iPhone without using expensive photo editing software. Cost for 3-hour session is \$59 and class is open to teens and adults. Register at www.ladphoto.com or www.artspaceherndon.com/iphoneography/.

THURSDAY/JULY 23

Rocketry 101. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Participants will use simple materials and balloons to explore the basic principles of rocketry. See how thrust, gravity, and weight affect an object. (STEAM) Ages 7-12.

All Join In. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for children ages 2-5. Visit <http://www.fairfaxcounty.gov/library/branches/tr/>

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.



Tucker Winfrey suffered from a spinal 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.



View Herndon's Town Calendar Photography Exhibit on display through July 26 at ArtSpace Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. Many of the entries depict people participating in seasonal or community events. Pictured is "My Butterfly" by Chuck Mauro.

www.potomacriverrunning.com.

Herndon Farmers Market. 8 a.m.-12:30 p.m. Old Town Herndon, 700 Block of Lynn St., Herndon.

FRIDAY/JULY 24

Exotic Combustion of Art. 7:30 - 10 p.m. Frying Pan Park Visitors Center, 2709 West Ox Road, Herndon. Tucker Winfrey suffered from a spinal cord injury while at the beach in December 2013 and has found a passion in painting and is holding his first art exhibition.

Frying Pan Fridays. All day. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Hands-on activities and hikes with your kids. Tickets: \$8. Visit fairfaxcounty.gov.

SATURDAY/JULY 25

5th Annual Herndon Town Calendar Photography Competition Exhibit Reception. 7 - 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Finalists for the 2015 Herndon Town Calendar will be on exhibit. The winners will be announced at the reception. <http://www.artspaceherndon.com/5th-herndon-town-calendar/>.

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. Fee: \$6-\$8/person. naturecenter@reston.org.

Great Zucchini. 10-11 a.m. Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. A magic show for kids. Free. Visit www.fairfaxcounty.gov/parks/performances.

Family Fun Entertainment Series: Mark Lohr. 10-10:45 a.m. Reston Town Center, 11900 Market St., Reston. A fast paced, side splitting, family vaudeville show filled with audience participation, circus skills and one continuous surprise after another.

Reston Concerts on the Town. 7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for hom-fueled pop, blues, calypso, and more with Entrain. Free. Visit www.restontowncenter.com/concerts.

Dog Days of Summer Canine Classic. 10 a.m. - 1 p.m. Lake

Fairfax Park, 1400 Lake Fairfax Drive, Reston. Bring your dog to the park and take them on an agility course, tour boat ride, photo opportunities and more. Tickets: \$30. Visit fairfaxcounty.gov.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

MONDAY/JULY 27

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy under the sea story fun with fish and other sea creatures. Age 2 with adult. Visit <http://www.fairfaxcounty.gov/library/branches/he/>

The Living Rainforest. 2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet animals from the rainforest. Ages 6-12. Visit <http://www.fairfaxcounty.gov/library/branches/tr/>

Little Hands on the Farm. 9:45 - 11:45 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Meet farm animals and play games with your kids. Tickets: \$8. Visit fairfaxcounty.gov.

Mr. Knick Knack! Children's Performance! 10:30-11:15 a.m. Reston Town Center, 11900 Market St., Reston. Unique, heart-centered music for kids and their grown-ups. Free. Visit www.restontowncenter.com.

TUESDAY/JULY 28

Lego Club. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Use engineering and problem solving skills by playing with Legos. Ages 6-12.

Brain Games at the Library. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Have fun and win prizes by playing board and card games. Ages 8-12.

WEDNESDAY/JULY 29

Around the World Musical Adventure. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy music and movement with Miss Susan. Ages 3-7 with adult.

THURSDAY/JULY 30

17th Annual Summer Golf Tournament. 9 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon. The tournament benefits the Council for the Arts in Herndon.

FRIDAY/JULY 31

Noisy Nature Campfire. 7 - 8:30 p.m. WNC Campfire Ring - On Soapstone Drive, between Glade Drive and Lawyers Road. What do crickets, katydids, treefrogs, and owls have in common? Discover how they make their sounds, and what all that noise is really for. Reservations required by July 28. Fee: \$7-\$9/person. naturecenter@reston.org.

SATURDAY/AUG. 1

The Closet's 4th Annual Huge Toy Sale. 9 a.m.-12:30 p.m. First Baptist Church of Herndon, 681 Elden St., Herndon. Dolls, toy trucks, games, action figures, infant toys, puzzles and much for ages 1-99 will be on sale at bargain prices. Proceeds benefit The Closet of the Greater Herndon Area. www.theclosetofgreaterherndon.org.

Hound Dog Day. 1:30-5:30 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Come have a ball outdoors. Bring family, friends, leashed dog(s). Live music, exhibitors, food trucks, dog-friendly boat rides and walks.

SCHOOL NOTES



Adam John of Reston

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 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.

"Abyssful" Ignorance



By KENNETH B. LOURIE

Hopefully not. But you never know – per last week's column, until you know. And the preferred pattern seems to be that waiting to be spoken to in person, a week or so post-scan, is the best the process can be; or at least, that's the process that suits the doctor/HMO. Certainly I can appreciate how telling a patient bad news in person is a more prudent and professional, fail-safe type of approach than a phone conversation or e-mail which is fraught with potential misinterpretation and possibly even unexpected and adverse consequences – especially for the patient/recipient of the distressing news. However, waiting a week for results is hardly ideal and certainly not the stuff of which dreams are made. In fact, it's exactly the stuff of which nightmares are caused.

Don't get me wrong; I can take it. Waiting is not for everybody, however; unless you like suffering – then it's perfect for you. But why suffer in silence – or suffer at all? You already have, to quote Radar from a M*A*S*H episode: "One foot in the grave and another on a banana peel," so why double-down or even quadruple your odds and make us learn the meaning of the word excruciating? Why fiddle with Rome when our emotions are already burning? We ("terminal" cancer patients) deserve better. Heck, we deserve your best; and a week of talking ourselves in and out of a million scenarios, most of them bad, unnecessarily, is yet another example of cruel and unusual punishment. (Shouldn't we have some Constitutional protections, too?) And punishment for crimes not committed is particularly difficult. Still, I guess I should be thankful I'm not incarcerated (although occasionally, I do feel confined to my home) while waiting. In effect though, I am, emotionally. To set these emotions apart from the everyday or compartmentalize them somehow is much easier theorized than actually accomplished. Nevertheless, I don't suppose nine days (between scan and results) are likely – ultimately – given the progressive nature of my disease, to change the course of history too much. However, it will change the course of the next nine days, and that's all I'm focused on right now. When you're in the same boat as I am, time is all that matters, and wasting any of it (to me that means time lived not knowing results immediately or sooner) is a terrible option/reality. And again, given my original diagnosis/prognosis, options are not necessarily what you feel you have in abundance.

Whether delusional or based on any facts whatsoever, options are still your emotional lifeline. Not having them or receiving them later than you'd prefer adds fuel to the fire that a cancer survivor feels (figuratively speaking). Besides, who knows what soothes the savage beast that lives in all of us "terminal" cancer patients? At least for me, not knowing or knowing after the facts are likely in evidence is somewhere between counter-productive and counter-intuitive. As soon as you know: tell me! What are you waiting for? Godot? Let me get on with what's left of my life. I want to live forward, not worry backward. I'm not looking for control. I'm looking for consideration. If the patient matters so much, then don't be so matter-of-fact about results. Our lives may be shorter than we expected, so why make us wait longer than we want? Time is on your side, not ours.

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

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Giorgio from Italy, 16 yrs. Loves to play basketball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

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BULLETIN BOARD

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

THURSDAY/JULY 23

Social Security Workshop. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security income. For adults ages 60-65. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 28

Spachats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join this ongoing Spanish Spachats conversation group. Beginners to fluent are welcome. Visit <http://www.fairfaxcounty.gov/library/branches/rr/>

ONGOING

Free Support Group for Parents with Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free 12 step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

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

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

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

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

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PET CONNECTION

Newcomers to Northern Virginia

Sandy Ballentyne and her two dogs Max and Murphy are all newcomers to Northern Virginia. Ballentyne recently moved to the area from Florida to be closer to her daughter who lives in Vienna. "I love the area," she said. "The people have been so friendly."

One such place that she has experienced the friendliness of the town of Herndon is at the dog park, a space where people can come together, enjoy one another's company and watch their pets play. "Sometimes I come in the morning where it is nice and quiet, but other times in the later afternoon where there are many dogs and their owners. Both are great, I've loved talking to new people, making friends and getting advice. It's even a great way to make connections."

Her two dogs, Max and Murphy, are what brings her fellow friends (both human and canine) so much joy. Various dog-owners praised the two dogs for their great behavior and sweet nature. They love playing with the other pups; even when they were just resting in the shade.

"They used to be all puffed up like regular poodles, but they aren't cut like a poodle anymore!" Ballentyne laughed. "One day, I just decided we were going to take it all off. Now they have a sleeker look." Max and Murphy, who are two out of nine in the litter, are now groomed to keep them cool for the summer heat.



Sandy Ballentyne and her dogs, Max and Murphy.

"These two are hysterically funny!" she said as she looked at her two pups with a smile. "I don't know where I would be without my dogs."

PHOTO BY CAMILLE KIDWELL/THE CONNECTION



Spencer enjoying open spaces at the park.

Spencer on a Mission

Spencer is a dog who loves to play, but has a serious mission. He is working to become a potential service dog, a mighty task for his him and his owner.

Until that day comes, Spencer loves to visit the Chandon Dog Park in Herndon. The park is one of many regulated by Fairfax County, and is a fantastic place to bring pups.

At the Herndon location, there are numerous obstacles and ramps for dogs to play in, which makes this particular site unique. Additionally, there are many open grassy

areas where dogs both big and small can come to play. His owner loves the park due to the vast space it provides for him to explore. "It is a beautiful area, full of grass and lots of trees. From running through the obstacles, throwing the ball around or resting in the shade, Spencer loves it here".

One of Spencer's favorite activities is to toss the tennis ball, where he can jump nearly a foot off the ground to grab any catch. When that tuckers him out, he often resorts to picking a cool spot under the trees to take a rest on a summer's day.

PHOTO BY CAMILLE KIDWELL/THE CONNECTION



Learning New Tricks

"We adopted our beloved guinea pig, 'Little,' two years ago. We have trained her to do many tricks just like a dog would do. Here she is at home in Oak Hill, July 12, demonstrating how she can stand up completely independently, balanced on her hind legs. Alec Riso, 9, is training both our pet and his sister Hannah Riso, 11, to do the trick. Sister Alana Riso, 12, not pictured, loves and trains Little as well."

- THE RISO FAMILY OF HERNDON

Ready for a Ride

Duncan and Sally, companions of Gwyn Whittaker, of Oak Hill. They are shown here ready to go for a car ride, their second favorite activity to hiking and playing at Frying Pan Farm Park.



A Tender Moment with Bailey

Sheila Malloy, of Oak Hill, submitted this photo of Bailey, a dog rescued two years ago, and her owners Kelly and Jonathan Malloy. Bailey is approximately 3 years old and possibly a lab/beagle mix. First time dog owners, Kelly and Jonathan are sharing a tender moment with Bailey as she is clearly relaxed and comfortable in her new home. She likes to chase everything from chipmunks to deer, she hasn't caught one yet!

