

# Horsemanship Event Celebrates Spirit

NEWS, PAGE 12

## Senior Living

PAGE 6

**Samantha Thompson, of Reston, with Sally, a rescue horse from an auction in New Jersey. "I really love that many of the horses here are getting a second chance while helping so many people improve their lives. It's a perfect balance for us all."**

## Lake House Probe: No Conflict of Interest

NEWS, PAGE 3

## Reston Woman Sentenced For Supporting Terrorists

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PHOTO BY ANDREA WORKER/THE CONNECTION

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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# Plum

FROM PAGE 4

rough waters of governance today? A few of course, but more important are the skills they may have learned by being social scientists, historians, and political scientists in my classroom and using the skills of those disciplines to understand and react to the world we face today.

Popular in the mid-1960's when I was in the classroom was the discovery approach to teaching the social studies made famous by Amherst College. There were few lectures in the classroom about what happened in history. Rather the students were taught to collect information, weigh evidence, identify points of view, question sources, draw conclusions and "discover" what went on in historic periods of history and why.

Those skills are more important today

than ever. The ability to separate among news stories the fake news, alt-news, satire, points of view, and evidence is increasingly vital.

Hopefully there will come a time when more of those who make the news will be acting in an ethical and responsible manner, motivated to serve with the good of the whole in mind rather than simply personal gain.

With the increasing speed and number of sources of mass communications, skills of the social scientist are more important than ever. Thomas Jefferson was right—schools are critically important to democracy. Even more important is that the students coming out of school have the skills necessary to be functioning members of society that will preserve and strengthen our democratic republic.

# Lovaas

FROM PAGE 4

like Paris. And, business seemed to be booming.

Other highlights: We saw storks just returning to their 6-8 foot diameter nests atop power poles in several cities; Prince Charles of Great Britain visiting a park in Bucharest as part of his Brexit goodwill tour; and, flowering plum trees in every country—which explained all the plum brandy in the markets we visited along the way. Otherwise, we sat back and enjoyed the remarkable vistas as we sailed between ports along the Danube—ancient castles, impregnable stone fortresses, cathedrals, and charming little villages dotting the shores.

All too soon it was time for the long flight back—Bucharest-Munich-Dulles. One tip if you plan transatlantic journeys: Try to get on a Lufthansa Boeing 747 flight—more legroom in Economy, aisles you can jog around on (OK, not really jog but you can walk comfortably), and bathrooms big enough for a full-sized person. Avoid the newer Airbus 330-300 which has none of these.

It is really great to be home. Lake Anne and Washington Plaza Cluster may not be

quite up to the glamor of Budapest or Bucharest, but they do indeed offer the charm rivaling their European counterparts. And, there are lots of nice people all around us here, too. We have avoided turning on the TV news for the first few days. But, we are rested and ready to get back into that fray once we gird our loins and such.

Best of all, in just over three weeks, we will ring the bell to open the Reston Farmers Market for its 20<sup>th</sup> season. We are marking the 20<sup>th</sup> by opening earlier—Saturday, April 29, and closing much later, Dec. 9, than ever before.

More on Northern Virginia's number one farmers market next time!

## SCHOOL NOTES

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

**Christine Roesch**, of Reston, was selected to present a research project titled "The Layout of Grass and a Trip to Starbucks can Influence Which Way you Walk to Class" at The University of Alabama's Undergraduate Research and Creative Activity Conference held on March 30.



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—Chief Seattle (1788-1866) Suquamish/Duwamish chief



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# ENTERTAINMENT

Send entertainment announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**“No Place Like Home.”** Great Falls Studios presents a juried art show on exhibit through April 8 at ArtSpaceHerndon, 750 Center St., Herndon. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com)

**Lake Anne Exhibit.** Deadline is June 2 to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

**All-comers’ Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

**“A Bird in the Hand”** through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty’s monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 [restonarts.org](http://restonarts.org)

## Teen and Adult Art Classes

**ArtSpace Herndon** Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment

options/information: [ridingfree2@gmail.com](mailto:ridingfree2@gmail.com). 703-956-9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Emerging Visions: Interactions.** Various times through April 1 at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston. After viewing Shih Chieh Huang: Synthetic Transformations, students were asked to explore different interpretations and aspects of interactions. The final selections will be on view in the gallery. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242 for more.

## FRIDAY/APRIL 7

**Senior Tea.** 10:30-noon at ArtSpace Herndon, 750 Center St., Herndon. View the current exhibit and enjoy a cup of tea on the second Friday of the month, all teas are free and open to the public. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

**Meditation for Peace and Well-being.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Longtime meditator Gerry Gorman will share a simple technique of spiritual meditation that can help achieve a lasting state of peace and happiness. For adults, free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

## SATURDAY/APRIL 8

**Founder’s Day.** 11 a.m.-4 p.m. at Lake Anne Plaza, 1609 Washington Plaza N., Reston. A celebration the 53rd anniversary of Reston’s founding. Visit [www.restonmuseum.org/foundersday](http://www.restonmuseum.org/foundersday) or call 703-709-7700 for more.

**Aqua Egg Hunt.** 1:30.m. at Herndon Community Center pool, 814 Ferndale Ave., Herndon. Children will collect as many floating and sinking eggs as possible in the time allowed. \$10. Open swim at 4 p.m. Visit [herndon-va.gov/](http://herndon-va.gov/) for more.

**Fiber Artist Workshop.** 2-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Join fiber artist, Cecile Batchelor, in making a quilt with paper. In this two-hour session, children will learn a little bit about tessellations, color theory, and how to construct a quilt. Ages 10-14. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

**Classical Ballet Theatre.** 7:30 p.m.

at CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Complimentary pre-performance cocktails at 6:30 p.m. Visit [www.cbntva.org](http://www.cbntva.org) or call the box office at Box Office: 703-476-4500.

## SUNDAY/APRIL 9

**Founder’s Day Art Show.** 2-4 p.m. at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. The League of Reston Artists presents their annual Founder’s Day exhibit in honor of the group’s founder, Patricia MacIntyre. The exhibit runs from April 3-30. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

**In Concert.** 7 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Professional Touring Artist Series: Dana and the Glorious Birds. Call 703) 476-4500 for more.

## APRIL 11-13

**Spring Break Art Camp.** 8:30 a.m.-12:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Art teacher Emily VanDeburgh will focus on drawing, acrylic painting, and mixed media with an emphasis on specific styles and master’s work. Call 703-956-6590 or email [jdimambro@artspaceherndon.com](mailto:jdimambro@artspaceherndon.com) for more.

## APRIL 11-MAY 6

**The Art of Resilience.** 10-noon at ArtSpace Herndon, 750 Center St., Herndon. An exhibit showcasing the artwork of Azriel and Irene Awret. Reception April 29, from 7-9 p.m. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

## WEDNESDAY/APRIL 12

**Trends in TV Viewing.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Allan Hide from the Fairfax County’s Department of Consumer and Cable Services will cover the “enabling devices” required to access television channel services. For adults, free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

## THURSDAY/APRIL 13

**Color Me Happy.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Turn loose the inner artist in this adult coloring session. Coloring pages, pens and pencils provided. For adults, free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

## SATURDAY/APRIL 15

**Egg Hunt.** 9:30 a.m. at 777 Lynn St., Herndon, behind the Herndon Municipal Building. Story readings, coloring mural, tattoo shack, petting zoo, photo-op with Easter Bunny, instrument “Petting Zoo” brought to you by Bach to Rock. \$9 in advance or \$10 at the event. Visit [herndon-va.gov/](http://herndon-va.gov/) for more.

## MONDAY/APRIL 17

**Herndon Poetry Group.** 7-8:30 p.m. at the Herndon Library, 768 Center St., Herndon. Poetry Planet: A Community Poetry Reading. April is National Poetry Month, join the community to appreciate poetry together. Free. Visit [tinyurl.com/hnqb8n3](http://tinyurl.com/hnqb8n3) to sign up.

## THURSDAY/APRIL 20

**Dollars and Sense Discussion.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly book group discussion



**“De Mi Alma,” choreographed by Classical Ballet Theatre faculty member Meghan Rudorfer, earned Emilie Gregory recognition during the 2016 Youth America Grand Prix. More recently, the renowned Miami City Ballet School invited Emilie to train in its residence program year-round.**

PHOTOS BY TONY DE LA PAZ

## An Evening with the Ballet

Join the dancers of Classical Ballet Theatre as they bring to the stage innovative works by today’s leading contemporary choreographers including Roni Koresh of Koresh Dance Company, Iquail Shaheed formerly of PHILADANCO, Lauren Edson formerly of Trey McIntyre Project, and faculty of Classical Ballet Theatre.

Saturday, April 8, at 7:30 p.m. with complimentary pre-performance cocktails at 6:30 p.m. CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Find tickets and information at [www.cbntva.org/evening](http://www.cbntva.org/evening), or call 703-476-4500, ext. 3.

focuses on business leaders and markets. April’s book is “The Everything Store: Jeff Bezos and the Age of Amazon” by Brad Stone. For adults, free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

## FRIDAY/APRIL 21

**Learning Ally Celebration.** 9-10 a.m. at Herndon Middle School, 901 Locust St., Herndon. Presentations followed by cake and ice cream. Visit [www.fcps.edu/HerndonMS](http://www.fcps.edu/HerndonMS).

## FRIDAY-SUNDAY/APRIL 21-23

**Guys and Dolls.** Friday and Saturday at 7:30 p.m.; Sunday at 2 p.m. at Herndon High School Auditorium, 700 Bennett St., Herndon. (Enter the school through Door #6.) Cast and crew from Herndon High put on a musical comedy following a ragtag gambler, his showgirl fiancée, a high-rolling heartthrob, and a modest missionary, as their lives intersect. \$15. Visit [www.herndon-drama.org](http://www.herndon-drama.org).

## SATURDAY/APRIL 22

**Spring Fling Vendor Sale.** 8 a.m.-2 p.m. at Herndon High School Cafeteria, 700 Bennett St., Herndon. Items for sale include arts & crafts, costume jewelry, clothing, books, cosmetics, household items and more. Call 703-810-2200 for more.

## SUNDAY/APRIL 23

**Love Maria.** 4-8 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Evening includes award nominated film “Woman in Gold.” Gregor Collins, author of “The Accidental Caregiver” will be present to speak about his experiences caring for Maria Altmann and to sign his book, available for purchase. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

## TUESDAY/APRIL 25

**Spring Flower Bouquets.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This Tess Rollins workshop will teach participants to brighten up a space with paper flowers and the art of working with paper. A Design and Wine Event. If possible please bring a mini glue gun, otherwise all supplies are provided. \$35. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

## APRIL 26-30

**Gently Used Books and Media Sale.** 5-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. All proceeds go to support the Reston Regional Library and the Fairfax County Public Library system. Visit [www.RestonLibraryFriends.com](http://www.RestonLibraryFriends.com) for more.

## THURSDAY/APRIL 27

**Family Challah Bake.** 6:30-8:30 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Evening of challah making, dinner and dancing. Enjoy kosher pizza, salad & dancing while the challah rises. Email [Office@bethemeth.org](mailto:Office@bethemeth.org) or call 703-860-4515x101.

## FRIDAY/APRIL 28

**Empty Bowls.** 5:30-8 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Food served in a handmade pottery bowl to keep as a reminder that there are those in the community with empty bowls. All proceeds will be donated to “Food for Others,” the largest distributor of free food directly to the hungry in Northern Virginia. \$25 for adults in advance/ \$30 adults at the door/\$15 for children under 12. Visit [www.givingcircleofhope.org](http://www.givingcircleofhope.org).

## EASTER EVENTS

### SATURDAY-SUNDAY/APRIL 8-9

**Easter Eggs-Stravaganza.** 9 a.m.-6 p.m. at Roer’s Zoofari, at the corner of Hunter Mill Road and Baron Cameron Drive in Vienna. Egg hunts, safari tours, and more. Participants in the Easter Egg hunt are asked to bring their own basket. Call 607-757-6222, or visit [www.roerszoofari.com](http://www.roerszoofari.com).

### FRIDAY/APRIL 14

**Good Friday Services.** Noon-3 p.m. at Dranesville Church of the Brethren 11500 Leesburg Pike, Herndon. The service will be the Seven Last Words of Christ featuring six half hour services with six local clergy. Email Rev. Kelly at [tkelly@stfrancisgreatfalls.org](mailto:tkelly@stfrancisgreatfalls.org) for more.

### SATURDAY/APRIL 8

**Aqua Egg Hunt.** 1:30.m. at Herndon Community Center pool, 814 Ferndale Ave., Herndon. Children will collect as many floating and sinking eggs as possible in the time allowed. \$10. Open swim at 4 p.m. Visit [herndon-va.gov/](http://herndon-va.gov/) for more.

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“Pastoral,” painting by Dorothy Donahey; acrylic on canvas, 30” x 40”

## Reston Art Gallery & Studios Presents ‘First Blooms’ by Dorothy Donahey

Dorothy Donahey presents her latest works in the show “First Blooms” at Reston Art Gallery & Studios, on exhibit from April 1 until April 30. All are welcome to the gallery reception Sunday, April 9 and meet the artist from 2-4 p.m. The title of Donahey’s new show is inspired by the spring landscape, and a goal to “give people a little sunshine,” born out of the news, the cold, and the loss of cherry blossoms at the Tidal Basin.

Through the paintings in this show, the season can be enjoyed throughout the year. The “First Blooms” exhibit can be viewed during gallery hours every weekend afternoon, or by chance on weekdays, at Reston Art Gallery & Studios (RAGS), 11400 Washington Plaza, Reston, on the waterfront at Lake Anne Plaza. For information call RAGS at 703-481-8156, find it on Facebook/RAGSReston, and visit RestonArtGallery.com.

### BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) by noon on Friday.

#### SATURDAY/APRIL 8

**Free Lice Removal.** 9 a.m.-5 p.m. at 455B Carlisle Drive, Herndon. Lice Clinics of America is providing free lice removal. Call 646-843-1803 or email [nsalerno@5wpr.com](mailto:nsalerno@5wpr.com) for more.

#### Managing Inflammation Naturally.

2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Registered dietician Natalie Kannan will share ways to manage chronic inflammation through diet and healthy eating choices. For adults, free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

#### WEDNESDAY/APRIL 12

**Medicare 101.** 2-2:30 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. Fairfax County is offering the free seminar, Medicare 101. Contact Karen Brutsché at 703-390-6157 for more.

#### FRIDAY/APRIL 14


**Good Friday Services.** Noon-3 p.m. at Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. The service will be the Seven Last Words of Christ featuring six half hour services with six local clergy. Email Rev. Kelly at [tkelly@stfrancisgreatfalls.org](mailto:tkelly@stfrancisgreatfalls.org) for more.


#### ONGOING

**Sunrise at Reston Town Center** offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956- 8930 or email [Reston.ED@sunriseseniorliving.com](mailto:Reston.ED@sunriseseniorliving.com) to RSVP.

**Exercise for Parkinson’s.** Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton  
SEE BULLETIN BOARD, PAGE 11

*He has Risen indeed!*  
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# Sick & Tired



By **KENNETH B. LOURIE**

Man o' man was I sick last weekend (that was not a question). It began as a runny nose, followed by an annoying hacking cough, compounded by sneezing and watery eyes, an occasional headache, with zero interest in food and hardly any energy to get myself out of bed where I spent practically the entire two days. I haven't been that sick/incapacitated since, I don't know when. Thankfully, there was no temperature, sore throat or nausea to further complicate my inability to move off the bed. And most thankfully, there was no urgency to visit the bathroom (I don't know if I would have had the wherewithal to even get there). Otherwise, I might have actually had to call/email the doctor and/or make an appointment at the Emergency Room. After all, I do have cancer so I really shouldn't ignore — totally — the times when I'm feeling uncharacteristically bad. This past weekend, had I gone from bad to worse, I would have called.

However, my symptoms, as miserable as they were, especially for two days, didn't meet the this-is-it threshold as set forth by my oncologist. Though the symptoms were new and different versus the everyday norm, they certainly weren't uniquely different (lung cancer related) for a seasonal-type cold. Moreover, the pain/discomfort/cough wasn't coming from my lungs, and the symptoms had only lasted a few days, not a few weeks. I therefore determined that unlike Babe Ruth who felt "just as bad" as he sounded in his famous Babe Ruth Day farewell speech at Yankee Stadium on April 27, 1947, I wasn't dying. I was just sick with a bad cold, one that was worse than any I remember (although maybe I've forgotten. See column titled "I Can't Forget What I Don't Remember" published 3/22/17).

Nevertheless, since I'm not a doctor, just a patient, presumably I should know what my body is telling me. However, I may not be so inclined to listen (fear mostly). Though my life may occasionally be at stake, I still struggle with the facts of my case. I delude myself into thinking that if I don't give in to the pain and suffering — as rare as they usually are, then I won't suffer the consequences: dying before my time. I don't want to believe the worst so I don't. I wouldn't attribute my above-average life "unexpectedness" since diagnosis (eight years — AND ALWAYS COUNTING) as the power of positive thinking since I never read the book written by Norman Vincent Peale. But I try not focus too much on my diagnostic reality.

I mean, it's not as if I laugh in the face of death; heck, I cry more than ever, especially while watching programs on television when heartstrings are pulled. Somehow though, I try not to take my cancer personally, if that makes any sense? I try to take it the same way Curly Howard of The Three Stooges took his many slapstick pratfalls: "I'm a victim of soycumstance."

But when I get sick, whether or not I feel anything in my chest/lungs, I cross over into an entirely new realm. No more am I able to talk/humor myself into or out of things, no more am I able to deny my cancer reality and no more am I able to pretend that all is right in my world. It's during these situations when the metaphorical/proverbial you know what hits my emotional fan that I suffer the most. Unfortunately, there's not a shut-off button. I just have to ride it out, as bumpy as it typically is, and hope I come out the other end in better shape than when I went in.

So far, so good. Although I'm still coughing a bit and blowing my nose, all the other symptoms have subsided and no more do I feel worse for the wear. I don't suppose it's cancer-related, but of course, what do I know? What I do know is this: if the remaining symptoms linger, I'll worry, and on Wednesday, April 19 — and for the following week, I'll worry even more awaiting the results from the CT Scan and lower abdomen MRI I have scheduled that day (it's a special: two for one). Granted, these tests are not any newer than catching a cold, but still, I can't help wondering: since I was diagnosed as "terminal," this can't keep going on forever, can it?

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

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FROM PAGE 9

Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. [parkinsonfoundation.org](http://parkinsonfoundation.org). [ckacenga@sportandhealth.com](mailto:ckacenga@sportandhealth.com) 703-621-4148.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call Dora Lockwood at 401-864-4778 for more.

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

**Hypothermia Prevention: An Emergency Program for the Homeless**

To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

**Passages Divorce Care.** Tuesdays 6:45 to 9:00 p.m. beginning Sept. 13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org)

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. 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.

Toy Drive in Collaboration with Nonprofit FISH Through Dec. 16

Stop by 11890 Sunrise Valley Drive any weekday from 9-4 and drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon/Reston children via the non-profit Herndon-Reston FISH, Inc. Toys should be for the ages of Newborn to 16. The last day for donations is December 16. Call 703-

### FAITH NOTES

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

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or [www.stannes-herndon.org](http://www.stannes-herndon.org).

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

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

**Hope Fellowship Church** will temporarily be meeting at Hyatt Place, 21481 Ridgeway Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference

860-4600 for more information.

The **Northern Virginia 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 [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

Submit a Nomination for Volunteerism & Community Service Awards

The Virginia Governor's Volunteerism and Community Service Awards is looking to recognize individuals and groups whose volunteer activities contribute to the life and welfare of Virginia citizens. There are a variety of categories for both individuals as well as groups so if you have a special volunteer in your organization or know of a group that should be nominated, please visit the website to get started: <http://virginiaservice.virginia.gov/volunteering/governors-volunteerism-awards/>

**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.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or [Kristin.Martin@fairfaxcounty.gov](mailto:Kristin.Martin@fairfaxcounty.gov).

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

**Habitat Heroes Project.** The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.

**ARTSPACE HERNDON** - ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website [www.artspaceherndon.com](http://www.artspaceherndon.com). Or contact us at 703-956-9560, [volunteer@artspaceherndon.com](mailto:volunteer@artspaceherndon.com). ArtSpace Herndon, 750 Center Street, Herndon.

call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. [hopefellowshipchurchloudoun.org](http://hopefellowshipchurchloudoun.org).

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

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

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

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. [www.trinityherndon.org](http://www.trinityherndon.org).

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

# Horsemanship Event a Celebration of Human, Equine Spirit

## Students from Spirit Open Equestrian Program shine at Ride4SPIRIT.

BY ANDREA WORKER  
THE CONNECTION

**N**o fooling. The April 1 Ride4SPIRIT Horse Show at the arena at Frying Pan Park in Herndon was an opportunity for the participants of the Spirit Open Equestrian Program to show off their achievements to family, friends and visitors at their first event of the year. It was also a time to celebrate a very important agreement between the program, the park, and the Fairfax County Park Authority.

The nonprofit, which runs a variety of programs that provide intensive therapeutic and equine-assisted life skills learning opportunities under the leadership of founder Davorka “Dada” Suvak, late last year was given some not-unexpected, but nevertheless, potentially devastating news. The farm space adjacent to Frying Pan Park, which they had been leasing for years, was being re-zoned and sold to a McLean developer. Suvak and her herd had to find new digs to continue a program which has served hundreds of developmentally and intellectually challenged individuals, wounded warriors, children, youth and adults with a variety of disabilities, and teens and young adults, many able-bodied, who are looking for a way to explore their own potential and make friends of both the human and equine variety.

So, it’s been even busier than usual in the Spirit Open Equestrian Program’s world in the last few months. They have just completed a massive “moving day” project — no easy feat when you are talking about 14 rather large, four-footed “family members” and all of the luggage that goes with them. Most people just move the contents of their homes. In this case, the “homes” had to be moved, as well.

**THERE WILL BE CHALLENGES** ahead, “But for now,” said Suvak, “with so much community support and the gracious assistance of Frying Pan Park and the Fairfax County Park Authority,” Spirit Open Equestrian Program will continue its work in its new location on five acres in the back of the park, while a long-term solution is sought. Riders, parents, and Spirit staff are beyond relieved.

“Our 9-year-old son Aaron, has been in the program since he was about 3,” said Brian Roethlisberger of Fairfax. “When he comes here, he gets to spend time out of his wheelchair. This is physical and mental therapy that is fun, and that gives him a real sense of accomplishment.” Roethlisberger added that the parents of the riders benefit immeasurably, as well. “We can network, we can just visit and relax, while these wonderful people improve the



**Davorka “Dada” Suvak is the founder and program director of Spirit Open Equestrian Program. A minute in her presence and you know that the work for this PATH Certified Therapeutic riding instructor is a true labor of love. Here she’s hanging with Glory, a former barrel racer turned equine therapist.**

quality of life for our children. If the program had to move further out, a lot of the families just couldn’t get here. And I don’t even want to think about the consequences if the program had to dissolve.”

Tom Nystrom, 16, from Falls Church and another program veteran, had a cheering section at the event in older brother Jake, mom Jill, and dad Christopher, as he showcased some pretty impressive horse-handling.

“I am so proud of him,” said Jake. “Go,

Tommy!” he yelled out, as Tom and his mount did another trot by the stands.

Amory Blochsom has only been in the program for just a few months, “but he really took to it. He’s a natural,” said his mother Christina. The 11-year-old from Reston couldn’t wait to show his parents the ribbon he was awarded for his equestrian efforts. Asked if he thinks he will stick with the program, Amory answered with a definitive “yes!” The Blochsoms are frequent visitors to Frying Pan Park.

**Amory Blochsom, 11, of Reston, could hardly wait to show his ribbon to his parents. Amory joined the program about two months ago, but “he loves it,” said mom Christina. “It’s already having a wonderful effect.”**



PHOTOS BY  
ANDREA WORKER  
THE CONNECTION

“I grew up on a farm,” said Christina. “This is so special, to still be able to have this kind of experience in the middle of the bustle of Northern Virginia.” It was during a visit to the park that she discovered the Spirit Program and thought she would let Amory check it out. “It’s been wonderful.”

**SOME OF THE STUDENTS** have graduated to solo-rider status, but there is always a multitude of instructors, assistants, volunteers, and young Equine Assisted Learners (EALs) on hand for immediate support. Careful, ongoing assessment means that each rider gets the amount of on-the-ground helpers needed to make their therapeutic adventure a safe and happy one. And, of course, Suvak is always nearby as well, with encouragement, pointers, and praise.

Samantha Thompson is a freshman at South Lakes High School in Reston. She has been an EAL since just after the fifth grade. She recently achieved her goal of being able to assist the therapy riders. “I was too young in the beginning, so I had to keep learning and proving to Dada that I was ready.” Samantha loves to watch as the riders develop and achieve new successes. “Watching them be so happy, that makes me happy.”

Samantha also relishes the growth in her own abilities and the friendships she has made. “We don’t do cliques here. We are really a team, from all ages, all backgrounds, all abilities.” She also loves the fact that many of the Spirit horses are rescues, and they are getting a second chance to enjoy life while bringing joy to so many.

Samantha and others were on duty at the far end of the arena, allowing people to “meet and greet” some of the equine therapy ambassadors. Wyatt and Levi Balthis of Annandale seemed a bit hesitant at first, but before their visit was over, they had both taken turns on top two different Spirit horses, and expressed themselves ready for more.

**SPIRIT OPEN EQUESTRIAN PROGRAM** offers many levels of therapy and learning opportunities, even corporate team building events, psychotherapy with equines, and an environment where youth can develop confidence, and learn the ways of responsibility, teamwork, patience and empathy. “There is something for everyone, and everyone has something to offer in return,” said Suvak.

Suvak and her dedicated army hope you will visit them to ride, to volunteer, to donate, or just to spend some time with an amazing community of special people and their special equine friends. Their website at [www.spiritquestrian.org](http://www.spiritquestrian.org) tells their story and the services they offer, along with videos of riders and staff at work and moving testimonials from family members of Spirit participants.

Suvak says that scholarships and financial assistance may be available, “so don’t let financial considerations stop you from participating in this wonderful way to learn and grow, and get the most out of life, no matter your challenges.”