

Kaine Tours Downtown Herndon

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Sen. Tim Kaine, along with Fairfax County and Town of Herndon officials, tours downtown Herndon Friday, June 28.

NEWS

Sacred Threads: Quilt Exhibit With Meaning

Besides being beautiful to look at, handmade quilts can convey powerful messages. Such are the quilts that will be on display during Sacred Threads 2013.

A national, juried exhibition of more than 200 quilts, it explores themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing. The show runs July 10-28 at Floris United Methodist Church, 13600 Frying Pan Road, in Oak Hill.

Hours are daily, 10 a.m.-5 p.m.; Sunday, 1-4 p.m. Admission is \$5. A meet-the-artists reception will be held Saturday, July 13, from 1-4 p.m.

The quilts in the show present an artistic look at the deeper side of life. The artists express their ideas through visual stories. Some are pieces made as responses to the shootings at Sandy Hook, while others are about coping with a loved one's Alzheimer's or coming through an illness back to health.

There are quilts celebrating the beauty of the earth and of people's common humanity around the world.

Other quilts are colorful, vibrant expressions of spirituality and religious devotion reflecting a variety of faith traditions. A wide range of styles and techniques representing the variety of contemporary quilt making will also be represented.

In its 10th year, this biennial exhibition offers a respectful, dignified venue for the artwork of quilters of all faiths who use their work as a connection to the sacred and/or as an expression of their spiritual journey.

These compelling stories-in-fabric of quilt makers from all over



PHOTO: SBY BONNIE HOBBS/THE CONNECTION

"Passed This Way," by Candyce Grisham, was in the Expressions of Healing category in a previous display.



"Gotta Dance," by Susan Walen, was in the Expressions of Joy category in a previous show.

the country offer an inspiring source of encouragement, healing, strength and connection.

One of the highlights will be Canadian quilt maker Dominique Ehrmann, who's participating as

an invited artist. Besides displaying her acclaimed quilt, "Come and Follow Me," she'll conduct workshops. For more information about the event, go to www.sacredthreadsquilts.com.

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NEWS

Hundreds gather for the annual Fourth of July celebration in Herndon, July 4, 2012.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Let the Sparks Fly

It's not too late to enjoy local 4th of July festivals, parades and fireworks.

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

So. It's July 4, 2013. Independence Day. A federal holiday celebrating our freedom from Great Britain. The National Day of the United States.

And you have nothing planned. Your children have dreams of fireworks in their heads, your neighbors' homes are festooned with patriotic flair, and your friends already have their coolers packed and lawn chairs ready for their memorable 4th of July celebration.

(And no, you can't wear that stars-and-stripes shirt with the matching light-up fireworks socks some "other" day.)

It's not too late for you to have a fun-filled 4th of July too. We've compiled a list of the best local events, close to your home and mostly free. You're welcome.

Happy 4th of July!

Reston

❖ 8 a.m. to noon—Firecracker 5k at Reston Town Center's Potomac River Running Store, 11911 Democracy Drive

The 4th annual Firecracker 5k, benefiting the USO of Metropolitan Washington, is open to runners of all ages. Enjoy live music, face painting, flag-waving and free massages. Come out and root for your favorite military branch in the "Battle of the Branches" competition. Sign up to race at bit.ly/Firecracker5k. Celebrate our littlest patriots by bringing pencil sharpeners and notebooks to "Stuff the Mobile USO Truck!" The school supplies contribute to USO-

Metro's Operation Back to School program, which provides nearly 4,000 local military children a backpack filled with school supplies.

For more information, go to www.potomacriverrunning.com.

❖ 8:30 a.m.—American Tap Room Hosts 4th of July Festivities, Reston Town Center, 1811 Library Street

The American Tap Room of Reston will be going all out this 4th of July with a special celebration including food and beverage specials, Kids' Patriotic Zone and a Harley Davidson motorcycle giveaway. The event kicks off early as runners, families and friends come out for breakfast following the Potomac River Running 5K. Breakfast will be open for all from 8:30 a.m. to noon. Also starting at 8:30 a.m. is the "Kids' Own Patriotic Zone," with a Scavenger Hunt and Moon bounce area. At noon, there will be a Harley Davidson simulator as well as a last-chance opportunity to sign up and win a Harley Davidson motorcycle. Food and beverage specials will be available throughout the day. The restaurant features a variety of American favorites, local craft beers, a stylish bar and expansive dining area.

For more information, go to www.americantaproom.com or call 703-834-0400.

❖ 11 a.m. to 4 p.m.—Lake Newport Pool 4th of July Party, Lake Newport Pool, 11601 Lake Newport Road

Start Independence Day with a splash. The Lake Newport Pool hosts a July 4th celebration, featuring a DJ, contests and prizes. Pizza, popcorn and cotton candy will be available for purchase. This

free program will be canceled in the event of rain.

For more information, contact Ashleigh@reston.org or call 703-435-6577.

❖ 9:15 p.m.—Lake Fairfax Fireworks Spectacular, Lake Fairfax, 1400 Lake Fairfax Drive; Park opens at 7 a.m.; The Water Mine opens at 10 a.m.

Lake Fairfax Park features an 18-acre lake and the family-friendly Water Mine, an outdoor swimming pool with water slides and a lazy river. The 476-acre park also features seasonal fishing, campgrounds, picnic areas, trails, party areas, a carousel, and playground. On July 4, park grounds open at 7 a.m., and admission is free, so bring your family for a full day of fun. The Water Mine water park will be open from 10 a.m. to 8 p.m., but usually hits capacity very early, so plan accordingly. There will be vendors near the park's main office offering a variety of foods and dessert treats. The carousel and marina will be open from 11 a.m. to 6 p.m. There is also a puppet show from 6 p.m. to 8 p.m. near the carousel. Parking attendants will be directing traffic throughout the park. The fireworks show will begin at approximately 9:15 p.m. The fireworks are shot off over the lake so the view can be seen from almost any location in the park. The campgrounds are available for anyone wishing to stay overnight. Reservations are highly recommended and will be accepted as long as space is available.

For more information, go to www.fairfaxcounty.gov/parks/lakefairfax/ or call 703-471-5415.

The Town of Herndon

❖ 5 p.m.—The Town of Herndon's Fourth of July Celebra-



The crowd at the Herndon Community Center eagerly awaits the annual Fourth of July fireworks show, July 4, 2012.

Fourth of July Fun Facts

Information provided by Smithsonian Children's Magazine press releases. For more trivia, go to newsdesk.si.edu. Joke courtesy of Elle Ross, 7, of Vienna.

❖ More than an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one hot dog for every two people in the United States.

❖ More than 74 million Americans will BBQ on July 4th.

❖ The first Fourth of July party was held at the White House in 1801.

❖ The Fourth of July was not declared a national holiday until 1941.

❖ The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.

❖ Three U.S. presidents have died on July 4th: Thomas Jefferson and John Adams died on July 4, 1826, the 50th anniversary of the signing of the Declaration of Independence. Five years later, James Monroe died on July 4, 1831.

❖ Calvin Coolidge is the only U.S. president born on the 4th of July, in 1872.

Q: What did one flag say to the other flag?

A: Nothing, it just waved.

—VICTORIA ROSS

tion, Bready Park at the Herndon Community Center, 814 Ferndale Avenue

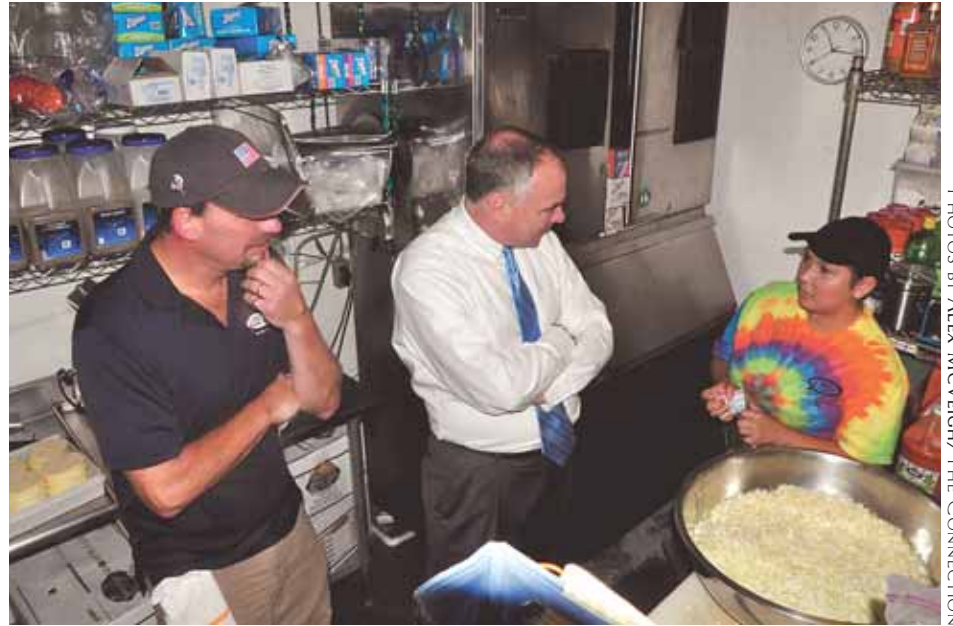
Join the Town of Herndon on July 4 for a family-fun event featuring games, arts & craft activities, bingo, food face painting, balloon artists and more. At 6:30 p.m., enjoy a variety of festival food for sale, along with games and activities. Fireworks begin at 9:30 p.m. and will be choreographed to music. Bring a blanket

or a lawn chair. Parking is available at Herndon Middle School. Please note: If you park at Herndon Community Center you will not be able to leave the parking lot until after the Fire Marshall gives the all clear generally 30-45 minutes after the conclusion of the show. The Herndon Community Center is open on the July 4th from 11 a.m. to 6 p.m.

For more information, go to www.herndon-va.gov.



Sen. Tim Kaine (D) and members of the Herndon Town Council speak with Miriam Liggett, owner of Soliloquy Bridal Couture in Herndon, Friday, June 28.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Jimmy Cirrito, owner of Jimmy's Old Town Tavern, Sen. Tim Kaine (D) and Jimmy's staff member Flora Benivedes. Benivedes is a recent hire to Jimmy's, having recently been granted permission to work by the DREAM Act.

Kaine Tours Downtown Herndon

Senator speaks to residents, officials, business owners.

BY ALEX McVEIGH
THE CONNECTION

Sen. Tim Kaine (D) took a tour of downtown Herndon Friday, June 28, visiting a variety of local businesses. Kaine, who was in the area to vote in favor of the immigration reform bill, didn't have to look too hard to find an example of its local effect.

During a visit to Jimmy's Old Town Tavern, owner Jimmy Cirrito told Kaine about the events of the previous summer. In 2000, the tavern hired a woman with a work Visa, and over time she recommended hires to friends and relatives.

"A year ago, I was contacted by Homeland Security that there was a suspicion that employees in the kitchen were illegal, and I had to remove them. I shared all their documents that I had on file, I-9's and others, with Homeland Security, who verified that they were all fake documents," Cirrito said. "On July 4 last year we removed them. I knew all their names, they were always on time and hard workers, very reliable, and it was one of the biggest heartbreaks of my life to let them go."

Cirrito said that over the past year, he experienced a lot of turnover with the replacement staff, but that he recently had received some good news.

"Just yesterday, one young lady, Flora Benivedes came in and showed me her DREAM Act authorization card," Cirrito said. "She started today, and she's here working right now."

Kaine pointed to Cirrito's story as an example of why he has made immigration reform a part of his platform.

"The vote we made yesterday is what's going to help clear up situations like this," he said. "I hear this story a lot, and hopefully we can start hearing more happy endings."

Other stops along the tour included Maude Hair Salon, Soliloquy Bridal Couture, Herndon ArtSpace, Stout and Teague real estate services, Green Lizard Cycling and Unique Reflections barber shop.

"I hope the senator was able to get a good sense of the fabric of Herndon, because we all know a lot of changes are coming, and it doesn't hurt to have a senator that is familiar with businesses and community members," said Dylan Strauss of Herndon.

Kaine discussed topics with Herndon business owners and community members from development along the W&OD Trail to the arrival of Metrorail.

"It's nice to get out into towns and communities when there's not a vote or anything going on," said Kaine, who planned to head back to Richmond later in the afternoon. "This is the way to get a clear picture of what's going on in a town like this."

Sen. Tim Kaine (D) and Herndon councilmember Shelia Olem had lunch at Jimmy's Old Town Tavern Friday, June 28, after Kaine took a tour of downtown Herndon.



From left, Sen. Tim Kaine (D), Herndon Mayor Lisa Merkel and Supervisor John Foust (D-Dranesville) walk along the W&OD Trail in downtown Herndon Friday, June 28.



From right, Sen. Tim Kaine (D) speaks with Herndon resident Harlon Reece at ArtSpace Herndon Friday, June 28.



NEWS

Shelter House Presents Changing Lives Awards

Awards given to individuals and organizations, new board sworn in.

BY ALEX MCVEIGH
THE CONNECTION

Shelter House, a Herndon-based nonprofit that serves those affected by homelessness and domestic abuse, held their annual awards ceremony and welcomed a new board Tuesday, June 25.

This year, Shelter House helped a total of 272 families across their three shelters, an increase of 8 percent from last year. They also served 27 households with their prevention program, seven households in their permanent support housing program, more than 10 families in their transitional housing program.

"Of the 272 families we served in our shelters this year, more than



From left, Belinda LaValle, Barb Spollen, Mark Dolfis and Denise Miller are sworn in Tuesday, June 25 as the Fiscal Year 2014 board for Shelter House.

70 percent ended their homelessness after leaving the shelter," said Joe Meyer, deputy executive director of Shelter House. "For the households in our domestic violence shelter, more than 65 percent of them exited to safe, stable housing away from their abuser. And our community case management program helped prevent over 25 at-risk families from becoming homeless in the

first place."

While the numbers from last year were promising, Meyer said they still have ways to go.

"Over 1,300 men, women and children remain at risk for homelessness every single night," he said. "Thirty-five percent of victims, with their children, are returning back home to their abuser because they have no better place to go."



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

From left, incoming Shelter House Board President Denise Miller presents a donation of \$800 to Shelter House on behalf of outgoing board President Kim Kendrick Tuesday, June 25.

ONE OF THE FAMILIES helped by Shelter House was a woman named Karen and her four children. After being assaulted, Karen and her children became homeless in 2011 and lived in Patrick Henry Shelter for four months.

"Shelter House's transitional housing program helped us put our lives back together," she said. "We have been able to pay some of our debts, pay for some medi-

cal treatments, medicine and childcare costs. They also help us emotionally. They helped us build self confidence to help us overcome our fears and obstacles by providing counseling and support."

Fairfax County Deputy Executive Patricia Harrison was among those present at the ceremony, and she

SEE SHELTER HOUSE. PAGE 7

Be Part of The July Pet Connection

Send Your Photos & Stories Now to herndon@connectionnewspapers.com or complete our online form at herndonconnection.com

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HOT-Lanes and No Metro for I-66?

Did you miss the public discussion and input? So did we.

One day when I was stuck in traffic on I-66, I was briefly entertained by the license plate of the vehicle in front of me. “66 SUCKS,” it read.

No question, commuting on I-66 is a bear. But last week, Gov. Bob McDonnell issued a request for the private sector to make improvements on the 25 miles between Route 15 and the Beltway.

A press release Thursday, June 27, announced that the “Commonwealth is looking for the best and brightest ideas, suggestions and recommendations from the private sector to transform I-66 from a highly congested corridor to a multi-modal transportation facility that moves traffic and people more efficiently.”

So far so good. But the devil is in the details, which call for:

- ❖ Widen I-66 by building additional general purpose lanes that would not be tolled

- ❖ Convert the existing high occupancy vehicle lane into either a one or two lane (in each direction) facility that would be free to carpoolers, buses and emergency vehicles. The HOV lanes would operate similar to the I-495 Express Lanes, which were completed late 2012 or the I-95 Express Lanes, which are under construction.

- ❖ Locate Bus Rapid Transit in the median of I-66 extending west from Vienna to Haymarket.

Wait, Bus Rapid Transit is the only transit option in the request. Metrorail, VRE, light rail, all eliminated from consideration with the push

of a “send” button.

The Northern Virginia Transportation Authority expressed “grave concern regarding the lack of transit concepts moving forward for additional consideration.” The NVTA said in a letter to McDonnell: “Although Bus Rapid Transit (BRT) is on the list of seven concepts being recommended for Tier 2, the absence of Metrorail extensions, VRE extensions and light rail transit is surprising. ... We are concerned by the exclusion of these transit options for additional study, as this could preclude development of these options in the future and is in conflict with existing and planned transit facilities for the I-66 Corridor.”

This specific invitation to the private sector would stop consideration of any transit except bus rapid transit. While bus rapid transit should certainly be considered, this route could be a logical extension of the Metro Orange Line past Vienna, and VRE is also operating in the area. This is not the place to stop the consideration of transit options.

Also of concern is the fact that the 495 Express Lanes have not operated long enough to be fairly evaluated. Use of the lanes has been significantly below projections, and revenue has fallen short as well.

Nationwide, most HOT-Lanes projects are significantly underperforming projections. Turning over tolls for 75-80 years to a private partner is questionable, and the public needs to understand that the commonwealth invested heavily in the 495-Express Lanes as well.

The 495 Express Lanes were “funded with an extraordinary package of private equity, state funds and federal credit assistance, under a public-private partnership agreement signed on Dec. 20, 2007,” according to Public Works Financing newsletter. “Key to making the numbers work were the large contribution

from VDOT and the flexible federal credit assistance.”

The agreement includes no limit on the amount of tolls, “protecting” the private investor from “excessive” HOV use (use of the lanes is free if there are three or more people in the vehicle), and revenue sharing with the commonwealth only after the project has met the optimistic expected return on investment of 13 percent.

There have been significant benefits to the 495 Express Lanes project including replacement of aging bridges and interchanges and additional capacity in the regular lanes. But we have no idea what those benefits will cost in the long run.

McDonnell should heed the request of the Northern Virginia Transportation Authority and pull back from the current request. Other transit options must be on the table, although bus rapid transit could still emerge as the best option. And an impartial analysis of how high occupancy toll lanes are working so far, and what Virginia’s obligations are if they do not meet expectation, is a must before going forward on I-66.

At presstime, early this week because of the Independence Day holiday, McDonnell released a draft 2013 Virginia PPTA Pipeline, calling for public comment between now and Aug. 1. Ten “candidate projects” include; I-66 Corridor Improvements; Air Rights Development (VDOT); I-64 HOV to HOT Conversion; I-495 Express Lanes Extension; Cell Tower/Fiber Optic Opportunities. Ten conceptual projects include: Advertising/Sponsorship Opportunities (VDOT); Parking Facilities Enhancements (VDOT); Rest Area Enhancements.

See www.vappta.org.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Job Training Key to Combating Homelessness

BY MARY AGEE
PRESIDENT AND CEO /NORTHERN
VIRGINIA FAMILY SERVICE

During their last round of budget hearings, the Fairfax County Board of Supervisors heard from Marlena, a domestic violence survivor who had to decide between the “security” of her home or the personal safety of her family. Upon moving her two sons into emergency housing, Marlena received the wraparound counseling and care services offered to shelter residents. After successive cycles of having, losing and searching for jobs, Marlena heard about Northern Virginia Family Service’s (NVFS) Training Futures job development program and decided to register.

Over the course of six months, Marlena learned office skills, etiquette and ethics; how to prepare a resume and interviewing skills; and completed an internship giving her real-world experience. She was initially hired by a nonprofit as a receptionist, and has since earned a promotion doing client services.

She even continued her education at Northern Virginia Community College and earned a certificate in Business Information Technology. But most importantly, with steady income, she was able to secure an apartment in Northern Virginia for her and her two boys.

NVFS is committed to ending homelessness.

Nothing is more critical to the fabric of a family than the safety and stability of a place to call

home. Our consortium of non-profit partners and commitment from local government, such as Fairfax County’s 10 Year Plan to End Homelessness, have invested resources to make sure our neighbors in need can help themselves. These services are generally a combination of emergency and temporary housing, mental health counseling, access of health care, food, etc. But without the ability to provide for one’s family, all of the services listed above become Band-Aids to the greater need of economic self-sufficiency.

The United Way of the National Capital Area recently released “Community Snapshot: A Report on the Economic and Social Well-Being of the National Capital Area,” prepared by the George Mason University Center for Re-

gional Analysis. This report forecasts that more than 60 percent of high-demand jobs in our area will require a high school degree, GED, vocational education training or on-the-job training. That’s where a program like Training Futures really makes a difference in our community. For Marlena and 1,500 of her fellow graduates, this job training program has empowered individuals and families to take control of their lives and become contributing members of our community.

Although Training Futures is not a housing program, it remains an important piece of the puzzle when considering how to end homelessness. For more information on how you can become involved, please visit www.nvfs.org/trainingfutures.

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

WEDNESDAY/JULY 3

July Regional Bridge Tournament. 9:30 a.m.-7 p.m. daily through Sunday, at Hyatt Regency Reston, 1800 Presidents St., Reston. Join bridge games throughout the day, partners provided; two free mini lessons every day. 703-437-0342 or shstringer@aol.com, DCINProgram@gmail.com or [NVBA.org](http://www.nvba.org).

The GoodLife Theater. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Recycling Pirates is a rollicking musical about puppet characters created from trash. www.goodlifetheater.com.

THURSDAY/JULY 4

Firecracker 5K for the Troops. 8 a.m., at Reston Town Center, 1818 Discovery St., Reston. A 3.1 mile race with Color Guard, military personnel national anthem singers, and inflatable obstacle course for children. Presented by Potomac River Running & USO Metro. praces.com/firecracker.

July 4th Street Festival with American Tap Room. Noon-9 p.m., on Library Street, Reston Town Center. Enjoy outdoor concessions, beverages, music, prizes (Harley Davidson) and more. Kids' Own Zone until 3 p.m. 703-834-0400 or americantaproom.com.

FRIDAY/JULY 5

International Youth Orchestra Community Concert. 7:30 p.m., at the Pavilion in Reston Town Center, 1818 Discovery St., Reston. A total of 120 young musicians from several countries gather to perform. ymppa.org.

Friday Night Live Concerts at M&S Grill Reston. 7-10 p.m. at Reston Town Center, Reston. Live music on the patio featuring local talent. 703-787-7766 or mccormickandschmicks.com.

FRIDAY/JULY 5

2U. 8 p.m., at 777 Lynn St., Herndon. A U2 tribute band plays. <http://www.notu2.com/>.

SATURDAY/JULY 6

Nicolo Whimsey Show. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Nicolo the Jester presents a hysterical and educational show, reinforcing a message of tolerance and sharing, as well as the joy of reading. <http://www.fairfaxcounty.gov/parks/performances/>.

David Akers w/ the Bohemian Caverns Jazz Orchestra. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. David Akers w/ the Bohemian Caverns Jazz Orchestra plays everything from swing to motown. <http://www.restontowncenter.com/events.html>.

TUESDAY/JULY 9

Town of Herndon Calendar Exhibit. 10 a.m.-2 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Finalists from the 2014 Town of Herndon Calendar Competition are featured in this exhibit. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/JULY 10

Sacred Threads. 10 a.m.-5 p.m., at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Sacred Threads 2013 is a national juried exhibition of more than 200 quilts exploring themes of spirituality, joy, grief and healing. \$5.

LAKE ANNE PLAZA'S 4TH ANNUAL UKULELE FESTIVAL
 13 11:00 AM - 5:30 PM
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FEATURING: Paul Hemmings Ukulele
 ALSO PLAYING: Kathy & Mary Reitz, Lelehuana, Pat Quinn & Gina DeSimone, Aloha Boys, Cali Rose & Craig Brandau and a Special Guest AROUND THE PLAZA: Beer Garden, Art Vendors, Restaurants and Shops
 OPEN JAM 5:00 - ?

SPONSORED BY: Lake Anne Plaza, FOLA, Northern Virginia Magazine

The fourth annual Ukulele Festival is Saturday, July 13, at Lake Anne Plaza, 11 a.m.-5:30 p.m.

www.florisumc.org.

The Grandsons Jr. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Grandsons Jr. play the upbeat mix of rock, swing, New Orleans R&B, country and Latin music. www.grandsonsjr.com.

THURSDAY/JULY 11

The Aloha Boys. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Aloha Boys play kanikapala or an acoustic down-home, backyard-style Hawai'ian music, a style which includes everything from the very traditional to contemporary songs and styles. www.alohaboys.net.

FRIDAY/JULY 12

Drop Dead Sexy. 6:30-10:30 p.m., at 777 Lynn St., Herndon. Drop Dead Sexy has been entertaining audiences up and down the East Coast with their over-the-top stage show and their creative and extensive song repertoire. <http://www.herndonrocks.com/>.

SATURDAY/JULY 13

Milkshake Duo. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. The Grammy-nominated Milkshake Duo has released four award-winning CDs, a Parents Choice Silver award-winning DVD Screenplay, and has had music videos on Nick Jr., PBS KIDS and the Emmy-winning cartoon Todd World. www.milkshakemusic.com.

From right, Shelter House Executive Director Jewell Mikula presents a Changing Lives award to Robin Robinson of St. Luke's Methodist Church Tuesday, June 25.



Shelter House Awards

FROM PAGE 5
 praised Shelter House for helping Karen, as well as hundreds like her. "Karen's story really gives us a clear understanding of Shelter House's work and contributions as a strong non-profit providing much needed support to families and individuals," she said. "As a partner, Shelter House continues to play a role in the county's overall strategy to prevent and end homelessness. Last year, for the third consecutive year, the county experienced fewer homeless families and an increase of number of families supported by the county's domestic violence network."

In addition to manning the two shelters, Shelter House leaders have helped the county fine tune their administrative procedures.

"Shelter House was a key player of redesigning the homeless shelter intake system. This redesign eliminated the waiting list, which meant an approximately 90-day wait to get into a shelter, and enabled families to access shelter immediately

upon becoming homeless," Mayer said. "Also, Shelter House continues to be the only organization that operates a 24/7 crisis center for victims of domestic violence, with only 34 beds for the entire county, we consistently serve more people than we have capacity for, placing them in out-of-jurisdiction shelters, and sometimes hotels."

SHELTER HOUSE also welcomed a new board of directors for the upcoming fiscal year. New President Denise Miller said she hopes to continue and improve upon Shelter House's mission.

"Many of us are familiar with the proverb, 'give a man a fish, feed him for a day, teach him to fish, feed him for a lifetime.' I love this saying, it truly embraces our mission at Shelter House," she said. "While we may serve fish now and again, we provide our clients with lessons that can make a difference in their lives, and the lives of their families that can last a lifetime."

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SPORTS



Lake Newport swimmer Meghna Sharma, 9, dives over teammate Vania Zeledon, 7, in leg two of the girls' 200-meter mixed age relay in a very tight race against Autumnwood.



Delaney Kirr (top) of Autumnwood and Anna Redican of Lake Newport battle it out in the girls' 11-12 50-meter butterfly.

Top Teams Rise in Reston Swim Team Association

It may only be the beginning of July, but for the top two teams in the Reston Swim Team Association, it is already getting close to season's end. With both defending champion Lake Newport and perennial powerhouse Lake Audubon sporting identical 4-0 records with two meets to go, things couldn't be any tighter. Both teams have their bye next Saturday, but when they return to action on July 13 they will face each other at Lake Newport's pool in the most anticipated RSTA meet of the season.

Commented Terry Redican, father of Lake Newport swimmers Emi (13-14), Anna (11-12), Mara (9-10), Sean and Joseph (8 and under): "Last year, we thought that what gave us a substantial advantage was the breadth of swimmers that we had within every age group and gender. While we may not be quite as deep this year we certainly can't complain about the results."

Added his wife Patty, who also happens to be one of the Lake Newport managers: "I'm just happy with the effort we are getting from the entire team. From the little ones to the 15-18-year age groups, they are really having fun and giving it their all."

And while Lake Newport and Lake Audubon may have been the focus at the team level, sparkling individual performances continue to impress swimmers and spectators alike. Four pool records were set, with the Landeryou sisters (Emily and Sophia) of Glade leading the way. In the girls' (9-10) 50-meter freestyle, Sophia broke her sister Emily's record of 32.49 seconds, set back in 2010, with a new time of 32.47. Not to be outdone, Emily set a new record in the girls' (13-14) 50-meter freestyle with a time of 29.15, bettering the mark of 29.68 that was set by Mei Christensen back in 2002.

For Lake Anne, Joanne Fu continued her record setting ways by lowering her old record time in the girls' (13-14) 50-meter butterfly from 31.68 to 31.44. Newbridge star Ryan Ha seems to set the bar a bit



Lake Newport Lightning swimmers (from left) Jimmy Keys, Casey Storch, Michael George and Grant Bommer take off in the boys' 13-14 50-meter breaststroke.

higher each week. His time of 32.03 in the boys' (13-14) 50-meter backstroke broke his old mark of 32.79, which he set just two weeks ago.

Hunters Woods Blue Marlins 573, Lake Anne Stingrays 455

For Hunters Woods, triple-event winners were: Matthew Beach, Nolan Dunkel, Shine Peng, Gwyneth Wagner and Isabella Wnek. Double-event winners were: Mary Byron, Jack Ham, William Harvey, Ariana Inamdar, Melissa Le, Ana McIntyre, Philip Pan, Eric Tang, Victoria Thai, Miko Tuberson, Benjamin Wang, Sarah Wang and Roger Zeng.

For Lake Anne, triple-event winners were: Joanne Fu and Tope Oladimeji. Double-event winners were: Francisco Espinoza, Jason Fu, Frank Keusenkothen, Neil Kumar,

Hannah Lane, Faith Lu, Lindsey Rook, Chris Sigle, Morgan Stup and Laura Zhang.

Lake Audubon Barracudas 644, Newbridge Dolphins 487

For Lake Audubon, triple-event winners were Natalie Abbey, Elizabeth Crump, Sabrina Groves, Spencer Harris, John Hughes, Marisa Sachs and Nicolas Sobenes. Double-event winners were Bannon Brazell, Deirdre Curry, Emily Fritz, Matthew Fritz, Michael McDermott, Julia Sophia Nassau, Michael Podshivalov and Aidan Scanlan. For Newbridge, triple-event winners were Leonardo Briceno, Emma Grossback, Ryan Ha and Jocelyn Wulf. Double-event winners were Ethan Ha, Kaden Marshall, Brogan

Mutarelli, Ben Panneck, Megan Slater, Emily Sun and Bradley Torrington.

Lake Newport Lightning 573, Autumnwood Piranhas 517

For Lake Newport, triple-event winners were Michael George, Garrett Linn, Emi Redican, Casey Storch and Alan Yu. Double-event winners were Gabriel Collins, Matt Colturi, Christina George, Nash Hemrajani, Lindsey Jacobson, Isabelle Kahng, William Karim, Anna Redican, Grant Romero, Allen Studer, Zach Wang and Vania Zeledon. For Autumnwood, triple-event winners were Kalista Majoros, Katie Storch and Jonathan Valenzuela. Double-event winners were Victoria Jenkins, Delaney Kirr, Luke McDermott, Diya Murthy, Sarah Overton, Loree Seitz, Josephine Taylor, Jason Valenzuela, Kathleen Willson, Liam Willson, Manda Xie and Sherry Xie.

Ridge Heights Sharks 547, Glade Gators 450

For Ridge Heights, triple-event winners were Ethan Boswell, Ian Champney, Peter Dorosheff, Grace Qian and Mac Sogandares. Double-event winners were Rachel Aguilera, Remington Curren, Elodie Decker, Eva Decker, Derek Liu, Marc Sipher and Diego White. For Glade, triple-event winners were Hunter Ellis, Tyler Ellis, Clara Landeryou, Emily Landeryou and Sophia Landeryou. Double-event winners were Sam Becker, Andrew DeLillio, Emilia Flavin, Dean Hartke, Srikar Kuppa, Julia Simmons, Calvin Warstler and Phoebe Warstler.

WELLBEING

Love After 50: Baby Boomers Need Romance Too

Couple chronicles their online dating experience in new book.

BY MARILYN CAMPBELL
THE CONNECTION

On a recent Wednesday evening, Mindy Mitchell and her partner, Edward Land, found themselves not only sharing some of the intimate details of their courtship, but also offering advice to other baby boomers who were looking for love. Mitchell, a bespectacled design consultant with cropped, chestnut hair, and Land, a tall, rugged longshoreman with a graying beard and matching receding hairline, were at One More Page Books in Arlington, to read from their newly released book on online dating for boomers.

"There were women who'd had intriguing experiences," said Mitchell. "They asked questions

like how to know when someone puts something in [an online profile] that isn't true or not true anymore. One woman said she found a guy who said he was active, but when she met him, he was using a walker."

Sixty-one-year-old Mitchell of Reston and 63-year-old Land of Hampton recently published "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," a tome that chronicles their online dating adventure. They hope their story will inspire other single baby boomers who are searching for mates. "Dating in your 60s is a lot different than dating in the 1960s, to be sure," said Mitchell, who works as a design consultant at Sun Design Remodeling Specialists, Inc. in Burke. "Our message is one of hope and the courage to try one more time. Life is just too short."

Land, whose wife died prematurely of heart failure after 22 years of marriage, decided to try online dating because he was lonely: "I had been on my own for a year and a half and I missed the company of a sweetheart. I've always enjoyed the company of la-



Mindy Mitchell of Reston and Edward Land of Hampton share expertise from their new book, "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," during a reading at One More Page Books in Arlington.

PHOTO COURTESY OF MELISSA WINN PHOTOGRAPHY

dies."

Mitchell, who has been divorced twice, noticed Land's online profile, and though she found him attractive, the two became only friends at first. "Mindy and I were just buddies because she lived too far away," said Land.

"We became friends to help each other and give each other dating advice," Mitchell added. "We ended up having all of these long conversations and connected energetically. Then one day, I blurted

out, 'Why don't we meet?'"

The book chronicles the evolution of their relationship from chums to lovers through a series of emails, text messages and dialogues. They share some of their innermost apprehensions with readers, their insecurities, thoughts and feelings, such as their first face-to-face meeting.

"I decided that I'd really like to have sex one more time before I die," said Mitchell. "We set up this time to meet for sex. If sex is like riding a bicycle, I wanted Edward to be my training wheels." She does offer a caveat, however: "That is not like me and I don't want to put it out there as a recommendation. You have to be careful. I had a background check [done] on him before we met."

When publisher Roseann S. Lentin of Turn the Page Publishing first heard Mitchell and Land's story, she knew it was a book in the making. "Now that baby boomers have a life expectancy that is now in the 90s, they are ready to have more of a revolutionary spirit," said Lentin. "The

book was to be an inspiration for people to get back on the horse and get out there again."

Mitchell and Land say it is important to share details of their relationship in order to debunk some of the myths around online dating in one's golden years. "I think many baby boomers are uncomfortable with it," said Mitchell. "We talked to so many people of our age. There were so many angry people who said, 'Why do I have to go online to do this?' For a woman, it is more about facing your own fears. Men often want younger women."

Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University in Arlington says romantic relationships are important as people age. She also believes in removing some of the trepidation that often surrounds such discussions. "I think romantic relationships are a human need. We are relational beings," she said. "I don't think that people reach 70 and say, 'I don't want to be involved with anyone.' I believe romantic relationships mold who we are, offer support and help us be well."

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Been There, Doing That



By KENNETH B. LOURIE

I.V. chemotherapy, that's what; and I'm not infusing it for the fun of it, either. I'm infusing it for the potential tumor-shrinking effect of it. It's not my first choice, to be infused, but after four-plus years of miscellaneous treatments, it is one of the few remaining choices I have left. I've had a good run of success though, diagnosis to date; especially considering that it's been 11 months since my last infusion. Since then, it's been a pill a day, 150 MG of Tarceva, which has indeed kept the doctor away. No fuss. No muss. Now, there's likely to be fuss and muss. It's nothing I haven't experienced and dealt with before – being infused – so I know the drill. The outcome, of course, I don't know.

Not that I'm looking forward to the treatment: three weeks on, one week off, etc., but looking backward serves no particular purpose and certainly offers no guarantee of future success. Tolerating the previous infusions as well as I have bodes well, as does my overall good health. However, if I've learned anything in my cancer journey, it is that oncologists, generally speaking, are not in the predicting business. Projecting maybe, but not so much that it anticipates a scenario worth planning for. The process is not exactly wait and see, it's more like treat and see – via the next scan; the anxiety concerning which has been well-chronicled in this space over the past month or so.

And sure enough, the results from this most recent scan were a bit discouraging. For the first time in nearly a year, growth, "slow growth" was apparent (and as my father used to say: "Any way you slice it, it's still ham.") In the cancer business, when the tumors grow after not having grown previously, it generally means the treatment/medication is no longer effective; it's like a tipping point. Therefore, change is necessary. My change is to restart I.V. chemotherapy, and restart with a drug with which my body has not previously been infused and with which the cancer cells are not familiar. Another cancer fact I've learned: once the cancer cells become acquainted, shall we say, with their chemical adversaries, they fail to respond as hoped. Moreover, once the cells have been exposed/treated by a particular drug/cocktail of drugs, the treatment becomes progressively less harmful to the tumor and in turn more likely to cause collateral damage to the patient, making future treatment options challenging. Outliving one's prognosis is wonderful. However, it is akin to – if I may use a football analogy – outkicking your punt coverage: protocols for patients who significantly outlive their prognosis are, unfortunately, few and far between, given the available patient population.

In addition, I'm limited by the irreparable chemotherapy-caused collateral damage I've already experienced. Still, I'm hopeful (25 percent so, as I've been advised by my oncologist). But I remain positive about this new negative. Diagnosis to date, I've responded better than expected to every previous similarly-necessary treatment change I've faced; and other than the reality of the situation, I have no reason to believe otherwise infusing forward.

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

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BY LAUREN YOUNG
THE CONNECTION

Now that summer has arrived, and the textbooks are tucked away, how do parents make sure their children's minds stay active over vacation? Every summer, the Fairfax County Public Library (FCPL) offers a summer reading program for children ages preschool-12th grade. "Dig into Reading," the 2013 theme, began on June 18. The library has divided readers into five age groups. Each age group is designated a suggested reading list, and a required number of books to read by Aug. 31. Children from birth to grade six read fifteen books, and children in grades seven-12 read eight books. If the child completes their log of books, they receive a coupon book prize containing free and discounted offers from local businesses. Having prizes encourages children to complete the program, and work towards a specific goal. As her son filled out his name on the sign-up sheet, Sara Brandland, a Reston parent, said, "It's nice to have incentives so kids get through the program."

Although there are thousands of books to choose from in the library, many like to refer to the suggested reading lists the library provides for the program. Laura Raymond, a FCPL librarian of 12 years, and Herndon Fortnightly Library branch manager of one year states, "Books on school reading lists and library formed lists go right away. We tried to include series books and categories of books this year on the list, rather than exact titles, to allow for availability." Suggested reading lists can be found at www.fairfaxcounty.gov/library/srp.

If required books for summer reading have always been a struggle for children, there are not specific books each child must read in order to complete the program. Ted Kavich, FCPL Program and Educational Services manager, says, "[The Summer Reading Pro-

Upcoming Events

HERNDON FORTNIGHTLY LIBRARY

- ❖ **Monday, July 8, at 10:30 a.m.**—Children's Science Center: Fun, hands-on science experiments come to you. Cosponsored by the Friends of George Mason Regional Library. Age 6-12.
- ❖ **Tuesday, July 16, at 10:30 a.m.**—All Creatures Great and Small: Meet amazing local animals from the Blue Ridge Wildlife Center. Cosponsored by the Friends of George Mason Regional Library. Age 6-12.
- ❖ **Wednesday, July 17, at 1 p.m.**—Dig into Egypt: Calling all Egyptologists and Rick Riordan fans. Come explore ancient Egypt and test your knowledge of Egyptian gods and the Red Pyramid Games and Egyptian crafts. Age 7-12.

RESTON REGIONAL LIBRARY

- ❖ **Wednesday, July 10, 7 p.m.**—Dig Into Reading: Amazing magic tricks, a silly puppet and music with teacher Steve Somers. Cosponsored by the Friends of George Mason Regional Library. Age 6-12.
- ❖ **Monday, July 15, 2:30 p.m.**—And Then? In each session, the presenter Esta de Fossard offers a short, incomplete story and poem. Participants create their own ending and pictures to illustrate the stories and poems. Age 9-12.
- ❖ **Tuesday, July 30, 3 p.m.**—A-Z Mysteries Book Club: Mystery book discussion for boys and girls. "The Panda Puzzle" by Ron Roy. Age 6-8.

gram] is very important, as it's been shown that kids that don't read over the summer lose valuable skills such as reading comprehension and vocabulary that they'll need when school starts. Reading over the summer gets them ready to tackle the higher grade's assignments in the fall." The goal of the program is not only to keep the minds of students sharp over the summer, but also to have kids enjoy reading. Kavich said, "They are encouraged to read whatever they most like to read—this is not about assigned reading or homework, we want it to be fun." If children enjoy what they're reading because they picked the book themselves, this is good practice for a lifetime of reading for pleasure.

The local libraries have organized a number of free events for children to attend this summer as well, many of which focus on a reading theme to further encourage children to surround themselves with books this summer. Kavich claims, "The Summer Reading Program provides a way for kids and their families to enjoy the summer months by reading books for fun and attending free events at library branches."



Abby Kohles receives her reading log material at Herndon Library.