

Reston CONNECTION

WELLBEING

PAGE 10

IPAR Unveils Latest Project

NEWS, PAGE 8

Let the Sparks Fly

NEWS, PAGE 3

Chamber Presents Annual ACE Awards

NEWS, PAGE 4

Sculptor Mary Ann Mears shows Hyatt Regency Reston Manager David Eisenman the model of her sculpture, which will be placed across from the hotel by the Initiative for Public Art-Reston.

NEWS



Reston Lions Install New Officers

Vice District Governor of District 24 A installed the new officers of the Reston Lions Club at its installation banquet on June 26 at the Hidden Creek Country Club in Reston. Front row above from left is Sue Beffel, past president; Don Leas, president; Jack Gazlay, treasurer; and Anne Ryan, secretary. Back row from left is Gerry Washburn, director; Jim Ryan, district vice president; Ed Geiger, director; Joe Hart, tail twister; Mike Moseley, lion tamer; and Steve Reber, director. The Reston Lions Club supports sight and hearing programs and more in the Reston and Herndon areas.



Come home to comfort

Air Treatment Company

Cooling & Heating

Air Conditioners • Heat Pumps • Furnaces
Boilers • Water Heaters • Humidifiers
Generators • Maintenance Agreements

We Finance Too!

703-938-0550





www.air-treatment.com






<p>\$50 Off</p> <p>Any Service*</p>	<p>\$59</p> <p>Seasonal Maintenance Inspection*</p> <p><small>(Regular \$119. Per system.)</small></p>
<p>\$500 Off</p> <p>Of a Complete System Installation or Generator Installation*</p>	<p>\$29</p> <p>Diagnostic on a Cooling or Heating Breakdown*</p>

*Not to be combined with any other offer. New customer only. Expires 12/31/13



GIVE YOUR GARDEN SOME SPARKLE FOR July 4th

AND ALL SUMMER LONG

We have a wide selection of fabulous flowers in patriotic colors

Annuals • Perennials • Hanging Baskets
Container Gardens • Hydrangeas • Crape Myrtles

PLUS FLAGS AND HOLIDAY INSPIRED HOME DECOR

Refreshing Fountains
Elegant Statuary
Delightful Accents

Visit our stores to enter our Free Drawings for a chance to win tickets to see Nationals Games, Concerts and Special Events

Special Group

FLOWERING TROPICALS

Look for the Red Tagged plants including Mandevilla, Hibiscus and many more!

25% OFF While they last

Good 7/3-7/10/13


MERRIFIELD
703-560-6222

FAIR OAKS
703-968-9600


GAINESVILLE
703-368-1919

Hours: Monday – Saturday 8 am – 8 pm, Sunday 9 am – 6 pm, July 4th 8 am – 5 pm

merrifieldgardencenter.com



show more of less



Settle the score with stubborn lumps and bumps like muffin tops.
Show off the body you've always dreamed of.

We are proud to announce that we now offer CoolSculpting®; the revolutionary new body contouring treatment that freezes fat. Patients are seeing undeniable and lasting results in as little as one treatment. There are no needles, no special diet, no supplements and no surgery. It's FDA-cleared, safe and proven effective.

Only your body should get more buzz.



Good Morning America

The results are undeniable.



Today Show



30 DAYS AFTER ONE TREATMENT

Reston Facial Plastics
Suzanne Kim Doud Galli, MD PhD FACS

Call us today at **703-787-0199** to schedule your consultation.

CoolSculpting® and the CoolSculpting® logo are registered trademarks of ZELTIQ Aesthetics, Inc. The "snowflake" mark is a trademark of ZELTIQ Aesthetics, Inc. Copyright © 2012, ZELTIQ Aesthetics, Inc. Results vary. Consult your physician. IC0554-B

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.americanaproom.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.



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

From left, Greater Reston Chamber of Commerce Board Chair C. Michael Ferraro, Sally Dickinson of Fairfax County Fire and Rescue and chamber President and CEO Mark Ingrao at the chamber's annual awards Thursday, June 27.



Incoming Greater Reston Chamber of Commerce Board Chair Jane Raymond speaks to chamber members Thursday, June 27 at the Sheraton Reston.

Chamber Presents Annual ACE Awards

Greater Reston Chamber of Commerce swears in new board.

BY ALEX MCVEIGH
THE CONNECTION

The Greater Reston Chamber of Commerce welcomed a new board and handed out their annual ACE Awards at the Sheraton Reston Thursday, June 27.

"Each year, we recognize outstanding businesses, volunteers and committees that work hard to make this chamber a successful place to do business," said Mark Ingrao, president and CEO of the chamber. "This year, our seventh annual ACE awards, we had a record number of nominations."

LauraLee Spatzer was named Volunteer of the Year. Ingrao praised her, as well as the numerous volunteers that help the chamber every day.

"The chamber is what it is today with the help of hundreds of volunteers each year. Reviewing the nominations was humbling, and reminded us how truly dedicated our volunteers are," Ingrao said. "Her outgoing personality and passion for the chamber and the Reston business community shines when she welcomes new members as a chamber ambassador. She's reliable, flexible and always there when calls for volunteers go out."

In addition to the business and individuals, the chamber also took time this year to recognize the First Responder of the Year. This year's winner was Sally Dickinson, a K-9 Handler with Fairfax County Fire and Rescue.

Dickinson is a member of the Fairfax County Search and Rescue team, where she is a K-9 search specialist.

"Her personal dedication to Reston residents goes beyond its borders," Ingrao said. "On May 4, 2013, she was deployed to Kazakhstan as part of a three-person team to search for the remains of a U.S. Air Force KC-135. The mission was a success, and she and her dog earned high praise from the military for her efforts."

As part of the new board, the chamber welcomed a new chair, Jane Raymond, vice president and COO of Reston Hospital Center. Raymond replaces outgoing



Del. Tom Rust (R-86) swears in the new board of the Greater Reston Chamber of Commerce Thursday, June 27.

ing chair C. Michael Ferraro of Training Solutions.

"With Metro coming next year comes a projected 60,000 new residents to Reston over the next 30 years, our work will continue," Ferraro said. "Our responsibilities will include finding how to engage and welcome these new members. I'm confident we will be able to do so."

Raymond has been with Reston Hospital Center since 1987, where she began as director of Physician Services. She has been COO since 1993, and also has served on the boards of Reston Interfaith and the Greater Reston Arts Center.

She also cited a number of stats indicating the area's projected growth, and said she and the chamber were prepared to take the challenges it presents head on.

"According to George Mason University, housing units in Reston and Herndon will quadruple, from 5,860 to more than 20,000 by 2030. We will also add more than 13 million square feet of commercial development, and experience a 40 percent growth in jobs, adding more than 25,000 positions," she said. "These are stats and opportunities that other communities across the commonwealth, and quite frankly the nation, would be thankful to have. More than 70 percent of the world's internet traffic comes through our region, we boast some of the highest median incomes in the nation, and we have a highly educated workforce, with bachelor's and graduate degree attainment above the national average, and we have the second largest suburban office market in the U.S. Keeping up with this growth while keeping up with our vision will be hard work."

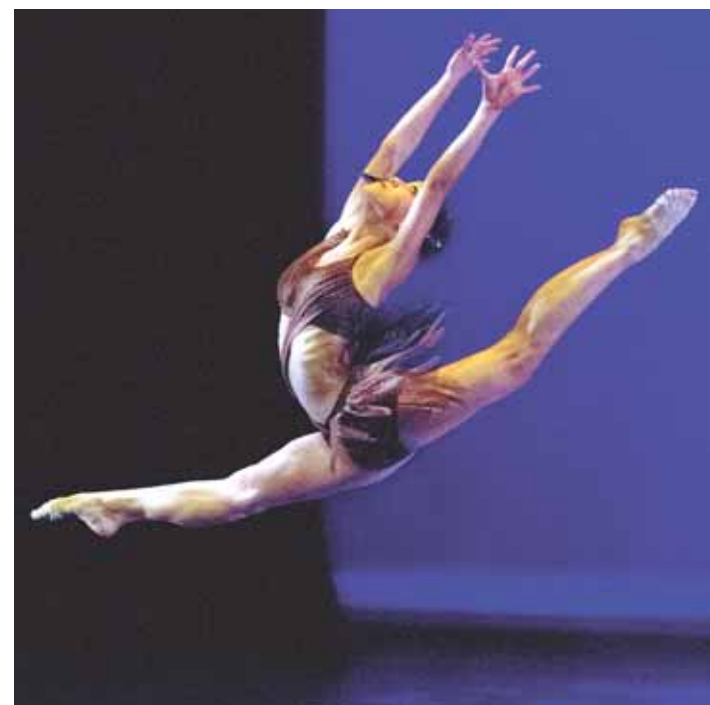


PHOTO BY KATIE AND TONY DE LA PAZ

Grace Cho leaps in Attack! by Gloria Hampton. Grace performed this contemporary work in the Youth America Grand Prix ballet competition.

Classical Ballet Theatre Dancers Reach New Heights

Serious dancers throughout the Washington Metropolitan Area are finding a home at Classical Ballet Theatre (CBT). They come to receive preeminent, year-round classical ballet instruction under the auspices of former Bolshoi Ballet star and CBT Artistic Director Alisher Saburov. They enroll to perform in the many Children's Series, community outreach, and full-length ballet productions, where they don stunning costumes and dance beautifully choreographed leading roles. They also join to master an important art form that many professional ballet companies are now demanding from its members, contemporary dance.

While, decades ago, contemporary dance seemed at odds with classical ballet technique, contemporary instruction is now viewed as a crucial pillar in the development of professional dancers. Contemporary dance productions are more cost-effective than their ballet counterparts, and choreographers and their audiences are seeking more innovation and creativity. This, combined with a growing emphasis on whole person artistic development, has encouraged renowned ballet companies not only to perform their classical repertoire, but also to highlight contemporary ballet and modern works. The best classical ballet dancers in the world are dancing choreography by Paul Taylor, Martha Graham, Lar Lubovitch, Jiri Kylian, and William Forsythe, all key innovators of

today's modern dance. Ballet companies now place high value on artists who can dance classical ballet and contemporary variations equally well.

This is one of the main reasons that Meghan Rudorfer, formerly of the Martha Graham Dance Company II, spearheaded the Contemporary Division and Company at CBT. Rudorfer also sees other benefits from having such a program. The sheer power required to perform contemporary work helps to strengthen classical ballet technique. Modern movement also allows young dancers to express themselves differently, to think outside of the box, and to take healthy risks.

As CBT dancers have done for twenty-five years, they are earning acceptance and/or scholarships to renowned summer intensive programs instructed by leading ballet companies, such as American Ballet Theatre – New York, Bolshoi Ballet, Miami City Ballet, Houston Ballet, Boston Ballet, Pittsburgh Ballet Theatre, Orlando Ballet, and Suzanne Farrell Ballet. Now, they also are being invited to participate in summer instruction with leading contemporary companies, including Hubbard Street Dance Chicago and Alvin Ailey American Dance Theater, which recently granted one talented CBT dancer a full scholarship with stipend.

For more information about CBT, its classes, or upcoming performances, visit <http://www.cbtnva.org> and Facebook.

COMMENTARY

The Meaning of the American Revolution

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

In May I attended the cornerstone dedication for the American Revolution Museum at Yorktown. I am a member of the Board of Trustees of the Jamestown-Yorktown Foundation, and I am very pleased that a new museum is being built to commemorate the American victory at Yorktown. As noteworthy as the new structure is, most important is the envisioning of the message it will convey about the significance of the American victory in the stream of world history.

Principal speaker at the ceremony was Professor A. E. Dick Howard, a highly regarded expert on constitutional law from the University of Virginia. The major points he made in his speech, "The American Revolution and the World," serve as the content of this column for which I give him full credit and thanks for sharing the text with me.

As Professor Howard points out, the American Revolution was "not simply about declaring independence, but about Americans grap-

pling with the daunting question of how a people could govern themselves—how they could give government the power to act for the common good, yet at the same time limit even the people's elected representation in order to secure individual liberty."

The American Revolution unleashed "a great experiment" that included George Mason's Declaration of Rights, Jefferson's Statute of Religious Freedom, Madison's work on the U.S. Constitution, Washington's refusal to become a monarch, and Marshall's articulation of judicial review. It led to the establishment of the first federal system of government after the Articles of Confederation failed.

Since then, Professor Howard says, "the American nation has seen 237 years of constant testing and adaptation. The nation's trials have included the terrible years of Civil War and Reconstruction, two world wars, the reordering of the economy during the Great Depression, and the struggle for equality exemplified by the Civil



Rights movement." Around the world the norms established in the American experiment of democracy, constitutionalism, and the rule of law have become the basis upon which other governments have been formed. While other nations cannot copy our constitution they do adopt the basic principles that Americans have recognized as the birthright of free people everywhere.

"That is why the road from Yorktown stretches to so many parts of the globe," Professor Howard said. "In telling the story of the American Revolution, we tell a story that resonates everywhere that people yearn for accountable government, the rule of law, and the freedom of the human spirit." Our continued open debate about the nature of government is itself a sign of the strength of our government. Have a great Fourth of July! Spend a few minutes talking with friends and family about the worldwide significance the unleashing of independence has had on the rest of the world.



FREE REMODELING & DESIGN SEMINARS!

Sat., July 13th — 10am-2pm

Where: 5795 B Burke Centre Parkway, Burke, VA 22015

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- From Concept to Completion
- Universal Design – Planning Ahead
- Reinventing Your Home for Today's Lifestyle

*Seminars run from 10am-Noon.
Lunch to follow.
Please arrive at 9:45am for check-in.*

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

Special Thanks to Our Sponsors:



Full Service Interior Decorating
Sandra Hambley
703-599-0648
DecorAndYouDC.com



Ogun Hepren
703-204-2222
FairfaxMarble.com



SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com

An Oral Treatment Option for Relapsing Forms of Multiple Sclerosis (MS)

**An informative event for people
living with MS and their caregivers.**

Brandon Yehl, PA

Louis Medved, MD and Infusion Center

Thursday, July 11, 2013, 6:30PM

Maggiano's Little Italy

2001 International Drive
McLean, VA 22102


Space is limited. A light meal will be served.

**To RSVP, please call 1-866-703-6293
or e-mail MSrsvp@ahmdirect.com.**

Event code: TR220581

MS.US.PO1497.0313

The FISHBURNE EXPERIENCE




...it's about *Pride*

**Turning Potential
Into Achievement
Since 1879**

**800.946.7773
Waynesboro, VA**

www.Fishburne.org



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.

Reston
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Alex McVeigh
Community Reporter ♦ 703-778-9441
amcveigh@connectionnewspapers.com
@AMcVeighConnect

Victoria Ross
County Reporter ♦ 301-502-6027
rosspinning@yahoo.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



LETTERS

Legislation to Harass Impoverished Virginians

To the Editor:

Does the "Every Child Matters" mantra by Virginia legislators apply to all Virginia children except for those receiving benefits via TANF (Temporary Assistance for Needy Families)?

TANF benefits average \$267 per month for a family of three, an amount incapable of providing the bare essentials needed for the survival of a family. What legislator's family could be living on \$267 a month? However, legislators in Virginia, instead of being concerned about the adequacy of the paltry sum received by the most impoverished in our state, have turned their attention to possible abuse, alleged abuse that has not been established by any evidence presented to support the legislation.

In legislation introduced by Virginia Delegate Riley Ingram, concern is expressed that this paltry sum will be misspent by recipients, so legislation has been introduced to prevent possible abuse by prohibiting the use of the assistance amount "for the purchase of alcoholic beverages, tobacco products, or lottery tickets ... or (at an) adult entertainment establishment in which performers appear nude or partially nude" (HB 1307 Temporary Assistance for Needy Families (TANF); restrictions on use of cash assistance).

Where is the evidence that TANF recipients are purchasing alcoholic beverages, tobacco products, or lottery tickets ... or frequenting adult entertainment establishments in which performers appear nude or partially nude? Is this a legislative effort analogous to the voter fraud concerns, concerns for which Virginia legislators enacted legislation to address a non-problem and at a cost of millions for Virginia taxpayers? How much will this new legislation to harass impoverished Virginians cost Virginia taxpayers?

We already know of one abusive practice that does unnecessarily cost Virginia taxpayers: the trips Virginia legislators take at the expense of taxpayers. That information is readily available. Why have we not heard of a call to end this offensive practice, a practice that is a real misuse of taxpayer money?

John Horejsi, coordinator
Social Action Linking Together
(SALT)
Vienna

Empowered Citizenry

To the Editor:

This Independence Day marks the 47th anniversary since the landmark Freedom of Information Act (FOIA) was signed into federal law. FOIA gives power to us, the American people, by allowing us access to documents that reveal our government's actions, both its successes and its failures.

Why is this important? Because how elected officials shape public policy affects our health, our safety and our wallets. Food inspection, transportation safety and development policies all affect how we live and how we work.

We in the League of Women Voters know that public officials want to hear how their constituents feel about issues while legislation and public policies are in the planning stage. This allows us to take part in the discussion before the legis-

lation or policy is enacted.

In this digital age, many documents are available online to provide information to the public. But if the information we need or want is not available at all, FOIA gives us a legal option to obtain it.

The founding fathers envisioned a government "of the people, by the people and for the people." Only we can make that vision a reality. Our system of government works best when more of us participate. This year, let's help our

SHOP THE COMPETITION FIRST!

703-938-3160



Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL

VIENNA FLOORS

ESTABLISHED IN 1984

208 DOMINION ROAD • VIENNA, VA

HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL

WWW.VIENNAFLOORS.COM

Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. James Papile, Rector
The Rev. Laura Cochran, Assoc. Rector

703-437-6530

www.stannes-reston.org
1700 Wainwright Dr., Reston

**The Greek Orthodox Parish
of Loudoun County**



invites you to celebrate
the Divine Liturgy
with us
Sundays at 9:30 a.m.,
with fellowship
to follow.

www.greekorthodoxloudoun.org
21580 Atlantic Blvd., Unit 160, Building D
Dulles, VA (Route 28 and Nokes Blvd)



**To Highlight your
Faith Community,
Call Karen at 703-917-6468**





Roberts Carpets
Oriental Rug Co.

Owned & Operated by the same family for 48 years!

League of Women Voters

Shaw® Carpet

MORE LETTERS, PAGE 11
**Complement Your Decor
with Our Big Sale!**

Full Court

- Lifetime Stain Warranty
- Pet Proof
- 12' X 15' Width
- 30 Colors

\$2.99 Sq. Ft.

Installed w/ 6 LB Pad

Town Creek I

- Lifetime Stain Warranty
- Pet Proof
- 12' X 15' Widths
- 30 Colors

\$3.58 Sq. Ft.

Installed w/ 6 LB Pad

Hardwood Flooring

Prefinished
3/4" x 2 1/4"

\$4.99 Sq.Ft.

Materials Only

Oriental Rugs

20% OFF

ORIENTAL RUG
REPAIR &
RESTORATION

- Weavers on staff

ORIENTAL RUG
CLEANING

- In our cleaning plant
- Wall-to-Wall Carpet
cleaning in your home,
office or high rise

681 Spring Street,
Herndon

Around the corner from the Ice House
Across the street from the Fire Station

Hours:
Mon, Tues, Thur & Fri: 9-6
Wed: 9-5
Sat: 9-3

703-471-7120






Our Installers are
certified, trained
professionals



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Supervisor Cathy Hudgins (D-Hunter Mill) speaks at a program about the latest work of public art in Reston, this one at Hyatt Park in Reston Town Center.

IPAR Unveils Latest Project

Aluminum statue to be placed in front of Hyatt at Reston Town Center.

By ALEX McVEIGH
THE CONNECTION

The Initiative for Public Art-Reston gave a preview of its latest project Wednesday, June 26, with a presentation of the sculpture that will soon be placed in the park across from the Hyatt Regency Reston in Reston Town Center. Sculptor Mary Ann Mears was chosen to design the piece, which will be a 20-foot tall yellow sculpture made of aluminum.

"There were a number of goals identified by the community. The idea of the piece as being a gateway piece, a signal that you're coming to something, to build anticipation, is for someone driving a car," Mears said. "There's also the goal of attracting people to use the park more, to help create a setting."

IPAR decided in 2011 that they wanted to place a statue there, and after coordinating with various local and county agencies, Mears, who lives in Baltimore, was selected.

"The site for the sculpture is a park that's a very natural environment with meandering paths and beautiful plantings and an informal kind of layout, yet it's right next to Reston Town Center, which has much more formal, large-scale architecture," she said. "To somehow come up with a sculpture that would fit both this newer development in Reston, but also fit and integrate and flow into the natural setting was very important."

Site preparation for the installation is likely to begin around August.



Supporters of the Initiative for Public Art-Reston toast to the latest project Wednesday, June 26 at Reston Town Center.

Present at Wednesday's ceremony was a scale model of the piece, the actual piece is currently being fabricated in Baltimore. Part of the sculpture will also include a blue stone patio underneath.

Present at the introduction to the piece was Reston founder Robert Simon. Simon, who expressed the need for public art in his founding principles, credited Joe Ritchey, board chair and president of IPAR, for helping get it off the ground.

"We had all those years with no art at all, and out of left field, Joe got the notion that there should be a plan for public art, and he got it started, funded it and the reason we're here today is because of him," he said.

David Eisenman, manager of the Hyatt Regency Reston, said he has high hopes for the sculpture and its location.

"I'm confident that this initiative will continue to play a role in inspiring our community's culture and that it will foster support for many more projects to come," he said. "This sculpture will transform this park into a very special place to be."

Barbara Rovin, Reston Town Center Association, said she hopes this is a first step to much more public art in town center.

"Art of many kinds is part of the vision of RTCA, and as one of the founding members of the Initiative for Public Art, it feels like it's been a long time leading up to this day," she said. "There have been many steps and many people involved, and a wonderful creative process, and we're all very, very proud of this effort, and now we can start thinking ahead to the next ones."

Site preparation for the installation is likely to begin around August.

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.

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. prrraces.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
2U. 8 p.m., at 777 Lynn St., Herndon. A

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



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 Whimsy 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/performance/>.

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. 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 kanikapila 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/>.



"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.

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 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.

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling
We Bring the Showroom to YOU!!



Free Estimates
703-969-1179



www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

Standard & Premium
Bath Packages!

Visit our website
for details!

Become a Foster Parent
and change a life (possibly yours)

Next 3-part training session meets July 13, 20 and 27

Contact Ginny Sainder, LCSW for more information or to register, at 571.748-2557 or gsneider@nvfs.org



Northern Virginia Family Service

www.nvfs.org/fostercare



Earn your stars and stripes on the 4th of July
Firecracker 5k for the Troops
benefitting the USO of Metropolitan Washington
at Reston Town Center, 11911 Democracy Drive



Register at www.prracing.com/firecracker

- ★ Face Painting
- ★ Free Pizza from Papa John's
- ★ Live Music
- ★ Military Discount
- ★ Free Finish Photos
- ★ Massages for Runners

=PR=
POTOMAC RIVER RUNNING STORE
www.potomacriverrunning.com

Bring a pencil sharpener and spiral notebook and help us "Stuff the Mobile USO" with school supplies for local military kids to be distributed during USO-Metro's Operation Back to School program!



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.

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."

Say yes to contacts today,
and help your teen's confidence grow.

93% of teens agree they feel more confident about how they see themselves when wearing 1-DAY ACUVUE® MOIST® Brand Contact Lenses.

Ask your doctor today

I can.

1-DAY ACUVUE® MOIST®

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit acuvue.com.

ACUVUE®, 1-DAY ACUVUE® MOIST® and LACREON® are trademarks of Johnson & Johnson Vision Care, Inc. ©Johnson & Johnson Vision Care, Inc. 2013

NORTHERN VIRGINIA DOCTORS OF OPTOMETRY

FREE Daily Disposable Contact Lenses!!!

Bring this ad in to get a 30 day supply of 1-DAY ACUVUE® MOIST® Brand Contact Lenses or 1-DAY ACUVUE® MOIST® Brand Contact Lenses for ASTIGMATISM for **FREE** with an annual supply purchase of any ACUVUE® product.*

*Courtesy of Northern Virginia Doctors of Optometry.

Please call one of our four convenient locations to schedule an eye exam.

Alexandria 703.660.9494	Arlington 703.413.1400
Falls Church 703.573.1200	Reston 703.467.9080

OPINION

South Lakes Seniors Make Reston Proud

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

On June 6, I had occasion to go to South Lakes High School, the Alma Mater of our three children, to witness the 2013 South Lakes Seniors Awards Ceremony. While I had come to see one particular scholarship presented, I found myself caught up in a wonderful evening of recognition for scores of deserving young people.

Twenty-two community-based scholarship awards were presented to individuals and small groups of seniors for achievements in an amazing array of endeavors. There were also eight categories of special awards presented by groups within the school. Each presentation featured stirring tributes and glowing youngsters walking to the stage to receive award documents to the roar of applause from an appreciative crowd of peers, friends, faculty and very proud families.

Principal Kim Retzer, a graduate of South Lakes herself and a new mother, welcomed the audience and gave a special tribute to the awardee seniors noting the record amount of scholarships to be presented—over \$15 million (\$15,143,737 to be exact), several million dollars above the previous SLHS record.

Several scholarships were based on military studies—Marine, Army, and Navy ROTC, special leadership recognition by the Virginia Tech Corps of Cadets, and announcement of an appointment to the U.S. Air Force Academy. These were major awards financially, amounting to up to all-expenses paid four-year scholarships in a couple of cases.

Three especially touching scholarships, recognizing academic and athletic performance, were given

by families in memory of previous SLHS graduates who died tragically before reaching their own potential. The many scholarships recognized excellence in areas of academic performance, leadership and citizenship, sometimes with financial need a factor along with excellence. There were too many other scholarships, partial or full, to cover in this space. To name just a few: the Rotary Club of Reston, PTSA Academic Boosters, American Association of University Women, Alpha Phi Alpha, Dolphin, Washington Korean Women, and Northern Virginia Student Peace Scholarships.

Special Awards within the school recognized, among others, the Class of 2013 officers, National Merit and Achievement Scholars, and International Baccalaureate Diploma candidates. In addition, each department of South Lakes named the top performer of the 2013 class in each discipline: English, math, science, theatre, arts, military science, history, social science, foreign languages, athletics and more. Accomplishments recognized included not only grades but also leadership and special achievements. And, they were impressive!

It seemed to me that achievements of many South Lakes seniors were of the sort that might have been expected of college, not high school level students in the bygone days of my own youth. And, I could not help but think what these amazing people might have accomplished if they'd been given full nights' sleep during their school years! What if their classes had started at 9 a.m. (as in Loudoun County) instead of 7:20 a.m. (Fairfax County)?! Let's see—1.5 hours each day multiplied by 180 days per year multiplied by three years equals 810 additional hours of sleep. Just imagine!

LETTERS TO THE EDITOR

Keeping Youth Safe

To the Editor:

The thoughtful editorial ["Talking, Acting to Keep Them Safe," Connection, June 19-26, 2013] was an important reminder to parents of "talking to their children about drinking, no matter how awkward, no matter how many eye-rolls you must endure." Thankfully with the support of parents and All Night Graduation Celebrations, Fairfax County did not have any alcohol-related teen deaths this graduation season.

Driving while under the influence, however, remains a problem in Fairfax County for drivers ages 15-24, with about 320 alcohol-related motor vehicle crashes each year. As a community, we need to become part of the solution. We can begin by recognizing that drinking is not a rite of passage for teens.

Teen alcohol use is dangerous and can cause lasting damage to

the developing brain. We also are seeing more and more teen drinkers become problem drinkers in their college and young adult lives.

An analysis of crash data by the Unified Prevention Coalition of Fairfax County (UPC) found that from 2009-2011 some 68 percent of these crashes involved 21- to 24-year-old drivers and 26 percent involved 18- to 20-year-olds. Our young adults have not gotten the message that drinking and driving is a dangerous combination.

With the help of a state grant, UPC, a countywide nonprofit with 50 community partner organizations, has developed an advertising campaign aimed to reach this population. We welcome help this summer in getting our ads out in the community. We also invite college-bound students and parents to attend our last "Perils of the College Drinking Culture" forum on July 31 at 7 p.m. at Northern Virginia Community College.

We must join together to impact our county's public health crisis of underage and binge drinking.

Keeping youth and young adults safe in our community is the responsibility of every adult. To get involved, visit us at www.unifiedpreventioncoalition.org.

Diane Eckert,

Executive director
Unified Prevention Coalition of
Fairfax County

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
reston@connectionnewspapers.com

Free Estimates! Patios, Walls, Walkways, Paver Driveways, Landscaping and So Much More!	25% Off Early Blooming Shrubs & Perennials
50-65% Off Pottery Washington Area's Biggest Selection	FREE FILL Bulk Mulch, Playground Chips and Compost \$29.99/cu. yd. Celebrating our 40th Anniversary
Japanese Maples 30% OFF Over 200 Varieties	Cravens Nursery & Pottery 9023 Arlington Blvd., Fairfax, Virginia 2 miles west of I-495 on Rt. 50. 1 mile from I-66 (Vienna Metro) 703-573-5025 Open 7 days a week Visit our new Web site: www.cravensnursery.com

<p>Kyle Knight Ins Agcy Inc Kyle Knight, Agent 11736 Bowman Green Drive Across from Reston Town Center Reston, VA 20190 Bus: 703-435-2300 Fax: 703-435-0630</p>	State of Cha-Ching. Get discounts up to 40%* Saving money is important. That's why you can count on me to get you all the discounts you deserve. GET TO A BETTER STATE. CALL ME TODAY. *Discounts vary by state. 1101216 State Farm Mutual Automobile Insurance Company, Bloomington, IL
--	--

Featuring 	
www.nvsrd.com	
Falls Church Showroom 800 West Broad Street, #101 Falls Church, Virginia 22046 571.765.4450	Manassas Showroom 8982 Hornbaker Road Manassas, Virginia 20109 703.378.2600
KITCHENS BATHS ADDITIONS Contact us at info@nvsrd.com	

SPORTS



COURTESY PHOTOS

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, sparking 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 Sofia 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.



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.



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.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

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.



EMPLOYMENT

ZONE I: • RESTON
• HERNDON • LOUDOUN

CLASSIFIED

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

BUSINESS OPP

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
☎ Weekdays 9-4 ☎

BUSINESS OPP

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
☎ Weekdays 9-4 ☎

THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: **703-917-6464**

E-mail: classified@connectionnewspapers.com

26 Antiques

We pay top \$ for antique
furniture and mid-century
Danish/modern
teak furniture, STERLING,
MEN'S WATCHES, jewelry
and costume jewelry,
paintings/art glass/clocks.
Schefer Antiques @
703-241-0790.
Email: theschefer@cox.net

21 Announcements

21 Announcements

21 Announcements

Hatteras Island Vacations



Nearly 600 Vacation Homes
on Cape Hatteras National
Seashore. Oceanfront to
Soundfront. Private Pools, Hot
Tubs, Pets and more!

Book Online at HatterasRealty.com
877-935-0573

Teachers

Play & Learn Center in Herndon, VA is
seeking F/T & P/T qualified teachers.
Please email your resume to
sangley@va-childcare.com or call is at
(703) 713-3983/84

21 Announcements

21 Announcements

21 Announcements

WET BASEMENT??? CRACKED WALLS???

We Fix: Basements, Crawlspace,
Cracked/Settling Foundations, Bowing Walls
800-772-0704



FREE ESTIMATES

Serving you since 1972 **Call Now! 10% Limited Time Coupon**
Some Restrictions Apply

CNA'S

Become a Joy in a Senior's Life

Immediate Positions Available

- Need Own Car • Vacation Pay
- Merit Increases • Over time Pay

Call for interview

Old Dominion Home Care

10366-C Democracy Lane, Fairfax, VA 22030

703-273-0424

21 Announcements

21 Announcements

21 Announcements

AMERICALAWGROUP.COM with 13 Virginia Offices
BANKRUPTCY* or DEBT ADJUSTMENT*

For help call 804 Debt Law (332-8529) Debt Relief Agency

Plain & Simple **DIVORCE*** Easy Payments

Separation Agreements. **804-245-7848** Agreed custody & support.

Social Security **DISABILITY*** Veteran Disability

*Call for fees & restrictions. America Law Group Inc.

7825 Midlothian Pike, Richmond 23235 Jfellows

21 Announcements

21 Announcements

21 Announcements

THIS AD FOR SALE!

Reach across Virginia
with this ad!
No other media offers
the audience of loyal,
local, repeat readers
you'll reach through
community newspapers!

71% of American adults have used a newspaper, a newspaper
website and/or a newspaper mobile source in the past 30 days.
(Scarborough Research 2012)

Virginia Press Services will run this business card-size
display ad across Virginia for one low discounted price.
For more details, call Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

Wanted Old Guitars!

\$\$\$ \$100-\$50,000 Cash Paid! \$\$\$

Collector/Musician wants 1930s-1970s
Fender, Gibson, Martin, etc.

Will be in area this week!

Call Now Free!

Kevin 1-800-717-6343

21 Announcements

21 Announcements

21 Announcements

Hatteras Island Vacations



Nearly 600 Vacation Homes
on Cape Hatteras National
Seashore. Oceanfront to
Soundfront. Private Pools, Hot
Tubs, Pets and more!

Book Online at HatterasRealty.com
877-935-0573

Advertising Sales

Work part-time in and near
your home office

Enjoy commissions and flexible hours

Great opportunity for outside sales
person to work primarily in and near your
home. Use relationship selling to create and
expand community print and internet
advertising campaigns to local businesses for
Connection Newspapers, Northern
Virginia's best-read community newspapers
and websites.

Keep productivity high and commuting
low while working close to home. After a
short training period, travel to our Old Town
Alexandria headquarters and production
facility required only once or twice a week
during off-peak traffic hours. Call 703-778-
9431 for details.



Educational Internships

Unusual opportunity to learn many
aspects of the newspaper business.
Internships available in reporting,
photography, research, graphics.
Opportunities for students, and for
adults considering change of career.
Unpaid. E-mail internship@connectionnewspapers.com



HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection

The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE I Ad DEADLINE:
MONDAY NOON

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.

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

CLEANING

LANDSCAPING

A&S LANDSCAPING

Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

LANDSCAPING

ANGEL'S LAWN SERVICE

Junk Removal,
Tree Work, Roofing
703-863-1086
703-582-3709
240-603-6182

HAULING

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

PAVING

Joseph Sealcoating Specialist

PAVING
35 Years Experience! Free Estimates!
703-494-5443

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

ELECTRICAL

ELECTRICAL

K&D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc....
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS

Picture Perfect Home Improvements
(703) 590-3187 www.pyphionline.com

Remodeling Bathrooms, Kitchens & Basements

• FREE Estimates Exterior & Interior Repair,
• FAST & Reliable Service Painting, Carpentry, Wood Rot,
• EASY To Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!

Handyman Services Available
"If it can be done, we can do it!"



R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

IMPROVEMENTS

IMPROVEMENTS

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed We Accept VISA/MC
Insured 703-441-8811

A&S Landscaping

• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl.
screened) • Erosion &
Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing

703-863-7465

LICENSED

Serving All of N. Virginia

LANDSCAPING

LANDSCAPING

ANTONIO LAWN & LANDSCAPING

Spring Cleanup • Lawn Mowing • Edging
Mulching • Planting • Patios
Expert Trimming & Removal • New Beds Made
Outline/Extend Existing Beds
Repairs • New Installations • & Much More

CALL NOW FOR FREE ESTIMATE
571-201-5561

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

J. REYNOLDS Landscaping LLC

www.ReynoldsLandscapingOnline.com

703.919.4456

Free Estimates

Licensed / Insured

INSTALLATION SPECIALIST

Paver & Flagstone
Patios / Walkways
Retaining Walls
Stacked Field Stone
Plants / Trees / Shrubs

WET BASEMENT / WET YARD

Water Proofing Foundations
Standing Yard Water
French Drains / Swales
Downspout Extensions
Dry River Beds

•No sub-contractors, or day laborers. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

MASONRY

MASONRY

3rd Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

PAINTING

PAINTING

ALWAYS PERFECT PAINTING AND PLASTERING

Carpentry, refinishing
hardwood floors
Color specialist
Help with Decorating ideas
Interior & Exterior
10% Spring Discounts
We care about doing a great job

Kathleen Hunter 703-618-1967

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATE
LIC. INS AND BONDED
703-250-6231

ROOFING

ROOFING

Falcon Roofing

Roofing & Siding (All Types)

Soffit & Fascia Wrapping
New Gutters • Chimney Crowns
Leaks Repaired

No job too small

703-975-2375

falconroofinginc.com

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Summer Shape up...
Tree removal, topping, & pruning,
shrubbery trimming, mulching, leaf removal,
sodding, hauling, gutter cleaning, retaining
walls, drainage problems, etc.

20 yrs. of experience - Free estimates
703-868-5358

PHOTOS BY LAUREN YOUNG/THE CONNECTION



Cara and Eli Ethington get started on their summer reading.



Herndon Fortnightly Branch Manager Laura Raymond.

Children 'Dig Into Reading' in Herndon, Reston Libraries

Fairfax County Public Library launches summer reading program.

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 Brandler, 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."



The children's section of Reston Regional Library contains many books on the reading list.



Abby Kohles receives her reading log material at Herndon Library.