

Ukulele Festival Comes to Lake Anne

NEWS, PAGE 4

**Ron Goad performs percussion
at the Northern Virginia Uku-
lele Festival at Lake Anne
Saturday, July 13.**

Virginia Voters
Get More
Choices in 2013

NEWS, PAGE 3

Nature
House Hosts
Energy Fair

NEWS, PAGE 2

Nature House Hosts Energy Fair

Alternative energy on display at Reston fair.

BY ALEX MCVEIGH
THE CONNECTION

Environmental enthusiasts from Reston and beyond gathered at the Walker Nature Education Center Sunday, July 14, for the first Reston Energy Fair. Visitors learned a variety of ways to use solar and other ways to power their homes and gadgets.

Jon Mills, an electrical engineer, gave a demonstration on how to build a solar powered generator. He demonstrated how to build a small one that was capable of powering a small lamp, charging a laptop and smartphone, as well as a larger one that he built for a Reston resident.

"When it comes to electricity, there's a lot of confusion about volts, amps, wattage, that can become very confusing to people," Mills said. "My goal was to show

what equipment one needs, equipment that's not hard to find, to turn the energy generated by a solar panel into a current that will give usable 120 volt power."

THE SMALLER GENERATOR requires a motorcycle battery, 12 volt, 10-watt solar panel, charge controller, a 12-volt, 750-watt inverter and an inverter wire kit, at a cost of around \$160.

The larger one consists of a 180-watt solar panel, charge controller, inverter, marine battery, charge maintainer and battery terminals, for an approximate cost of just over \$700.

"I came after the class, but what I saw on display afterward was very interesting," said Sean Wilson of Reston. "Jon explained everything really well, and I'm very interested in a generator like this that I could take out to my yard and power speakers or charge an iPad."

While the generators Mills presented were designed to take camping, or to power essential items during a blackout, others who came to the fair were interested in something more perma-



Visitors to the Reston Energy Fair examine a portable solar powered generator Sunday, July 14.

nent for their homes.

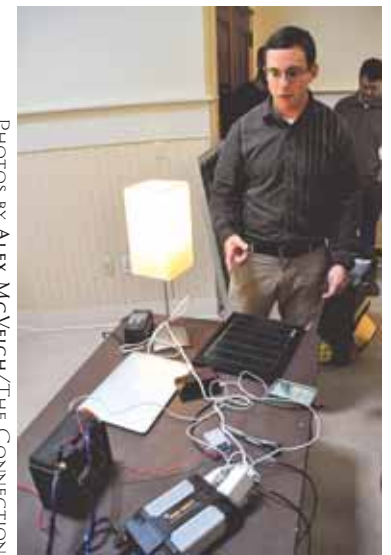
"I'd like to see Reston's Design Review Board and Covenants make it clearer and easier for residents who want to take advantage of solar power," said Tori Welch of Reston. "I know neighbors that have geothermal power, and I know the aesthetics of Reston are important, but it was also founded on strong environmental principles."

Several programs, such as the

Local Energy Alliance Program, and Dominion Virginia Power's energy conservation program, were on hand to discuss ways homeowners can cut down on their energy use, and therefore their power bills.

"It might seem counterintuitive that a power company is trying to find ways for customers to reduce their bills, but in the end, less energy use means less strain on the grid, meaning not as many power

PHOTOS BY ALEX MCVEIGH/THE CONNECTION



Jon Mills shows off the parts of a solar powered generator that he built, which is powering a cell phone, lamp and laptop computer during the Reston Energy Fair Sunday, July 14.

plants need to be built," said John Parrish, who works for Honeywell Smart Grid Solutions, the company that administers Dominion's program. "Things like holes and other leakage in air ducts can mean as much as 20 percent of the air in your house is going to cool or heat the outside."

SEE ENERGY, PAGE 8



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

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.

The results are undeniable.

BEFORE 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

Virginia Voters Get More Choices in 2013

Northern Virginia has most two-party races on ballot.

BY VICTORIA ROSS
THE CONNECTION

While the Virginia governor's race is the one getting the most attention, both nationally and in the state, Virginia's House of Delegates race is shaping up to be the most competitive in a decade.

According to an official candidate list released last week by the Virginia State Board of Elections, 57 House seats will be contested this November—marking only the second time in the last decade where at least half of the 100 House seats will have more than one name on the ballot.

2013 is the second election cycle since the House Republican leadership redrew district boundaries following the 2010 Census. In 2011, voters in nearly two-thirds of the 100 House districts had no choice on the ballot.

Of the 57 contested races, 44 include races with at least one Republican and one Democrat, and most of the two-party races on the ballot will take place in Northern Virginia (see chart.)

Throughout the state, 43 of the 100 House districts are uncontested, meaning there is only a single candidate on the ballot. Delegates Ken Plum (D-36) and Charniele Herring (D-43) are the only uncontested candidates in Fairfax County.

Republicans enter the election with a commanding 67-32 margin over the Democrats, although there are nearly three times as many Democrats challenging incumbent Republicans from two years ago. In June 2011, according to the Virginia Public Access Project, about 15 percent of the 100 House of Delegates seats were being contested between a Democrat and a Republican.

Each member of the Virginia House of Delegates serves two-year terms, represents approximately 80,000 citizens and receives an annual salary of \$17,640. By contrast, the Virginia Senate consists of 40 members. Each member is elected for a term of four years and receives an annual salary of \$18,000. A senator represents approximately 200,000 citizens of the commonwealth. The Virginia General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic capitol building in Richmond. For more information on the state legislature, go to virginiageneralassembly.gov.



In District 34—Democrat Kathleen Murphy (left) challenges Republican incumbent Barbara Comstock.

House of Delegates 2013 Elections

LOCAL RACES WITH MAJOR PARTY CHALLENGERS

- ❖ **District 34**—Democrat Kathleen Murphy challenges Republican incumbent Barbara Comstock.
- ❖ **District 35**—Republican Leiann Leppin challenges Democratic incumbent Mark Keam.
- ❖ **District 37**—Republican Patrice Winter challenges Democratic incumbent David Bulova.
- ❖ **District 39**—Republican Joe Bury challenges Democratic incumbent Vivian Watts.
- ❖ **District 40**—Democrat Jerrold Foltz challenges Republican incumbent Tim Hugo.
- ❖ **District 41**—Republican Fredy Burgos and Independent Christopher DeCarolo challenge Democratic incumbent Eileen Filler-Corn.
- ❖ **District 42**—Democrat Ed Deitsch challenges Republican incumbent Dave Albo.

LOCAL RACES WITH THIRD-PARTY CHALLENGERS

- ❖ **District 38**—Jim Leslie challenges Democratic incumbent Kaye Kory.
- ❖ **District 43**—Glenda Gail Parker challenges Democratic incumbent Mark Sickles.
- ❖ **District 44**—Joe Glean challenges Democratic incumbent Scott Surovell.
- ❖ **District 45**—Jeff Engle challenges Democratic incumbent Rob Krupicka.
- ❖ **District 47**—Laura Delhomme challenges Democratic incumbent Patrick Hope.
- ❖ **District 48**—Lindsey Bolton challenges Democratic incumbent Bob Brink.
- ❖ **District 49**—Terry Modglin challenges Democratic incumbent Alfonso Lopez.

LOCAL UNCONTESTED RACES

- ❖ **District 36**—Democratic incumbent Ken Plum
- ❖ **District 46**—Democratic incumbent Charniele Herring



Ralph Greenwood shows his support for gun regulation with a sign.

Donna Auritsh holds a sign for observers to see. Drivers passing the vigil showed their support by honking or waving.

Gun Control Vigil Continues

BY JASMINE KANG
THE CONNECTION

Every month, supporters of gun regulation hold a vigil outside of the NRA headquarters to honor the victims of shootings, as well as urge Congress to take action. The vigil takes place on the 14th of every month, which is the date of the Sandy Hook Elementary shooting.

"I come to express that we are way past time for gun regulation," Del. Ken Plum (D-36) said. "The vigil is a way to keep it in the public's mind. If it can happen once, it can happen again."

Those attending the vigil hope that Congress will pass legislation regarding gun regulation.

"I'm fed up with the violence and lack of action," Ralph Greenwood said. "A first step is reasonable control—registering weapons, instructions for safety, elimination of semiautomatic weapons and required background checks."

The event is organized by the Reston-Herndon Alliance to End Gun Violence, but local community members and other organizations participate in the vigil. According to Joanne Simon of the Alliance, about 35 people attended the first vigil, but it has now grown to over 100 participants.

"I'm here because I'm sick and tired of the deaths that can be prevented and for me, it's a moral issue," Alex Dixon said. "Guns have their place in our society but the way that they're being regulated does not respect people's inherent dignity and worth."

Alice Englert, a resident of Warrington, attended the vigil



Larry Pullen holds a sign and t-shirts at the vigil. The t-shirts represent the victims of the Sandy Hook Elementary and Virginia Tech shootings.

in honor of her relative Daniel Barden, a victim of the Sandy Hook Elementary shooting.

A display of t-shirts representing the victims of the Sandy Hook Elementary and Virginia Tech shootings was featured.

"It's a way to honor all gun victims, with the focus on Newtown and Virginia Tech," Simon said.

The vigil took place the day after George Zimmerman was found not guilty in shooting of Trayvon Martin.

"Many of us are mourning that verdict, which was a miscarriage of justice," Martina Leinz said. Leinz is the president of the Virginia chapter of Million Mom March, which advocates for gun safety.

The Alliance will continue to hold vigils on the 14th of each month in front of the NRA.

"It's not just about Trayvon Martin," Dixon said. It's about the nameless and faceless that have died and I'm here for them."

SEE VIEWPOINTS, PAGE 6

WEEK IN RESTON

Four Charged in Pinecrest Road Robbery and Assault

Police have charged one adult and three juveniles in connection with the June 7 robbery and assault near Pinecrest Road. The adult, Ali Lewis, 19 of Freetown Court, Reston was charged with robbery on June 21.

Detectives linked the four suspects to the incident based on a tip they received from the public. Police have not linked these suspects to the other similar incidents and are still seeking information and tips from the public on those cases.

Detectives in the Reston Police District are investigating four recent robberies and assaults on Reston area paths that may be connected.

In three of the incidents, victims were walking when they were approached by groups of young men, physically assaulted, then robbed. In a fourth incident, the victim was a bicyclist. Each of the incidents happened during daylight hours between 3:25 p.m. and 9 p.m.

Anyone with information is asked to call Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Candidates Sought for Reston Community Center Board

Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for overseeing the operations of the RCC. All residents of Small District 5, age 18 or older, are eligible to run for appointment to the RCC Board of Governors. Candidates must complete a candidacy statement in order to have their names placed on the Preference Poll ballot. Candidacy statements will be available at the center or online at www.restoncommunitycenter.com beginning at 9 a.m. on Thursday, Aug. 1. The deadline for candidacy registration is 5 p.m. on Thursday, Aug. 15.

This year's preference poll will fill three positions for three-year terms on RCC's Board of Governors. Online and mail-in balloting and walk-in voting will be available from Sept. 13 through Oct. 4 until 5 p.m.

For more information on the 2013 RCC Preference Poll or Board of Governors, visit www.restoncommunitycenter.com or call 703-476-4500.

Reston Forum to Address Smart Growth

Hunter Mill District Supervisor Cathy Hudgins announced city planner and smart growth advocate Jeff Speck will be the keynote speaker at a community forum entitled "Understanding Urbanization: Building on Reston's Past to Future to Help Create Its Future."

Speck, author of "Walkable City: How Downtown Can Save America, One Step at a Time" and "The Smart Growth Manual" will be discussing urban design and smart growth principles and how they can be applied in Reston.

A panel discussion with local design industry leaders, Fairfax County land use planning staff, and commercial development representatives will follow Jeff Speck's presentation.

Residents are invited to attend the forum on Monday, July 22. The forum will begin at 7 p.m. in the Reston Association Conference Room, 12001 Sunrise Valley Drive, Reston. To RSVP for the event or for more information, contact the Hunter Mill District Office at 703-478-0283.



A crowd watches live ukulele music at the fourth annual Northern Virginia Ukulele Festival at Lake Anne Saturday, July 13.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Ukulele Festival Comes to Lake Anne

Fourth annual Northern Virginia Ukulele Festival features variety of acts.

BY ALEX McVEIGH
THE CONNECTION

Lake Anne welcomed hundreds of ukulele enthusiasts Saturday, July 13 for the fourth annual Northern Virginia Ukulele Festival. For Heath Murphy of Reston, it was a chance to embrace his budding hobby.

"I picked one up while on vacation in Hawaii a few months ago, and it's a fun thing to strum, but I'm also interested in learning some songs and proper techniques, so I figured I'd come by," he said. "I had no idea there was a community dedicated to this instrument, which was a very pleasant surprise. I got a lot of good hints from people who have been playing for years."

The day was filled with performances by a variety of acts, soloists, ensembles and even The Paul Hemmings "Uketet," which consisted of four players.

"I really liked Cathy and Marcy, they played some great folksy songs that were good when it came to

getting the crowd involved," said Will Powers of Reston, referring to the duo of Cathy Fink and Nancy Marxer.

The two are famous for their mastery of not only the ukulele, but other stringed instruments such as the guitar, five-string banjo, mandolin and cello banjo. The two won Grammy awards in 2004 and 2005 for Best Traditional Folk Album.

Betsy McMillan of Herndon was just having lunch with a friend at Lake Anne when the festival began, and she found herself staying to watch the performances.

"I always liked that version of 'Over the Rainbow' with the ukulele, but other than that I'm afraid I didn't know too much about it," she said. "But sitting outside on a summer day, it's wonderful background music, with the sound of the water, it was like being on a beach."

While all the groups featured ukuleles as their primary instruments, many featured percussionists and other instruments. The bands specialized in all genres, folk, jazz, blues, rock, swing and more.

"I think Lake Anne is a neat concert venue, and I like where the stage was set up, there was plenty of seating and a good background with the plaza's architecture," said Neil Chester of Vienna. "And the music wasn't overwhelming like a full, regular band would be, so you could walk around the plaza and chat without being drowned out."



Pat Quinn, Gina DeSimone and Ron Goad perform at Lake Anne during the Northern Virginia Ukulele Festival Saturday, July 13.



Nancy Marxer performs at Lake Anne as part of the Northern Virginia Ukulele Festival Saturday, July 13.

COMMENTARY

Making College Affordable

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

Members of the college graduating class of 2013 will average more than \$35,000 in total debt, according to a study reported recently by CNN. The bulk of the debt is in government loans, but private, state and personal and family loans along with credit card debt contribute to the total. This all-time high in education-related debt comes at a time when interest rate ceilings are being lifted on government loans and when it is getting more and more difficult for graduates to get the high-paying jobs they need to start paying back their loans.

In recent years college has become more expensive. With the Great Recession state legislatures—including the Virginia General Assembly—having reduced appropriations to higher education as a way to balance their budgets. Cutting state monies for colleges and universities was a convenient way for state governments to save money by shifting a greater share of college tuition and fees to parents and students. Virginia's contribution to its flagship University of Virginia reached an all-time low of about 10 percent of the university's total budget. At the same time, tuition rates and fees soared. In Virginia, tuition nearly doubled over the past 10 years and rose 7.9 percent last year. Additional funding provided by the General Assembly this year kept increases to an average of 4.1 percent.

According to the State Council of Higher Education in Virginia (SCHEV), the average total charge

for an in-state undergraduate student living on campus at a four-year institution has grown from 32.2 percent of per capita disposable income (income available for spending and saving) in 2002 to 45 percent in 2012. Tuition rates have never been higher, and the catch-all "fees" have increased at an even greater rate.

Efforts are underway in several states to make higher education more accessible and affordable. Oregon's legislature recently approved a committee to develop a pilot program, "Pay it Forward, Pay it Back," under which students would be able to attend college tuition-free with the agreement that once they were gainfully employed they would pay 3 percent of their future salaries back into a state fund annually for 24 years. A similar proposal is being considered by the University of California called "Fix UC." Under the plan, graduates would pay 5 percent of their salaries over 20 years. There would be no upfront costs whatsoever. Whether either of these plans is the best solution, or either is even workable, remains to be seen.

In North Carolina, the Carolina Covenant ensures that low-income students get to go to college and graduate debt-free. A financial aid program at the University of Virginia, AccessUVa, is designed to keep higher education affordable for all admitted students regardless of economic circumstances. Such programs need to be expanded and started at other colleges and universities. What is clear is that Virginia must take action to make its colleges and universities more accessible and affordable.

LETTERS TO THE EDITOR

Reducing Storm Water Runoff

To the Editor:

In recent years Reston took an admirable effort to restore its streams. Highly effective in certain respects, the renewal allowed for improvement in important stream functions. The flood plane was evened out, a meadow ecosystem was created, the riffle-flow system slowed the streams flow rate, and the area was generally beautified.

However, as I have been further educated I find myself thinking that this was only a symptom that was treated. No matter the good done, it does not get to the root of the problem: runoff. Excess runoff caused by impermeable surfaces (roads, parking lots, buildings) is a fast flowing, direct-to-

watershed flow of water.

There is no doubt in my mind that Reston is excellently planned to avoid impermeable surfaces. However, with the metro there is a lot of development both in the works and planned. This proliferation of impermeable surfaces can become a detriment, and even a danger to society. I think it should be high on Reston's to do list, both in government and as a community, to ensure that these buildings are built with sustainability in mind. This goes for energy, and water. Storm water runoff is one of the greatest contributors to pollution in local bodies of water. In

SEE LETTERS, PAGE 13



State of Savings.

Kyle Knight Ins Agency Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Across from Reston Town Center
Reston, VA 20190
Bus: 703-435-2300
Fax: 703-435-0630

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.

State Farm

*Discounts vary by state.
1101282 State Farm Mutual Automobile Insurance Company, Bloomington, IL

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.

**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



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

Carrier turn to the experts **NATE** **2013 PRESIDENT'S AWARD**

www.air-treatment.com

Find us on Facebook Follow us on Twitter **Angie's list** 2012 Super Service Award **BBB**

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

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



ROBERTS CARPETS ORIENTAL RUG CO.

Owned & Operated by the same family for 48 years!

Shaw® Carpet

Complement Your Décor 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

SALE

20% OFF

All Rugs

All Cleaning in Our Plant

15% Off This Week

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

VISA MasterCard

OPINION

Share Wisdom With Newcomers and Others

The Connection's Newcomers and Community Guide publishes in late August.

Our Insider's Edition Newcomers and Community Guide will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What great places and activities do you think newcomers should know about? Events that should not be missed? Organizations that do a great job?

Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

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

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insider's Guide to the Parks, information on how to vote and more.

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

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Friday, Aug. 16.

For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

VIEWPOINTS

What would you like Congress to do regarding gun violence?

Comments by participants in the Reston-Herndon Alliance to End Gun Violence monthly vigil at NRA Headquarters on Sunday, July 14.

—JASMINE KANG



Bob Hatfield, retired, Oakton

"Be courageous, think beyond the influence of the NRA and remember that U.S. citizens vote."



Erin Moran, student, McLean

"For now, background checks would be the biggest step. For assault weapons, I don't see any reason for someone to be carrying those."



Sabrina Adleson (left), student, Burke

"I'd like Congress to pass reasonable laws—not depriving people of guns but having laws that keep people safe."



Anne Alston, retired, Herndon

"I would like to see magazine sizes reduced and I don't know if we're going to get around to that so, at the least, some regulation on background checks."



Del. Ken Plum (D-36), Reston

"I'd like to see Congress pass legislation regarding universal background checks and outlaw assault weapons, which are weapons of war and don't belong in a civilized society."

LETTER TO THE EDITOR

Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president's bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president's plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president's plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA's efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

Andre Sauvageot
Col., U.S. Army (retired)
Reston

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](https://twitter.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](https://twitter.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](https://twitter.com/TheismannMedia)

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



OPINION

McDonnell Sets a New Low —In Virginia, Who Cares?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



INDEPENDENT
PROGRESSIVE

The daily discoveries of more unethical and corrupt behavior by Governor Bob McDonnell continue to pile up. Most recent are the two grant “loans” to Bob and wife Maureen, each for more than what the average Virginian earns in a year, a Rolex for Bob, a New York fashion shopping spree for Maureen and gifts for two daughters’ weddings. These gifts are all from a wealthy donor involved in million-dollar-litigation with Virginia who is getting first family promotion of his diet supplement business to boost stock prices. All in all, the total undisclosed cash, loans, lodging, gifts, etc. in McDonnell’s enrichment scheme is estimated at \$270,000 ... so far.

You’d think the scale of the outrage in the governor’s mansion would result in the head guy being frog-marched out the door and off to prison. Not likely! I doubt that all the efforts of the grand jury and the FBI investigators will deliver us this justice. Governor Bob’s counterparts in Washington, D.C. and Prince George’s County are doing time, in some cases for lesser violations of the public trust than McDonnell’s. But, don’t count on McDonnell getting such just deserts.

Governor Bob is slick, and Virginia legislators of both parties have long assured that Virginia laws governing gifts and campaign contributions are among the most lax in the U.S. No sharp edges or enforcement and punishment provisions for raking in gifts and campaign cash, regardless of conflicts of interest with their roles as “public servants.” In Virginia, the public interest comes in a distant second to personal interest. But, most legislators satisfy themselves with more modest gift hauls, and none rival McDonnell’s.

The best that one might hope for out of this outrage in Richmond is

acting new law, like that proposed by Senator Ralph Northam, the Democratic candidate for Lt. Governor. Northam would bar any gifts over \$100 to legislators and other elected officials, and his proposal includes an investigative body with enforcement powers. Thus far, however, Northam is fighting a lonely battle for reform.

Republicans’ strongest language to date for Governor Bob’s despicable behavior referred to it as a regrettable “distraction” from Ken Cuccinelli’s campaign to replace him—Cuccinelli also takes money from McDonnell’s benefactor. After all, among Republicans, McDonnell’s behavior could sim-

ply be seen as making the best of profit opportunities, the centerpiece of party ideology.

But, where are the Democrats? Other than Senators Chap Petersen and Barbara Favola, and Delegate Scott Surovell, who have called for McDonnell’s resignation but not for reform to bar such behavior, Democrats are sadly silent. Our own Delegate Ken Plum and Senator Janet Howell have told me recently they would support a law barring gifts over \$100, but they had not gone public saying so. Both have a history of taking gifts worth more than \$100 from special interest groups, as do many other Democrats.

The right thing to do, both morally and ethically, is clear. No gifts, no how! Why are Democrats refusing to step up and take the obvious high ground by: 1) going gangbusters for corrective legislation; and, 2) vowing personally to forego any gifts even before such new legislation becomes a reality? We’re listening...

LETTERS TO THE EDITOR

Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president’s bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president’s plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president’s plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of

wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA’s efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

Andre Sauvageot
Col., U.S. Army (retired)
Reston

SUMMER SPLASH @ Van Metre

Make your next move memorable during the **SUMMER SPLASH @ Van Metre!** Purchase a new **HOME** at any of our communities and receive a **SPLASH** of **SAVINGS** where you want it! Just add a **SPLASH** of color to your new kitchen, or a **SPLASH** of luxury to your Owner’s Bath - it’s all about **YOU!** Plus, most of our communities offer resort-like amenities, so make your **SUMMER** sizzle!

Find us on Facebook
and become a fan!

[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

THE
CONNECTION

www.VanMetreSummerSplash.com





PHOTOS COURTESY OF
CRITICAL POINT THEATRE

From left, Wilson Murphy as Peter, Matthew Schott of Reston as The Narrator, and Kelsey Secules as Kari, in Critical Point Theatre's inaugural production of Craig Wright's "The Pavilion." The production is currently touring through Virginia and Maryland.

Making a Critical Point

Restonian joins area friends in forming, running their own theatre.

By Ashley Adams
The Connection

Two local recent college grads have eschewed the traditional post-collegiate path of endless interviews and internships for something a little more creative.

Julia Katz and Alex Burns, of Falls Church and Reston, respectively, along with Deborah Cline, a former classmate, have decided to follow up their undergraduate studies by founding a theatre company. Additionally, the company's ensemble features Matthew Schott, also of Reston.

All three grew up in Northern Virginia. Burns attended Herndon High School, Schott attended Potomac Falls High School and Katz went to McLean High School. Katz and Burns graduated from Virginia Tech in May and Schott will graduate in the spring of 2014.

"I approached Deborah and Alex with the notion that I'm going to be here after I graduate and I'd like to take a shot at doing art for ourselves," Katz said.



Julia Katz, of Falls Church, is the artistic director and co-founder of Critical Point Theatre, a grassroots ensemble based in southwestern Virginia.

Critical Point Theatre is a grassroots ensemble. Most of the company members lived in southwestern Virginia, where the company is based, for several years while attending Virginia Tech with Katz, Burns and Cline.

"The difference between grassroots ensemble and any other theatre company that you might have heard of is that grass roots ensembles are dedicated to creating theatre in the place where they live and within their community," Katz said.

Burns serves as the company's managing director. At the helm of such a new company, that means

he's been handling a lot of contracts while keeping track of budgets and expenditures.

"My job is making sure we have the resources necessary to continue as a company," Burns said of his role within the company.

As the artistic director, Katz handles the more creative aspects of running the company. That included directing the company's inaugural production of Craig Wright's "The Pavilion," which tells the story of Peter and Kari, old flames who meet again at their high school reunion after a less-than-ideal parting 10 years earlier.

The show has been touring across Virginia and Maryland, with performances in Blacksburg, Roanoke, Washington, D.C. and Baltimore.

So far, Katz has been pleased with the show's reception in the D.C. area.

"I think it went very well. We made a profit on the show, which was very exciting. We were able to get some great reactions from people. We got a five star review [from DC Metro Theater Arts]. All in all I was really pleased," Katz said.

Schott, who stars in the show, also mentioned how pleased he was with the initial performances. As the play's narrator, Schott was offered the opportunity to perform more than 17 characters in a single show.

"I play every other person at the high school reunion, so I sort of jump between all the different people that Peter and Kari interact with," Schott said. "I'm sort of like the puppet master getting them to get together and finally confront what happened 15 years ago."

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 17

Rocknoceros. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children's songs and much-loved favorites. www.rocknoceros.com.
Complimentary Dessert Tasting. 11:30 a.m.-1 p.m., at Edibles Incredible Desserts, 11917 Freedom Drive, Reston. Taste a variety of award-winning, homemade desserts. 703-709-8200 or ediblesincredible.com.

THURSDAY/JULY 18

The Special Consensus. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bluegrass with an attitude describes The Special Consensus, a four-person acoustic bluegrass band that began performing in the Midwest. www.specialc.com/index.php.

FRIDAY/JULY 19

Right on Band. 6:30-10:30 p.m., at 777 Lynn St., Herndon. Right On Band is a 10-piece show band with a full horn section. They have performed all over the world including Italy, Ethiopia, Canada, Mexico, the Dominican Republic, and the Bahamas. <http://www.herndonrocks.com/>.

SATURDAY/JULY 20

"Summer Vibes" Exhibit Deadline. 9 a.m.-9 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The League of Reston Artists invites painters, mixed media artists, photographers and artists in other two-dimensional media to submit works for the upcoming "Summer Vibes" exhibit. www.leagueofrestonartists.org.
Blue Sky Puppet Theater. 10-11 a.m., Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Pig Tales is one of Blue Sky's most popular shows, filled with audience participation and humor aimed at all ages. www.blueskypuppets.com.

Leonard, Coleman & Blunt. 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. Three former lead singers from three vocal groups, "The Temptations," "The Platters," and "The Drifters," have come together to create the musical experience,

"Leonard, Coleman & Blunt." www.jcolemanenterprises.com.
The United States Air Force Singing Sergeants. 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. The Singing Sergeants, the official chorus of the United States Air Force, is one of the world's most versatile and traveled choral organizations. www.usafbnd.af.mil.
Deanna Bogart w/ Bruce Ewan. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Deanna Bogart plays boogie-woogie and jump blues. <http://www.restontowncenter.com/events.html>.

SUNDAY/JULY 21

Ninth Annual Charity Dog Wash. 10 a.m.-2 p.m. at Dogtopia, Lake Anne Plaza, 1609 Washington Plaza, Reston. The dog day care hosts dog baths with giveaways, food, photo booths, games and fun activities for the family; proceeds support programs that train dogs to comfort veterans, assist with



Lou Lou Boutique, a fashion and accessories shop at Reston Town Center, hosts a day of giveaways and sales Sunday, Aug. 3, featuring a styling bar, sweets and drinks to benefit The National Race to End Women's Cancer, a Nov. 3rd race in D.C.

therapy, work in facilities and provide assistance, through Veterans Moving Forward. \$15 donation per dog wash suggested. 954-893-9150 or www.vetsfwd.org.

Pop Up Art Picnic. 4-9 p.m., on the Town Green in Downtown Herndon, 777 Lynn St., Herndon. A picnic kicks off ArtSpace Herndon's and Music Loft's summer dance and music series, which continues with various free street corner Saturday night events from 6-8 p.m. throughout the summer. 703-956-6590.

MONDAY-MONDAY/JULY 22-29, AUG. 5-12

The Summer Reading Sessions for Reston Community Orchestra. 7:30-10 p.m., at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. The summer reading sessions under Music Director Dingwall Fleary, for the Reston Community Orchestra will be held on Monday nights. \$10 a night or \$35 for four nights. RSVP. www.restoncommunityorchestra.org.

WEDNESDAY/JULY 24

Seniors Movie Day. 10 a.m., at Bow Tie Cinemas, Reston Town Center, 11940 Market St., Reston. Reston Association presents "Quarter"; refreshments and door prizes available (free to 55 and older). 703-435-6530 or www.reston.org.
Ryan Buckle & Friends. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Ryan Buckle & Friends gives the young and the young at heart science they can sing to and enjoy. www.ryanbuckleandfriends.com.

THURSDAY/JULY 25

Capoeira Community Demonstration. 6-8 p.m., Reston Town Center, 11940 Market St., Reston. See a demonstration of Afro-Brazilian martial and self-defense form that brings together movement and music. abadac.org.
Gonzo's Nose. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Gonzo's Nose brings solid musicianship to a massive set list of cover songs, which range from the early 80's up until songs that hit the radio just yesterday. www.gonzosnose.com/.

Energy Fair

FROM PAGE 2

OUTSIDE, members of Sustainable Reston had several displays up showing ways to put solar power to use. Diane Blust, president of Sustainable Reston, brought a solar oven, which is a well insulated metal box, with solar panels attached.

During the day, the oven, which got up to around 300 degrees on a 90-degree day, made a batch of rhubarb bread and devil's food cake.

"The bread took us about 90 minutes to



Chuck Fletcher's giclee photo, titled "This is the Place," is one of many photographic works that will be on view at the League of Reston Artists/Reston Photographic Society exhibit at the Greater Reston Chamber of Commerce. The exhibit, open Monday through Friday, 9 a.m.-5 p.m., is up as of Thursday, Aug. 1.

FRIDAY-SATURDAY/JULY 26-27

Bye Bye Birdie. 7:30 p.m., at Herndon High School, Door 6, 800 Bennett St., Herndon. The Grand Summer Theatre Production features local youth talent in the story of a teen heartthrob surrounded in the girl fanfare of a yesteryear Justin Bieber-type star. \$10. www.herndonadrama.org.

FRIDAY/JULY 26

The Reflex. 6:30-10:30 p.m., at 777 Lynn St., Herndon. The Reflex plays hit songs of the 80's. <http://www.herndonrocks.com/>.

SATURDAY/JULY 27

The Great Zucchini. 10-11 a.m., Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. The Great Zucchini, a preschool and kindergarten entertainer, performs a colorful magic show where every child is a star and laughs are guaranteed. www.thegreatzucchini.com.
Incendio. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Incendio plays Spanish flamenco with a latin fusion mix. <http://www.restontowncenter.com/events.html>.

TUESDAY/JULY 30

Bruno's Barnyard Bash. 10:30 a.m.-12:30 p.m., North Hills Pavilion, 1325 North Village Road, Reston. Enjoy the Reston Association's activities full of farm filled fun—including crafts, petting zoo, age appropriate games, delicious food, and plenty of photo opportunities. Reston Association member: \$8; Non-member: \$12. 703-435-6571 or Events@reston.org.

THURSDAY/AUG. 1

The Annandale Brass. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Formed in 1997, the Annandale Brass is comprised of NOVA-Annandale Symphony Orchestra members and additional musicians. www.reunionmusic.org.



Be Part of The July Pet Connection

Send Your Photos & Stories Now to reston@connectionnewspapers.com or complete our online form at reston-connection.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 19.



A Dog's Day Out

ASHBURN

Cage-Free Daycare, Boarding, Grooming + More!



Small, Medium, & Large Dog Play Areas
Open Every Day with Overnight Care
Come see what *your* dog is missing!

Beat The Heat! Let Your Dog Play in our COOOOL Play Rooms!!!

Now Hiring!
ADDO Ashburn
44642 Guilford Dr., Suite 101
Ashburn, VA 20147
703-858-DOGS (3647)

ADDO Alexandria 403-B Swann Ave., Alexandria, VA 22301 703-739-ADDO (2336)
ADDO Vienna 2800-A Gallows Rd., Vienna, VA 22180 703-698-DOGS (3647)
ADDO Van Dorn 4536 Eisenhower Ave., Alexandria, VA 22304 571-312-7723

www.adogsdayout.com

Loudoun's Newest & Most Unique Dog Daycare Center NOW OPEN!

2013 Fairfax County Park Authority Presents
The Ruth and Hal Lauanders Charitable Trust's Concert Series

Music at Arrowbrook Park

Celebrating Community in Concert

Saturday, July 20 • 6–9 P.M.

Leonard, Coleman & Blunt (Motown)
An evening with three former lead singers from • The Temptations • The Platters • The Drifters

The United States Air Force "Singing Sergeants" (Chorale)
An evening of music with the official chorus of the United States Air Force.

Saturday, August 17 • 6–9 P.M.

Gallagher, Stang, and Lewis (Classic/Folk Rock)
Featuring wonderful 3-part harmony vocals.

The United States Navy "Sea Chanters" (Chorale)
Performing sea chanteys, patriotic fare, opera, Broadway, and contemporary music

Arrowbrook Park • 2351 Field Point Rd., Herndon, VA 20171
June 22, July 20 and August 17, 2013 • 6:00-9:00 p.m.

For rain cancellation update, call 703-324-SHOW (7469) one hour prior to the start of the show.
www.fairfaxcounty.gov/parks/performance

For accommodations, please call 703-324-8563 TTY: 703-803-3354





Registration
is now open for the
2013 Fairfax County Flag
Association Fall Season.

Coed Boys and Girls

Ages 5-17

Visit <http://www.fcflag.org/> to register

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

We Bring the Showroom to YOU!!



Select your remodeling products from our Mobile
Kitchen and Bathroom Showroom and Design Center!!



Free Estimates
703-969-1179

www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

**Standard &
Premium
Bath Packages!**

Visit our website
for details!

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**



PHOTOS BY DAVID SIEGEL/THE CONNECTIONS



**Anya Randall Nebel as
Caroline Thibodeaux and
John Ray as Noah
Gellman in rehearsal for
the Elden Street Players
production of "Caroline,
or Change."**



**Anya Randall Nebel as
Caroline Thibodeaux and
Aidan White as Noah
Gellman.**

A Spirit Tested

**Elden Street Players to present
"Caroline, or Change."**

BY DAVID SIEGEL
THE CONNECTION

Fifty years ago Sam Cooke sang, "It's been a long time coming, but I know a change gon' come. Oh yes it will." It was the time of the civil rights movement and the assassination of President Kennedy.

In 2003 "Caroline, or Change," the multiple Tony Award nominated musical with book and lyrics by Pulitzer award winner Tony Kushner and music by Jeanine Teson, explores 1963 from the perspective of Caroline Thibodeaux, a black maid in the Gellman household in Lake Charles, La.

Caroline spends her days in the basement, doing the Gellman's laundry. She doesn't earn much and struggles as a single mother to support her own family. The Gellman's young son Noah is struggling too; his mother died from cancer and his father remarried. Noah now has a stepmother, Rose.

The core of "Caroline, or Change" swirls about a particular flash point: an unintended humiliation involving money, both coins and paper, and the vastly different meanings that Caroline, Noah and Rose give to money and personal interactions.

According to Evan Hoffman, production director, he "has been very affected by the play and felt a deep connection to its themes" since he first saw

"Caroline, or Change" on Broadway. "Change is so hard, there are so many challenges for any of us," said Hoffman. And he wants the audience "to be incredibly moved by the grand dramatic scale of this musical."

A 10-piece orchestra under the music direction of veterans J. Michael d'Haviland and Elisa Rosman will be powering the wide-ranging song score of spirituals, blues, Motown, the classics, folk music and Jewish klezmer infused tunes. The musical score is "familiar, powerful and honest to the period," said Hoffman.

Caroline is played by Anya Randall Nebel, a professional Broadway road show veteran in musicals such as "Joseph and the Amazing Technicolor Dreamcoat" and "Godspell."

For Nebel, Caroline is "the role of a lifetime, a perfect role about a woman on a journey, with many obstacles to overcome." Nebel wants the audience to delve into her character to "understand and feel that change is good but not always easy."

Rose is played by Shaina L. Murphy, who recently returned to the area after working in New York City off-Broadway musicals. A Robinson High School graduate, Murphy auditioned for the character since Rose "has quite a journey of learning for the audience to witness."

When and Where

Elden Street Players present "Caroline or Change" at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Performances: Aug. 2-24—Thursdays, Aug. 15 and 22, at 8 p.m.; Fridays-Saturdays at 8 p.m.; Sundays, Aug. 4 at 3 p.m., and Aug. 11 and 18 at 7 p.m. Tickets: \$23 general admission. Call 703-481-5930 or visit www.eldenstreetplayers.org.

Creating Fresh, Healthy Summer Treats

Local chefs offer refreshing, healthy snack ideas to keep children satisfied all summer.

By MARILYN CAMPBELL
THE CONNECTION

Enticing children to forgo strawberry-flavored candy and choose fresh fruit in its natural form can be challenging. After all, lemonade, popsicles and cookies with milk are considered summertime classics.

Some local culinary enthusiasts say there are an abundance of summer treats that can be made at home and keep children fueled and healthy all season long, however. They offer several suggestions that are ideal for after-camp snacks or whenever the munchies hit.

"When I think of healthy eating and kids and summer, the first thing I think of is fruit," said Andrea Nelson of Creative Kids Kitchen in Arlington. "Beyond the natural sugar factor, most fruit has as much vitamins as a vegetable."

One treat that tops Nelson's summer treat menu is fruit gazpacho. "It is made with a medley of fruits like watermelon, blueberries, honeydew melon. If you have a particularly picky eater, you can puree the fruit.



From left: Katie King, Sasha Fedorchak, Lucy Rogers, Eliza Grace Ulmer, Haley King and Grace Griffin prepare to cook in Arlington, Va. Local culinary enthusiasts say there are an abundance of healthy summer treats that can be made at home.

You can involve the kids by getting them to help wash and cut the fruit."

Christine Wisniewski, an instructor at Culinaria Cooking School in Vienna, also recommends making use of the bounty of fresh fruit available during summer. "Sliced

peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat. Or sweeten some Greek yogurt with a little bit of honey and use it as a dip for strawberries," she said.

Nelson turns the abundance of blueberries that are now available into blueberry biscuits. "They are super easy to make and blueberries are inexpensive right now," she said. "I also make baked strawberry, banana and quinoa muffins using nonfat Greek yogurt. They are healthy and gluten free."

Nikki Drummond of Tiny Chefs Cooking School in Potomac, Md., and Alexandria, McLean, Oakton and Springfield, uses her classroom to offer children alternatives to prepackaged, sugar-laden treats. "We make fun fruit kabobs with a yogurt dip made with plain low-fat yogurt and honey and cinnamon," she said. "The kids cut up the fruit so they are having fun."

Drummond also teaches students to make a healthy dessert using uncooked oatmeal, wheat germ and chocolate chips. "We call them breakfast balls, but you can keep them in a container and kids can snack on them throughout the week," she said.

To cool kids down after a day of playing in the sun, Wisniewski offers homemade frozen bananas and sorbet. "[To make] frozen bananas, halve a banana crosswise, insert a popsicle stick in the cut end, freeze for one

"Make the most of seasonal fruits: Sliced peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat."

**— Christine Wisniewski,
Culinaria Cooking School**

hour," she explained. "Dip frozen bananas in melted chocolate. Only dip one side if you want to limit the chocolate, then dip bananas in fun toppings like sprinkles, toasted coconut, chopped nuts, or crushed cookies."

To make sorbet, Wisniewski combines fruit and simple syrup. "To make a simple syrup, [use a] one-to-one ratio of sugar to water and bring to a boil to dissolve sugar," she said. "Reduce heat to very low and simmer 10 minutes. Cool, combine syrup with pureed summer fruit. Try berries, peaches or mangos. Add a pinch of salt, and a squeeze of citrus juice. Chill until the sorbet mixture is very cold."

For those who want culinary simplicity during the summer, Wisniewski said, "Fresh cherries or grapes heaped in a bowl of ice are more refreshing than those served alone. Even the largest watermelon disappears quickly and keeps kids hydrated when left on the counter for snacking. Some people opt for a sprinkle of salt on their watermelon." For a more sophisticated palate, she suggests adding a squeeze of lime, or a small sprinkle of mild chili powder or cumin.

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

Top Teams Battle as RSTA Season Nears Completion

Lake Audubon and Lake Newport. The perennial powerhouse and the defending league champion. Both undefeated. What more could you ask for in a meet late in the Reston Swim Team Association season?

Last year, in the first meet of the season, Lake Newport gave notice to the rest of the league that they were a team to be reckoned with. Their upset win over Lake Audubon at the Barracudas' home pool set the stage for the Lightning's undefeated season and their first undisputed league championship. On Saturday, the Barracudas were set to redeem themselves and to return (in their eyes at least) a sense of "normalcy" to the league. So, with the most anticipated meet of the season starting at 7:30 at the Lake Newport pool, it was akin to "High noon at the OK corral." The swimmers did not disappoint.

With the outcome of the meet still in doubt well into last stroke of the day (freestyle), and even into the mixed-age relays, Lake Audubon pulled away at the end to establish the final score of 618-559. It was a victory worth savoring.

With one meet left in the season (next Saturday against Autumnwood), it appears that the Barracudas will once again reign supreme.

And while the Lake Audubon-Lake Newport meet took center stage last Saturday, there were a number of individual and relay team performances of note.

Tyler Ellis of Glade broke a record that had stood for 29 years. His time of 27.14 seconds in the boys' 13-14 50-meter freestyle bested the mark of 27.43 that was set by Chris Hines on Aug. 1, 1984. And in the girls' 13-14 200-meter medley relay, the Glade team of Emily Landeryou, Meghan Benedetto, Madeline LaPorte and Lainie Davison broke their old mark they set last month with a time of 2:19.51. Finally, Casey Storch of Lake Newport broke his old mark in the boys' 13-14 50-meter backstroke with a time of 30.11.

Lake Audubon Barracudas 618, Lake Newport Lightning 559

For Lake Audubon, triple-event winners were: Emily Fritz, Matthew Fritz, Sabrina Groves, Kaliyana Haering, Suyu Haering and John Hughes. Double-event winners were Jacob Cole, Kathryn Cole, Elizabeth Crump, Michael McDermott, Emily McGrath and Nicolas Sobenes. For Lake Newport, triple-event winners were Phoebe Adams, Matt Colturi, Anna Redican, Siena Shannon, Casey Storch and Kate York. Double-event winners were Michael George, Peter



Kaliyana Haering, bottom, leads Lake Audubon teammate Adrianna Smith (in blue cap) and the rest of the field to finish first in the girls' 9-10 50-meter butterfly. Under the water are Lake Newport's Isabelle Kahng and Grace Horner.



Andrey Smiryagin of Autumnwood goes all out in the boys' 13-14 50-meter butterfly.

COURTESY PHOTOS



Lake Audubon's Angelika Giavis, bottom, and Lake Newport's Alyssa Spar go head-to-head in the girls' 11-12 50-meter backstroke event.

George, Lindsey Jacobson, Dan Ni, Grant Romero and Alan Yu.

Autumnwood Piranhas 582, Lake Anne Stingrays 459

For Autumnwood, triple-event winners were Joanie Belo, Diya Murthy, Sarah Overton, Andrey Smiryagin, Katie Storch, Phineas Ulmishek-Anderson and Manda Xie. Double-event winners were Grace Bartlett, Andrew Freeman, Sophia Kennedy, Vikrant Mahajan and Michael Norford. For Lake Anne, triple-event winners were Sarkis Dayian, Jason Fu, Victoria Gonzales, Emily Meilus, Nathan Miller, Morgan Stup and Fred Zhang. Double-event winners were Ismael Anwarzai, Alexander Boelskevy, Francisco Espinoza, Frank Keusenkothen, Brady Nelson, Tope Oladimeji, Sage Raphael, Matthew Rodakowski, Max Schultz and Laura Zhang.

Glade Gators 549, Newbridge Dolphins 512

For Glade, triple-event winners were Andrew Draganov, Hunter Ellis, Tyler Ellis, Mackenzie Evans, Emily Landeryou and Sophia Landeryou. Double-event winners were Andrew DeLillio, Anna Dodson, Alexander Kapani, Nicholas Kapani, Jem Nims, Zea Nims, Jack Walker and Olivia Wolfe. For Newbridge, their triple-event winner was Christopher Mathias. Double-event winners were Laela Huddleston, Cara Kalinowski, Quinlan Kelley, Greg Mayo, Patrick O'Malley, Clara Sgambati, Joseph Sgambati, Emily Slater, Megan Slater, Emily Sun and Max Torrington.

North Hills Hurricanes 602, Hunters Woods Blue Marlins 537

For North Hills, triple-event winners were Katie Czenas, Marlee Czarny, Benjamin Livaudais, Emily Ren, Joseph Sciortino and Rachel Swarts. Double-event winners were Leila Boucher, Emily Deker, Ishan Ganjoo, Albert Huang, Arnav Kachroo, Catherine Kruse, Logan Kruse and Grace Tierney. For Hunters Woods, triple-event winners were Jack Medler, Logan Nasr and Crystal Shi. Double-event winners were Nolan Dunkel, Philip Pan, Eric Tang, Aditya Tikhe, Liam Tolbert, Ashley Turner, Davis Turner, Jair Valenzuela, Kevin Vintimilla, Benjamin Wang and Chris Yang.

Tavern 64, A New Taste in Town Center

Recalling the tradition of legendary taverns that set the standard for this country's restaurant and hospitality industry, Tavern 64 Regional Kitchen debuted at Reston Town Center Tuesday, June 4. In the ground floor of the Hyatt Regency Reston, Tavern 64 occupies the corner of Presidents and Market Streets.

Combining the history of an American tavern with regional cuisine and drinks, the new restaurant pays homage to the history of its location. In celebration of the internationally-renowned "new town" community in which it is located, Tavern 64 takes part of its name from the year Reston was founded: 1964.

Serving breakfast, lunch and dinner seven days, the regional kitchen features recipes with emphasis on local and sustainable sourced ingredients. On its menu are simple, uncomplicated American dishes like Virginia pork, North Carolina trout with cheddar grits, Pennsylvania-sourced short ribs with corn bread mash and a charcuterie plate of Maryland cheeses and Virginia ham, sausage and pate. Lunch items include locally sourced salads, hearty barbecue brisket or meatloaf sandwiches and old-fashioned desserts like a root beer float or a whipped cream topped berry shortcake.^o



Tavern 64 opened Tuesday, June 4, in Reston Town Center.

According to food and beverage director Ross Virando, Tavern 64 has a very beverage-forward concept. All of its eight bar taps pour local and regional draft beers plus American and craft and canned beers. The most classic American crafted cocktails are featured from the original American cocktail, the Sazerac, made with Reston's own Bowman's Distillery bourbon, to the Antebellum Julep, made the original way with Catocin Creek, Virginia cognac. And a Manhattan, the Lady Randolph's Request, named for the drink made famous in the late 1800's at New York's Manhattan Club when Lady Randolph Churchill served it at a party.

The 5,500-square-foot restaurant seats 168 indoors with 48 seats on its patio. It has been designed with friendly and inviting architecture with its dining and bar areas flowing together to allow business gatherings or friends' get-togethers to happen at almost any part of the space. There are organic wood tables, some for small parties, other long communal-style, aged leather chairs, banquette leather armed couches, natural organic painted wood paneled walls and textured ceramic floors that look liked aged wood.

Theresa Marie Christian and James Hays-Wehle Engaged

Theresa Marie Christian, daughter of Eliot and Marcia Christian of Reston, is engaged to James Hays-Wehle, son of Edward Hays and Sarah Wehle of Milton, Mass.

Theresa, a graduate of Thomas Jefferson High School for Science and Technology, received her Bachelor of Science degree at Massachusetts Institute of Technology and is currently pursuing her PhD in physics from the University of Colorado in Boulder.

James, a Milton Academy graduate, received his Bachelor of Science degree from Carnegie-Mellon University and was awarded his PhD in physics from Massachusetts Institute of Technology in June 2013.

An October wedding is planned in Boston. The new couple will reside in Boulder.



Theresa Marie Christian, of Reston, is engaged to James Hays-Wehle.

LETTERS

FROM PAGE 5

the Chesapeake Bay it has contributed to the creation of massive dead zones, and the same could happen to Reston's beloved lakes.

So, Reston, let's throw some of our weight around. Let's beat the root of the problem before it be-

comes a problem. Reston could be a center of sustainable development in the D.C. metro area, starting with the proper measures to reduce storm water runoff.

Alexander Peters
Reston

Adopt/Donate/Volunteer
www.lostdogandcatrescue.org

BEAUTIFUL SUMMER COLOR
Crape Myrtles, Hydrangeas, Daylilies, Roses, Annuals and Hanging Baskets
Fresh Plants Now Arriving!

SHADE TREES
A wide array – Maples, Oaks and more for cooling shade and beauty

EXPERT ADVICE
We are here with creative ideas and answers to your gardening questions

MERRIFIELD'S TENT SALE
SAVE 50-85% and more!
Great bargains on selected gardening and decorating supplies, plants, containers, statuary, ribbon, Christmas items & more
Stop by often to see what's been added!

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

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
merrifieldgardencenter.com

The **FISHBURNE EXPERIENCE**

...it's about *Pride*

Turning Potential Into Achievement Since 1879

800.946.7773
Waynesboro, VA

www.Fishburne.org

ZONE I: • RESTON
• HERNDON • LOUDOUN

EMPLOYMENT

703-917-6464

ZONE I Ad DEADLINE:
TUESDAY 4 P.M.

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

VETERINARY RECEPTIONIST

Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

TEACHERS

Play & Learn Center in Herndon, VA is seeking qualified teachers to provide quality education and care to young children. Email your resume to sangley@va-childcare.com or call (703) 713-3983.

The Jamestown-Yorktown Foundation

seeks qualified individuals for the following two part-time positions:
Outreach Education Instructor- Northern Virginia (Position# OI001) & **Outreach Education Instructor-** Fredericksburg (Position# OI002). Closes on July 26, 2013 @ 5:00 PM. For full job description and to apply visit <http://jobs.agencies.virginia.gov>. Applicants must complete an online Commonwealth of Virginia employment application. Background check & E-Verify Required. EEO/AA/ADA

VET ASSISTANT

Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

Nysmith School for the Gifted

Full Time Administrative Assistant:
Strong computer skills in Microsoft applications. 10 mo. working schedule. Salary based on experience.

Lead and Assistant

Extended Care Counselors:

Bachelor's degree in a child related field or 6 months early childhood experience. Hrs. 3-6:30pm. Salary based on experience.

Join our Playground and Cafeteria Team!

Looking for several people to assist teachers in monitoring children on the playground and in our cafeteria. Fun and friendly environment-Flexible Hrs. \$12/hr.

Send resumes to resume@nysmith.com; Fax 703-713-3336
No phone calls please.

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

THE CONNECTION
NEWSPAPERS

3 RE for Rent

\$1525/MO /Spacious 2 BR, 1 BA, formal Dining, large Living room that walks out to a private balcony with a beautiful view-Condo in Reston!!! ALL UTILITIES Included!! Avail Aug 10 Call 703-615-0183

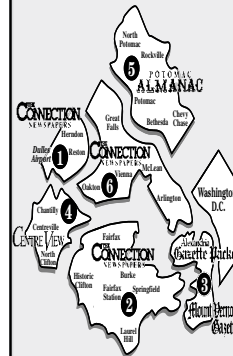
26 Antiques

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

Employers:

Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

21 Announcements

21 Announcements

21 Announcements

Ashanti Farm
394 Acre Equestrian Estate
America's Land Auctioneers
AUCTION
WEDNESDAY, JULY 24TH @ 11AM
United Country Auction Services
For more info visit us or call us today! 800-711-9175 | 540-239-2585
INTERNET BIDDING AVAILABLE NOW AT www.CertifiedLandAuction.com
In cooperation with Matt Gallimore, Blue Ridge Land & Auction Co. - VABL2906000294. 10% B.P.

ABSOLUTE LAND AUCTION

3 Commercial Tracts Near I-81 Exit

Rolling Thunder Ln • Staunton, VA

Tract 1: 2.105± ac • Tract 2: 3.394± ac • Tract 3: 2.087± ac • Tract 4: 1.429± ac

Thursday, August 1st at 12pm On-Site

Ideal for hotels, restaurants, car dealerships and other retail stores. Relatively flat. Utilities available. Retention pond already constructed. Tracts 1, 2, and 3. Tract 4 is the retention pond & will not be sold individually. Selling for partnership liquidation. Inspection Dates: Tues, July 16th & Wed, July 24th (1-2pm)

Terms: 5% buyers premium. Closing to occur within 30 days. Full terms online. VAAF93

The Counts Realty & Auction Group

www.countsauction.com 800-780-2991

AMERICANLAWGROUP.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

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

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

ABSOLUTE LAND AUCTION

172± Acres in 8 Tracts (3 Properties)

Yagers Rd & Homestead Dr • Luray, VA

Open field that is ideal for farming, estates, or a housing development. Great mountain views, town water, adjacent to Luray town limits. Gently rolling land with a couple of open fields and several great home sites with outstanding views of the mountains • Shenandoah River frontage

Saturday, August 3rd at 12pm On-Site

Inspection Dates: Sat, July 20th & Thu, July 25th (See times online.) Terms: 10% buyers premium. Closing to occur in 30 days. Full terms online. VAAF93

The Counts Realty & Auction Group

www.countsauction.com 800-780-2991

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

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

IMPROVEMENTS

IMPROVEMENTS



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

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

Picture Perfect Home Improvements

(703) 590-3187 www.pphionline.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"

Licensed — Bonded — Insured

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

Insured

We Accept VISA/MC

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

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

R.N. CONTRACTORS, INC.

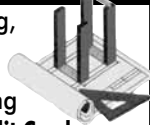
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

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



PINNACLE SERVICES, INC.

LAWN SERVICE

**MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES**

Friendly Service for a Friendly Price

703-802-0483

Results! Why, man, I have gotten

a lot of results. I know several
thousand things that won't work.

-Thomas A. Edison

THE CONNECTION
NEWSPAPERS **CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

"Focus-Pocus"



By KENNETH B. LOURIE

I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/ extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

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

SPORTS



The Kingston Chase (Sydney Douglas, Scout McClain, Mackenzie Kleczynski, Casey Mills), Hiddenbrook (Maddie Morin, Audrey Ferguson, Alyssa Landrum, Kate Keane) and Herndon Community Center (Sophia Lee, Shreshtha Peter Rai, Rachel Sim, Chloe Thomson) 8 & Under Girls 100 Meter Freestyle Relay teams pose with Josh Davis on the Herndon Olympics podium.



Swimmers in the final heat of the 15-18 Boys 50 Meter Freestyle—Nathan Ouyang, Devin McNulty, Conor Cudahy, Sean McCrone, Michael Maccannon—shake hands after their event.

Herndon Olympics Swim Meet Was a Splashing Success

Three records broken at this year's meet attended by Olympic gold medalist Josh Davis.

BY SARAH ANDERSON
THE CONNECTION

The 34th annual Herndon Olympics was held last Tuesday, July 9. Hundreds of swimmers from nine local swim teams competed, allowing the community to come together to encourage young athletes, support local businesses and to meet Olympic gold medalist Josh Davis.

The event began with an elaborate opening ceremony that included the swimming of the Olympic "torch" across the pool, a parade of teams, the playing of the national anthem and short speeches made by important guests. Mayor Lisa Merkel, Del. Tom Rust (R-86), and Olympics gold medalist Josh Davis were all present and gave words of encouragement to the swimmers. Josh Davis expressed that "dreams are made here. Champions are made here," as he reminisced about his early swimming career that he began on a local summer league team. Davis stayed at the meet to take pictures and to hand out medals to the swim-

mers. Del. Rust later gave the swimmers the same advice that he used to give his own son when he competed in the Herndon Olympics: "Swim fast, leave no wake!"

Kerstin Severin, the Aquatic Services manager for the Town of Herndon and a coach for the Herndon Community Center swim team, has been in charge of organizing the Herndon Olympics for a number of years and spent many months preparing for this meet. She said that her favorite part of the Herndon Olympics is that for "the past few years we have been able to bring Olympians to this meet, which has been a great way to show the swimmers that even Olympic athletes started their careers in summer leagues. We give the children a chance to reach their goals and be the best that they can be."

Coaches, friends and family all cheered on the children as they competed in individual races and relays. Ignat Miagkov, a swimmer on the Kingstream Kahunas, who won first place in the 11-12 Boys 50 Meter Freestyle, said that he enjoys "having his name announced and getting to swim

against kids on a bunch of different teams at the Herndon Olympics."

Three individual records were broken this year. Josh Zhang set new records in the 11-12 Boys 50 Meter Breaststroke and Freestyle and Christian Ginieczki broke the 13-14 Boys 50 Meter Backstroke record. The Reflection Riptides swim team was given the Sportsmanship Award.

"I like the Herndon Olympics because it

brings the whole community together for fast swimming, sportsmanship and lots of fun!" said Mary Elizabeth Caldwell, 19, who is a coach for Hunters Creek and had swum in the Herndon Olympics many times, herself. Many of the coaches, parents and spectators at the Herndon Olympics have been a part of the Herndon Swim League for years and continue to support it even when they are no longer swimming themselves.

VIEWPOINTS

'This Is Where the Dreams Begin'

Josh Davis, who won three gold medals at the 1996 Olympics in Atlanta and two silver medals at the Olympics in Sydney in 2000, said about the Herndon event: "This is where dreams begin and champions are made as they take pride representing their neighborhood and their city. ... Of the 4,000 summer league swim championships going on this month, this is one of the best ones in the country."

Swim Team Chairperson for Kingston Chase Pool Kelly Ginieczki assisted in the event's program. She said, "I have been team representative for 10 years, and this is our fourth year hosting the Herndon Olympics. About 350 of the fastest swimmers from nine teams with pools located throughout Herndon attended this year and some records have been set this morning."

"This is our 34th annual Herndon Olympics," said event organizer Kerstin Severin. "It was first created in 1980 by Joe Smith, head coach of the Herndon High swim team at the time. It is a good opportunity for the kids and everybody to get some exercise. It was also a way for the swimmers in different leagues throughout Herndon to come together and compete before entering high school."

—RYAN DUNN



Olympic gold medalist Josh Davis and Kelly Ginieczki.

PHOTOS BY RYAN DUNN/THE CONNECTION



Kerstin Severin, one of the event organizers.



Olympian Josh Davis, Mayor Lisa Merkel, and Del. Tom Rust (R-86) all spoke at the opening ceremony for the Herndon Olympics, urging the youth to do their best.