

Golf Clinic Returns

SPORTS, PAGE 8

Supporters of Cindy's Legacy participate in a fundraising golf clinic in Herndon last year. This year's event will be Friday, Aug. 9 at the Herndon Centennial Golf Course.

Sharing in Ramadan

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Town Calendar Photos Chosen

NEWS, PAGE 3

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True friendship is like sound health; the value of it is seldom known until it be lost.

—Charles Caleb Colton (1780-1832)

Town Calendar Photos Chosen

Local photographers recognized at ArtSpace.

BY ALEX McVEIGH
THE CONNECTION

The walls of ArtSpace Herndon are currently decorated with almost 60 photos of Herndon's signature moments. From large events such as the Herndon festival, to the simple pleasure of two children holding hands on a brisk fall day, local photographers submitted their shots for inclusion in the town's annual calendar.

ArtSpace hosted a reception for the photographers Saturday, July 27, and unveiled the selections for the 12 photographs to be featured in the calendar, as well as named the "people's choice" photo as voted on by those in attendance.

"This is an example of how art helps build communities. This contest is a collaboration between ArtSpace, the Herndon Foundation for the Cultural Arts, the Council for the Arts of Herndon and the town," said Harlon Reece, president of the Herndon Foundation for the Cultural Arts. "We've had amateur and professional photographers going through the town taking pictures for this calendar that will be distributed to all the residents of the Town of Herndon."

THIS YEAR'S CONTEST featured 138 submissions, 58 of which were named finalists and featured in the ArtSpace exhibit. Judges Lee Love and Carla Steckley, local photographers, were tasked with sifting through the submissions and trying to find an appropriate photo for each month.

"Many of the photos we saw were of locations we've both taken ourselves, so it was neat to see what another photographer's perspective was, what they found interesting about a particular shot," Love said. "There were many wonderful shots taken, so it was tough to narrow them down."

Mayor Lisa Merkel praised the artists for discovering so many different facets of the town.

"We know what an asset the arts are for this town. Our council is serious about our downtown revitalization, and we think the arts will play a huge role in that," she said. "For this contest, the judges selected a careful mix of people, places and seasonal photos."

Andrew Rhodes was walking his dog through downtown Herndon one morning along the W&OD Trail, when he was struck by the sight of the fog slowly lifting off the ground.

"I was relatively new to the area, so I didn't know about how foggy it got in the morning," he said. "I was struck with the look of the leaves and a tree through the fog, so I ran home to grab my camera, and luckily I got back before the fog lifted."



Photographer Charles Walker took two photos that will be a part of the Herndon 2014 Town Calendar. He is next to one of them, called "Paint the Sky."

TOWN CALENDAR PHOTOS

The following are the selections for the 2014 Town of Herndon calendar, as announced Saturday, July 27.

January—"Snow Resting on Benches" by Keith Naquin
February—"Cardinal on Palmer" by Charles Walker
March—"Mosby Raid" by David Kirby
April—"Let's Go" by Chuck Mauro
May—"Salute" by Barbara Glakas
June—"Friday Night Live Jam" by Ryan Dunn
July—"Red Tongues" by Ginger Kohles
August—"Paint the Sky" by Charles Walker
September—"Huddle" by Cathy Powers
October—"My Kiddos" by Becky Gardner
November—"Herndon in the Fog" by Andrew Rhodes
December—"Snow Day on Elden Street" by Kathleen Betti

THE EARLY MORNING WEATHER inspired other photographers' shots as well. December's selection, "Snow Day on Elden Street" by Kathleen Betti depicts a snowy intersection, but it wasn't taken during a winter month.

"This year, on the first day of my kids' spring break in March, we had a snowstorm, and it was about 6 a.m. in the morning, and I just walked outside and snapped a picture from my porch," Betti said. "It's interesting that it's a winter picture for the calendar."

Photographer Charles Walker also benefited from the out-of-season snow. He had two photos selected for the calendar. One, which was chosen for February, is of a cardinal on a snowy branch. The other is a photograph of artist Keith Naquin (who himself had a photo chosen for January) working on one of his downtown murals.

"It was a spring snow, so I went out looking for shots of birds, and I was hoping to see a cardinal, because I knew the red would look great against a white, snowy background," he said. "The other one I got when I was walking to Jimmy's, and I saw Keith painting his mural, and was struck by how much his painting looked like the sky above. That's where the title 'Paint the Sky' came from."

The exhibit of photos, including the winning entries, will be on display at ArtSpace through Sunday, Aug. 4.



Kathleen Betti stands next to her photo "Snow Day on Elden Street," which was selected to be part of the Town of Herndon's 2014 calendar.



Summer camp counselor Ian Holleran (center) stands with children now enrolled in the Herndon Summer Fun Camp.

Summer Fun Camps Continue in Herndon

The Summer Fun Camps are held outdoors at Bready Park and indoors at the Herndon Community Center.

BY RYAN DUNN
THE CONNECTION

At the end of June, the Herndon Summer Fun Camps began operations at Herndon Community Center, with Harriet Van De Riet and a team of trained counselors directing. "All of our counselors have enrolled in college," said Van De Riet.

The Summer Fun Camps are held outdoors at Bready Park and indoors at the Herndon Community Center. Campers swim twice a week at the Herndon Community Center indoor pools. Activities are planned around themes weekly, and a field trip is offered each week at an additional cost.

"I have been directing the summer camp for nine years now. I have been working with

children for most of my life," said Van De Riet. Van De Riet has been employed as a pre-kindergarten teacher at a school called Parkwood in Vienna.

"On Thursdays, we go to the Herndon Farmer's Market and see the Farmer's Market Fun Day. We walk the short distance using the W&OD trail from the Herndon Community Center," said Van De Riet.

"The kids love the field trips, especially going to the water parks. Swimming is a highlight of the day," said Rachel Anzengruber, assistant director of the Herndon Summer Fun camps. Anzengruber has worked as a counselor at the Herndon Fun Camps for several years now, and will be graduating in December from

SEE SUMMER FUN, PAGE 9



Herndon Summer Fun Camps Director Harriet Van De Riet (left) and Rachel Anzengruber, assistant director of the Herndon Summer Fun Camps (right).



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News



Supervisor John Foust (D-Dranesville District) addresses the Herndon Without Hunger volunteers before the start of the first of four food distribution events during Ramadan. Foust has been a long-time supporter and volunteer at the charitable event.

PHOTO BY MARIAM ANAM



PHOTOS BY ANDREA WORKER/THE CONNECTION

The volunteers get last minute instruction—and thanks—before the doors open on the July 25 Herndon Without Hunger Food Distribution event at Herndon High School. Good thing there were so many of them—almost 700 families lined up to receive staple dry goods as well as fresh fruits and vegetables.

Sharing in Ramadan 9th annual Ramadan Herndon Without Hunger aids locals in need.

BY ANDREA WORKER
THE CONNECTION

The Stock Market has been posting record highs. Homes in the local market have been selling in less than two weeks, sometimes for more than asking price—rising numbers that constantly make the news, all while another less publicized statistic about our area has also risen: the number of families in need, like those who attend the Herndon Without Hunger (HWH) food distribution that takes place during the holy month of Ramadan. “During Ramadan, Muslims choose to fast during daylight hours, but we know that all around us others don’t have that choice, the choice is made for them and their families,” said Somayyah Ghariani, the coordinator of HWH. “During Ramadan, we will host food distributions on Thursdays from 4:30-5:30 p.m., starting on July 11, with the last event on Aug. 1.”

HWH is a program of the Foundation for Appropriate and Immediate Temporary Help (FAITH), a non-profit that started at the All Dulles Area Muslim Society as an informal group of people just wanting to be of service to the community. Under the guidance of President and Founding Director Tanveer Mirza, FAITH became a 501(c) organization in 1999.

Ambreen Ahmed is the executive director of FAITH and deeply involved in the Herndon Without Hunger program. “FAITH runs a food pantry in Herndon all year, as well as a thrift store and two shelters, but this program is about going out into the community, reaching more people, and giving more people a chance to be of service and to see the needs of their neighbors for themselves,” said Ahmed. “The first year we ran the food outreach program, we started at our own offices. As more people



From left—Fairfax County Domestic Relations Services Director Laura Harris, Isaiah Wilborn, from Eastern Motors, Ranya Nureddin, Zhila Barzani and Rizwan Ajaz with FAITH join forces to hand out the pasta items. Nureddin and Barzani are both graduates of Herndon High School.

Herndon Without Hunger Coordinator and FAITH Fundraiser Somayyah Ghariani is all smiles when she realizes that her troops have managed to pull off another successful food distribution event.



came for help, we moved to the library, then the middle school. Here we are today in the Herndon High School cafeteria, and there are still a few people waiting outside the door.”

AT THE JULY 25 DISTRIBUTION, 698 families were served—a far cry from the 250 families who attended the first Herndon Without Hunger event. According to Ahmed, even though HWH’s army of volunteers arrived hours before start time to set up the food tables, and package and prepare for distribution, when they approached Door 11 of Herndon High School, there were already a number of

families waiting, worried that if they did not get there early, supplies might not last.

And just where did all the food come from? For the most part from long-time patron Robert Bassam, owner and CEO of Eastern Motors. Not only did Bassam supply the staples like rice, oil and pasta, as well as fresh fruits and vegetables, he also supplied quite a bit of manpower in the form of volunteering employees from his company. And he was even on hand to help in the delivery and logistics.

The organizers could not praise Bassam enough, nor could they offer enough thanks for the army of volunteers who made preparing

and distributing food for almost 700 families look like a well-rehearsed performance. In addition to the help provided by the Eastern Motors gang, volunteers also came from the All Dulles Area Muslim Society, from FAITH, from associated family members, and from the congregants and parishioners from a number of area houses of worship. Becky Wilson manned the table of fresh corn and passed out smiles with the produce and was seen helping a young pregnant client carry her heavy food bag. A member of the Church of Jesus Christ of the Latter Day Saints in Herndon, Wilson, may not know much about the Muslim faith or traditions, but she knows about pitching in to help. “The Herndon Without Hunger event was announced at our church. This is my third time to volunteer,” she said. Even some local companies got in on the act, like Veris Consulting of Reston, who sent six volunteers, as part of the company’s Day of Service initiative.

“This is really a community effort,” declared Ambreen Ahmed. “That is what makes it so beautiful. Young, old, from different faiths and different backgrounds. They are all here together, working side by side and helping.”

HERNDON WITHOUT HUNGER will be distributing food once again on Thursday, Aug. 1 at Herndon High School, Entrance 11, from 4:30-5:30 p.m. More information for those in need, or those wishing to donate or volunteer for the event or for any of the community service programs run by FAITH can be found at their website, www.faithus.org. The FAITH Thrift Store is located at 795 Center Street, Suite No. 2 in Herndon. Check the website or call 571-323-2198 for store hours or more information.

NEWS

Andrew and Jonathan Lohmann Receive Eagle Scout Awards

Andrew and Jonathan Lohmann, members of Boy Scout Troop 51, celebrated receiving their Eagle Scout awards on June 9 at an Eagle Court of Honor ceremony at Floris United Methodist Church in Herndon.

Andrew earned his Eagle status on Oct. 20, 2010, exactly 78 years after his paternal grandfather, Ralph G. Lohmann earned his Eagle rank. For his Eagle project, Andrew coordinated and held a Community Blood Drive in cooperation with Inova Blood Donor Services. During the one day event, 53 units of blood were collected to help fill the reserves for area hospitals, earning Andrew special recognition from the Inova medical team. Last fall, Jonathan completed requirements for his Eagle rank with a two day "Feed the Hungry" Community Food Drive coordinated through Community of Faith United Methodist Church in Herndon. Fifty scouts



From left—Andrew and Jon Lohmann at the ceremony.

and adult participants helped collect over two tons of food that were organized and stored for use by the church to prepare weekly meals for local families in need.

Andrew just completed his first year at Rensselaer Polytechnic Institute earning Dean's List honors

for the Engineering School and will be continuing his engineering studies at Virginia Tech in the fall, while Jonathan will be attending Lynchburg College to study physics and pre-engineering. Both are graduates of Oakton High School.

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OPINION

Enjoy Tax Holiday, Donate School Supplies

Good timing to help those in need.

It is debatable whether recurring tax holidays for different seasonal needs are good policy. But since this weekend is Virginia's tax holiday on school supplies and clothing, it makes sense to take advantage of the savings, and to spread the wealth around. The savings are more significant this year with the new sales tax increases in effect as of July 1.

This year the tax holiday is Aug. 2-4. During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be

exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families who are not able to afford to do the same. In Fairfax County, more than 40,000 students are poor enough to qualify for free or reduced price meals at school.

EDITORIAL

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/>

through Aug. 23. Last year the drive provided supplies for nearly 20,000 students. A \$10 cash donation goes a long way.

Nonprofits partnering in this collection effort include Koinonia, New Hope Church, Northern Virginia Family Service, Our Daily Bread, Reston Interfaith, United Community Ministries, Western Fairfax Christian Ministries.

For more ideas, see the Collect for Kids website at <http://collectforkids.org>.

FACETS is also collecting contributions of money, school supplies and backpacks. Last year, FACETS gave backpacks filled with supplies to more than 300 needy students. Contact Liz Griffith, Development Coordinator at 703-352-3268 or lgriffith@facetscares.org. See <http://facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY14.pdf>.

New Lyme Disease Legislation Now in Effect

BY BARBARA COMSTOCK
STATE DELEGATE (R-34)



On July 1, the Lyme Disease Testing Information Disclosure Act that I sponsored this year went into effect. Virginia is now the first state in the nation to disseminate information about testing problems directly to those who are suffering from Lyme Disease. This patient-centered measure enables patients to seek additional testing, if necessary, as well as receive appropriate and timely treatment. I've already seen this information posted in doctors' offices around our area, in compliance with the new law, and other states impacted are looking to take action too.

We modeled our Lyme legislation on an earlier bill we passed which provided information to women about problems in identifying breast cancer in women with dense breast tissue. In both cases, getting more information to patients both empowers and helps them seek additional treatments or information to help them battle these diseases.

I've heard from so many people in our community who are battling Lyme. Since I first took office, I have worked with leaders throughout Northern Virginia, including our Congressman Frank Wolf and Lyme Disease prevention advocates, to increase public awareness of this public health threat. In 2011, I passed a resolution to permanently designate May as Lyme Disease Awareness Month in Virginia.

The Lyme Disease Testing Information Disclosure Act that we passed this year simply requires health care providers to notify those tested for Lyme Disease that tests can produce a high rate of false negative results. The tests for Lyme only

become more accurate the longer the disease is in your body. We worked with McLean's Monte Skall and members of the National Capital Lyme Disease Association and were assisted by many of their volunteers who worked tirelessly to get their stories about failing to detect Lyme to legislators throughout Northern Virginia and the Commonwealth. It was the grassroots support and these stories that generated the winning bipartisan margin. Sharon Rainey of Great Falls, another tireless advocate who helps those in our community with Lyme Disease, was also a leader who worked with us to make this legislation a reality.

We need better and more accurate testing to help promote earlier diagnosis and treatment for this devastating illness, and are fortunate that the medical community in our area is working to find solutions. For example, in May, I joined some of my colleagues for a meeting with researchers from George Mason University's Center for Applied Proteomics and Molecular Medicine (CAPMM) and business partner Ceres Nanoscience to learn more about a new technology that will dramatically improve detection of Lyme Disease.

The lead researcher on the project is George Mason Assistant Professor, Dr. Alessandra Luchini, recently named as one of the "Brilliant 10" scientists under the age of 40 by Popular Science magazine. Her team and their partners at Ceres Nanoscience have been dedicated to refining their work on a new technology called a Nanotrap that will dramatically improve detection of Lyme Disease at much earlier stages. This testing also could lead to earlier cancer testing.

Dr. Chip Petricoin, Co-Director of CAPMM and Director of Science at Ceres Nanoscience explained the Nanotrap as a "vacuum cleaner for

infectious disease markers", able to "identify evidence of the disease when it is 2000 times smaller" than what can be identified with current testing processes.

Dr. Lance Liotta, also co-director of CAPMM and Director of Science at Ceres Nanoscience, noted that use of the Nanotrap test will "dramatically reduce the false negatives of current testing processes and lead to earlier and greatly improved treatment outcomes for those suffering from Lyme Disease."

I look forward to continuing to work with doctors, members of the Lyme community, neighbors, family and friends to increase public awareness of Lyme Disease and to ensure patient-centered medical care for all Virginians.

Lyme disease is the most commonly reported "vector-borne" illness in the United States. ("Vector" refers to a toxic microbe in the blood caused by a bug bite, such as a tick bite.) The Virginia Department of Health reports that there were an estimated 1,110 cases of Lyme disease in the state in 2012, up 9 percent from 2011. And cases were reported in all regions of Virginia.

Early symptoms of Lyme disease may include headache, stiff neck, fever, muscle aches and fatigue. If left untreated or if treatment is delayed, the disease can become chronic with serious, debilitating complications, such as joint pain and swelling, heart disease, neurological problems (e.g., Bell's palsy), dizziness, irritability, ADHD-like symptoms, cognitive dysfunction, muscle weakness and neuropathy.

For more information about Lyme you can check the following resources:

<http://wolf.house.gov/index.cfm?sectionid=223§iontree=7,223>
<http://natcaplyme.org/lyme-topics/overview.html>.

LETTERS TO THE EDITOR

Actions vs. Words

To the Editor:

It is well known that a person's actions speak louder than their words. To really know someone we must examine what they do, not what they say. Governor McDonnell has given us much to examine from

the moment he ran for office. During his election campaign he said that he had a plan that would solve Virginia's transportation problems. Over three years later that plan seems to have been to raise our taxes, and with the help of our elected officials that is just what he did. Some plan. He tried to sell a money-mak-

ing entity, the ABC stores, to private interests. Good thing that did not happen. During his time in office he and his family received monetary and other gifts from a wealthy businessman seeking political access. He has returned some of the gifts as well as paid back tax payer money spent on personal expenses. Now he has

lawyers and a public relations professional to help him formulate the words that he hopes will influence the way he is seen and thus improve his image. But his actions have already spoken for him.

Rebecca Horahan
McLean

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Published by
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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 31

Trip to Toby's Dinner Theatre to see "Les Miserables." 9:15 a.m.-4:15 p.m. Reston Association is having a chartered bus trip to Toby's Dinner Theatre for a buffet lunch in Columbia, Md. to see "Les Miserables." Ages 55 and older, \$62 for RA members, \$68 for non-members, bus pick-up locations include Hunter Woods Shopping Center, Thoreau Place, 1951 Sagewood Lane, Lake Anne Plaza parking lot. Ashleigh@reston.org or 703-435-6577.

WEDNESDAY/MONDAY/JULY 31-AUG. 5

Animators of the 60s Film & Art Gallery. All Day, at 11921 Freedom Drive, Reston. See original images from cartoon classics from the 1960's: The Flintstones, The Jetsons, Scooby Doo, Pink Panther, Top Cat and more. 703-478-0778 or artinsights.com.

THURSDAY/AUG. 1

Golf Tournament Benefit for the Council for the Arts of Herndon. 9 a.m., at 909 Ferndale Ave., Herndon. This benefit is sponsored by Jimmy's Old Town Tavern. Scholarships may still be available. 703-626-1066.

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.

FRIDAY/AUG. 2

Kristen & the Noise. 6:30-10:30 p.m., at 777 Lynn St., Herndon. Kristen & the Noise plays today's and yesterday's best covers and party tunes. <http://www.herndonrocks.com/>.

The Bankesters. 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. An old school bluegrass family band composed of mom, dad, three daughters and one son-in-law present intricate vocal harmony and complex wood and string work. \$12; children under 12 free. http://www.holycrosslutheranchurch.net/?page_id=18.

MONDAYS-FRIDAYS/AUG. 2-29

"Paint and Beyond" Exhibit. 8 a.m.-5 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Paintings, mixed media and more will be on display. Free admission, parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. www.leagueofrestonartists.org.

SATURDAY/AUG. 3

Lou Lou Day's Shop to Give. All day, at Lou Lou Boutique, Reston Town Center, Reston. The fashion and accessories shop hosts a day of giveaways and sales with a sweets and drinks bar and sales to benefit the National Race to End Women's



The Bankesters, an old school bluegrass family band composed of mom, dad, three daughters and one son-in-law present intricate vocal harmony and complex wood and string work for folks who come out to Holy Cross Lutheran Church in Herndon on Friday, Aug. 2, at 8 p.m.

Cancer, a Nov. 3 race in D.C. www.loulouboutiques.com.

DinoRock. 10-11 a.m., Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. A national leader in children's entertainment for more than 20 years, DinoRock Productions, Inc. has performed outstanding theater for millions of children nationwide. www.dinorock.com.

"Explorations in Fiber: Quilted Artwork" Artists Reception. 2-4 p.m., Reston Community Center at

Hunters Woods, 2310 Colts Neck Road, Reston. By local artist Anne Smyers, a collection of quilted art pieces will be exhibited. 703-476-4500 or www.restoncommunitycenter.com.

Nathan & the Zydeco Cha Chas. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Nathan & the Zydeco Cha Chas play zydeco and high-energy blues. <http://www.restontowncenter.com/events.html>.

MONDAY-MONDAY/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.

TUESDAY/AUG. 6

Roosters M.G.C. Grand Opening. 5-7 p.m., at 13346B Franklin Farm Road, Herndon. The new men's grooming center celebrates its Herndon opening with community business leaders and Mayor Lisa C. Merkel. Ribbon cutting is at 5:30 p.m. 703-689-8900.

TUESDAY-SUNDAY/AUG. 6-SEPT. 1.

Duy Lam: Union of Color and Form at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Visit the ArtSpace Gallery to view the works of Vietnamese painter and poet Duy Lam, impressionistic painter and abstract expressionist artist. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/AUG. 7

Creative Connections Game. 7 p.m., ArtSpace, 750 Center St., Herndon. The Council for the Arts and ArtSpace co-sponsor a networking event for artists created by Trish Ratliff. Bring works in progress of any medium for feedback. Tables, easels, and light refreshments will be available. 703-956-6590 or www.artspaceherndon.com.

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SPORTS



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Golfers participate in last year's clinic to benefit Cindy's Legacy, a nonprofit that provides support to cancer patients and their families. This year's clinic will be at the Herndon Centennial Golf Course Friday, Aug. 9.

Cindy's Legacy to Host 2nd Annual Golf Clinic

BY ALEX McVEIGH
THE CONNECTION

Cindy's Legacy, a nonprofit dedicated to providing services for families affected by cancer, will host its second annual golf clinic at the Herndon Centennial Golf Course Friday, Aug. 9.

The nonprofit is named after Cindy Martin, a Herndon resident who was diagnosed with a brain tumor in October 2010 and passed away while undergoing treatment the following February at age 54. While she was in treatment, her friends and family began helping her raise money to pay for her care.

"Families dealing with cancer often lose the ability to do basic tasks, like maintain their house, or even fill out applications for aid," said Stacy Brooks, Martin's daughter and founder of Cindy's Legacy. "Not to mention, treatment is expensive and drains the resources of many people, so we're here to help where we can."

Since its founding, they have helped dozens with gas cards, grocery cards, bill payment, transportation and more. Their latest project has been to provide "Chemo Care Packages," which contain items designed for patients currently undergoing chemotherapy.

"There are special lotions that patients need, that don't have perfumes and can be very expensive, that's part of the packages," Brooks said. "As well as things like head wraps, tissues, hand sanitizer and anything that will make their treatment more comfortable."

Stormy Stringer, a former Reston resident who currently lives in Washington, D.C., is recovering from breast cancer and recalled that the crossword



Supporters of Cindy's Legacy participate in a fundraising golf clinic in Herndon last year. This year's event will be Friday, Aug. 9 at the Herndon Centennial Golf Course.

puzzle book given to her as part of the package was so difficult that she became focused on it, and it took her mind off the otherwise uncomfortable treatment.

Another family in Culpeper, whose father and husband was undergoing treatment, was provided with house cleaning services.

"We know we can't help everyone we would like to financially, but there are other things we can do to make lives easier," Brooks said. "Recently there was one family that we helped get assistance in filling out a Medicare application, because treatment could be covered, but they had to navigate that whole maze, which they didn't have the time or energy to do, but we can help."

The Aug. 9 clinic at the Herndon Centennial

Course will feature a buffet with JJ's Deli's signature barbecue. There will also be a silent auction for two wine baskets, and a raffle which will provide all those in attendance with a chance to win a Keurig coffee machine, golf lessons and other prizes.

"All proceeds from the event will go straight to our mission, directly to the families and people we serve," Brooks said. "As an organization, we have no overhead or other costs, because our mission is to provide all the help we can."

Attendees can choose from a golf lesson, or shooting three holes of the course with a local pro. The event will run from 6 to 9 p.m., and is \$35 for those who wish to participate in the clinic and \$15 for those just interested in dinner and networking.

Registration is open until Monday, Aug. 5, and can be found at www.cindyslegacy.org.



PHOTOS CONTRIBUTED

Brad Burgeson competes for the Oakton Otters dive team.

Oakton Otters Drop Final Meet of Season

The Otter Divers lost their final meet of the season on July 23 against Tuckahoe, 35-32, bringing their win-loss record for the season to 1-4. As usual, the Otters had a very strong showing, with several of their divers qualifying to dive up in the next higher age group. Four Otter divers took first place in their respective categories: Mackenzie Brennan in junior girls with a score of 120.25, Julia Powell in intermediate girls with a score of 131.15, Brad Burgeson in intermediate boys with a score of 132.70, and Gil Osofsky in senior boys with a score of 124.65.

The Otters swept the top

three places in junior girls, with Kenna Campfield placing second and Kyla Straker placing third. Other divers who placed were: Claire Newberry (freshman girls, second), Blaise Wuest (freshman boys, third), Finn MacStravic (junior boys, third) and Saachi Khurana (intermediate girls, second).

Sixteen Otters were scheduled to compete in the Division 4 divisional dive meet on July 28: Wuest, Haley Liddell, Lexi Pierce, Claire Newberry, Mackenzie Brennan, Campfield, Straker, Lindsey Liddell, Khurana, Liam Klopfenstein, Burgeson, James Crowley, Elana Colbert, Powell, AJ Colbert and Everi Osofsky.



Julia Powell dives for the Oakton Otters.



Blaise Wuest competes in the Oakton Otters' season finale against Tuckahoe on Tuesday, July 23.

SUMMER FUN

Children enrolled in the Summer Fun Camps take trips to see the Thursday Farmers Market Fun Day events. On July 18 they went to see some of the animals cared for by wildlife sanctuary operator Jennifer Westhoff.

PHOTO BY
RYAN DUNN/
THE CONNECTION



Happy Campers of Herndon

FROM PAGE 3

Radford University with an education degree. "I will be certified to teach kindergarten through sixth grade, and I really hope to teach in Fairfax County."

The staff and counselors find the work engaging and rewarding, and many return for the next summer. "I will try to return next summer," said counselor Ian Holleran. Holleran has been studying elementary education at the University of Nebraska. "I've been gaining learning experience on how to work with kids. I previously worked at some basketball camps, but here in this environment you

gain more experience in problem solving."

"During the day kids have some freedom in choosing which activity they want to be involved in, whether it be kickball, dodgeball, relay races, waffle ball, soccer, or arts and crafts," said Anzengruber.

There are three sessions to the Herndon Summer Camp, with Session III beginning Aug. 5 and going through Aug. 16.

"I've been going to every session for the last several years," said camp attendee and Herndon resident Eddie Ozycz. "I have really enjoyed the trips to the water parks and field trips." Some of these previous vacations have in-

cluded trips to bowling allies, and there is an upcoming planned trip to the National Zoo in Washington, D.C.

Summer camp hours are Mondays through Fridays, 7:30 a.m.-6 p.m. The camp encourages all children to arrive by 9 a.m. "Kids have a great time, it is great to see the camaraderie that kids build up," said Van De Riet. "I enjoy watching the children have fun and create great friendships that the children develop."

To learn more about the Herndon Summer Fun Camp, visit the webpage at: http://www.herndon-va.gov/Content/Parks_rec/Programs_and_classes.

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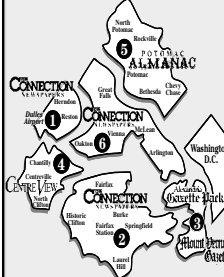
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"Chemo-Nosabe"



By KENNETH B. LOURIE

Although I've not seen the current "The Lone Ranger" theatrical release, I am of a certain age and generation who grew up watching – on black & white television with NO remote control and only THREE watchable channels – the original "The Lone Ranger" (starring Clayton Moore and Jay Silverheels), along with other weekday-afternoon and Saturday-morning classics like "The Rifleman," "Roy Rogers," "Sky King," "Superman," "Leave It To Beaver" and "Ozzie and Harriet" – in my house, anyway. And though the "effects" weren't nearly as "special" as they are in today's movie/television productions/versions, nevertheless, the effects on me, personally, were far greater. Can you say wholesome goodness? The Golden Rule? Do unto others...

What little I know about life and death and sickness, I wasn't learning from these programs. And since I was raised in an extremely healthy household with an extended family that didn't seem to be too sick, too often, my upbringing had zero exposure to cancer – other than asking a girl for her astrological sign. Even into my adulthood, I had very little experience with this dreaded disease, and when I got married and connected with an entirely new and different set of people/backgrounds, cancer was amazingly still not impacting our lives. Obviously, we were all very lucky.

Well, I certainly know about it now: stage IV, non-small cell lung cancer (the terminal kind) diagnosed at age 54 and a half. Thank God my parents weren't alive when I was diagnosed; I imagine the news would have taken years off their lives. As it was, they lived full lives and died at 87 and 86; my widowed mother having died nearly three months before my diagnosis was confirmed. Certainly my parents would have provided great comfort to me, but predeceasing me was probably for the best.

And what's also been for the best, since my diagnosis, is what I've learned about my situation, a situation unlike any with which I've had experience. Previous to my diagnosis, my knowledge on the cancer subject would likely have fit on the head of a pin. Now, it's a bit more, not too much, but more than enough, as you regular readers know. And mostly that knowledge has to do with chemotherapy and targeted treatment, the two primary treatment protocols for stage IV lung cancer patients (stage IV means the cancer has metastasized and is inoperable; there is no stage V).

The most distressing thing I've learned is that chemotherapy/targeted treatment is no friend of mine; more like a necessary evil with no guarantees of success. Though these treatments may be an enemy of the cancer/tumors, they are no silver bullet and no Clayton Moore-type life saver (maybe if my oncologist wore a mask and yelled "Hi-Yo Silver" every time he saw me, my progress would be different). Granted, I've survived way longer than I was originally "prognosed" to do so ("13 months to two years"), for which I'm extremely grateful and fortunate. However, only reruns last forever.

Perhaps the years I spent watching these programs instilled in me a certain positive hopefulness that somehow things would work out OK. So far they have. And even though these shows have mostly disappeared from the airwaves, I haven't. See you next week. I'll be write here.

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

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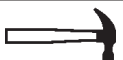
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