

New Playground Opens

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The new playground at Herndon's Bready Park at dusk.

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PHOTO BY RYAN DUNN / THE CONNECTION

Area Gears Up for Rail Opening

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Town Of Herndon Holds Swearing In Ceremony

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PHOTO BY RYAN DUNN/ THE CONNECTION

U.S. Congressman Gerry Connolly (D-11) briefly spoke at the Town of Herndon swearing in ceremony held at Herndon Municipal Center.



PHOTO BY RYAN DUNN/ THE CONNECTION

Mayor Lisa Merkel takes her oath of office at Herndon Municipal Center. On the far left is former town council member Lisa Jonas. The Town of Herndon is the third largest town in the Commonwealth of Virginia.

Town Of Herndon Holds Swearing In Ceremony

Mayor Merkel and 2014-2016 Town Council sworn in to office.

BY RYAN DUNN
THE CONNECTION

At a special ceremony held Sunday evening on June 29 at the Herndon Municipal Center, Town of Herndon Mayor Lisa C. Merkel and members of the 2014-2016 Herndon Town Council were sworn into office by the Honorable John T. Frey, clerk of the Circuit Court for Fairfax County. The Town of Herndon is the third largest town in the Commonwealth of Virginia and home to over 23,000 residents.

In addition to Merkel, members of the 2014-2016 Town Council are Jennifer K. Baker, David A. Kirby, Steven Lee Mitchell, Sheila A. Olem, Jasbinder Singh and Grace Han Wolf. Master of Ceremonies for the Sunday event was former Herndon Vice Mayor Darryl C. Smith, Sr. "It is great to see so many Herndonites and so many friends from around the county," said Smith.

More than 200 persons attended the event, including U.S. Congressman Gerry Connolly (D-11), Del. Mark Keam (D-35), Fairfax County Board of Supervisors' Chairman Sharon Bulova, former Board of Supervisors Chairman Kate Hanley, Dranesville District Supervisor John Foust, and former Herndon Mayors Carol Bruce, Mike O'Reilly, and Steve DeBenedittis.

For the event former Herndon councilmember and President of the Herndon Foundation for the Cultural Arts Board of Directors Harlon Reece sang the Star Spangled Banner. Reverend Stephen Smith-Cobbs of Trinity Presbyterian Church led an invocation for the new council. "Keep them aware of who they are to serve as they



PHOTO BY RYAN DUNN/ THE CONNECTION

Town of Herndon council member Sheila Olem takes her oath of office during a Sunday event at Herndon Municipal Center.

serve the whole Town of Herndon," said Rev. Smith-Cobbs.

CONGRESSMAN CONNOLLY was welcomed to say a few words. "I truly believe local government is one of the most noble forms of government," said Connolly. "You live on the edge when you are on local government because of the level of accountability... Congratulations to the Town of Herndon for building such a special community." After the oaths of office were performed, Supervisor John Foust introduced Mayor Lisa Merkel to the podium.

In her remarks, Merkel called Herndon "the gem of the Dulles Corridor, a walkable small town with a world view, a close-knit community that celebrates history and welcomes innovation." Merkel pledged to remain focused on planning for Metrorail, development in Herndon's downtown and enhancement of town services. "Your town council and I will continue to work hard to make certain that, when Phase 2 of the sil-

ver line opens, we are ready to capitalize on the tremendous potential it represents both culturally and economically for our town," said Merkel.

"We have rezoned the town owned land, approved the downtown pattern book and architectural guidelines, and dirt is finally turning on the new Vine Haven project, signaling the start of a smart, planned re-development in our downtown," said Merkel. "Our innovate metro plan will also allow Herndon to attract world-class business to marquee spaces along the toll road, increasing our commercial tax base while elevating our stature in the Dulles technology corridor and throughout the region."

Merkel encouraged citizens to stay involved. "We'd love to see you at council meetings," she said. "Call us, email us, find us on Twitter and Facebook, whatever works for you. Let us know what you think. Help us set the agenda for Herndon, now and into the future. Herndon's future is

bright and I look forward to seeing you there."

"I am very much excited about the new council," said Herndon resident and Executive Director of the Council for the Arts of Herndon Signe Friedrichs who attended the event. "I am glad to see Lisa complete the agenda for the Town," said Town of Herndon resident Al Hobson. "She strikes a good balance between keeping a family friendly feel yet also welcoming new business ventures." Also attending the ceremony was Herndon Police Chief Maggie A. DeBoard. "We look forward to working with the council and accomplishing great things," said DeBoard.

MATTERS the Town Council may later address include developments with the Herndon Silver Line station and overcrowding in local public schools. In 2009, Herndon Elementary was number 21 on the district's list of schools to be renovated, but by the following year, renovations were pushed back to 2021. The Herndon Station is part of Phase 2 that is expected to be complete in 2018, taking passengers to Reston Parkway, Herndon, Route 28, Dulles International Airport and Ashburn. Phase 1 of the Silver Line is expected to open on Saturday, July 26.

"I thought the event was wonderful," said newly elected councilmember Steven Lee Mitchell. "I cannot express the gratitude I have for the Town and I look forward to working for them." Merkel and the 2014-2016 Herndon Town Council will hold their first public hearing on Tuesday, July 8. The July 8 public hearing will consider amending the budgets of the General Fund, Water and Sewer Fund, Chestnut Grove Cemetery Fund, Golf Course Fund, and Downtown Parking Enterprise Fund. The meeting begins at 7 p.m. and is held in the chambers building at 765 Lynn Street. Agendas, minutes and streaming video of public hearings are available on the town's website at www.herndon-va.gov.



PHOTO BY WHITNEY WINN

Wiehle-Reston East Station: The first Silver Line train will leave the station on Saturday, July 26, at noon.



PHOTO BY CHUCK SAMUELSON

Train approaches McLean Metro Station.

Area Gears Up for Rail Opening

SEE LOCAL PERSPECTIVE, PAGE 8,9

Silver Line starts running on July 26.

BY REENA SINGH
THE CONNECTION

On July 26, the expectations and hopes of commuters in Tysons and Reston will either be met or dashed when the gates to the Silver Line Metro stations are opened at noon.

Phase I of the project - which had to deal with opening date delays for the past two years - may bring traffic into an already traffic-congested area, some fear, but also hold the promise of an economic boom.

"I know that people say that with more businesses coming that there's going to be more traffic," said Greater Reston Chamber of Commerce President Mark Ingrao. "I say it's better that we have traffic and commerce here than nothing at all."

Because the Wiehle-Reston East station boasts a 2,300 vehicle garage, it will attract many of the Loudon County commuters in addition to those in Reston and Herndon.

THE WIEHLE-RESTON EAST STATION, according to silverline.com, also has an additional 1,000 parking spaces operated by Comstock. For those who are close enough to pedal to the station, there are 15 bicycle racks as well as a reserved bike room for 200.

"We need to have people get to the metro without driving," said Reston Association President Ken Knueven. "I rode my bike to the metro station, and it's not difficult for me. Until both phases are finished, there will be an influx of people coming from the west and parking here, but I only see that as a short term problem."

Ingrao, who said GRCC has been pushing for the Silver Line during the past five years, said more D.C.-area residents are going to want to move to Reston because of the jobs being created by developers.

"I think you're going to see a reverse commute phenomenon, and this will be a game changer," he said.



PHOTO BY STEPHEN BARNA

View of pedestrian entrance at Wiehle-Reston East Station.

With the population boom will come an even greater need for better pedestrian walkways and bicycle paths.

As the stations were being finished, meetings were being set up in Reston seeking avid bicyclists and those who are within walkable distance to the station about the best places to put new sidewalks and bike lanes.

The Washington Metropolitan Area Transit Authority announced that the Silver Line reached "substantial completion" in May. However, just a year ago, Metropolitan Washington Airport Authority pushed the opening date from last December to this February after the original plan's September 2013 substantial completion goal snagged an eight week delay.

In February, MWAA rejected a notice of substantial completion after seven of 12 key criteria - including incomplete testing and documentation security verifications - had not been met by Dulles Transit Partners.

Phase II will eventually take the Silver Line into Loudoun County.

Now that the date and time of the opening for the Phase I stations has been determined, training has started. On Sunday, the

Spring Hill Metro station had an emergency scenario drill with countywide emergency responders.

Artists and urban developers held a brainstorming session last month to turn the Tysons-area stations into visually appealing walkway. Additionally, WMATA is selecting 10 people to be a part of the first ride from the Wiehle-Reston East station on June 26 if they enter on the Silver Line website.

TRAINS WILL RUN every 6 minutes during rush hour and every 12 to 20 minutes during off-peak times, according to a statement from WMATA.

According to WMATA Public Information Officer Philip Stewart, station boardings after one year will be:

- ❖ Wiehle-Reston East: 8,244
- ❖ Tysons Corner: 5,209
- ❖ Spring Hill: 4,002
- ❖ McLean: 3,803
- ❖ Greensboro: 3,306

Actual ridership, he said, will be double those statistics.

Because this means thousands of people will be heading towards stations that do not have any parking space - Tysons Corner,

Spring Hill and Greensboro stations - bike paths and bus routes will be beefed up.

"You'll see significantly improved bus transit services in the surrounding areas," said Dranesville Supervisor John Foust. "We're also planning dramatic road improvements."

Foust sees the influx of commuters heading to the stations as economy drivers who are stimulating developers to build more in the area. He foresaw that, with less people using cars in their commute to Tysons, that traffic through Route 7 would be less congested.

McLean Citizens Association President Sally Horn also sees the economy being boosted by the stations, but does not think Metro will be a realistic option for most McLean residents. The McLean station has five bus bays total and 26 bicycle racks.

"I'm hoping that the arrival of metro next month will be a positive game changer for the Tysons area, spurring positive economic development and community," she said in an email. "I also hope that the arrival of metro will help to reduce traffic congestion as more people opt to take metro to and from Tysons."

"I am concerned, however, that the lack of any parking at three of the four stations in the Tysons area means that metro will continue to not be a viable option for most current residents in the greater McLean area as most of McLean is not on any bus route now and will not be getting access to buses that could take them to the metro stations once the Silver Line opens; only the McLean station has any parking and that is limited to about 730 spaces."

Most officials are cautiously optimistic about the station openings, with visions of toll road corridor revitalization in Reston's case and decreased traffic in Tysons case.

But there is still work to finish, most agreed.

"We're enthusiastic," said Knueven. "It's critical for us and we will be a critical voice for our stakeholders. There's work to be done, but we're excited. This is only the beginning."

For more information on the Silver Line, visit <http://silverlinemetro.com>.

Herndon High to Host STEM Boot Camp

New STEM Academy hopes to squash dropout rates.

BY REENA SINGH
THE CONNECTION

After growing more concerned with Herndon High School's dropout rate, Gustavo Pacheto decided he was going to help change it.

The Herndon Outreach and Latin American Impact MBC Director and his son decided to start a STEM Academy for students this summer to help them find a passion in their education.

"We have been in contact with teachers from the Herndon area high schools and middle schools to recommend students that they feel could benefit the program," he said.

The classes are open to any students who will be attending Herndon High School in the fall.

The academy will run 9 a.m. to 2 p.m. from July 7 through July 31 and is free for all students to participate. Lunch will be provided daily by Herndon Neighborhood



A new STEM Academy for Herndon High School students starts on July 7.

Resource Center.

During most days, students will be taught science and math by students who attend colleges like Princeton University, University of Chicago and Northwestern Univer-

sity. Classes will range from biology and pre-algebra to concepts science and calculus.

Thursdays will be designated as activity days.

"Some examples include having a day

where the instructors speak about their colleges, the college application process and financial aid," Pacheto said. "Another day, we will teach the students basic programming skills. Another day, we will have the students tour labs at the National Institutes of Health."

George Mason University Biology Term Assistant Professor Reid Schwebach said STEM courses are important for students still in their teenage years - and is especially important for at-risk students.

"It was notably found with minority students that the dropout rates were cut in half in the University of Michigan [Undergraduate Research Opportunity Program]," he said.

He said that even when students become biology students to go to medical school, they learn good speaking skills and learn to think critically, which are important traits for any job.

That way, if they decide they do not want to pursue becoming a medical doctor, they have the skills to pursue other in-demand jobs in health care.

"STEM can be a real game changer for these students," he said.

For more information about the program, contact Gustavo Pacheto at latinamgp@gmail.com.

New Playground Opens At Herndon Community Center

Children's playground now open at Bready Park.

BY RYAN DUNN
THE CONNECTION

The Herndon Community Center located at Ferndale Avenue in Herndon reopened a new playground on Wednesday, June 25. "This playground packs as much as possible into the space, and incorporated most of the suggestions we gathered from the community and the school kids," stated Cynthia Hoftiezer, Project Coordinator for the Town of Herndon. "We've been thrilled with the response by our summer camp kids and park visitors. We welcome everyone to come out to the Grand Reopening of the playground on the 4th of July at 6:30 p.m."

The playground at Bready Park was designed with input from the community and students from area elementary schools. From these conversations, the design included the barrel roller (reminiscent of the former playground), a ten spin, a net climber, a rock wall, double slides, spinning elements, a wiggly bridge, a see-through covered slide, shade toppers and much more. All renovations were implemented according to current playground safety guidelines and ADA standards. "We are excited about the playground," said Town of

Herndon Mayor Lisa Merkel.

Bready Park will also be the location of a July 4th fireworks show choreographed to music. The firework show begins at dark, close to 9:30 p.m. With public schools now out, Herndon Community Center offers a variety of summer camps to provide children enriching experiences. Full-day, half-day, or just for a few hours, campers have the opportunity to learn and have some fun. The staff and counselors find the work engaging and rewarding, and many return for the next summer.

The community center still has some openings for enrollment in their summer camp program. Among the different camps are Teen Discovery, for children ages 12 to 15. In this program teenagers will spend two full weeks with friends, while traveling to their favorite summer destinations. There are different destinations each session. The Preschool Play Camp is programmed for ages 3 to 5. Themed activities include arts and crafts, music, and nature. The staff will actively encourage children to try new activities, make friends and learn new skills.

The Herndon Community Center is an award-winning fitness and recreation facility located within Bready Park in the Town of Herndon. Adjacent to the W&OD Trail, the Herndon Community Center is an excellent place to exercise, swim, play tennis, play basketball, or play racquetball. To learn more about Herndon Community Center, visit www.herndon-va.gov/Content/Parks_rec/



PHOTO BY RYAN DUNN/ THE CONNECTION

Children enjoy playing on the new playground at Herndon's Bready Park near the Herndon Community Center.

NEWS

High School Graduates Receive Scholarships

The Closet of Greater Herndon recently awarded \$15,000 in college scholarships to 12 high school graduates in ceremonies at five local high schools. The 2014 scholarship recipients are:

*Herndon High School: T're Thomani Brown and Iram Saqib

*Mountain View High School: Wana Chiwevu and Elizabeth Regina Scarcella

*Oakton High School: Omar Farg Abderhman and Jazmine Monae Carter

*Park View High School: Olivia Aljandra Elias Constanza, Emyl Jahaira Maradiaga, and Umme Salma

*South Lakes: Rida Fatima Kayani, Tyler Shea Liboro, and Karla Yanira Portillo Orellana

Since 1974 The Closet has awarded nearly \$440,000 in college scholarships to more than 400 students. In this same 40-year period, The Closet has distributed over \$2.6 million in direct cash grants to local service groups, of which the scholarship program is an important part.

The Closet of Greater Herndon

is a nonprofit thrift shop founded and operated by numerous area faith based communities. The Closet provides shoppers low-cost, good quality used clothing, shoes, books and other household items. Donations of clothing and small household items are always needed, graciously accepted, and may be dropped off at the store Monday through Saturday from 8 a.m. to 3 p.m. Retail store hours are 10 a.m. to 2 p.m. on Tuesdays, Thursdays and Saturdays, and 5-8 p.m. on Thursdays in June, July, and August.

The Closet welcomes new volunteers at any time Monday through Saturday between 8 a.m. and 4 p.m. Please see the store manager, Aaron Sawyer. The Closet also welcomes student volunteers fulfilling their community service requirements for school. Go to <http://www.theclosetofgreaterherndon.org> for further information about The Closet.

The Closet of the Greater Herndon Area Inc., 845 Station Street, Herndon. For more information, call 703-437-7652,



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OPINION

Silver Line No Silver Bullet

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

The Silver Line Metrorail extension will open for riders on July 26. For those of us who have been looking at the seemingly completed infrastructure for many months, announcement of the actual date that we can ride this important new service for our community is welcome news.

Having worked on bringing Metrorail to Reston and beyond for the last 20 years, I am especially excited about the opening. In the 1990s I was the lone politician calling for rail service in the Dulles Corridor while some dismissed the idea as a pipe dream. In order to develop support for the rail project, I enlisted the help of business and community leaders who supported the idea. In August 1998, I announced the formation of the Dulles Corridor Rail Association (DCRA) as a nonprofit, non-partisan advocacy group supporting rail in the Dulles Corridor. Joining in the announcement



GUEST
EDITORIAL

were professional planner Patty Nicoson who became president of the group and continues in that capacity today, former Delegate Vincent Callahan who demonstrated bipartisan representation, former Virginia Secretary of Transportation John Milliken and Restonians Joe Stowers and Steve Cerny among others.

We set to work with letters and opinion columns, testimony at public hearings and a variety of advocacy activities that built support for the project. The task was not easy and not without setbacks. While there was widespread agreement about the need for more public transit options in a metropolitan area that had outgrown its transit service planned for in the 1960s, we had to convince some elected leaders that rail was justified over simply expanded bus service or bus rapid transit. The idea of putting the extension in a tunnel sounded attractive but was cost prohibitive. Commercial interests were agreeable to additional taxes to help pay for the system, but the project had to be broken into two phases to

nation to succeed we must keep opportunities open for all Americans, regardless of their backgrounds.

I respect Mark Warner for representing Virginia well. As a businessman, a second-generation American, and a proud Virginian, I look forward to supporting him in November, so he can continue his work to represent us all.

Mehmood Kazmi
Great Falls

Outraged by Medicaid Rejection

To the Editor:

The article in The Connection which described the rally at Neighborhood Health Services in Lorton ["Medicaid Expansion Supporters Rally," June 19-25, 2014] is a perfect demonstration of the disgust and outrage that many feel over the rejection of Medicaid expansion in the recent budget passed in the General Assembly.

It is senseless to reject federal funds that would clearly benefit Virginians. Even more preposterous is the fact that, despite being one of the richest counties in the nation, Fairfax County is home to tens of thousands of people who lack health insurance. More than 35,000 of our fellow Fairfax neighbors could be covered under Medicaid expansion.

Republican Delegates like Jim LeMunyon, Dave Albo, and Barbara Comstock insist on denying healthcare to people because of ide-

ology, not facts. Virginia Republicans have not offered any alternatives to closing the coverage gap, and their inaction is clear – they have no plans to help uninsured Virginians.

Expanding Medicaid in Virginia is a moral imperative and makes sense economically. Medicaid expansion means more productive employees for businesses. It means Virginians would have more money in their pockets. It can lift struggling people out of poverty and reduce the threat of a devastating medical bankruptcy. However, the Republican Party of "No" once again, stands in the way.

Kathie Wespheling
Vienna

Campaign Experience

To The Editor:

I recently had the opportunity to volunteer on the John Foust for Congress Campaign – a small office with a small army of professionals, interns, and volunteers – and I'm pleased to say that it was an extremely positive experience.

Although the office is barely noticeable from the outside, the hallways are constantly buzzing with interns, field coordinators, and campaign staff discussing issues, cracking jokes, making phone calls, and drinking an exorbitant amount of coffee.

I made calls, knocked on doors, and talked to many voters. Most were friendly and interested in the election. I was pleasantly surprised by the experience as a whole. Everyone was polite, hard working, and

accommodate when a business interest would start paying an additional tax and when they would receive service. Toll increases on commuters were projected to be unbearably high requiring DCRA to successfully lobby for more direct state appropriations to keep tolls down.

With no direct financial support for the project and a 2010 goal to deliver a completed system, the 30 men and women who made up the original board and those who have joined and left since that time are to be thanked and congratulated. I am honored to continue to serve as chairman of the board of DCRA.

The Silver Line will not be a silver bullet to solve all our transportation woes. We still live in an area ranked 10th in the country for the worst traffic! Rail and bus riders will be asked to make adjustments; drivers may have to change their commuting habits; and some will complain about tolls and fares. Even so, the Silver Line brings a critically important part of infrastructure to our area that will add to our quality of life in getting to and from work and taking advantage of the rich educational and cultural resources of our region and our nation's capital.

Where Are Your Kids?

To the Editor:

For each of the past three gorgeous days, I've spent an hour or two hobbling along the pathways in my neighborhood, Lake Anne Village. I enjoy interacting with the young. Alas, my paths crossed nary a youngster, morning or afternoon. I decided to call out the alarm:

Hey parents—where are your kids?

On their scooters and bikes plying our 50 miles of trails?

On our lakes rowing or paddling?

On our tennis courts playing singles or doubles?

Playing catch or shooting baskets?

On our courts playing volleyball?

or
At home exercising their thumbs?

From a very concerned citizen

Bob Simon
Reston Founder

dedicated to the cause. The people working on the campaign genuinely believe John Foust would be the best Congressman for the Tenth District. I would encourage anyone to stop by the office and get involved.

Jisu Kim
Vienna

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

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

ADVERTISING:
For advertising information
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Kim Taiedi
Display Advertising
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Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

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

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

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

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

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



NEWS

Grace Wolf Appointed to State Commission

Town Council Member Grace Han Wolf was appointed to the Virginia Commission for the Arts.

A press release from Gov. Terry McAuliffe's office announcing administrative appointments was issued Monday.

"I'm pretty excited," said Wolf. "It's a great organization. I'm pleased to be joining this group of art supporters."

Wolf found out in an email last week, she said.

She will help oversee art spending within the state as well as make sure money is set aside in the General Assembly for the arts, among other duties.

Wolf is a past president of the Herndon Council of the Arts and was a board member for about 14 years.

"Grace's business and public service experience, coupled with her years serving on the Herndon Council for the Arts Board of Directors make her a great addition to the Virginia Commission for the



Grace Han Wolf

PHOTO BY RACHEL STONE/THE CONNECTION

Arts," said Mayor Lisa Merkel in an email. "I am proud of her work and know she will represent Herndon well."

To find out more about the state Commission for the Arts, visit <http://www.arts.virginia.gov>.

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Silver Line: A Welcome Newcomer to Neighborhood

Reston, Herndon residents, community leaders reflect on upcoming opening of Silver Line.

BY ANDREA WORKER
THE CONNECTION

Just how long have the residents of Reston and Herndon been waiting for their own rail connection to the Greater Washington Metro system? And just how do folks feel about the addition of Metro to the community? Well, when Jim Curren moved to Reston in 1986, “our District Supervisor at the time assured us that light rail would be in place within three years,” he laughed. As everyone knows, the light rail plan was shelved long ago, but even in its current composition, Metro’s Silver Line, designed to ultimately run from Dulles Airport and Eastern Loudoun County all the way to Largo Town Center, Md., with options for connecting to other Metro lines, has still been a long time coming. “Let’s just say a lot has happened since I first became aware that the Metro was really in the works for our area,” said Jason Lee of Herndon. “I was still single, and these young ladies were not in the picture yet,” said Lee, pointing down to toddlers Michelle and Marina, the twin daughters he was strolling on the Washington and Old Dominion Trail near the historic Herndon town square. “But we are glad it’s finally coming, although we still have a long wait for our station in Herndon.” Lee is right. Phase 2 of the Silver Line Project, beginning at the Wiehle-Reston East station and heading west hasn’t even begun construction as of yet, and estimates today put the operational arrival of Phase 2 somewhere beyond 2018. “Maybe we’ll get lucky,” added Lee, “and they will open a portion of Phase 2 before the whole thing is ready.”

FOUR YEARS may seem like an eternity to those who are waiting to catch a carefree ride to Tysons, D.C., the Airport, or other locations along the Silver Line’s route, but for some, like Herndon Mayor Lisa Merkel, it means more time to plan and prepare. “Metro is finally getting closer to home for us,” said Merkel. “Our residents who now go to Falls Church or Vienna as part of their commute will only have to go just down the road to the Wiehle Station. A huge time saver.”

In a phone interview, Mayor Merkel spoke of Herndon’s past, present and future preparations for the local advent of rail transportation. “It’s always a topic of discussion and part of our work. There are nine property owners involved where the Herndon Station will be built, so there’s a lot of coordinating going on, but everyone is working together.” Merkel also thinks that being “second” will help address any kinks before Herndon gets



PHOTO BY ANDREA WORKER/THE CONNECTION

The Wiehle-Reston East Metro Station – Ready to go, just waiting for the train.

on board with Metro. “Even with all our plans already in place, we have the opportunity to watch and learn from the Reston start-up. We can incorporate what works well and maybe circumvent some potential problems.”

Merkel had no qualms about mentioning the elephant in the room. “Traffic,” she said. “That’s the word that comes up the most often in any discussion about our area, in any regard, not just about Metro. It certainly came up when I did some door-knocking this spring, talking to residents and asking their thoughts on the Silver Line and other issues.” Merkel says it’s up to the Town, working with everyone involved, from the Washington Metropolitan Area Transit Authority (WMATA) to Fairfax and Loudoun counties, from citizens’ groups to the Virginia Department of Transportation to keep traffic mitigation at the top of the list at all times. “We need to keep looking for ways to connect people to transportation outside of their cars. We are working to make Metro as accessible as possible from everywhere within our borders.” Merkel urged Herndon residents to stay informed – “the website on the Herndon Metrorail Stations Access Management Study at www.hmsams.com is one resource” she cited – and “stay involved and vocal.”

Some local businesses aren’t willing to wait for Metro to get closer to them. Companies like Herndon-based BridgeStreet Global Hospitality are being proactive and taking steps now to get themselves closer to Metro access. “The company is really grow-

ing,” said J.R. Dembiec, BridgeStreet’s Managing Director - Operations (Americas) and Brand Support Services. “We need more efficient space, so we decided to look at sites as close to the Wiehle Station as possible. This will open up an additional pool of talent for our recruiting needs, helping us attract those who might see our area as too far to travel to by car or too difficult with transit challenges. I think the Silver Line will have a positive influence on all local employers.” An added bonus offered by some of the complexes that Dembiec and the company’s leadership are considering – “Shuttle service. One that’s high on the list will be offering a frequent shuttle service between the station and the buildings.” It sounds like the commercial real estate industry in the area agrees with Dembiec that the new metro line will help Reston/Herndon, Virginia’s second-largest employment hub, grow their businesses, as well as attract more employers to the area. The shuttle service shows they are considering ways to entice those employers to their facilities.

More companies making the move to Reston, with its new access to rail transportation as a factor when choosing an operating location is one of the benefits that Reston Association President Ken Kneueven says they’ve been counting on. “The arrival of the Silver Line can’t help but positively impact our area economically through increased business opportunities, job opportunities and up-valuing our real estate.” A

Reston resident since 1987, Kneueven was quick to make assurances that the Reston values are being protected. “Sustainability, and the connection to the natural, right in our own commercial backyard, is part of what has made Reston the great community it is, and the Reston Association and our many civic organizations are working to ensure that the spirit of Reston is preserved as we move forward. Reston has been at the forefront of visionary community planning since its conception and we will stay there.”

TO THAT END, Kneueven expressed his pleasure with the working coalition of so many involved in the Silver Line and the attendant developments. And it’s a pretty large group. Aside from the Reston and

“I really believe the positive effects far outweigh any of the possible growing pains.”

— Reston Association President Ken Kneueven

Herndon leadership, there is WMATA in the mix, VDOT, county governments and citizens’ advisory groups, and the Dulles Corridor stakeholders. “It’s along the tollway Corridor that you will see most of the development, and the highest density. We may not always agree, but everyone has come to the table, and I am happy to report that the

work has been cooperative and goal oriented. Get cars off our roads wherever possible and provide our residents with exceptional opportunities to ‘Live, Work, Play and Get Involved’ – the Reston motto.” Part of Reston’s Phase 2 is focusing on the redevelopment of the town “villages.” “All of this, Metro and Reston’s growth and refreshing, goes together.”

Kneueven does wish that the Wiehle-Reston Station East was not the short-term terminus for the Silver Line. “Of course that creates its own problems with traffic, but we have planned and prepared and will do everything we can to offset those problems. We have a variety of multimodal plans in play to make access to Metro and around Reston even easier for bikes, and pedestrians, as well as intersection improvements to help keep the traffic flowing. I really believe the positive effects far outweigh any of the possible growing pains.”

Someone else who thinks the Silver Line will be good for the local real estate business is Tracy Comstock. Although she is headquartered in Tysons, Comstock also serves the real estate needs of clients in the Reston area. She can almost see the Tysons Metro Station from the window of her office. That, and the fact that so many of her foreign national clients are contacting her with the specific requirement of being near the Silver Line caused her to recently change her company’s name to SilverLine Realty and Investment, LLC. “I have numerous clients, many willing to pay cash, who have been interested in this area for years. Now that the rail line is almost here, they are ready to buy,” said Comstock. “They mostly come from big cities that have rail services and they want the same. Many come here because of our schools and because we offer a more politically and economically stable environment.” While local real estate prices may cause sticker shock to people moving here from around the country, “for some of my clients, real estate near metro lines here seems like a sale compared to where they are coming from.” At this point in time, Comstock says most of those clients are sticking to McLean and Tysons for their searches, “but you can already see the effect moving outward. Purchase inventory is very limited in those areas, so those clients, and others, are starting to be willing to widen their search – especially since they can now hop on the train and get closer to the city if that’s what they want.”

Fairfax County Supervisor Cathy Hudgins agrees with Reston Association President Kneueven about some potential pitfalls but like Kneueven, she firmly believes in the positives to be gained. “Being the short-term terminus for the new line will require us to really manage the situation, but overall this is a great thing for Reston and for all of us. The long-term impact will be to provide us with higher quality services, more opportunities for everyone, and to keep us together as a community. Of course there’s some angst. Change is hard. And this is a big change, but a great

one.” In addition to her work for the Hunter Mill District of the Fairfax County Board, which includes Reston and parts of Herndon, Hudgins has become a noted authority on transportation issues and options in the area, having served as Chairman for the WMATA Board, the Northern Virginia transportation Commission and the National Capital Region Transportation Planning Board. She has been a part of this project since Day One. “It’s exciting to see something this large and impactful finally come to life.”

Hudgins is looking forward to another opening – even before the first train carrying paying commuters leaves the station. “I am looking forward to really taking a look at the new parking facilities. I think that takes place on July 19.” Many locals don’t realize just how much parking is being made available at the Wiehle-Reston East Station. Karen Case of Reston didn’t. “I had no idea,” she said. “That should really help.”

THE FACILITY, on the north side of the station, will include a 2,300-car garage, a secure, reserved bike room for more than 200 bicycles, a Kiss and Ride area and a 10-bay bus terminal with services to connect the station to numerous stops throughout Reston and Herndon. There will even be buses to Dulles Airport and to the Udvar-Hazy National Air and Space Museum. “That is a good thing,” says Jose Morales of Herndon. “We don’t have a car right now, so it would be nice to go to places like the museum with my family. And we could go into D.C. now.” Taking the bus to the Udvar-Hazy would also mean saving the \$15 parking fee.

Angela and Mike Salafia of Reston didn’t know about the additional facilities at the station, either. Nor did they know that part of the Silver Line will have additional policing in the form of Tysons Urban Team 9, a specially selected group of law enforcement personnel authorized and funded by the Fairfax County Board of Supervisors to add additional security to the four new stations in that area. The Salafias say they are all in favor of Metrorail in Reston and will probably use it to spend more time enjoying D.C., but do admit to some reservations. “The Line goes both ways. You hope that people who come this way will care for and respect our community. We have a really great place to live here.”

This sampling of community reaction to the opening of Metrorail service through Reston and Herndon (as random and unscientific as it was) seemed to show a community that was ready for the change. Of course, “Maybe we’re just tired of waiting and all the construction, come what may,” said one unwilling-to-be-quoted Restonian. But everyone who shared their comments and thoughts seemed to genuinely believe that – properly managed, with community input and protections in place to preserve the “urburb” atmosphere, particularly on Reston Town Center – Metro’s Silver Line was a welcome addition to the neighborhood. All aboard!

Reston, Herndon Welcome Silver Line Arrival

— ANDREA WORKER

PHOTOS BY ANDREA WORKER/THE CONNECTION



Curren

Reston resident and avid cyclist **Jim Curren** can’t wait until the Silver Line pulls into the Wiehle-Reston East Station. “Actually, I guess I can, since I have been waiting since I moved here in 1986!” said Curren. “I live on a lake, and yet I am only 0.6 miles from the station. That’s fabulous! That’s what makes this area great. Access like this, and the serenity of Reston.” Curren says he will be really happy to catch a Nats game and other events in D.C. by taking the Silver Line. “I am going to the Billy Joel concert the day the metrorail opens. I thought about it, but like when a new restaurant opens, maybe you should give it a couple of days before you try it out. But, really, I think this will have a huge positive impact on our area.”



Salafia

Mike Salafia, enjoying the sunshine in Reston Town Center, is ready for the Silver Line to open its door. The Reston resident, and his wife Angela, are ready to spend more time exploring the nation’s capital. “I think there could be a few problems, maybe traffic, security, but I am generally in favor and think it will be good thing for the community,” he said.

“The Silver Line is not quite here in Herndon, but right on the doorstep.” Herndon Town Mayor **Lisa Merkel** thinks the arrival of Metrorail to the area is a great boon for both Herndon and Reston. “I know we’ll have some kinks to work out, but so much planning and effort and thought has gone into this project, and is still happening, that I am confident we will all benefit. We just have to keep the goal of connecting people and transit up front.”



PHOTO CONTRIBUTED
Merkel

The President of the Reston Association, and himself a Reston resident since 1987, **Ken Kneueven** couldn’t be more supportive of the arrival of the Silver Line. “It goes hand in hand with the continued smart growth and redevelopment of Reston,” said Kneueven. “The great news is that all of the stakeholders – developers, elected officials, citizens’ groups, county and state agencies and residents have worked, and continue to work together to provide the best services while protecting our Reston values.”



PHOTO CONTRIBUTED
Kneueven

She’s so sold on the Silver Line and the positive benefits to the affected communities that **Tracy Comstock** re-named her real estate business to SilverLine Realty and Investment Group. “It’s great for the business right along the lone, like in Tysons, but it is good for all the areas nearby. My clients, especially those from big cities around the world, really want to be here and near rail public transportation.”



PHOTO CONTRIBUTED
Comstock

ENTERTAINMENT

Music and Community at Café Montmartre

Lake Anne restaurant continues to be a local entertainment venue.

BY RYAN DUNN
THE CONNECTION

The evening of Friday, June 27, residents of Reston and other guests were at Café Montmartre for the restaurant's monthly music event. Playing the keyboard was local musician Tom Saputo. Saputo brings live music at least once monthly to Café Montmartre at Lake Anne usually on a Friday night. "The people here are really nice and the food and service here is great," said Saputo.

"We are the oldest restaurant in Lake Anne," said restaurant co-owner Kevin Le. "We have good local support. I believe the restaurant is a community restaurant." The Le family opened their restaurant at Lake Anne Plaza in 1997, and since then it has become a legacy restaurant.

We have been doing shows here for the past 5 years," said Jerry Katz, a resident of Reston. "In addition to singing, we have had a cabaret show and sing-alongs... The food is great, and on evenings like these we can enjoy an old fashioned nightclub atmosphere. In the old days you would go to the Latin Quarter of New York City." Enjoying the cuisine that night was Jim Elder, a resident of Reston for more than 30 years. "We love the food here and the atmosphere is great," said Elder.

Many patrons who attend the evening music events are in their late forties or above. Some patrons include former customers of the now closed Serbian Crown restaurant, who pursued the music and dance events at Café Montmartre. "I think the music they do here is fantastic," said Reston resident John Moffat. Also dining at the restaurant was Ken Knueven, president of the Reston Association Board of Directors. "They are really doing their best to welcome in other people," said Knueven. "This place has longevity."

The tight economy has made Americans more frugal. Purchases, which account for about 70 percent of the economy, climbed 0.2 percent in May after being little changed in April, according to report by the Commerce Department. At the end of March, the Burger King at North Point Village Center was closed. In April of this year, the Jasmine Café, which had been located at Lake Anne for more than 20 years closed. Yet Kevin and his wife Anh Le have continued to offer service at their family owned restaurant. The couple decided against opening a sports bar as they wanted to keep the restaurant family friendly.

The Le family has been very supportive of local music, and has sponsored the bi-monthly meetings of the Northern Virginia Ukulele Society. The restaurant will be one of the sponsors of the popular Lake Anne Ukulele Festival, set for Saturday, July 12.



Couples dance at Café Montmartre at Lake Anne in Reston. Playing the keyboard was local musician Tom Saputo.

Kevin Le and his wife Anh Le, owners of Café Montmartre at Lake Anne in Reston. Their restaurant has served patrons since 1997.

PHOTOS BY
RYAN DUNN
THE CONNECTION



Couples enjoy dancing at Lake Anne's Café Montmartre. The restaurant's monthly musical events draw a good audience of local residents.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

TUESDAY/JULY 1 – SUNDAY/JULY 27

Town Calendar Photography Exhibit (Recurring daily) ArtSpace Herndon, 750 Center Street, Herndon. Photos from professional and amateur high school photographers revolved around the town Herndon gets showcased at the 4th Annual Herndon Town Calendar Exhibit. 703-956-6590

TUESDAY/JULY 1-FRIDAY/AUGUST 15

To the Beach. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Acrylics by Karen A. Pida. 703-476-4500.

THURSDAY/JULY 3

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 1-Nov. 13. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn Street, Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

FRIDAY/JULY 4

Herndon 4th of July Celebration. 6:30 p.m. Bready Park at the Herndon Community Center, 814 Ferndale Ave., Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Visit www.herndon-va.gov for more.

Firecracker 5K. 8 a.m. – noon. Reston Town Center, 11911 Democracy Drive (Potomac River Running Store), Reston. Kick off your 4th of July with a 5k bang. This is a wonderful opportunity to give thanks and show your support to our local military members and their families. Experience live music, face painting, waving flags and free massages. Come out and root for your favorite military branch in the "Battle of the Branches" competition. <http://www.prraces.com/firecracker/>

Engine #62 Trackless Train Rides at Lake Fairfax. Lake Fairfax Park, 1400 Lake Fairfax Dr., Reston. Take a ride on the Fairfax County Park Authority's trackless train. Tickets \$3 per person. 703-471-5416.

Lake Fairfax Fireworks Spectacular. 9:15 p.m. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. Park grounds open at 7 a.m. but some park attractions and services open later. There is a puppet show from 6 p.m. - 8 p.m. near the carousel. Free. 703-471-5415.

SATURDAY/JULY 5

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 3-Nov. 9. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

WEDNESDAY/JULY 9

Frying Pan Farm Stand. 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. The Frying Pan Farm Stand will be able to offer customers a wider variety of produce such as lettuce, tomatoes, greens, squash, peaches, berries, and baked goods. <http://fryingpanpark.org/2014/05/15/farm-stand/>

THURSDAY/JULY 10

Butterfly Class: An Introduction. 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn how to identify Reston's common butterflies, and get a basic introduction to their life history; ages 16 and over. \$0-\$5. RSVP by July 7 at 703-476-9689 and press 5.

SEE CALENDAR, PAGE 11

CALENDAR

FROM PAGE 10

FRIDAY/JULY 11

Christmas in July Sale. 4 - 7 p.m.
First Baptist Church of Herndon, 681 Elden St, Herndon. Gently used (some new) items for sale may include wreaths, dishes, stuffed animals, tree skirts, ornaments, lights, figurines, etc. with proceeds to nonprofits and college scholarships. www.theclosetofgreaterherndon.org
Friday Night Live! Blue Label. 6:30 p.m. - 10:30 p.m. Town Green of Herndon, 777 Lynn St., Herndon. Musicians from bands such as Mr. Greengenes, Burnt Sienna, Liquid A and The Reflex gather to perform in Herndon. Free. 703-481-6133.

SATURDAY/JULY 12

5th Annual Ukulele Festival. 11 a.m. - 5:30 p.m. Lake Anne Plaza Waterfront, 1609 Washington Plaza, Reston. Join thousands to enjoy tranquil tunes with featured performances, demonstrations, vendors, and more family-friendly activities. www.lakeanneukulefest.com
Voce Presents "A Sentimental Journey." 7:30 p.m. Art Space Herndon, 750 Center St., Herndon. Join the women of Voce for an evening of some favorite and familiar tunes from the 40s and 50s. Tickets \$10. 703-277-7772, <http://www.voce.org>.

SUNDAY/JULY 13

Lake Anne Summer Film Festival. 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy The Breakfast Club under the stars. www.lakeanneplaza.com.

MONDAY/JULY 14-TUESDAY/JULY 15

Hopping Grasshoppers. 10-11 a.m. Hunters Woods Pavilion, 2501 Reston Parkway, Reston, park at Hunters Woods Pool. Find out how far you can hop, if you like to eat what grasshoppers eat, and how these insects hide from predators; ages 18 months to 35 months. \$7-\$9. Reservations required by July 9 at 703-476-9689 and press 5.

MONDAY/JULY 14

Patch Pals. 10 a.m.-12 p.m. The Dandelion Patch, 1810 Library Street, Reston. Children are invited to write letters to our U.S. Military troops, which will be distributed through AMillionThanks.Org. Please RSVP to 703-689-2240.

THURSDAY/JULY 17

Dragonfly Class: An Introduction. 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Join guest naturalist Kevin Munroe of the Fairfax County Park Authority as he focuses on basic identification, natural history and conservation of local dragonflies; ages 16 and over. \$0-\$5. Reservations required by July 14 at 703-476-9689 and press 5.

SATURDAY/JULY 19

Scent-sational Noses. 11 a.m.-12 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about animal noses through fun activities, and take the Great Smelly Challenge; all ages. \$5-\$7. RSVP by July 16 at 703-476-9689 and press 5.

SUNDAY/JULY 20

Dragonfly Count. 10 a.m.-4:30 p.m. Bright Pond, Reston, park at the end of the cul-de-sac. Meet local dragonfly experts, learn tips on identification and obtain important information on fast-flying friends.

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SPORTS



Glade's Mackenzie Evans races to a first place finish in the Girls 15-18 50-meter Butterfly.



North Hills' Avery Schopp prepares to swim the 8 & under 25-meter backstroke.

Mid-Season Standings Show Team Strengths

At the mid-way point in the RSTA summer season, the standings indicate a tie for first place between defending champions Lake Audubon and 2012 champions Lake Newport, each with 3-0 records, with North Hills close on their heels with a 3-1-0 record. These perennial powerhouses are often at the top of the rankings, but a closer look at the age group standings reveals teams with strengths that sometimes go unremarked.

The Ridge Heights Sharks are undefeated in the 15-18 age group while the North Hills Hurricanes are undefeated in both 9-10 and 11-12 age groups. The Glade Gators rank first in both the 8 and under and 13-14 age groups. Autumnwood's 9-10 year olds rank second in the league, as do Lake Anne's 15-18 year olds.

"We're very fortunate to have more than a few 15-18s who really enjoy swimming and competing together," said Frank Sogandares, Ridge Heights board member and parent. "We're very proud of the progress made by all our swimmers. Everyone really seems to enjoy practicing and competing together; our coaches have done a great job keeping everyone focused on improvement without underwhelming expectations for summer-swim-knuckleheadedness too much."

Records Set

In individual stand-out performances at meets on June 28, Lake Anne's Darius Truong set a new team record in the 11-12 50-meter butterfly, crushing a record of 34.09 set in 1993 with a new time of 32.66. Emily Meilus broke her own team record from earlier this season in the 15-18 50-meter backstroke with a new time of 30.84.

Ridge Heights' Hailey Brown set a new team record in the 8 and under 25-meter backstroke with a time of 21.89.

Newbridge Dolphins 636, Glade Gators 407

Triple event winners for Newbridge were Niki Chava, Ryan Ha, Abby Panneck, and Joseph Sgambati. Double event winners were Elijah Bishop, Missy Ford, Elle



Autumnwood's Noah Copeland swims to a second place finish in the Boys 9-10 50-meter Freestyle.

PHOTOS CONTRIBUTED

Autumnwood and Lake Anne boys face off in the 9-10 25-meter Butterfly with swimmers (from top) Michael Norford (AW), Frank Keusenkothen (AN), James Lyon (AW) and Liam Willson (AW).



Fremmerman, Jean-Claude Guill, Colin Huddleston, Laela Huddleston, Erin Irlan, Sam Joyner, Christopher Mathias, Daevin Oey, Faith Richardson, and Bradley Torrington.

For Glade, triple event winners were Mackenzie Evans, Amelia Flavin, Madeline LaPorte, and Kaitlin Mahon. Double event winners were Meghan Benedetto, Ryan Chou, John Clarke, Tor Davidsen, Zachary Hartke, Joseph Letteri, Kellie McCrea, Karan Murari, and Reagan Tobias.

North Hills Hurricanes 574, Ridge Heights Sharks 514

Triple event winners for North Hills were Marlee Czarny, Piper Luczak, and Emily Ren. Double event winners were Brenna Emery, Ana Escamilla, Albert Huang, Benjamin Livaudais, Ryan Luczak, Kayla Lundberg, Lindsey Rogers, Renzo Sanio,

Joseph Sciortino, Samantha Sciortino, and Miles Yang. For Ridge Heights, triple event winners were Hailey Brown, Ian Champney, Remington Curren, Armen Dorosheff, Mac Sogandares, and Paige Sogandares. Double event winners were Edith Chaddock, Derek Liu, Connor Pierce, Grace Qian, Ryan Vanderhoof, and Hailey Wang.

Lake Anne Stingrays 546, Autumnwood Piranhas 459

Triple event winners for Lake Anne were Joanne Fu, Hannah Lane, Emily Meilus, Emmalina Sjapeki, Darius Truong, Devin Truong, Fred Zhang, and Hanna Ziaii. Double event winners were Adrianna Barkhordari, Sophie Barkhordari, Joseph Dealey, Patrick Dealey, Francisco Espinoza, Colin Hagerup, Frank Keusenkothen, Neil Kumar, Maxwell Mescall, Tope Oladimeji, and Laura Shang. For Autumnwood, the triple event winner was Luke McDermott. Double event winners were Joanie Belo, Julia Cartwright, Ryan Gray, Mikayla Kirr, Anna Nielsen, Andrey Smiryagin, Jason Valenzuela, Manda Xie, Danielle Yakubisin, Karina Yakubisin.

Lake Audubon Barracudas 597, Hunters Woods Blue Marlins 518

Triple event winners for Lake Audubon were Emily Fritz, Sabrina Groves, Sua Haering, John Hughes, and Sophia Sobenes. Double event winners were Sydney Cook, Robby Cordts, Max Daum, Alya Giavis, Kaliyana Haering, Juana Hernandez, Nicolas Hernandez, Aidan Scanlan, Griffin Scanlan, and Sarah Wolfe. For Hunters Woods, triple event winners were John Byron, Nolan Dunkel, Jack Hamm, Daniel Li, Ryleigh Line, and Ashley Turner. Double event winners were Willa Foxen, William Harvey, Jordan Lee, Lena Song, Ashley Thai, Liam Tolbert, Katie Vintimilla, and Timothy Vu.

ENGAGEMENT

Katelyn Briggs and Michael Hitti Engaged

William and Kathy Briggs of Herndon have announced the engagement of their daughter, Katelyn Briggs, to Michael Hitti, son of William and Michele Hitti of Herndon. Michael and Katelyn are Herndon High School sweethearts and graduated from HHS in 2008. They have both gone on to graduate with degrees at West Virginia University and have secured employment in the Washington D.C. Metropolitan area. A June 2015 wedding is being planned.



Classical Ballet Theatre Student Accepts Professional Contract

Alexandra Nix, a Classical Ballet Theatre (CBT) student and former Leesburg resident, has earned one of the highest honors in the dance world – a position with a professional company, more specifically, the Las Vegas Contemporary Dance Theater. Nix describes the company, founded and directed by Bernard H. Gaddis, as a forward-thinking organization that strives to preserve the essence of formal works while incorporating cutting-edge choreography into their repertoire. One of these works is Ulysses Dove's Vespers, a ten-minute piece that Nix learned in just four hours during her first company rehearsal and that she describes as giving her a "...sense of powerful elegance." She is excited about this work as well as the wide range of contemporary styles to which the company will expose her, noting that the choreography as well as the national and international travel will present wonderful learning opportunities.

Learning is not new to Nix, a hardworking and unusually focused 21-year-old who began dancing at age 9. Before coming to CBT, she studied dance at Howard University, the Nevada Ballet Theatre, and the Las Vegas Academy of the Arts, where she discovered her love of movement as well as the many possibilities that the dance world offers—ballet, jazz, contemporary, improvisation. She credits CBT's pre-professional program with teaching her patience with herself and with filling in the



Alexandra Nix in Michael Shannon's Yumeji, performed during An Evening with Classical Ballet Theatre, February 2014.

missing pieces in her technique. As she explained, "This really helped me jump start my contemporary dance career, as I now understand the proper mechanics behind each movement."

For more information about CBT, visit <http://www.cbtnva.org>.

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Look Out Below



By KENNETH B. LOURIE

I think I know what a rampaging bull feels like; and I don't mean one on Wall Street, either. I mean one in the figurative sense: when one has a need, an overwhelming, unstoppable-type urge, to scratch that itch, to gratify that which has been delayed. What am I talking about? (You sound like my wife, Dina.) I am talking about food. More specifically, I am talking about a side effect I've been experiencing of late from the chemotherapy drug Alimta, with which I've been infused every three weeks since late September, 2013 (successfully I may add, given the shrinkage noted in my most recent CT Scan).

I would say that sometime within the last three months, for seven to 10 days immediately after my Friday infusion, food doesn't taste right; it doesn't feel right (its texture in my mouth), it doesn't digest right, its after-taste is not right; it doesn't do anything right. In fact, it's downright wrong. Oh, I still have an appetite, but the idea of actually eating doesn't appeal to me, almost instinctively, if that makes any sense. And when I do think about eating now/eating later, it's way less than thrilling and way more than simply distressing. You see, I'm an "oral-fixator" and not being able to gain any pleasure from eating is making me feel null and void.

Apparently, according to my oncologist, (if I understand him correctly, and there's a huge chance that I don't), my taste buds are being adversely affected by the Alimta, doing the same kind of damage to them that chemotherapy, generally speaking, does to hair: eliminating it/slowing its growth/changing its properties. Consequently, my taste sensation is not sensational. It's quite the opposite. Throw in some lingering post-chemotherapy nausea and related burping, and another side effect: hiccuping, and you have a recipe not for food/eating. Not that I'm thin as a result; hardly, but I am not exactly bursting at my seams, either. Certainly I could stand to lose a pound or two, but I'd rather pick my own battles, if you know what I mean.

Fortunately, (so far) my taste issues seem to resolve themselves within the time frame I've mentioned. And oddly, therein lies a problem. After not eating much - or deriving any pleasure from eating during the previous week or so, once food regains its appeal and I can eat "normally" - for me, it's Katie bar the door. I might as well be Dan Aykroyd as Beldar from the Saturday Night Live Conehead sketches eating "mass quantities." It's not merely a slippery slope I'm on, it's more like an avalanche threat with "falling rocks." Once I start eating, I'm not stopping - until I hit bottom; of the bag, the box, the plastic container, the carton, anything. I'll admit, it's not a pretty sight, but as yet, it's a sight unseen by either man or beast. (At present I'm eating my way through a bag of Starburst Fruit Chews; I'm not proud, just hungry.)

At least I'm smiling again, and feeling more positive, which of course is a must as a cancer patient. However, that pent-up demand from a week of not eating is a killer. I wish I could stop it, but being interested in eating again feels so good - for which I'm exceedingly grateful - and so far, there's seems to be very little I can do to slow down the train. (I imagine Nabisco and M&M/MARS are grateful, too. At least now they won't have to declare bankruptcy.)

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

Volunteer Opportunities

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

The Herndon Senior Center, 873 Grace Street, Herndon, needs a volunteer mosaic instructor and knitting instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center, 1609 Great Falls Street, McLean, needs a certified volunteer Zumba instructor and an office assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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The Lincolnia Adult Day Health Care Center, 4710 N. Chambliss Street, Alexandria, needs an office assistant on Fridays, 1-2:30 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The James Lee Senior Center, 2855-A Annandale Road, Falls Church, needs a line dance instructor for a beginner class on Mondays, 10 a.m.-12 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Bailey's Senior Center, 5920 Summers Lane, Falls Church, needs office assistance with the front desk and data entry, Monday-Friday, 10 a.m.-2 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria, needs a DJ ballroom and dance instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
THE CONNECTION

Summer comes but once a year. From picnics and days at the pool to backyard barbecues and day-long hikes, many of us spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun, however. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

“One of the core messages with public health is that we can’t be everywhere all the time,” said Glen Barbour, public safety information officer for the Fairfax County Health Department. “It is really in the hands of the public to take precautionary measures and protect themselves.”

Celebratory sparklers are popular during the summer, but they’re a source of danger. The U.S. Consumer Product Safety Commission (CPSC) reports that 60 percent of fireworks injuries occur around July 4th. Hand, eye and face injuries are among the most common.

“The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety,” said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. “It saves them money and provides a safe environment to view fireworks.”

Other safety officials agree. In fact, fireworks are banned in the City of Alexandria. “We have close to 100 percent compliance, so we don’t see many injuries,” said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: “Fire them from a flat surface and make sure there are no combustible materials near the fireworks,” said Schmidt. “Have bystanders at least 25 feet away, read the directions and don’t let children handle or light fireworks.”

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

“The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water,” said Kurt Larrick, spokesman for the Arlington County Department of Human Service. “Check diapers frequently and take a shower with soap before going into the water.”

Fairfax County issues the same message. “The main thing that we at the health department emphasize is gastrointestinal ill-



PHOTO BY MARILYN CAMPBELL

Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.

ness caused by feces in the water,” said Barbour. “We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea.”

Barbour warns of factors that might give the public a false sense of security. “We want parents to be mindful that not all germs are killed right away, even in chlorinated water, and that leak-proof diapers don’t always keep feces out of the water.”

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

In addition to illnesses, other water-related dangers spike during the summer. “They are a lot of accidents like drowning,” said Barbour. “Teach their kids how to swim, watch young children very carefully when they are near water.

Swimming with a partner and wearing a life vest when boating are also important. “Should someone fall in the water and injure their head, the life vest will keep them floating,” said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. “The three most important things to do to prevent them are drink enough fluids, wear proper cloth-

ing and choose the best times to be outside,” said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. “Avoid the extreme heat of mid-day.”

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. “Most of the research shows that you should drink water before going out into the heat, even if you don’t feel thirsty.

Thirst is the last warning sign of dehydration,” said Sutter. “After you come in you can add back water with sports drinks that have electrolytes.”

Know the warning signs that it is time to get out of the heat: “Heat cramps are the first thing that you’ll feel,” said Sutter. “Your muscles will get tired and cramp easily because they aren’t getting enough blood flow.”

Nausea, vomiting and headaches are also clues. “Your body is good about giving you warning signs,” said Sutter. “If you listen to your body you can avoid some of these major complications.”

The elderly and very young children are at greatest risk of heat illnesses.

“Children in sports camps or outdoor camps should wear sunscreen and have regular rest breaks in the shade,” said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program; assistant professor of nursing, Marymount University in Arlington. “A well-

regulated camp will have regulated rest periods.”

Barbour said, “Parents of infants and small children should be aware because a baby can’t tell you when they’re sick. Check on elderly neighbors who don’t have air conditioning.”

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. “They could die even after a short period of time like when you’re running to get gas,” said Sutter.

Stay informed about potentially dangerous weather like heat waves. “We have cooling centers open on really hot days,” said Barbour. “You can also go into an air conditioned public space like a library.”

BITES FROM MOSQUITOES and ticks can also pose health threats. “People should be mindful that we do have West Nile Virus and Lyme disease in our area,” said Barbour. “When summer comes people are outside and are exposed to insects that cause people to get sick.”

Heavily foliated spaces, like those with tall grass, are where such bugs hide. “If you’re in an area where the grass is high, on the fringes of a park or even your backyard, be aware,” said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. “Ticks are sneaky,” said Barbour. “They will crawl up your leg without you knowing it.”

Other precautionary measures include checking your body carefully for ticks after coming inside and eliminating standing water from around a home. “At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog’s water bowl.”

Health and safety officials say that most summer hazards are avoidable. “Summer safety pretty much all boils down to common sense and reducing your exposure to risks,” said Larrick.

More on Summer Safety

Fairfax County Emergency Information Blog
fairfaxcountyemergency.wordpress.com/

Arlington County Public Health Department
health.arlingtonva.us/

Alexandria Health Department
alexandriava.gov/health/

Fairfax County Health Department
www.fairfaxcounty.gov/hd/

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