

# Thousands Attend Firecracker 5K Race

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On Friday, July 4 over 2,000 persons participated in the Potomac River Running Firecracker 5K race held at Reston Town Center. The beneficiary of the event was USO of Metropolitan Washington-Baltimore or USO-Metro.

## Fees for Reston Metro Garage Announced

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## Parties, Action Continue At Reston Pools

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PHOTO BY RYAN DUNN / THE CONNECTION

Winners of the female age group ages 1 to 14 were Sarah Daniels of Burke, Emily Landeryou of Reston, and Abby Church of South Riding, Va.



Annabella Riccio, vice president of Marketing and Development with USO-Metro near a board at Reston Town Center. The sign thanks U.S. military service members for their service and will later be put on display at a USO-Metro building.

## Thousands Attend Firecracker 5K Race

The race for the troops held at Reston Town Center.

BY RYAN DUNN  
THE CONNECTION

“You guys are rocking the race! Let’s be sure we cheer them on,” said Kelly Kavanaugh, a race announcer with

Potomac River Running. Kavanaugh along with other Potomac River Running staff and volunteers helped setup and coordinate the Firecracker 5K race held at Reston Town Center the morning of July 4. The main sponsor of the race was Leidos, previously known as Science Applications International Corporation, an American defense company headquartered in Reston. The beneficiary of the event was USO of Metropolitan Washington-Baltimore or USO-Metro.

“This is our second year of being a charity partner with Potomac River Running, they are an amazing group of people,” said Annabella Riccio, Vice President of Marketing and Development with USO-Metro. USO-Metro is the largest center chartered by USO. They have nine locations and a “deployable” mobile USO to provide signature USO services to the nearly 300,000 military members and their families living in the region and the 150,000 who travel through our local airports.

USO-Metro is a nonprofit organization chartered by Congress, dedicated to “serving those who serve, and their families” in Washington D.C., Maryland and Northern Virginia. It is through the financial support of individuals and organizations in the local community that USO-Metro is able to fulfill its mission. “It is phenomenal to see our community come together to start the patriotic weekend but also support our

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The Reston South Lakes junior ROTC brought out the US flag before the Firecracker 5K Race began at Reston Town Center. This race was organized by Potomac River Running.

troops and their families,” said Riccio.

**THE 5K RACE** began at 8 a.m. and had approximately 2,300 persons registered to participate. In addition to the 5K race, there was a children’s fun run on Market Street at 8:50 a.m. following the 5K finish. There was also a “battle of the branches” competition to see which military branch would have the most turnout in the race. Participants who entered the race could provide details on which branch of the military they were affiliated with. The U.S. Army had most turnout with 296 participants, fol-



Kristen Miller and her friend Ted Marshall took time to sign a board at the end of the Potomac River Running Firecracker 5K race at Reston Town Center.

lowed by U.S. Navy with 224 participants.

“We have been in Reston Town Center for about a year,” said Lee Carrick, a senior vice president representing Leidos at the race. Leidos has a lease at 11951 and 11955 Freedom Drive, also known as One and Two Freedom Square at Reston Town Center. Leidos was the primary sponsor for the event, and many Leidos employees participated in the 5K race. Approximately 25 percent of Leidos employees are former members of the armed force. “Potomac River Running does a great job in organizing this event,” said Carrick.

The South Lakes High School junior ROTC color guard presented the flag before the race began. Volunteering for the

event as a spokesperson was ABC7 meteorologist Devon Lucie. “You cannot have a more festive start for this family event,” said Lucie. “The flags and the community, it all works perfectly.” Matt Coss, a freshman at St. Mary’s College in California, participated in the race. “It was really exciting this year,” said Coss. “The crowds cheering people on were really awesome.”

**AFTER THE RACE** refreshments were available at the Reston Town Center pavilion. Cash awards to the top three overall male and female finishers as well as the awards for the top three in each age group were presented at the end of the race by Kavanaugh and Lee Carrick. The top female finisher of the race was Silver Spring resident Etaferahu Temesgen who completed the 5K with a chip time of 16:25. The top male racer was Deme Dereje who had a chip time of 14:35. The female open winners included Etaferahu Temesgen, Tezeta Dengersa, and Lindsay Wilkins. Male open winners were Deme Dereje, Habtamu Wegi, and Josef Tessema.

Runners Kristen Miller and her friend Ted Marshall took time to sign a board at the end of the race. This sign thanked U.S. military service members for their service and will later be put on display at a USO-Metro building. “It was so much fun, and I enjoyed all the patriotism,” said Miller.

Potomac River Running will have a celebration of their 11th birthday on Sunday, July 13 at 8 a.m. at the Potomac River Running Fairfax store at Fairfax Corner. There will be race distance for everyone, a 5k or 1k fun run, and a 100 meter dash for tots. The party will be celebrating customers and racers. The race beneficiary will be Robinson Secondary School’s Cross Country team. For more information on other Potomac River Running events, visit [potomacriverrunning.com](http://potomacriverrunning.com).

RESTON CONNECTION ♦ JULY 9-15, 2014 ♦ 3



## NEWS

# Local Company Recommended for Silver Line Contract

**Hensel Phelps Construction Co., Chantilly, to submit final proposals.**

BY REENA SINGH  
THE CONNECTION

**A** local construction company has been recommended to be awarded a Silver Line Phase II contract.

Hensel Phelps Construction Co., Chantilly, submitted the lowest price proposal of four groups to build the maintenance facilities and rail yard for the final six stations, according to Metropolitan Washington Airports Authority.

The official contract will be finalized in August.

"We need to finalize the request for proposal requirements and sent them in to MWAA," said Hensel Phelps Senior Estimator Robert Thompson.

According to a press release, the company estimated Project B - the rail yard and maintenance facilities - that stretches from the Wiehle-Reston East station through Dulles International Airport and into Loudoun County will cost \$252,989,000.

"The Notice of Recommended Award is the latest step in a competitive procurement process," according to a press release from MWAA. "The Airports Authority will not request additional documentation from the team, including insurance certificates, and payment and performance bonds."

Hensel Phelps Construction company rebuilt The Pentagon's wedges two through

five after the Sept. 11, 2011 terrorist attack. More recently, the company is working on a \$250 million project at Fort George G. Meade in Maryland and finished working on the Marriott Marquis in D.C.

"We do anything from \$1 million projects to \$700 to \$800 million projects," said Thompson.

Clark Construction Group and Kiewit Infrastructure South Co. have already been chosen to complete the 11 miles of rail tracks and the Metro stations. According to the press release, construction for Phase II has begun.

**"We do anything from \$1 million projects to \$700 to \$800 million projects."**

**— Hensel Phelps Senior Estimator Robert Thompson**

Phase II of the Silver Line is expected to open in 2018. Phase I, which features four stations in Tysons Corner and one in Reston, is expected to open July 26. A ribbon-cutting ceremony for the Wiehle-Reston East Metrorail garage will take place at 10 a.m. on July 19.

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



PHOTO STEPHEN BARNA

**Hensel Phelps Construction Co. recommended to build rail yard and maintenance facilities for Phase II, which begins at Reston's station.**



PHOTO CHARLES SAMUELSON

**Test train leaving Wiehle-Reston East Station traveling to Tysons Corner.**

## Fees for Reston Metro Garage Announced

**\$4.85 per car daily,  
\$75 annually for  
bike room.**

BY REENA SINGH  
THE CONNECTION

**T**he parking fees for the Wiehle-Reston East Metrorail station garage has been finalized.

At the Fairfax County Board of Supervisors meeting July 1, the board unanimously decided to have the garage charge \$4.85 for patrons to park their vehicles.

The resolution also states that reserved parking will be \$65 per month. Bike locker room fees are \$75 annually.

The board held a public hearing - that no one spoke at - to amend a county traffic code on parking before approving the garage parking fees.



PHOTO BY REENA SINGH/ THE CONNECTION

**The county Board of Supervisors approved to have the Wiehle-Reston East parking garage charge \$4.85 per day.**

"As a part of the extension of the Silver Line, the county has established parking facilities at the Wiehle-Reston East station,"

said senior assistant county attorney Erin Ward. "State law authorizes the board by ordinance to provide for the regulation of

parking on county owned or leased property."

The parking fee is similar to other garages at Metro stations.

"This is part of the Silver Line metrorail extension, making sure everything is in place to make sure we have in place [a solution for] those parking issues," said Board Chairman Sharon Bulova.

A ribbon-cutting ceremony and open house will take place at the garage, located at 11389 Reston Station Blvd. at 10 a.m. on July 19 - a week before the Silver Line is expected to start service.

The space is a 2,300-vehicle garage, according to [silverlinemetro.com](http://silverlinemetro.com), with 253 reserved spaces. An additional 1,000 spaces, operated by Comstock, will be nearby.

The Sunset Hills Interim park and ride will no longer be available for use, however, effective July 26, because it will be replaced with the Metro station's park and ride facility.



## OPINION

# Changing of the Guard at Reston Citizens Association

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

The recent Reston Citizens Association (RCA) Board election, although it received little media coverage, was an important event for Reston. RCA Board members who provided the energy and intellectual leadership to inform and advocate for the community on critical issues have stepped down. In particular, we'll miss President Colin Mills who provided a steady flow of thoughtful reporting and commentary on vital issues like the Byzantine master plan process (Phase 1) and the county's stealth plan to eviscerate Reston Regional Library. Terry Maynard, with Dick Rogers, did extensive research and analyses involving as many as 60 volunteers during the master plan process. Their extraordinary analytical effort was of such high quality that major American think tanks, like Brookings would likely be proud to put their covers on their work, useful and timely information Reston readers got free from RCA.

Many folks in our community of 60,000 still may not understand the difference between the Reston Citizens Association and Reston Association (RA). RA is a large homeowners association responsible for administrative functions including design and maintenance covenants, and care and maintenance of common areas (e.g., 55 miles of paths) and facilities (e.g., pools). Its annual budget is over \$13 million; and, it has a large paid staff of 90 employees plus 345 seasonals. Its work is administrative and more narrowly focused than RCA's. RCA has no paid employees. The organization consists of a Board of Directors and working committees—e.g., Reston 2020 and Reston Accessibility. RCA was created in 1968, shortly after founder Robert Simon was fired by developer Gulf Reston. Reston citizens, numbering just several hundred, formed RCA with a broad mandate to protect our founding principles from the corporate master. RCA's heart in the early years was its Planning and Zoning (P & Z) Committee. P & Z reviewed all new Reston development proposals and passed their recommendations to Fairfax County decision-makers. Rarely did the County Board of Supervisors approve projects that RCA's P & Z opposed.

Over the years, RCA has had its ups and downs, depending largely on the skill, energy and commitment

ment of its Volunteer Board. In recent years, leadership has been strong. RCA has advocated effectively for the community, been a source of independent information and a watchdog both of government and the Reston Association (e.g., new RA facilities and land swaps). Master Plan Phase 1 was a major test for Reston. It

will shape Reston growth for a generation. RCA's Reston 2020 Committee passed the test with flying colors, providing superb analysis and the only real community counter-



weight in a developer-dominated process.

New RCA President Sridhar Ganesan, with a financial and operations management background, is new to community work. But, I am impressed with his grasp of RCA, community dynamics, and commitment to give priority to Phase 2 of the Master Plan process, providing commu-

nity input on library reform, strong support for accessibility improvement and candidate forums. Vice President John Hanley, passionate activist Tammi Petrine, and Rescue Reston leader Connie Hartke provide needed leadership continuity on the Board.

I wish the entire Board all the best. Reston needs a strong, independent RCA.



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- Minutes from Wiehle - Reston East Silver Line Metro, and Wolf Trap
- Community pool included in homeowner association fees



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# Hurray for Full Day Mondays

**Hoping that later start times for high schoolers follows quickly.**

For decades, Fairfax County schools have sent elementary school students home after half a day on Mondays. This was never a good idea, and it has been more damaging to family schedules and student learning with the increase over the years of two-income households and greater economic diversity.

That is about to change.

Karen Garza, superintendent of Fairfax County Public Schools, has demonstrated in several ways that she understands tackling the challenges of educating all of Fairfax County's students will require deviation from the status quo.

Not only will half day Mondays come to an end, but it will come to an end in two months, in September, 2014, a remarkable accomplishment for a bureaucracy the size of Fairfax County Public Schools.

The change will also come with 20 minutes of recess a day. Research shows (and common sense confirms) that recess and physical activity benefit student learning.

It's an important step showing responsiveness to the needs of families and students. Nearly one third of the county's kindergarteners are poor. How do we think those parents are managing the need for child

care on Monday afternoons? FCPS has resisted meeting the needs of the whole child, but cannot expect to successfully educate its 186,785 students without this kind of change.

Programs to identify gifted and talented students among poor and minority students, summer school, year-round modified calendars for some schools, and many other changes will need to be considered and fast tracked for the county school system to succeed.

Consider: About 50,000 of the county's public school students are poor enough to receive subsidized meals. About 30,000 of the county's public school students are receiving specialized instruction to better learn English. More than 25,000 of the county's public schools students are receiving special education services. White students make up 42 percent of the student body; 23 percent are Latino; 19 percent are Asian American; 10 percent are African American.

Fairfax County is by some measures the wealthiest county in the nation, or at least in the top five.

If success educating this population of students is possible anywhere, it should be here, but there is nothing simple about it and will require much more change.

## More Sleep for Teens

Later start times for high school is slated as another top priority for change in FCPS, and we agree.

New research continues to pile up about sleep deprivation and the damage it does to

teens. A rigorous study published in February demonstrates that reduced quantity of sleep in adolescents increases risk for major depression, according to research at the University of Texas School of Public Health.

The Centers for Disease Control: "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors. ... Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity."

According to Judith Owens, M.D., director of Sleep Medicine at Children's National Medical Center: "The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks. We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## LETTERS TO THE EDITOR

## Understatement of the Decade

To the Editor:

Delegate Plum may be granted a modicum of exultation, although his commentary "Silver Line No Silver Bullet" (Connection, July 2-8, 2014) could well qualify as the understatement of the decade.

He recognized from the outside that Rail to Dulles would be a costly venture for Toll Road users, boasting in cost mitigation of having lobbied successfully in Richmond to "keep tolls down." Well, perhaps, I'm not hearing whoops of delight from Toll Road users, though.

He says airily that "some will complain about tolls and fares," but the rail service will help us "take advantage of the rich cultural resources of our region." Well, ok as far as it goes. Riders will certainly be able to savor the scenic attractions of the Tysons area as the train stops thereabouts four times in under 10 minutes (plenty of "doors opening" an

SEE LETTERS, PAGE 7

# The White House of Virginia

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

My 11th grade history teacher, Mr. David Poole Kite, assigned me the first big research paper I can remember having to write in high school. I typed out a 20-page paper, "History of Page County," on my Royal portable typewriter. It took Harry Strickler 442 pages to write his book, A Short History of Page County (Richmond: Dietz Press, 1952). His book was my only source; I just picked fewer events to highlight. My paper probably should have been titled "A Very Brief History of Page County." My original research was to visit sites where some of the events Strickler describes took place. Even then and until today, I find it fascinating to stand in a place of importance.

Last week I visited one of those places again—the White House on Route 211 west of Luray, Va. The name came from the white stucco that covers the limestone walls of the house which was built in 1760

by Martin Kauffman II as a residence and Mennonite meeting place. He was among the first settlers in the village. I do not know of any momentous event that took place there. It's just the idea of a home—not a palace or a mansion—surviving that long that makes it interesting as one of the oldest structures in Page County. Remarkably, it remains in about the same condition and configuration as when it was first constructed. It is on the National Registry of Historic Places as well as the Virginia Landmarks Registry. An archeological survey is underway at the site, and plans are being developed for its restoration. It is located on rich bottom land in one of the bends of the South Fork of the Shenandoah River. Evidence, including a number of arrow points and other artifacts that have been found, indicates that it was an active location for Native Americans.

As interesting as the place itself is, the other activities being undertaken on the property by its owner, Northern Virginia developer Scott C.

Plein, are equally of interest. A brick farmhouse on the property built in the late nineteenth century has been beautifully restored. Through the White House Farm Foundation (<http://whfarmfoundation.org/>) and numerous partners, research is being conducted on riparian buffers, sustainable agricultural practices, and native trees and plants. The White House is not open to the public, but numerous school groups participate in scientific and archeological research on the farm. Students participate in gardening activities with the produce being contributed to local food banks not unlike the activities going on now at the more well-known White House.

Learning about the past has been enjoyable for me throughout my life. At the White House of Virginia, Scott Plein and his associates are demonstrating that while we are learning about the past we can learn lessons for the future about environmental quality, sustainability, and historic conservation. It adds a whole new chapter to my brief history of Page County.

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# LETTERS

FROM PAGE 6

nouncements) on its way to East Falls Church.

Delegate Plum was, he says, formerly the lone politician calling for this venture and he will, as one of

its most enthusiastic protagonists, be held to considerable account when the verdict is in.

We look forward after an assessable period of Silver Line Phase 1's operation to Delegate Plum's report on total operating and mainte-

nance costs, actual ridership, cost-recovery projections, loan-repayment plans, and further dips into the free-money box in Richmond.

**Harry Locock**  
Reston

## Counter-arguments Missing

To the Editor:

I recently read the Reston Connection article, "What's Offensive about Redskins Pride?" (July 2-8, 2014) and found it lacked balance. Where were the counter-arguments (in favor of changing the name of the team)? I didn't see any

and they're necessary to make a debate credible.

In the article, State Sen. Chap Petersen informs us that he's "not an insensitive old white guy." But, it is insensitive to disregard the feelings of Native Americans who are offended by the name "Redskins."

If a sport's team name or logo offends some Americans, why not change it to something less divisive.

I would think that one goal of sports organizations is to bring people together, not divide them.º

**Jeff Tarrant**  
Reston

## SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by Friday.

**Kacey Hirshfeld**, of South Lakes High School, has been awarded a 2014 Comcast Leaders and Achievers scholarship.

**Kacey Hirshfeld**, a senior at South Lakes High School, was one of 59 Virginia students awarded scholarships through the Comcast Foundation's annual Leaders and Achievers Scholarship Program. The program, one of the Foundation's signature community investment initiatives, recognizes students'

leadership skills, academic achievement and commitment to community service. Comcast, joined by Attorney General of Virginia Mark Herring, recognized the students at a special event held Thursday, May 22, at the State Capitol.

**Five Fairfax County Public Schools (FCPS) students** have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award,

for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation."

National winners include:

❖ Melissa Halbrook of Woodson High School, Gold Medal for humor, "Kim Jung-Un's New Clothes."

❖ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

❖ Jean Jeon of Herndon High School, Silver Medal for novel writing, "Strain."

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## May, 2014 Top Sales in Vienna, Oakton, Reston, Oak Hill and Herndon



**2** 2633 Sledding Hill Road, Oakton — \$1,679,000

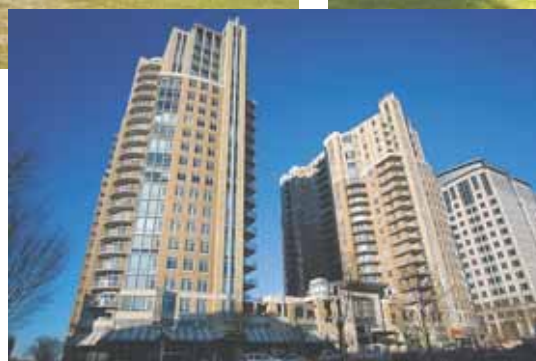
**3** 507 Park Street SE, Vienna — \$1,650,000



**6** 509 Mashie Drive SE, Vienna — \$1,528,065



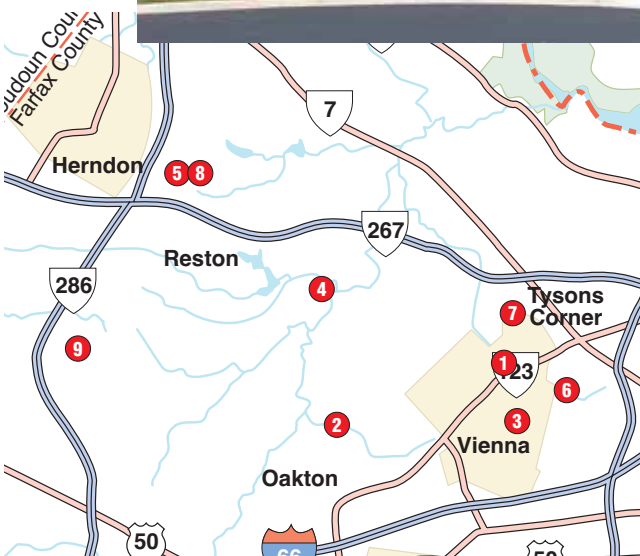
**7** 1679 Drewlaine Drive #4, Vienna — \$1,508,740



**11990 Market Street, Reston**  
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**8** #812 — \$1,385,000



**9** 12159 Richland Lane, Oak Hill — \$1,300,000



Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
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<b>2</b> 2633 SLEDDING HILL RD	6	..	5	..	1	OAKTON	\$1,679,000	Detached	1.35	22124	OAKTON RETREAT	05/16/14
<b>3</b> 507 PARK ST SE	6	..	5	..	2	VIENNA	\$1,650,000	Detached	0.50	22180	ONONDIO	05/12/14
<b>4</b> 2078 HUNTERS CREST WAY	5	..	5	..	2	VIENNA	\$1,590,000	Detached	1.76	22181	HUNTERS CREST	05/30/14
<b>5</b> 11990 MARKET ST #912	3	..	3	..	0	RESTON	\$1,575,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	05/01/14
<b>6</b> 509 MASHIE DR SE	6	..	6	..	0	VIENNA	\$1,528,065	Detached	0.46	22180	WESTBRIAR COUNTRY CLUB	05/13/14
<b>7</b> 1679 DREWLAINE DR #4	5	..	3	..	1	VIENNA	\$1,508,740	Detached	0.52	22182	WOLF TRAP DOWNS	05/08/14
<b>8</b> 11990 MARKET ST #812	3	..	3	..	0	RESTON	\$1,385,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	05/20/14
<b>9</b> 12159 RICHLAND LN	4	..	4	..	1	OAK HILL	\$1,300,000	Detached	0.91	20171	WHITE PROPERTY	05/28/14

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# A New Work Order

**Local designers help create organized and stylish home offices.**

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hether it's a nook, in the kitchen or a designated room, a home office is the place where ideas come to life. Local designers dish about the secrets to creating a workspace that is organized and functional yet stylish.

"You're going to spend a lot of time in it so aesthetics do matter," said Patricia Tetro of BOWA Builders Inc., in McLean.

Thinking about how a space will be used is the first step in the design process. "An office is as unique as a person," said interior designer Julie Sproules of the Art Institute of Washington in Arlington. "Each person has a different way of working and therefore a different

set of needs. If you are working from home, you'll be spending a lot more time there than if you are using it to keep the household paperwork in order."

There are a series of questions that one might consider: "How will you use the office? Is it just for you? Do others come in and meet with you? Do you tend to do most of your work on the computer?" asks Tetro. "Do you do things by Skype? If so, the placement of the computer becomes more critical."

Storage and the placement of it is one of the most important home office design decisions. "Where do you want to keep things?" asks Tetro. "When sitting in a chair, do you need to have your entire realm within arm's reach?"

Getting creative with storage supplies is a technique that Sallie Kjos of Grey Hunt Interiors in Chantilly, uses to avoid compromising style for order. "A floating shelf will help to keep a clean look, but have it organized," she said. "You can also get decorative boxes in a variety of colors."

Sproules uses labeled storage bins to create home office space

that has a place for everything. "There are a million different kinds out there, from wood to rattan to linen," she said. "Get a bookshelf that you can fit the bins in. ... Leave some room ... for a filing binder and books, but anything small should go in a bin. This way you can just throw all the markers, yarn, buttons and [other miscellaneous items] into their bin and not have to worry about them being misplaced."

Don't forget to save a space for smart phones and tablets. "You might need charging spaces with electrical outlets that are easily accessible," said Tetro.

To create an orderly appearance, stash files, papers and other office supplies out of sight. "A lot of people use an extra bedroom as a home office. Take the doors off the closet and create a storage area," said Bart Goldstein of Bart Goldstein Interior Design in Potomac, Md. "Add closed storage on the bottom that works as file cabinets, but looks like a piece of furniture" such as a chest or a credenza.

SEE DESIGNING, PAGE 10



PHOTO COPYRIGHT GWIN HUNT PHOTOGRAPHY

**The office of this Great Falls home features an abundance of storage and workspace. Designers at BOWA Builders, Inc. combined natural and recessed lighting to bring organization and style to the space.**



PHOTO COPYRIGHT GWIN HUNT PHOTOGRAPHY

**This Vienna home office designed by BOWA Builders, Inc. features natural and recessed lighting, custom crown molding and wood flooring.**



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## Home LifeStyle

# Designing Stylish Home Offices

FROM PAGE 9

"You can make it look like a built-in," said Goldstein. "Closet companies ... are able to make it look like a real working office with nice furniture."

**GET CREATIVE** when selecting a desk to add interest and express your personal style. "You can use an old writing table, side table or console table to use with a nice parsons chair," said Kjos. "This makes more inviting space that is decorative but functional."

Choose seating that incorporates style and comfort. "This doesn't have to mean a task chair," said Sproules. "Task chairs are great if you're sitting in them many hours a day, and there are some attractive options, but I prefer ... a small lounge chair to give it more of a homey feel. Just make sure it can be pushed under the desk or table when not in use. ... I have even used small metal side chairs or stools like an old classroom."

A person's occupation and work style should be considered. "Stools are especially great if you get up and move a lot as a part of your working routine," said Sproules. "You can swivel from one side of the table to another and being on a bar-height stool means you're more likely to get up and walk around routinely. If you do choose a bar-height stool, make sure your desk or table is either height-adjustable or standing-height."

Proper lighting is another key component of a well-designed home office. "Consider overhead lighting" said Goldstein. "[It] will not take up space like a lamp. You can run an eight-foot [lighting] track though the middle of the room and turn the lights toward the desk."

Incorporate more than one lighting source into a room's design.

"This helps you modulate the light for the task that you're doing," said Sproules. "You should have one general light: an overhead light or a floor lamp that ... provides general, diffused light and a task light for more focused work," such as a small, adjustable lamp with dimming capabilities.

When it comes to maintaining a sense of home in a home office, designers suggest getting personal. "You can mix interesting accessories like family pictures and a plant here or there to give



PHOTO COURTESY OF GREY HUNT INTERIORS

**Sallie Kjos of Grey Hunt Interiors created a home office for herself in the corner of her kitchen. She personalized it by adding plants and family photos.**

the office aesthetic appeal as opposed to just function," said Goldstein.

**ROOM DESIGN** should reflect one's profession and personal needs. "Are you dealing with paperwork, mail and working on the computer, or would you be better off with a set up that is more like an artist's studio, with a clean table for 'making' and another area for the 'office' side of things [with a] bookshelf, table and storage?" asked Sproules. "How many hours a day or week to you plan on being in that space?"

Sproules believes that one's occupation can be a source of design inspiration. "As an interior designer, I have an excessive collection of pens and markers that are organized in small boxes along a wall, like an art store," she said. "It's a nice way to personalize the

space with your specific type of work without having it get too messy. And there's always a pen when I need one."

"In my own home office I have my desk against the wall with floating shelves," said Goldstein. "As an interior designer, I have a lot of catalogues that I'm always pulling from. I have a seating area in my office because people are always coming in. We can have a conversation while I'm working."

"There is one accessory that no home office should be without," said Sproules. "Everyone needs a tack board," she said. "If you're more of the artistic type, use cork board tiles. They come in all sorts of colors, and you can paint them too. [You can] cover a whole wall or a large section to use as an inspiration board. If not, you should still tack up images that you find inspiring, or at least peaceful."

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## SPORTS

# Records Fall in Spectacular Fashion

The fireworks last Friday night were nothing compared to the fireworks in the pool on Saturday morning as two Lake Anne swimmers each set three new team records.

Emily Meilus broke her own records from 2013 in backstroke, breaststroke, and butterfly. In the girls' 15-18 50-meter backstroke, she set a new time of 30.55. In the 50-meter breaststroke, she set a new time of 37.39, taking off more than a second from her 2013 record.

In 50-meter freestyle, Meilus set a new time of 27.86, replacing her old time of 28.02.

Darius Truong continued his domination of the 11-12 boys' age bracket with new records in butterfly (31.89), breaststroke (37.06), and freestyle (29.79).

In other pool action, Lake Audubon and Lake Newport both won their meets, setting up a showdown between the two undefeated RSTA teams for this Saturday, July 12 at Lake Audubon.



PHOTOS BY RSTA

**Lake Audubon's Sydney Hahn strives to stay ahead of Lake Anne's Taya Taylor in the Girls 9-10 50-meter Freestyle.**



**Autumnwood's Mikayla Kirr reaches for the wall to win the Girls 9-10 50-meter Freestyle by more than a second.**

Joanne Fu, Daniel Pons, Darius Truong, and Devin Truong. Double-event winners were Adrianna Barkhordari, Sean Hagerup, Neil Kumar, Emily Meilus, Caroline Miller, and Fred Zhang.

Autumnwood were Joanie Belo, Mikayla Kirr, and Kalista Majoros. Double-event winners were Bailey Copeland, Delaney Kirr, Valerie Kovacs, James Lyon, Luke McDermott, Evan Melnick, Natalie Metz, Michael Norford, Madison Raikes, Josephine Taylor, Jair Valenzuela, Donovan Wilson, and Liam Wilson.

For Glade, triple-event winners were Clara Landeryou, Emily Landeryou, Sophia Landeryou, Joseph Letteri, and Webb Nims. Double-event winners were Kathryn Becker, David Clark, Tor Davidsen, Kellie McCrea, Natalie McCrea, Karan Murari, and Zea Nims.

**Autumnwood Piranhas 504, Glade Gators 468**

Triple-event winners for

**Lake Audubon Barracudas 650, Lake Anne Stingrays 451**

Triple-event winners for Lake Audubon were Suya Haering, and Sophia Sobenes. Double-event winners were Natalie Abbey, Zachary Bell, Jacob Bowen, Alaina Cordts, Robby Cordts, Elizabeth Crump, Angelika Giavis, Sabrina Groves, Ashley Gurney, Kaliyana Haering, Jackson Harriot, Aidan Scanlan, and Adrianna Smith.

For Lake Anne, triple-event winners were Francisco Espinoza,

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# SPORTS

## World Cup Fever

Area soccer coaches, players share 2014 World Cup viewing experiences.

BY JON ROETMAN  
THE CONNECTION

Even on his wedding day, Robinson boys' soccer coach Robert Garza couldn't escape World Cup fever. Garza married his wife, Jennifer, on June 21 at the Hendry House at Fort C.F. Smith in Arlington. During that Saturday in Northern Virginia, Garza and a group that included his best man, West Potomac boys' soccer coach Andrew Peck, watched the Ghana-Germany match in the groom's suite. Later, when the group was taking pictures, Peck had the match streaming on his cell phone.

What was Jennifer's reaction?  
"She laughed when she found out," Garza wrote in a twitter message. "She married a soccer coach."

Garza is among the local residents who have closely followed the 2014 World Cup in Brazil. As the competition nears an end, soccer coaches and players from Northern Virginia and Potomac, Md., shared their memorable experiences from the month-long event, and their predictions on who would emerge victorious from the tournament's final four teams: Brazil, Germany, Argentina, and the Netherlands.

"This has been," Churchill girls' head coach Haroot Hakopian wrote in an email, "the most interesting/exciting cup in years."

Garza wasn't the only one making an effort to watch the World Cup. Oakton boys' coach Todd Spitalny, who owns a kitchen and bath company in Manassas, said he had DirecTV installed in his office specifically to watch the World Cup. South Lakes girls' coach Mike Astudillo took in some of the action at Reston Town Center, and Lucas Belanger, a 2013 Mount Vernon High School graduate and rising sophomore goalkeeper at American University, watched the United States matches at National Harbor in Washington. T.C. Williams rising senior Eryk Williamson downloaded an app on his phone to receive live updates if he wasn't able to watch.

Along with following the action at home — and on a cell phone during his wedding day — Garza, a 1991 Hayfield graduate, has watched the World Cup at the Bungalow and Lucky's Sports Theatre in Kingstowne.

"The atmosphere has been phenomenal," Garza wrote, "with so many fans coming out to watch."

**MUCH EXCITEMENT** centered around the performance of the United States men's national team, which competed against Ghana, Portugal, and Germany in Group G, nicknamed the "Group of Death." The U.S. emerged from group play with a 1-1-1 record, including a 2-1 victory over Ghana on June 16, and advanced by virtue of a goal-differential tiebreaker over Portugal.

The United States' World Cup appearance ended on July 1 with a 2-1 loss to Belgium in extra time in the round of 16.

"Like we all should, I've been supporting the U.S.," Joe McCreary, a 2014 Yorktown graduate and future James Madison University soccer player wrote in an email. "I think soccer in America the next four years is on the rise after team USA advanced from the group of death."

While the USMNT fell short against Belgium in the round of 16, goalkeeper Tim Howard produced a record 16 saves, holding Belgium scoreless until the 93rd minute.

"Sixteen saves in a game is hard to do in high school soccer," Hakopian wrote. "I have never seen that happen at the professional/World Cup level."

It wasn't just the USMNT or its players generating interest, however. Along with rooting for the U.S., Hakopian, who was born in Iran, also followed the Iranian team. Iran finished last in Group F with a 0-1-2 record, scoring their lone goal of the World Cup against Bosnia and Herzegovina in a 3-1 loss on June 25.

Hakopian, who has coached at Churchill High School in Potomac, Md., for 12 years, also said he would like to see Argentina star Lionel Messi win a World Cup. He also cheers for the Netherlands, which has been his favorite team since age 7, thanks to their "cool" orange jerseys — though Hakopian added "[forward Arjen] Robben's consistent flopping annoys the hell out of me ..."

**"I think soccer in America the next four years is on the rise after team USA advanced from the group of death."**

— Joe McCreary,  
a 2014 Yorktown graduate

"I was born in Iran so I am always interested in how they perform, considering their players have difficulty playing outside the Middle East," Hakopian wrote. "My wife was in the Peace Corps and traveled extensively in South America. Although she spent most of her time in Paraguay, she always roots for Costa Rica and Chile, which has made this year's cup even more fun."

Washington-Lee rising junior Maycol Nunez scored 37 goals in 2014 and helped the Generals advance to the Group 6A Virginia state final. Nunez lived in Honduras before moving to the United States four years ago at the age of 12. He cheers for his native country during the World Cup, along with Belgium and Argentina.

Honduras finished last in Group E with a



PHOTO BY LOUISE KRAFFT/THE CONNECTION

**T.C. Williams rising senior Eryk Williamson, left, has followed the action closely during the 2014 World Cup.**

0-3 record, scoring its lone goal in a 2-1 loss to Ecuador on June 20, but that hasn't stopped Nunez from enjoying the experience.

"Honduras is probably one of worst teams in the World Cup, but the fact that they are there means a lot," Nunez wrote. "... Honduras [scoring] their first and only goal in the World Cup against Ecuador has been definitely one of my favorite moments in this World Cup so far. ... Words cannot describe what watching Honduras in the World Cup means to me. It's just such an amazing feeling that I can't even describe."

Astudillo, who has coached the South Lakes girls' team the last two seasons and used to coach at Chantilly, has extended family from Colombia. Along with cheering for the U.S., Astudillo followed the Colombian team that won Group C with a 3-0 record, and defeated Uruguay 2-0 in the round of 16 before falling to Brazil 2-1 in the quarterfinals.

"Best tournament in our history," Astudillo wrote. "[I'm] so proud and we have so many young players. Look out Russia 2018!"

Williamson, who led T.C. Williams to the 2014 Group 6A Virginia state championship, said he is a passionate supporter of host Brazil, though he also cheers for the U.S. "I'm a huge Brazil fan," Williamson wrote. "I just love the way they play. However, growing up I always used to cheer for France. Now that they've been knocked out, I've been all about Brazil. ... Both of my parents are American so, at heart, I cheer for the U.S."

Belanger was a goalkeeper on Mount Vernon's 2013 state championship team. He made a pair of key saves during the Majors' penalty-kick shootout victory against Cosby in the state final. Belanger said he has enjoyed watching goalkeepers perform during the World Cup.

"I have always been a huge U.S. fan, even though they have been disappointing up until this World Cup, but I've also been rooting for a few individual players (mostly goalkeepers) such as Gianluigi Buffon for Italy and Thibaut Courtois for Belgium," Belanger wrote. "Being a goalkeeper my-

self, I have learned to appreciate the difficulty [of] some of the saves they make, and I always enjoy watching a goalkeeper have a great game.

"... I always love watching penalty-kick shootouts, but I have enjoyed watching all the games where the goalkeepers performed well, like Costa Rica, Nigeria, and especially the United States."

**THE SEMIFINALS** had yet to be played when coaches and players were interviewed. The first semifinal match, Germany versus Brazil, was played Tuesday. The Netherlands and Argentina faced one another Wednesday. The majority said Germany would win it all. Williamson said Brazil would have a tough time getting past Germany in the semifinals without star forward Neymar (back injury) and captain Thiago Silva (cards).

Nunez picked Argentina to win "because they have Messi and the other teams don't."

Astudillo had far less praise for the Argentine star.

"I know I sound like a hater, but I'm not a Lionel Messi fan," Astudillo wrote. "I grew up watching Diego Armando Maradona single-handedly carry [Argentina] to a World Cup championship in Mexico in 1986. Teams would triple team him because he had zero help on that squad, but it didn't matter. He always found a way to make those around him better. If Lio can't deliver a World Cup to his native Argentina, I think we should hold off on considering him one of the greatest ever."

The championship match is scheduled for Sunday, July 13, providing the final opportunity for a memorable World Cup viewing experience.

"This World Cup, we saw so many come together — friends, family, strangers — all to see the world play," Garza wrote. "Compared to previous years, this World Cup has been huge. Every U.S. game I have watched with family and friends and fellow coaching colleagues from the high school ranks. Each time, we easily took up quite a few tables, getting to the pubs quite early to secure space."



# NEWS

**Lake Newport Pool is the Reston Association's largest outdoor pool, and hosted a 4th of July party. This was just one of many summer events scheduled at Reston pools.**



PHOTOS BY RYAN DUNN/ THE CONNECTION

## Parties, Action Continue At Reston Pools

### Reston Association holds 4th of July party and other events.

BY RYAN DUNN  
THE CONNECTION

The afternoon on July 4 there was a community party at Lake Newport Pool in Reston. With mild weather the event was well attended and DJ Akhil with Dream Day DJs provided musical entertainment. A craft table was set up for children, and a hula hoop contest was held. The July 4th party is one of several summer events scheduled at Reston pools.

The Reston Association operates 15 outdoor pools within Reston. The largest of these pools is the Lake Newport Pool, Reston's only Olympic sized 50-meter pool. "We do events at Reston pools throughout the year," said Toni Bruno, a seasonal worker for the Reston Association and college student at Radford University. "Kids love it, and the Newport pool is a great area for grilling out."

**AMONG OTHER UPCOMING EVENTS** is a cookout at Hunters Woods Pool, at 2501 Reston Parkway scheduled Wednesday, July 30. This cookout will be co-sponsored by the Reston Association and the Reston Community Center. Hot dogs, hamburgers, chips and drinks are provided along with live music. Ice cream socials are planned for Monday, July 14, 2 p.m. at Shadowood Pool, at 2201 Springwood Drive, and Monday, July 21, 2 p.m. at Ridge Heights Pool at 11400 Ridge Heights Road.

On July 15, at Reston North Hills pool there will be a movie event for kids and families. The movie to be shown is Despicable Me 2, and is scheduled to begin

at 8:30 p.m. Members of Reston Association with pool and tennis passes can bring a guest for a fee. "We have about 30 events that we host throughout the pools," said Laura A. Kowalski, Deputy Director for Recreation with Reston Association. Pool and tennis passes may be purchased online in the Shop RA section or in person at the Reston Association main office, located at 12001 Sunrise Valley Drive.

An End of Summer Pool Party is scheduled for Friday, Aug. 15, (Rain Date: Aug. 16) 4-7 p.m. This free event will be held at Golf Course Island Pool, 11301 Links Drive. The pool party will have food, entertainment and fun for the whole family. Local non-profit Cornerstones will also be hosting a Back to School Drive at this event which will be co-sponsored by Reston Community Center.

**THE RESTON ASSOCIATION** is affiliated with the Reston Swim Team Association (RSTA), a year-round swim league open to all swimmers between the ages of 6 and 18. The summer league brings together up to 990 swimmers from the greater Reston area. These swimmers practice and compete on nine teams with up to 110 swimmers per team. During the course of a season from late May to the end of July, swimmers practice almost daily and compete in six dual meets, an Individual Medley meet, and a select All-Star meet. Coaches for each team are hired each summer. Many are current or former RSTA swimmers.

"With 15 swimming pools and different amenities at different sites, there really are pools for all different types of people," said Kowalski. "We try to make sure that there are programs for everyone to have fun during the summer." Dylan Graham has enjoyed his seasonal job as a lifeguard at Lake Newport Pool. "You get to know all sorts of people, learn leadership roles and have fun in the sun," said Graham. For more information on the Reston Association, visit [www.reston.org](http://www.reston.org).



**Toni Bruno, a seasonal employee of the Reston Association prepares cotton candy for a patron at the July 4th community party at Lake Newport Pool.**



**Lifeguard Emilie Barbaro keeps watch at Lake Newport Pool in Reston.**

## CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

**TUESDAY/JULY 8 - 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 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. Reservations required by July 7 at 703-476-9689 and press 5.

**FRIDAY/JULY 11 Fireflies in July.** 7:30-9 p.m. Brown's Chapel, 1575 Brown's Chapel Road, Reston. Discover what makes them glow and why they blink their lights on and off; all ages. \$7-\$9. Reservations required by July 8 at 703-476-9689 and press 5.

**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.

**Butterfly Count.** 9:30 a.m.-12:45 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Meet fellow butterfly lovers, learn tips on identification and have fun while helping to collect important information on our fluttering friends; ages 16 and over. Reservations required by July 9 at 703-476-9689 and press 5.

**Top Reston Chef at Farmers Market.** 10 a.m. Lake Anne Village Center. Executive Chef John-Michael Hamlet will visit the Reston Farmers Market to offer a cooking demonstration using fresh products from the Market. Free samples of the offering along with John-Michael's recipe will be provided.

**SATURDAY/JULY 12 - SUNDAY/JULY 13 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.

**SUNDAY/JULY 13 - AUG. 17 Sunday Exercise Series with Athleta and Reston Town Center.** 10 a.m. Enjoy various fitness classes including yoga, pilates, self-defense, cardio, and core strength. 703-668-0256.

**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](http://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.

**WEDNESDAY/JULY 16 Read Yourself Silly with Flow Circus.** 2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Take a trip to the circus with juggling, magic and more. Ages 6 to 12. 703-689-2700.

**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. Reservations required by July 16 at 703-476-9689 and press 5.

**Water, Water Everywhere! Tell Us, Tell Us, Should We Care?** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Students will examine water phases and water quality through hands-on demonstrations and experiments. School-age. 703-689-2700.

**Reston Concerts on the Town Series.** 7:30 p.m. Reston Town Center. Jump blues and Swing.

**SUNDAY/JULY 20 Dragonfly Count.** 10 a.m.-4:30 p.m. Bright Pond, Bright Pond Lane, Reston, park at the end of the cul-de-sac. Meet local dragonfly experts, learn tips on identification and have fun while helping to obtain important information on our fast-flying friends; ages 16 and over. RSVP by July 17 at 703-476-9689.

**TUESDAY/JULY 22 Tips on Tuesday.** 6-8 p.m. The Dandelion Patch, 1810 Library Street, Reston. Join us for a free workshop on creative ways to enhance a memorable guest experience at your wedding. Please RSVP to 703-689-2240.

**FRIDAY/JULY 25 Summer Songs Campfire.** 7-8:30 p.m. WNC Campfire Ring, Soapstone Drive, Reston, between Glade Drive and Lawyers Road. Listen for nature's sounds and discover who is making them; all ages. \$6-\$8. RSVP by July 22 at 703-476-9689.



## Not That I'll Ever Be Out, But...

By KENNETH B. LOURIE



"Just when I thought I was out...they pull me back in." Although this quote is from Michael Corleone from "The Godfather: Part III," it very much characterizes my daily struggle being a terminal cancer patient; non small cell lung cancer, NSCLC, is like that, almost always. Even though I don't want to think about the fact that I have cancer, or not let it affect my judgment on life – or perspective; or let it impede my path to a happier existence, more often than not, it does.

Not that I'm morose or depressed or a dismal Jimmy, I am however, as Curly Howard of The Three Stooges so regularly said: "I'm a victim of soy-cumstance." And not that I dwell on having lung cancer either; it is what it is, and of course, I am extremely happy to still be alive. Nevertheless, having lived post-diagnosis now for five years and nearly four months, (after initially being given a "13 month to two year" prognosis by my oncologist), doesn't necessarily make my circumstances any easier.

I won't bore you with the details, both mentally or physically, facing cancer patients as we endure a rather difficult set of challenges. Suffice it to say, there are good days and bad days – and many in the middle, to be honest. I've been fortunate to have many more good days than bad. And it's those good days that we try to hang on to and harness somehow when the inevitable bad days begin to overwhelm. And as often as I try to compartmentalize the cancer effect, it still manages to rear its ugly head: consciously, subconsciously, literally, figuratively, generally, specifically; and/or any other word or phrase you can imagine. As much as I don't want to feel its effect, emotionally I do.

Practically speaking then, how do I forget that I have cancer? How do I control the uncontrollable? Given my daily routine of pills, supplements, special drinks, food choices and lifestyle changes and alone time, how do I not let the fact that I have an incurable form of cancer dominate how I live and breathe; especially when my breathing is often compromised and my life is one continual set of immune-system boosting, anti-cancer activities and behaviors? Believe me, it's not easier written that it is said and certainly neither is its doing. And it certainly beats the alternative, if you know what I mean? However, it is something that I am mostly able to do. I give myself a "B," because I'm able to remain "B" positive.

But, and it's a huge but, to say the process is not one gigantic emotional ball and chain would be denying the very reality in which I'm immersed 24 hours a day. Still, how much additional good would it serve to focus on it more exclusively than I presently do? However, if I don't focus on it, perhaps I don't consistently do the things that I need to do to stay alive and maintain the reasonably good health with which I've been blessed. As much as I'd like to be "out," I'd just as soon not have the cancer "pull me back in" every single day.

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

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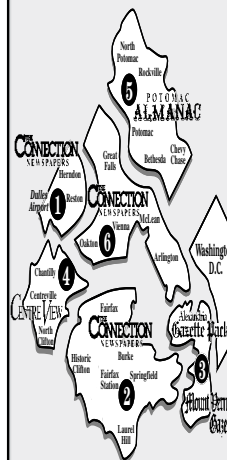
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## BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

### THURSDAY/JULY 10

**Red Cross Blood Drive.** 8 a.m.-1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

### FRIDAY/JULY 11

**Red Cross Blood Drive.** 9 a.m.-2 p.m. YMCA Reston, 12196 Sunset Hills Road, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults. 703-689-2700.

**Let's Talk - ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group. Adults. 703-689-2700.

**VIP Reston.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for visually impaired persons. Adults. 703-689-2700.

### MONDAY/JULY 14

**ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sharon's Monday conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Candith's Monday conversational group. Adults. 703-689-2700.

### TUESDAY/JULY 15

**Red Cross Blood Drive.** 10 a.m.-2:30 p.m. FM Global, 2100 Reston Parkway, Suite 600, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. Adults. 703-689-2700.

**ESL for Advanced Students.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bob's Tuesday conversational group. Adults. 703-689-2700.

**ESL "Speak and Write" for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's Thursday class. Adults. 703-689-2700.

### WEDNESDAY/JULY 16

**ESL for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### THURSDAY/JULY 17

**ESL Pronunciation and Speaking for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700

### FRIDAY/JULY 18

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**Let's Talk - ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### MONDAY/JULY 21

**ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### TUESDAY/JULY 22

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Advanced Students.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL "Speak and Write" for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

### WEDNESDAY/JULY 23

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### THURSDAY/JULY 24

**ESL for Advanced Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL Pronunciation and Speaking for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

### FRIDAY/JULY 25

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**Let's Talk - ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### MONDAY/JULY 28

**ESL for Intermediate Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**NOVA Blood Drive.** 12 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Make a lifesaving appointment today. <http://www.inova.org>. 1-866-BLOODSAVES.

**ESL for Intermediate Students.** 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### TUESDAY/JULY 29

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Advanced Students.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL "Speak and Write" for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

**Social Security Seminar.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Strategies to maximize your Social Security income. Presented by Glen Weaver, NAIFA. Adults. 703-689-2700.

### WEDNESDAY/JULY 30

**ESL for Intermediate Students.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

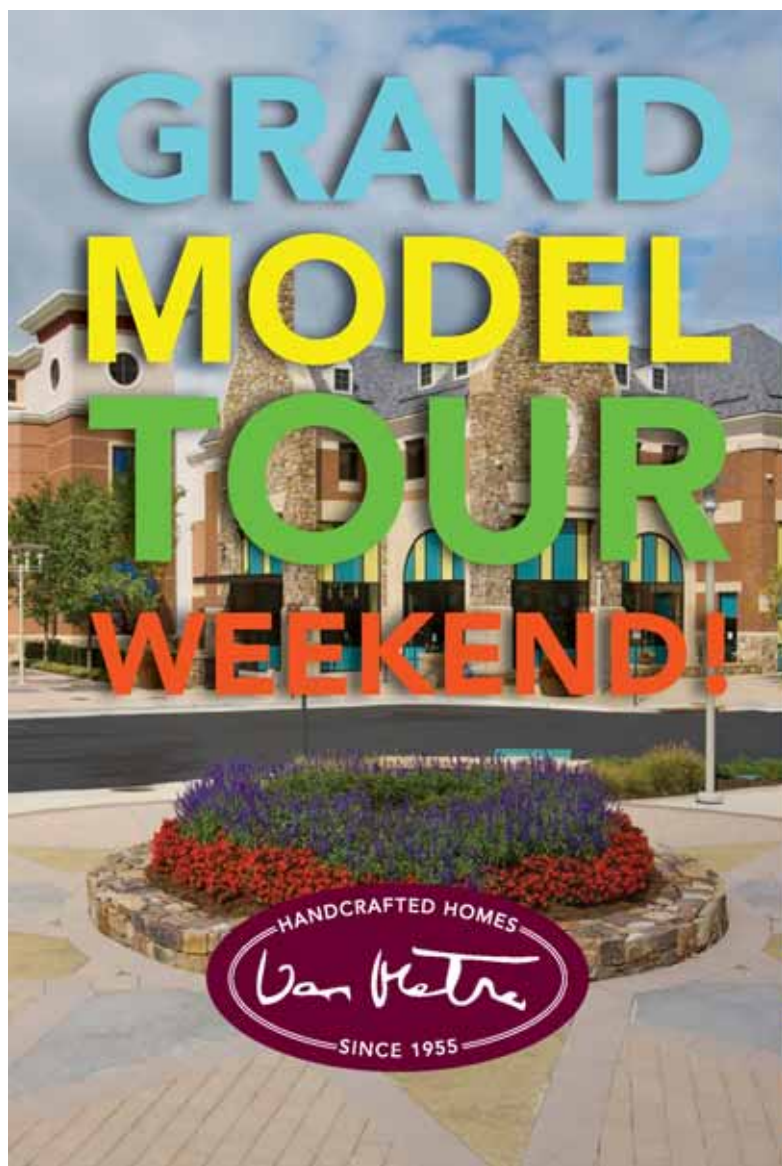
**ESL for Intermediate Students.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

**ESL for Intermediate Students.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

### THURSDAY/JULY 31

**ESL for Advanced Students.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.





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-Theresa Ott, Springfield, VA

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