

A bicyclist goes by new light posts installed along the W&OD trail near Station Street. There are currently 34 light posts installed along the W&OD trail.

Lights Go Up Along W&OD Trail

NEWS, PAGE 4

OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 7 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY RYAN DUNN / THE CONNECTION

Silver Line Officially Opens

NEWS, PAGE 3

Oak Hill Resident in 'Shrek the Musical'

NEWS, PAGE 4

tranzon®

auction

OFFICE CONDOS

Falls Church, Fairfax City, Annandale

- 775 sf to 4,000 sf
- Office, professional uses
- Ample parking
- High traffic locations

Auctions on-site Aug. 20
 5981 Columbia Pike #200, Falls Church VA
 9669 Main St, #A,B,C,D Fairfax VA
 7202 Poplar St #E&F, Annandale VA

FAIRFAX BUILDING LOT

\$50,000 Opening Bid

- 13,553+/- sf
- Zoned R-2, No HOA
- Rare lot, bid online

Online August 21 at 2pm
 Parcel 1B Oakton Dr., Oakton, VA

Tranzon Fox

Build Your Community

Support Your Local Businesses.

THE CONNECTION

to your community

www.connectionnewspapers.com

TRANZON.COM

888-621-2110

You get the windows, we pay the interest

The problems with plastic, vinyl windows:

- Even through normal temperature changes, vinyl windows and patio doors can expand, contract, warp and leak.
- If their seals break and the insulating gas escapes, your energy efficiency goes out the window.

The solution is our Fibrex® window:

- We're the replacement window division of Andersen, and they developed our Fibrex material to meet their superior standards.
- Fibrex is so strong it helps prevent glass movement, seal failure, and discomfort in your home.
- Our exclusive Fibrex material is twice as strong as vinyl, and—unlike wood—requires virtually no maintenance.*

➤ **This special ends August 17th!**

The people who want these windows and patio doors later **simply won't get this deal!**

Only through August 17th

5 YEARS NO INTEREST¹

or

SAVE 20%

on windows, patio doors **AND** installation¹

Yes, we are discounting ALL THREE!

With our Instant Product Rewards Plan. Offer expires August 17, 2014

Renewal by Andersen



WINDOW REPLACEMENT an Andersen Company



Call for your FREE Window Diagnosis

1-703-775-2256

*Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas; 20% discount applied by retailer representative at time of contract execution and applies to minimum purchase of 4 or more windows and/or patio doors. Offer does not include bay/bow windows or any upgrades considered non-standard options. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for 20% discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 8/17/14 with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 60 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 60 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. This Renewal by Andersen location is a independently owned and operated retailer. VA Lic.# 2701030764A, DC Lic.# 420212000031. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2014 Andersen Corporation. All rights reserved. ©2014 Lead Surge LLC. All rights reserved. *See limited warranty for details.



PHOTOS BY REENA SINGH / THE CONNECTION



People rushing to get on the first public Silver Line rail cars on Saturday, July 26, at Wiehle-Reston East Silver Line station.

Local, state and national officials at the ribbon-cutting ceremony for the Silver Line on Saturday.

Silver Line Officially Opens

Wiehle-Reston East to Largo Town Center.

BY REENA SINGH
THE CONNECTION

After the speeches, after the ribbon-cutting, there was a mad rush to board the first publicly open rail cars that rolled on the Silver Line heading towards Tysons Corner. “Step back. Doors closing.”

Those inside the eight new rail cars cheered. Those outside were visibly - and

some vocally - disappointed.

After years of promises, history was being made. Local residents wanted to be a part of it.

THE SILVER LINE grand opening ceremony, attended by energetic local, state and national dignitaries, was held Saturday at the Wiehle-Reston East Station, a station that was only one part of the \$2.9 billion project known as Phase I.

“Welcome aboard the Silver Line!” said Washington Metropolitan Area Transit Authority CEO Richard Sarles. “It’s time to ride.”

WMATA expects 37 percent of current rail riders will experience shorter wait times thanks to the new project.

“The Silver Line is not just a transportation project,” said Fairfax County Board of Supervisors Chairman Sharon Bulova. “It’s a major transformative initiative.”

She and other officials, including Gov. Terry McAuliffe and U.S. Secretary of Transportation Anthony Foxx, rode the very first rail cars to the W-RE station before the ceremony.

“I just rode the car from Tysons,” said Gov. McAuliffe. “It was smooth, it was right on time, it was perfect and soon, we’ll all be on it.”

SEE METRORAIL, PAGE 5

Tysons Welcomes Metrorail

BY RYAN DUNN
THE CONNECTION

Five Silver Line Metro stations located in Reston and Tysons Corner opened to the public on Saturday, July 27. According to a report provided by the WMATA, approximately 32,147 people entered or exited at one of the five new Silver Line stations that day. The first phase of the Silver Line is a 1.7-mile extension from East Falls Church in Arlington to Wiehle Avenue in Reston. It includes five Metrorail stations: McLean, Tysons Corner, Greensboro, Spring Hill, and Wiehle-Reston East.

THE PHASE 1 of the Silver Line cost \$2.9 billion to construct. The Metro line extension in Virginia is planned to expand an additional 11 miles by 2018, connecting the rail system to Dulles International Airport. Many riders seemed relieved the Silver Line is finally in operation. “I think the Silver Line will be transformative, it is great,” said Reston resident Roz Rakoff who rode the Silver Line out to the Spring Hill metro station in Tysons.

“I think the Silver Line will bring more corporate business to the area,” said Herndon resident and retiree Charles E. Walker. “My nephew bought a parking space at the Reston station garage.” The

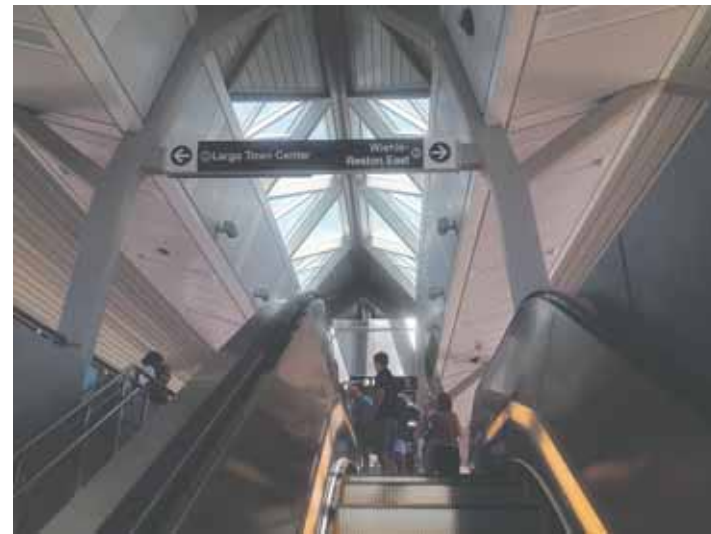


PHOTO BY RYAN DUNN / THE CONNECTION

An elevator and stairs lead up to metrorails at the Silver Line Spring Hill metro station. Both Loudoun County Transit and the Fairfax Connector have bus routes to Spring Hill metro.

Reston garage was built as a public-private partnership by Comstock Partners and Fairfax County. The county owns the commuter garage, and Metro will collect parking fees. Rates will be the same as at other Metro garages in the county: \$4.85 per day; \$65 a month for reserved parking; and \$75 a year for using the secure bike room.

Ultimately the Silver Line will extend to the Dulles International Airport and into

Arrival of Silver Line to Tysons set to encourage residential development.

Loudoun County. Costs are expected to exceed \$2.7 billion. “It is so exciting to finally see this critically-important rail link become a reality,” remarked U.S. Rep. Gerry Connolly (D-11). “You can sense the excitement in Reston and Tysons as residents and creative-thinkers look forward, envisioning bold projects incorporating smart growth and transit-oriented economic and housing development.”

“I think the Silver Line will make transportation issues easier for commuters,” said Alex Horwitz, a resident of Fairfax and middle school teacher. “Although the lack of parking at some of the metro locations is bit unusual.” There are no parking garages at the metro station in Tysons, but there are bike racks and bike lockers. Wiehle-Reston East is the only Silver Line station with a parking garage. “I think the Silver Line will bring a lot of great opportunities,” said

Fairfax resident Steven Tricarico, an events coordinator with Comstock Partners.

HOUSING DEVELOPERS are testing to see if metro accessible Tysons will bring in more tenants. Home to two shopping malls and the corporate headquarters of numerous companies, Tysons currently has more stores and jobs than residents. Tysons is effectively Fairfax County’s central business district and a commercial center with a population of 19,627 as of the 2010 census. In June 2010, the Fairfax County Board of Supervisors adopted a Comprehensive Plan for a Metro-accessible, urban Tysons with 100,000 residents. The Plan is designed to take advantage of the new Metro stations and by the year 2050 transform Tysons into a walkable urban center.

In April, The Ascent, a 25-story high-rise on 8421 Broad Street welcomed its first tenants. A second building designed by R2L Architects of Georgetown will be constructed by the Spring Hill Metro Station. This location will add another 400 housing units. The project is one of seven planned towers which will be part of the 7.8 million-square-foot Spring Hill Station development.

For more information on the Silver Line, visit silverlinemetro.com.



R.E. Lee Electric Co., Inc. was contracted to install lights along the W&OD trail in the Town of Herndon. There are 39 light poles being installed with this phase of the project. A potential future phase of lighting is from Ferndale Avenue to Crestview Drive.



PHOTOS BY RYAN DUNN/ THE CONNECTION
In July work was done on the historic Herndon depot building to replace weather damaged board. The depot building was added to the National Register of Historic Places in 1979.

Lights Go Up Along W&OD Trail

Construction projects underway in downtown Herndon.

BY RYAN DUNN
THE CONNECTION

In downtown Herndon construction has been occurring at several locations including the Vinehaven townhouse project on Vine Street. On Spring Street utility improvements are expected to continue through mid August to replace the existing waterline, install a new sewer line, and install utility conduits and duct banks along Spring Street, between Elden Street and Locust Street. The historic Herndon depot building had work done to replace weather damaged board and batten siding and repaint the repairs. The contract for this work was completed by Western Loudoun Restoration. “We almost exclusively do preservation work,” said Western Loudoun Restoration president and carpenter Robert Sanders.

ANOTHER PROJECT started in July was placement of light posts along the W&OD Trail which runs through downtown Herndon. “The W&OD trail goes right through the heart of our down-

town and is well utilized by both residents and visitors,” said Herndon Vice Mayor Jennifer Baker. “Lighting the trail will encourage extended daily use and make it safer for all who use it.”

The Northern Virginia Regional Park Authority enabled this project by entering into an operating agreement with the Town of Herndon, and is the first trail lighting project along the W&OD. The Herndon Parks and Recreation Department had the lead on the project, and submitted a grant application to the Department of Conservation and Recreation, which provided \$200,000 in matching funds to this first phase. The Herndon Department of Public Works oversaw the design and construction of the project. “We too are excited for the lights to go on, and expect there will be a ribbon cutting in August,” said Cindy Roeder, director of the Herndon Parks and Recreation Department.

A total of 39 lights have been installed, but they have not yet been energized. Dominion Power will be supplying the electricity. “This first phase has three sections to it, from Ferndale to Center Street, from Center Street to Station Street, and from Elden Street to Van Buren,” said Randy Schell, a chief of Programs & Project Management at Town of Herndon. The W&OD Trail is classified as a regional park, maintained by the Northern Virginia Regional Park Authority. It includes 45 miles of trail from the Shirlington section

of Arlington County to Purcellville, in western Loudoun County.

“There are some parts of the W&OD trail which I cannot commute in the dark even with a bike light,” said Arlington resident Karen Palino, a patron of the Green Lizard Cycling in Herndon. “I think the lights will be helpful.” A second, future phase of the electric lights will run from Ferndale Avenue to Crestview Drive. This phase has not yet received approval by the northern Virginia Regional Park Authority and Dominion Power.

DESIGN OF THE LIGHTS took into consideration the concerns of nearby neighbors, and the lights are designed to throw light down and onto the trail, not ambient lighting that could intrude into peoples homes and backyards. The Town of Herndon will be monitoring the lights and adjust as needed.

“We are delighted to see the lights go up on the trail, this was a project approved by the prior council in cooperation with the NVRPA,” said Town of Herndon Council member Grace H. Wolf. “These lights will provide additional lighting in the early evenings and dusk hours for primarily special events such as the Herndon Festival or Friday Night Live. The lights will increase safety and allow folks to get home after our signature events and not have to walk or bike in the dark! I’m excited to see them go up.”

PHOTO BY BONNIE HOBBS/THE CONNECTION



From left are Glynn Cosker, Jennifer LePaige and Devyn Tinker, who portray Shrek, Princess Fiona and Donkey, respectively.

Oak Hill Resident in ‘Shrek the Musical’

BY BONNIE HOBBS
THE CONNECTION

A big green ogre, a princess, a wisecracking donkey and a love-struck dragon – they’ll all be onstage when The Alliance Theatre’s Summer Stars program presents “Shrek the Musical.” And in the title role is Oak Hill’s Glynn Cosker.

The cast and crew of nearly 100 have been working on the show since May and, when the curtain rises, they’ll be joined by a 13-piece pit orchestra. Helming his fourth Alliance show, Director Scott Olson says things are going really well.

“I’ve got an insanely talented cast,” he said. “My leads are spot-on for their characters, and 30 members of our Summer Stars theater camp – from third through eighth grade – are in the show, too. They’re doing really high-level dances, tight choreography and even marching.”

Olson said special prosthetics were created to transform actors into ogres and fairytale characters, and the costumes and make up will be “amazing,” as will the 26-foot-long, light-up, dragon puppet that exhales smoke. The scenes take place in a swampy forest, a castle, a dragon’s lair, a church and at Shrek’s house – an oversized tree stump.

There’s also a moral to the story. “This show’s about understanding and appreciating others’ differences and accepting and appreciating yourself for who you are,” Olson said.

Cosker, complete with Scottish accent, portrays Shrek. “He’s an ogre who likes living by himself in a swamp,” said Cosker. “So he’s surprised to one

day find dozens of fairytale creatures there. But he’s not immune to adventure. Yet when he falls in love with Fiona and forms a friendship with Donkey, you see a different side of him and learn that he actually has a big heart.”

Cosker’s been in 30 shows, but calls Shrek one of the funnest roles he’s ever played. “He’s such a big, full-of-life character,” said Cosker. “And the whole experience – working with the kids and seeing their reactions to Shrek – has been wonderful. It’s about 180 degrees from my own, nice and introverted personality. As Shrek, I do lots of yelling and screaming, so it’s quite therapeutic.”

His favorite song, which he sings, is “When Words Fail.” In it, said Cosker, “Shrek’s trying to get the courage to ask Fiona to spend time with him – and worrying what he’ll do if his words fail him. The song speaks to his humility as you see him shedding the ogre shell and becoming more human.”

Cosker said the audience will also enjoy the show’s energy and focus, plus the singers and dancers in the ensemble. “The choreography and costumes are awesome,” he said. “People will step into a different world for two hours and have a good time.”

“Shrek the Musical” will be performed by The Alliance Theatre at Chantilly High, 4201 Stringfellow Road in Chantilly. Show times are: Friday, Aug. 1 and 8, at 7:30 p.m.; Saturday, Aug. 2 and 9, at 2 p.m. and 7:30 p.m.; and Sunday, Aug. 3 and 10, at 2 p.m. Tickets are \$16 and can be purchased at www.TheAllianceTheatre.org or 703-220-8101.

NEWS

Metrorail Seen As 'Game Changer'

FROM PAGE 3

Several of the speakers following him commented on the governor's energy about the project.

"Virginia, sir," he said. "50 states. It's only the Commonwealth that matters. Nowhere else are they doing what we're doing today in Virginia."

Laughing, he ordered that Phase II of the Silver Line would be completed the day before his term of office is over.

After Phase II is completed, WMATA does not expect there will be another major project until a new strategic plan is drawn up in 2025.

"We are committed to unlocking the region," said Gov. McAuliffe. "That's why we've been so involved with making sure this comes to fruition."

U.S. Rep. Gerry Connolly (D-11) said the road to the Silver Line has not been easy, however.

"There were not many believers," he said. "We were sued. Some of the people who sued us are in this room."

A couple of people in the audience laughed and raised their hands.

"This is going to transform our corridor," he said.

U.S. Secretary of Transportation Anthony Foxx spoke similarly. He likened the road to the Silver Line like building a cathedral during the medieval era. While the builders did not know what the cathedral would look like by the end, they finished their work.

"The work of transportation is really the work of generations," he said. "Today is the day to celebrate



PHOTO BY REENA SINGH/THE CONNECTION

Gov. Terry McAuliffe is interviewed by the media moments after stepping off the Silver Line rail car on the way to the extension's grand opening Saturday.

the voice of yes being stronger than the voice of no."

SUPERVISOR Catherine Hudgins (D-Hunter Mill) spoke as a WMATA board member and as a longtime resident of Reston.

"When many of us moved to Reston, we were told that rail was coming," she said. "We didn't think it would take 48 years to come." She said that Reston's motto of live, work and play will be taken beyond the town boundaries with the new Metro line.

"These five stations really make a game changer for the county," she said.

But a ribbon cutting and a train ride is just the beginning, said Supervisor John Foust (D-Dranesville). Foust was not a speaker at the event, but also had the opportunity to ride the Metro line on the way to the event.

"This will really affect the quality of life and jobs here," he said. "It will create the opportunity to develop new communities around the metro stops that will become vibrant places to live, to work and to play."

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

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



8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II

5:00 p.m. Come Just as You Are Contemporary Service

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

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

703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

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

You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



Consider Fostering

visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org



Save up to \$15,000!

**WESTEND AT
STONE RIDGE
TOWNE CENTRE CROSSING**
2-Level Villas
from the Low \$400's.
703-764-5492



Coming Soon!

**WESTEND AT
STONE RIDGE
CEDARWOOD**
Single Family Homes featuring
1-Level Living.
703-764-5482



Save up to \$22,500!

**WESTEND AT
STONE RIDGE
CENTRE PARK**
Luxury Elevator Garage Condos from
the Low \$300's.
703-764-5487



Save up to \$17,500!

**BROADLANDS
THE VILLAGES
AT BROADLANDS**
50+ Active Adult Living
from the Mid \$300's.
703-764-5482



Save up to \$15,000!

**BRAMBLETON
SOUTHBEND AT
EMERALD RIDGE**
2-Level Villas
from the Mid \$400's.
703-764-5433



Save up to \$25,000!

**ESTATES AT BULL RUN
GOLF CLUB**
Single Family Homes featuring
1-Level Living
from the Mid \$700's.
703-764-5443

www.VanMetreHomes.com



*Offer and prices subject to change without notice. For specifics on individual community savings, see Sales Manager for details. 7/2014



Finally, Marriage Rights Protected in Virginia

On July 28, 2014, in affirming that Virginia's ban on same-sex marriage is unconstitutional, Circuit Judge Henry F. Floyd writes:

"We recognize that same-sex marriage makes some people deeply uncomfortable. However, inertia and apprehension are not legitimate bases for denying same-sex couples due process and equal protection of the laws. Civil marriage is one of the cornerstones of our way of life. It allows individuals to celebrate and publicly declare their intentions to form lifelong partnerships, which provide unparalleled intimacy, companionship, emotional support, and security. The choice of whether and whom to marry is an intensely personal decision that alters the course of an individual's life. Denying same-sex couples this choice prohibits them from participating fully in our society, which is precisely the type of segregation that the Fourteenth Amendment cannot countenance."

Judge Arenda Wright Allen, on Valentine's Day, 2014, ruled that Virginia's ban on same-sex marriage is unconstitutional, writing:

"A spirited and controversial debate is underway regarding who may enjoy the right to marry in the United States of America. America has pursued a journey to make and keep our citizens free. This journey has never been easy, and at times has been painful and poignant. The ultimate exercise of our freedom is choice. Our Declaration of Independence recognizes

that 'all men' are created equal. Surely this means all of us. While ever-vigilant for the wisdom that can come from the voices of our voting public, our courts have never long tolerated the perpetuation of laws rooted in unlawful prejudice. One of the judiciary's noblest endeavors is to scrutinize laws that emerge from such roots.

"Plaintiffs assert that the restriction on their freedom to choose to marry the person they love infringes on the rights to due process and equal protection guaranteed to them under the Fourteenth Amendment of the United States Constitution. These challenges are well-taken..."

"The Court is compelled to conclude that Virginia's Marriage Laws unconstitutionally deny Virginia's gay and lesbian citizens the fundamental freedom to choose to marry."

Help with Newcomers And Community Guides

Our 2014 Insider's Edition Newcomers and Community Guides, will publish the last week of August.

What tips do you have for someone getting to know your community? What do you wish you had discovered sooner?

We're hoping to share the special places, ac-

tivities, events, organizations, volunteer opportunities and more that make each community what it is. Tell us your favorite park; let us know what events are not to be missed. Give a shout out to organizations that do a great job. Share your best volunteer experiences. Do you have tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

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

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

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

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Thursday, Aug. 14.

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

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL



Riding the Silver Line—Day One

No doubt about it: The Silver Line is a game changer for Reston.

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

I was kind of excited about the opening of the Reston (Wiehle-Reston East) Metro station on Saturday. In fact, Fran and I decided to take a ride on Silver—after we closed the Reston Farmers Market at noon and had our nap, of course. We could have walked to the station, but we drove instead—on the grounds that we had had our walking exercise for the day. At 3:30 parking was no problem. Inside, the station looked and felt new, and it was not crowded so we easily got to a waiting train—a long one, about half full. We noticed that our car looked new as well—it had the shiny new, easy to clean hard surface floors and the electronic signs indicating the stations. After a couple of minutes, a clear voice announced, "Welcome to the Silver Line to Largo, Maryland," and we were off! Soon, maybe 10 minutes later, we were in Tysons. Two observations about the ride



INDEPENDENT PROGRESSIVE

through the four Tysons stations. First, as I expected, it seemed like a long time to go a relatively short distance. This is the Silver Line's big design flaw—two or three stations too many. But, second, Tysons does look a lot nicer from an elevated train car than it does from street level.

Then, it was on to East Falls Church where the new Silver Line track joins the existing Orange Line. Note: several people have asked us where one must change trains to go all the way from Reston to Largo, the other end of

the Silver Line. The answer is nowhere. No train changes at all. You arrive in Largo in the same seat you got at Reston. The train changes designations as it goes—i.e., it starts in Reston as the Silver Line; becomes Silver and Orange at East Falls Church; changes to Silver, Orange and Blue at Rosslyn station; and, at Stadium/Armory it drops the Orange name and proceeds on to Largo as the Silver and Blue lines. In fact, we could have kept the same seat roundtrip! Because, when we got to Largo, our train simply changed directions and became the Silver Line (and Blue, etc.) to Reston!

We did get off the train at Eastern Market on our way to Largo. Eastern Market is about the oldest farmers market in the metro region, and the Reston Farmers Market's co-Market Masters (Fran and I) could not resist the opportunity to visit one of the old classic markets. And, we got a nice surprise there. One of our Reston vendors, Wisteria Gardens, has a stand in Eastern Market. The lady tending the stand told us she'd heard Reston was a great market! Back on the train, we soon passed the Morgan Road station, just a short walk from the Fedex Field

where we and daughter Jenni saw the Redskins beat the Green Bay Packers last season. It turned out to be their last win of that season. Then, we sat back and read the newspaper and watched the scenery (when above ground) on the way to Largo and then heading back home. We would make one more stop—to reward our hard work with dinner at Coastal Flats in Tysons Corner, a restaurant we had not visited because Tysons is such a hassle. But, the Silver Line changed that. We had a nice seafood dinner at the bar and walked 10 minutes back for our comfortable Silver Line ride to Reston. Love hearing the announcement as we returned westward—"This is the Silver Line to Reston!" No doubt about it. The Silver Line is a game changer for Reston. How we manage the change remains to be seen. I would feel much more confident if we were a self-governing town or city making our own decisions on how we grow from 60,000 to twice that many. There is no question however that the Silver Line will enable us to see a lot more of our region than we currently do. And, imagine walking to a comfortable train whizzing us to Dulles Airport, too.

CALENDAR

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

TUESDAY/JULY 29 - SUNDAY/AUG. 24

Riches from RAGS Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Fine art by the 11 artists of Reston Art Gallery & Studios (RAGS). www.artspace.org.

THURSDAY/JULY 30

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

THURSDAY/JULY 31 - SUNDAY/AUG. 3

Fairfax County 4-H Fair and Carnival. 10 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Old-fashioned carnival with games, rides, 4-H exhibits, animal shows, and entertainment. Admissions: Free; Cost varies for some rides. 703-437-9101.

FRIDAY/AUG. 1

Andre Enceneat. 8 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. An WAMMIE-award winning pop, jazz and R&B artist, has sung back up for George Benson and is member of the renown Uptown Vocal Jazz Quartet. Mr. Enceneat presents an evening of intimate jazz standards featuring Jazz pianist Pete Frassrand. \$20/25. nextstoptheatre.org or 866-811-4111.

Friday Night Live! Laura Lea &



View fine art by the 11 artists of Reston Art Gallery & Studios (RAGS) at ArtSpace Herndon from July 29 - Aug. 24.

Tripp Fabulous. 6:30 p.m. - 10:30 p.m. Town Green Herndon, 777 Lynn Street. Enjoy a night of rock music featuring covers and original songs. Free Admission. 703-481-6133.

SATURDAY/AUG. 2

The Divas of NextStop. 8 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. A special night dedicated to some of the lovely ladies that have graced the NextStop stage! Featuring Anya Nebel (Caroline, or Change), Katie McManus (Into the Woods, Side Show), Kristen Garaffo (tick, tick, BOOM!, Blood Brothers) and Nora Palka (Into the Woods). \$20/25. nextstoptheatre.org or 866-811-4111.

Reston Concerts on the Town

Series - Jeffery Broussard & the Creole Cowboys. 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. It's a jambalaya from the bayou with Louisiana zydeco, high-energy blues. 703-579-6720.

SUNDAY/AUG. 3

DC Cabaret Network Showcase. 6:30 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. The DC Metropolitan region is home to a thriving community of cabaret performers. Listen to a few remarkable voices that are leading the charge. Starring Cindy Hutchins, Lonny Smith, Steve Cupo, Tracy Simpson and Helen Hayes Award -Winning Music Director George Fulginiti-Shakar. \$20/25. nextstoptheatre.org or 866-811-4111.

MONDAY/AUG. 4-FRIDAY/AUG. 8

Mixed Media Journey into Fine Arts for Young Artists. 9 a.m.-12 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Students ages 9-14 will learn how to create unique designs, representational artwork, and impressionistic pieces using pencils, graphite, caran d'ache, pastels, pens, watercolors, acrylics and other mediums. *\$180. Please contact the instructor, Artist Melanie Z. Stanley, to register for the class at ridingfree2@gmail.com.

MONDAY/AUG. 4

A Mixed Media Approach to Creative Expression! 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Explore your artists voice as you learn different techniques for drawing, painting, collage and mixed media on a variety of surfaces. \$30. To register email Melanie Zucker Stanely at ridingfree2@gmail.com or call at 703-471-6766.

TUESDAY/AUG. 5

National Night Out. Times TBD. Herndon Neighborhoods. Join the Herndon Police Department in celebrating this national event which aims to heighten crime prevention and awareness within the community. 703-435-6846.

WEDNESDAY/AUG. 6

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/>

FRIDAY/AUG. 8

Darden Purcell. 8 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. Dr. Purcell is a Northern Virginia based jazz vocalist. She has performed with big bands and jazz ensembles all over the world, has sung back up for Ben Folds, George Benson and serves as the Director of Jazz Studies at George Mason University. \$20/25. nextstoptheatre.org or 866-811-4111.

Donna Ulisse & the Poor Mountian Boys. 8 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Doors open at 7 p.m. \$0-\$15. 703-435-8377.

SATURDAY/AUG. 9

Keri Staley. 8 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. A Herndon Native and current Fairfax County High School Choral Director Keri has graced stages up and down the east coast fronting big bands, as a featured back up vocalist and leading lady. NextStop presents her solo cabaret premier! \$20/25. nextstoptheatre.org or 866-811-4111.

SUNDAY/AUG. 10

The Elden Street Musical Experience. 6:30 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. Take a journey to the past as we celebrate some of the best music from over 25 years of pulse-pounding Elden Street Players' musicals. Featuring ESP veterans John Loughney (Into the Woods, tick tick BOOM!), Jaclyn Young (Into the Woods, Metamorphoses, Midsummer), Matthew Thompson (Tomfoolery), and Priscilla Cuellar (Into the Woods). \$20/25. nextstoptheatre.org or 866-811-4111.

DRIVE - IN

Aug. 2 "CASABLANCA"
 Aug. 9 "DESPICABLE ME 2"
 Aug. 16 "CLOUDY WITH A CHANCE OF MEATBALLS 2"
 Aug. 23 "FROZEN"
 Aug. 30 "THE LEGO MOVIE"

Sully District Starlight Cinema FREE! Saturday Nights in August

Gates Open at 6 p.m.
Movie starts at dark.
 Enjoy children's games and entertainment.
 Bring a date or the whole family and watch movies on the BIG SCREEN from the comfort of your car, or outside.

5860 Trinity Parkway, Centreville, VA 20120
 For information/rain cancellation, call 703-324-SHOW (7469)
 Presented by Fairfax County Park Authority, Sully District Supervisor.
www.fairfaxcounty.gov/parks/performances

703-324-8563
 TTY 703-803-3354

Your Local Upscale Resale Store

All Proceeds Benefit Friends of Homeless Animals

A No-Kill Shelter for Cats & Dogs

Variety of Beautiful Treasures

Great Prices

Adopt

Volunteer

Donate

The Treasure Hound
 14508-D Lee Road,
 Chantilly, VA
 (Corner of Rt. 50 and Lee Rd.
 One light West of Rt. 28)
 703-263-9073

www.foha.org

SPORTS

PHOTOS BY SARAH ANDERSON/THE CONNECTION



Dylan Griffith, 12, Carson Stewart, 11, Cora Kwitowski, 9, Maya Dearson, 9, and their friends playing a game of water polo at the pool.



Owen Bollerer, 6, Mia Bollerer, 8, Maria Latimer, 15, and Naya Kwitowski, 2.

Cooling Off at Neighboring Pool

Enjoying Herndon summer at Kingstream.

BY SARAH ANDERSON
THE CONNECTION

The Kingstream Pool, a neighborhood pool near Herndon High School, has attractions for all ages. Since more than 200 neighborhood members attended the pool's kick off BBQ on May 24, Kingstream Pool has been a great place for families, athletes, and friends to cool off on hot summer days. Katie Gettler, 18, one of the lifeguards, says that she enjoys working there "because it is a nice, quiet pool. It's especially great now that the bathrooms and guard office have been renovated and repainted. It's just a fun, relaxing atmosphere."

Over the past few years the pool has undergone many improvements. There is a new electronic check in system, where each member has a tag that they scan to enter the pool, making it easier for the lifeguards and patrons. In addition, the bathrooms have been remodeled, the guard office has been painted, free Wi-Fi is now available for all patrons, there is a slide and a basketball hoop in the pool and outdoor grills have been installed near the pool for community use. Colette Merrill, 18, says that she babysits children that live in Kingstream and that "the pool is a great place to take the kids because it's nice and quiet but with lots of fun things for them to do. Everyone knows each other and I always feel like the kids will be safe."

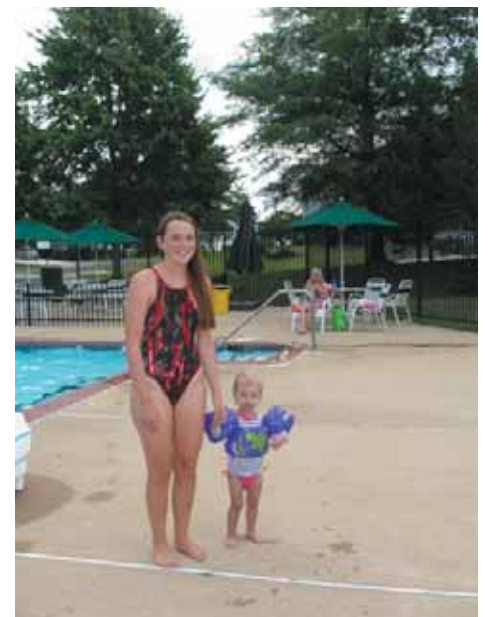
The Kingstream Pool is home to the Kingstream Kahunas swim team. Kingstream is one of the eight teams in the Herndon Swim League and is very community focused, as members come exclusively from the Kingstream neighborhood. Kahunas range from ages 2-18 and compete in swim meets, celebrate at pep rallies, and enjoy fun activities such as relay carnivals and water polo. Junior Coach Maria Latimer, 15, says that she likes the swim team "because she gets to see her friends and teach kids how to swim." Maya Dearson, 9, says that the swim team is "a great way to stay active with sports, hang out with friends, and have lots of fun learning all of the strokes."

Kingstream also has a tennis court located right next to the pool that all community members can have access to, and miles of trails and numerous playgrounds. Shawn Maccannon, 16, a member of the Herndon High School Tennis team, enjoys practicing tennis on the neighborhood courts. "It's nice because it's close to my house, there is a practice wall that I can use to practice when I'm by myself, and I can meet up with my brother and some of my tennis buddies here to play."

The Kingstream Pool and Tennis Court are located at 1430 Kingsvale Circle, Herndon. Call 703-435-8293 or visit <http://kcherndon.org/pool> for information about the pool. For information about the Kingstream Kahunas Swim Team visit <https://kingstreamkahunas.swim-team.us/>



Shawn Maccannon, 16, playing tennis at Kingstream's tennis court.



Maria Latimer, 15, and Naya Kwitowski, 2, playing at the pool together.



Lifeguards Kelsey Blystone, 20, and Katie Gettler, 18, pose in the newly remodeled guard office.

NEWS



PHOTO CONTRIBUTED

Herndon High students in front of Ludwig II's final castle.

Herndon High Band Students Participate in American Music Abroad Trip

Herndon High School [HHS] sent 27 band students on a three week European Tour with the American Music Abroad Tour Group. The students were part of a 69-member honor band which performed in Austria, Germany, Italy, Croatia and Slovenia. The band played in seven concerts

across their 15 day trip. Their first performance was at Schönbrunn Palace in Vienna, Austria. While in Austria they also toured the Vienna Opera House, went to the cemetery of composers, and received waltzing lessons. While in Croatia the group performed at the Hall of Defenders in Pula.

The group also visited the Tyrolean Alps, the Hintertux Glacier and Venice, Italy. HHS Band director, Kathleen Jacoby is one of the guest conductors for AMA which is why she was able to extend the invitation for HHS students to be a part of the honor group.

“Getting to take Herndon students across Europe is a huge

thrill. Most students are experiencing a foreign culture for the first time, and each place we travel to welcomes us graciously with open arms. We go to a number of small villages and towns where we are the primary entertainment for the week, and they are incredibly enthusiastic and appreciative to hear our group play.” Abby Witmer, a Junior at Herndon High School, said: “From eating lunch on the Alps in Westendorf, Austria, to riding a gondola in Venice, Italy, to playing on the beaches of Croatia, it was a once in a lifetime experience! I will always remember the new friendships I made and how my existing Herndon friendships deepened.”

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS

56 DAYS OF SUMMER! FINAL ANNUAL FAN PROMOTION

SHOP ONLINE

Shop.DullesElectric.com

Zudio 56"
Brushed Nickel motor
w/ Walnut blades
LED light kit included

CASABLANCA
FAN COMPANY

Lowest Prices of the Summer!
80+ Ceiling Fans on Display & Hundreds In-Stock
www.DullesElectric.com/Sale

SHOWROOM

OF THE YEAR 2014 | WINNER

22570 Shaw Rd, Sterling, VA 20166

703.450.5700 | Mon-Fri 9-6, Sat 9-5

SUN DESIGN INVITES YOU TO A WHOLE HOUSE HOME TOUR IN VIENNA!

Saturday, August 9th, 12pm-4pm

1333 Vanetta Lane, Vienna, VA 22182

REINVENT YOUR HOME TO ENRICH YOUR LIFE *

Why add more square footage when, with careful consideration and armed with a unique design, you can accomplish much more with less? Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces

703.425.5588 SunDesignInc.com info@SunDesignInc.com

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD

Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema
Food & Environmental Allergy Testing • Sinusitis
Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415
Reston, VA 20190

1715 N. George Mason Dr., Ste. 105
Arlington, VA 22205

Phone **703-709-1492** • Fax **703-709-5111**

www.dermspecialistsva.com

"CanSir"



By KENNETH B. LOURIE

When it comes to being a cancer patient, even more so a multi-year cancer survivor, I have always erred on the side of caution. And by caution, I mean being respectful to the disease, courteous of its comings and goings, mindful of its potential damage and afraid of its intangibles. And by intangibles, I mean the unexplained and the inexplicable, and most fearfully, its power and unpredictability. Therefore, my behavior toward it has been intended to be as polite as possible; never to be perceived – in any way imaginable – as arrogant, presumptuous, in control, all-knowing and most especially, victorious.

My philosophy has been to remain as positive as I could, never buying into the generally unfavorable statistical models, while taking any success I've had as much in stride as humanly possible. Moreover, to the extent these successes have prolonged my life – and of course they have, considering the original "13 month to 2 year" prognosis I was given back in late February, 2009 – I still want to maintain a low profile and never boast or speak loudly, and never confidently, about the amazing good fortune I've experienced since I was diagnosed as "terminal" five years and exactly five-months-to-the-day ago (27th of the month). I've always worried that the reason I've survived is that somebody (some entity) somewhere made a mistake in their accounting and skipped over my name, sort of like a reverse typo. Irrational I suppose; nevertheless, I see no advantage in rocking the boat and/or bringing any attention to the fact that yours truly is still very much alive; flying under the radar is my preferred route.

Granted, I do write about this fact and I do bring attention to it, but not out of any need for self-aggrandizement. I do it because if I didn't, I'd probably be much less able to endure under my circumstances. Apparently, the need to express myself publicly is too overwhelming to deny. And thanks to my Publisher, Mary Kimm, I have had and continue to have the means, motivation and opportunity to do so/share my feelings about life as a cancer patient/survivor; hardly a crime. But never have I written any words because I matter in the discussion; rather because the subject (cancer) matters. And since I've been able to do so in a relatively quiet, honest and positive manner – never intending to be the story, only the storyteller – my life, my pursuit has continued.

Certainly I realize, as an originally-characterized-as-terminal cancer patient, that I'm up against an immovable object, generally speaking; still, statistics do have a margin of error, and human beings do have an immeasurable desire to live. Yet living to one's ripe old age is hardly guaranteed, as I've learned all too well. Accordingly, as you regular readers know, I've made many changes in my life, incorporating a variety of anti-cancer remedies into my daily routine, and so far, so great. What you may not have known, however, is how I've actually lived my life while changing. I have done so by always being grateful for the gift of life I have received and reverential to the powers that be. What I've done, I could not have done alone and elevating myself would seem to be the definition of counter-productive.

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

ZONE 1: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

703-917-6400

ZONE 1 Ad DEADLINE:
MONDAY NOON

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

CLASSIFIED

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc....

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

HAULING

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

7 DAYS A WEEK

LANDSCAPING

JUNK HAULING
Junk, Rubbish,
Homes, Offices,
Commerical,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-4338 N-VA

26 Antiques

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

Do what
you can, with
what you have,
where you are.
-Theodore
Roosevelt

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

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

HAULING

ANGEL'S HAULING
Junk Trash Removal,
Yard/Construction
Debris, Garage/Base-
ment Clean Out,
Furniture & Appl.

703-863-1086
703-582-3709
240-603-6182

PAVING

**Joseph Sealcoating
Specialist**

PAVING
35 Years
Experience! Free
Estimates!

703-494-5443

**HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online
CLASSIFIED**

DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

**EMPLOYMENT
DEADLINES**
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

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

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

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

IMPROVEMENTS

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

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

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

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

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions

703-863-7465

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com

703-863-1086
703-582-3709
240-603-6182

IMPROVEMENTS

R.N. CONTRACTORS, INC.

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

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

IMPROVEMENTS

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

Remodeling Bathrooms, Kitchens & Basements

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

Handyman Services "If it can be done, we can do it"
Available Licensed — Bonded — Insured

R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
Foreclosure specialist/Power washing
◆Exterior Wood Rot More!
Deck & Fence repair, Screen Porches

No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

LAWN SERVICE

PINNACLE SERVICES, INC.
LAWN SERVICE

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

Friendly Service for a Friendly Price

703-802-0483

A&S Landscaping

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

703-863-7465
LICENSED
Serving All of N. Virginia

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup...
Tree removal, topping & pruning,
shrubbery trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.

25 years of experience – Free estimates
703-868-5358

24 Hour Emergency Tree Service

EMPLOYMENT

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!

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

**THE CONNECTION
NEWSPAPERS CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

MUST LOVE CATS

Volunteers needed for cat caretaker shifts with
Lost Dog & Cat Rescue Foundation at
7 Corners/Falls Church, Tysons Corner, Reston
or Leesburg PetSmart locations. Morning, mid-
day or evening shifts available, need varies by
location. Shifts are generally 60-90 minutes,
training provided. Great opportunity for
student service hours. Also opportunities for
transport volunteers and fostering. Email
cats@lostdogrescue.org with questions
or interest.

Educational Internships

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

**THE CONNECTION
NEWSPAPERS**

CLASSIFIED

703-917-6400

ZONE I Ad DEADLINE:
MONDAY NOON

ZONE I: • RESTON
• HERNDON • LOUDOUN

21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements

If you have lost vision from a
STROKE
Find out if new Side Vision Awareness Glasses can help you see better.
Call for a FREE phone consultation with
Dr. Armstrong, Optometrist
Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville
Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

STORM PROOF! **LIFETIME METAL ROOFING** *Senior Discount*
1-800-893-1242
www.metalroofover.com
VaCarolina Buildings - Licensed & Insured - Free Inspection



PHOTO CONTRIBUTED

Chris McDonald

Northwest Federal Launches Food Challenge

Northwest Federal Credit Union has set a goal to collect 12,000 pounds of non-perishable food items – or six tons of spaghetti sauce, peanut butter, canned juice and cereal boxes – by Aug. 15 for its annual food drive.

“We wanted to make a significant impact, as late summer is such a critical time for local food banks,” said Chris McDonald, President/CEO of Northwest Federal. “It’s a sizable goal, but the need is great.”

All donations will benefit LINK, Inc., an organization providing emergency food to people in need in the Herndon, Sterling, and Ashburn, Va. communities. During the summer months, LINK’s shelves thin out, as the many donations received during the previous holiday season run low. At the same time, the need for emergency assistance spikes as families can’t turn to school resources to provide meals for their children.

“This will exceed what we have collected in the past, and I believe our employees, members and friends in the community are up for the challenge,” said McDonald.

Non-perishable food donations will be collected through Aug. 15 at Northwest Federal branches in Chantilly, Gainesville, Herndon, Leesburg, Manassas and Vienna. Cash donations will also be accepted via account transfers made at branch locations, through the Credit Union’s foundation website, or by calling the Call Center at 1-866-709-8901. Every \$5 donation will equal eight pounds of food.

Food items in greatest demand include pasta, peanut butter, canned fruits and vegetables, canned and powdered milk, canned meats, soups, rice, and flour. General guidelines recommend food donations be low in sugar and sodium, and high in protein and whole grains.

To learn about Northwest Federal and its work in communities, visit www.nwfcu.org.

It Works!

SPECIAL PULLOUT TAB

Community & Newcomers Guide

August 27, 2014

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens’ Associations and local government.

Great Marketing for:

- Hospitals, Healthcare, Wellbeing
- New Homes, Realtor Remodels
- Schools, Camps, Services for Students
- Malls, Shopping Centers
- Professional Services
- And Much More

Space Reservations Due: Thursday, August 21

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION

Newspapers & Online
703-778-9431

www.ConnectionNewspapers.com

© LOCAL MEDIA CONNECTION, LLC

Reaching Suburban Washington’s Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

Ready to Remodel Your Kitchen?

"We'll Take Care of Everything"

Kitchen Remodeling



*With approved credit. See store for details.

Free Measures & Estimates • Free Design Consultation • 15 Months Interest Free Financing*

Choose from the largest selection of products from these manufacturers and many more

- Fieldstone
- Craft-Maid
- Ceasarstone
- Silestone
- Toto
- Moen
- Bates
- Santa
- Timberlake
- Wolf
- Cambria
- Kohler
- Blanco
- Delta
- and Bates
- Margherita

Unrivalled selection of Porcelain, Natural Stone and Quartz Tile
Made in the U.S.A., Canada, Italy and Spain.

Call for your design consultation today!



Abbey Design Center

FLOOR, KITCHEN & BATH

Remodeling from Concept to Completion

Design • Carpentry • Framing • Plumbing • Electrical • Permits • Painting • Flooring

Sterling • 21465 Price Cascades Plaza • 703-450-8181
Leesburg • 151 Fort Evans Rd. NE • 703-779-8181



AbbeyDesignCenter.com

