

News



Author of "Conscious Classroom Management" Rick Smith speaks to new teachers on the first day of the FCPS Great Beginnings induction program.



New teachers practice role-playing exercises during the keynote speech of Rick Smith at South County High School.

FCPS Inducts 1,200 New Teachers

"Great Beginnings" program at South County High School prepares new and transferring teachers for their first week.

By Tim Peterson The Connection

s summer vacation in Fairfax County winds down, the hallways and classrooms at South County High school are already buzzing. Beginning Aug. 18, roughly 1,200 new and returning teachers — as well as those new to the school system — took part in a week-long induction program called "Great Beginnings: The Next Generation."

The summer institute — now in its 15th year and sponsored for the sixth year by the Apple Federal Credit Union Education Foundation — is a kickoff for the year-round support offered to new teachers by the FCPS office of professional practice and instructional services. Fairfax resident Richard Culp is one of the educational specialists in that outfit, who says that getting teachers off on the right foot and establishing a support network is critical to their success — and retaining them as teachers.

"Your first year of teaching is mostly about survival," Culp said. Great Beginnings, which includes full days of keynote speakers, subject- or grade level-based breakout sessions called "cohorts" and designated time for networking, is all about establishing order early.

"Right now," Culp continued, "what's on their mind is 'What is my classroom going to look like, where are my resources, how am I going to set up routines and proce-



Kathleen Walts, FCPS director of Pre-K through 12 professional learning and school support, helps check in teachers at the Great Beginnings induction.

dures for classroom management?' That's what we focus on this whole week, and prepare them for what exactly they're going to do when they meet those kids that first Tuesday after Labor Day."

FOR GREAT BEGINNINGS 2014, the host venue changed to South County after having been held at Hayfield Secondary School for several years. Also new this year, organizers reached out to second- and third-year teachers, as well as providing a pilot for teachers in West Potomac and Mount Vernon High School pyramids. Keynote speakers included FCPS at large board member Ilryong Moon, 2013 Virginia Teacher of the Year Melissa Porfirio and

"Conscious Classroom Management" author Rick Smith.

Smith's talk featured numerous strategies for dealing with stressful classroom situations, with interactive role-play opportunities for teachers to try out tools like "Soft Eyes."

Mentorship is a statewide requirement from the Virginia Department of Education, and in Fairfax County, that includes one-on-one support, after-school classes and reaching out to non-classroom employees like occupational therapists and speech and language pathologists.

According to Culp and director of Pre-K through 12 professional learning and school support Kathleen Walts, teacher develop-

"Your first year of teaching is mostly about survival."

— Richard Culp, educational specialist

ment and retention are two major challenges and areas of focus. "Statistics show that 50 percent of the new teachers in classrooms today will not still be teaching in five years," said Culp, "and our goal is to make sure that Fairfax County isn't part of that."

"It's really important for us to continue the teacher's learning," added Walts, a Manassas resident, "so that we can ensure that they're not only high quality in their first year, but they continue to learn and grow as teachers, and continue to impact our students across the board."

CURRENTLY, Fairfax County sits above the national average, with a 93 percent retention rate of teachers after their first year. Walts attributes that success in part to the relationships teachers of various experience levels and schools form with one another during the summer institute.

"In those relationships they're learning with coaches," said Walts. "And I think that part of it alone is significant in their development.

They will spend time for the entire year with those cohorts, and continue to learn and grow together as a group."

"It's not part of the teachers' evaluation process," said Culp. "We're there to support them. They feel free to speak to their coaches, their mentor about things that are challenging them, and know that that conversation isn't going to go beyond."

According to Culp and Walts, the nearly 1,200 fresh faces are all enthusiastic and eager to start molding minds. Their job is to keep them that way for weeks, months and years to come.



Reston residents were split into groups to propose ideas and thoughts for the Pony Barn Picnic Pavilion. Reston resident Marina Matthes copied some ideas onto paper.



Larry T. Butler, senior director of Parks, Recreation and Community Resources at Reston Association.



The Pony Barn Picnic Pavilion in south Reston is one of five RA picnic pavilions available for rental.

Reston Association Begins Meetings On Pony Barn Pavilion

Reston Association seeks community input regarding redevelopment.

By Ryan Dunn The Connection

urrounded by a secluded wood at the intersection of Steeplechase and Triple Crown Road in Reston is the Pony Barn Picnic Pavilion, a 2006 square foot picnic pavilion near Glade Stream. Located in south Reston, the location is being reviewed by the Reston Association (RA) for possible renovations. In November of last year the RA Board of Directors marked \$30,000 in the 2014 Capital Expense Budget for renovations to the Pony Barn area. Public meetings have been held to reconsider the uses of this location.

"The goal of the community engagement is to determine, what, if any changes could and should be made at the Pony Barn Recreation Area to bring greater value to the whole Reston community," said Larry T. Butler, Senior Director of Parks, Recreation and Community Resources Reston Association. The original pony barn at Steeplechase and Triple Crown burned down more than 30 years ago. When Reston founder Robert E. Simon was developing the location, he expected horse owners would purchase homes in that area. Today visitors will encounter BMWs or Volkswagens.

IN PLACE OF AN EQUESTRIAN CENTER, Reston Association opened the Pony Barn Picnic Pavilion near the Glade Stream. There is also a swing set, a grill and an open lawn area. "Here pretty much everybody knows everybody," said neighborhood resi-



Reston residents, including Mary Ellen Erickson and Kelley Westenhoff, attended a public meeting at the Reston Association building regarding possible development of the Pony Barn Picnic Pavilion.

dent Ryan Benedetto, an upcoming junior at South Lakes High School. Benedetto worked as a summer lifeguard at Deepwood Pool which neighbors the Pony Barn. "I've lived here all my life," said Benedetto. "If there were some changes or additions to the park it might be visited more." The Pony Barn Pavilion is one of five RA picnic pavilions available for rental. Currently, the Reston pavilion which has received the most reservations and been most popular is North Hills pavilion which has 20 parking spaces.

The Aug. 18 meeting was held so Reston residents could express ideas and interests in the development project. Approximately thirty persons attended meeting, including Reston Association Board President Ken Knueven, and Reston Association Board members Lucinda Shannon and Rachel Muir. Amongst the various concerns men-

tioned by some attendees were accessibility and issue of parking. Currently there are only 11 parking spaces at the location. Although residents in south Reston have expressed interest in the beautification of the area, many do not want to generate more traffic. The Initiative for Public Art Reston (IPAR) proposed funding a garden at the location. "IPAR is grateful to the Reston Association for receiving our request to consider the Pony Barn site as a possible location for a garden of reflection, and for consulting with the community concerning our request for consideration of the garden of reflection as a possible use for the site," stated Anne Delaney, Executive Director for IPAR. "IPAR will stay abreast of the RA community engagement process. It is our hope that a garden could be integrated into the Pony Barn site. We will, of course, respect the RA community engagement process and its outcomes." The IPAR Memorial Garden committee was formed in 2011 after the death of IPAR supporter Ann Rodriguez. It envisions a site with natural beauty, wooded elements, with walkways and benches. If IPAR obtains the location, they will pay for the ongoing garden maintenance.

For many residents in the area, the question is about the character of the site. "I can see the pony barn from my window," said Mary Ellen Erickson, a resident of Reston since 1997. "It has been a picnic and community area for over 25 years," said Dale Erickson, who attended the August public meeting. "You are taking away a community space if you dramatically redesign it."

DEVELOPMENT IN FAIRFAX COUNTY

has left some feel concerned about tree coverage and green space. "The wildlife and open space are some of the greatest resources of Reston," said Lucinda Shannon. "It would be good if the community would get together to make a plan for the proactive use of our natural areas." Both Shannon and Rachel Muir were intrigued by the idea of Reston Walker Nature Center utilizing the Pony Barn space.

"I thought Monday's meeting went well, and really believe the people were engaged in thinking creatively about what broad themes should guide the process as it moves forward," said Butler. "There was not much discussion about IPAR's proposal for some type of garden, and there is a lot of work left to be down as we move from broad themes to specifics about what might happen there." Reston Association intends to continue holding work group meetings to discuss matters on the Pony Barn space from September through December. To access an online comments portal, visit www.reston.org and navigate to Inside RA > Development & Redevelopment > Pony Barn Recreation Area.

News



Dogs run around in the snow for Petco's Summer Snow Day last weekend which raised awareness about local dog shelters.



Hundreds of dogs had fun in the snow at the Reston Petco Summer Snow Day held at Reston Town Center.

A Summer Snow Day at Town Center

Petco gives Reston a summer snow day.

By Reena Singh The Connection

undreds of happy pups got to frolic in the snow last weekend at Reston Town Center. Petco hauled 20 tons of snow to the town center plaza to give local pets and pet owners a Summer Snow Day to give back to the community and raise awareness for local animal shelters.

"It's a great way for our community to get to know us and for us to get to know them," said Petco D.C. general manager Kelly Johnson-Dean.

Reston's event was one of five events taking place nationwide that same day. Johnson-Dean said the two locations in California, the San Diego and Los Angeles events, did not include snow to preserve water during the drought.

Dog owners brought their pets to the town center to sign up for a seven minute slot of time to play in the snowed-in area. There were also raffles and giveaways throughout the day. One of the shelters at the event was Lucky Dog Animal Rescue, a D.C. based shelter. Chief Operating Officer Kristen Kloster said many people in the area are open to adopting dogs and provide loving homes. She said she also loves how many dog parks are in local communities. The shelter saves dogs from other shelters - some of which have a 98 percent kill rate because of the number of dogs there.

"I know our economy has hit a lot hard, and they had to give up their dogs because of that," said Kloster.

She said many people also give up their dogs because they remembered having a dog when they were younger, but did not remember the time commitment to train and exercise their pet or the financial commitment if the dog has unexpected health



Dogs frolic in the snow for Petco's Summer Snow Day at Reston Town Center to give back to the community and raise awareness about local dog shelters

issues. Julie Jormane, Herndon, brought her 2-year-old dog Zoey to play in the snow and socialize with other dogs.

"We think she likes snow," she said. "This was a good opportunity to get some fun in. She doesn't like the heat." She emphasized that new dog owners should research beforehand to find a dog that's right for them.

"We say all the time that we picked the best dog for us," she said.

Aaron Letteri, 10, of Reston, brought 1-year-old Fred to the park with his parents. His mom, Raba, said having a dog helps her son, who has dyslexia and Attention Deficit Disorder, to sit still and do work.

"I have to take the dog out in the morning and give him bubble baths on the weekend," said Aaron. "If I can give any advice, go into the shelters to find a dog."



Cece Holman, a resident of Reston for 27 years and foster coordinator with Oldies But Goodies (OBG), attended the August Reston Petco Summer Snow Day.

Katie Eldridge
brought her
dog to the
August Petco
Summer Snow
Day at Reston
Town Center
event, as did
dog owner
Denise Stanley,
a resident of
Fairfax.



www.ConnectionNewspapers.com

Photos by Ryan Dunn/The Connection

OBITUARY

Thomas A. Weaver, 55, of Reston, Dies

suddenly on Aug. 20, 2014, at Sarasota Memorial Hospital in Florida. Born May 27, 1959, in Lutcher, La., the son of Simone (Pomainville) Barbara and the stepson of John F. Barbara Jr. He was a graduate of Destrehan High School and Delgado Culinary School.

Tom worked as Executive chef for Christian's Restaurant and The Court of Two Sisters until moving to Reston in 2007. Tom was also a bright light in the Reston culinary world as a Master Chef at Tavern on The Lake [now called Kalypso's Sports Tavern] during the season

homas A. Weaver died of late 2007-2008. He delighted in living near the water and many times was reviewed in several local newspaper articles as such. He helped to make Lake Anne a very special place to dine.

> Tom was published in many cuisine journals and books, won numerous awards and was a guest chef for Julia Child's 80th birthday celebration. Tom is survived by his parents, a daughter, Carrie Weaver of St. Rose, La. and a granddaughter, Kairi also of Louisiana, and his three brothers, Michael, Victor and James. He is predeceased by his brother, Terrance. He is also survived by many cousins, nieces and

nephews and a large circle of friends. Tom lived with his close friend, Nancy Grant and her son Tom in Reston and worked for DECA (a nonprofit educational organization) until they all moved to Sarasota, Fla., in July 2014.

Funeral services will be held on Wednesday, Aug. 27 at La Muhleisen's Chapel, 2607 Williams Blvd., Kenner, LA. The family viewing is from 8-9 a.m. The public viewing is from 9-11 a.m. and the Catholic service is at 11 a.m. He will be buried next to his beloved brother, Terry.

"If love could have kept you alive you would have lived forever



Thomas Weaver

Candidates Forum To Be Held Sept. 8

he Reston Community Center (RCC) Board of Governors announced four can didates for its 2014 Preference Poll.

This year's candidates are William Keefe, William Penniman, Linda A. Singer and Vicky Wingert. Candidacy statements for each candidate can be found online.

A Candidates Forum will be held on Monday, Sept. 8, at 7 p.m. at RCC Hunters Woods. The public is invited to attend to learn more about the candidates. Voters are urged to review all statements and attend the forum to make their best selection; voting begins on Sept. 12. Each property in small district 5 will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5 p.m. on Thursday, Oct. 2. Walk-in and online ballots must be received by 5 p.m. on Friday, Oct. 3.

The Fairfax County Board of Supervisors established the RCC Board of Governors to represent the interests of the residents and businesses of small district 5 on issues affecting Reston Community Center. Board appointments are made by the Fairfax County Board of Supervisors after residents of small tax district 5 have made their preferences known in the annual poll.

Board members work together to establish the overall policy for the Center and to oversee its programs and budget. Board members also represent Reston Community Center at social, recre-









This year's candidates (from left) are William Keefe, William Penniman, Linda A. Singer and Vicky Wingert.

ational, cultural and educational activities throughout the district. For more information on the 2014 RCC Preference Poll or Board of Goverplease www.restoncommunitycenter.com or call 703-476-4500.



Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates 703-969-1179



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Est. 1999



Visit our website: www.twopoorteachers.com



OPINION

Back to School: Good Steps, Good Intentions

he first day of school in Fairfax tems would have you believe that it can't be County is Tuesday, Sept. 2, but Monday, Sept. 8 is the beginning of something important. For the first time in decades, elementary school students will have a full day of school on Mondays instead of being sent home hours early. This action makes so much sense EDITORIAL in for families with children in elemen-

tary school. The ability of Superintendent Karen Garza to facilitate this change to go into effect right away is remarkable, and

we hope a promise for more changes ahead. Earlier this week, the American Academy of Pediatrics issued a policy statement calling for later start times — not earlier than 8:30 a.m. — for high school and middle school students. It's not impossible although some school sysdone. It's time to make that change in Fairfax County.

The science is undisputed. From the abstract: "A substantial body of research has now demonstrated that delaying school start times is

> an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety,

and academic achievement. The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5-9.5 hours) and to improve physical (eg, reduced obesity risk) and mental (eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life.'

You can read the report here: http:// pediatrics.aappublications.org/content/early/ 2014/08/19/peds.2014-1697.full.pdf

Back to school nights begin this week and run into October. For parents and students, there is no more important event that to turn up at Back to School Nights for your children, introduce yourself to teachers and open the lines of communication. Here is a link to a daunting list of Back to School Nights in Fairfax

http://www.fcps.edu/news/backtoschool/ bts-chonological.shtml

— Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

The Climate is Changing

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

limate change, once considered an issue for a distant future, has moved firmly into the present," according to a report, Climate Change Impacts in the United States, that was

released this year and that COMMENTARY includes the findings of 300

experts affiliated with the National Climate Assessment and Development Advisory Committee (http:/ /nca2014.globalchange.gov/). Their findings are the same as I heard discussed last week at the National Caucus of Environmental Legislators National Issues Forum in which I participated (www.ncel.net). A couple of speakers brought unique backgrounds and insights into the issue of climate change. Retired Vice Admiral Dennis V. McGinn is a widely recognized energy and na-

tional security expert. He insists that climate change is a threat to our national security. Dr. James Hansen, formerly Director of the NASA

Goddard Institute for Space Studies and currently an adjunct professor at Columbia University's Earth Institute, started in the 1980s raising awareness of global warming and speaks forcefully today of the need to take action to protect the future of young people and all species on the planet.

In legislative chambers in Virginia and throughout the country, climate change continues to be debated by politicians some of whom question whether or not climate change is actually occurring and whether humans have anything to do with causing it. Meanwhile, there is a clear conclusion

among scientists as expressed in the Climate Change report:

"Evidence for climate change abounds, from the top of the atmosphere to the depths of the oceans. Scientists and engineers from around the world have meticulously collected this evidence, using satellites and networks of weather balloons, thermometers, buoys, and other observing sys-

Evidence of climate change is also visible in the observed and measured changes in location and behavior of species and functioning of ecosystems. Taken together, this evidence tells an unambiguous story: the planet is warming, and over the last half century, this warming has been driven primarily by human activity." (Page 6)

Climate change means hotter and more erratic weather, warmer oceans and fresh water sources. heavy downpours, global sea level rise, and reductions in glaciers and sea ice, among other changes.

Shrinking land ice along with an expansion of the ocean as it warms and natural land subsidence that occurs along the coast will result in areas being inundated with increased episodic flooding. The Virginia coastline will be especially hard hit.

Actions can and should be taken by legislators to protect our communities, children and future generations from the dangers of climate change. We need to reduce harmful emissions for sure, and I have put a lot of emphasis in my work on renewable energy. We need to deal with big polluters some of whom receive government subsidies recognizing that alternative energy sources are becoming increasingly available to us from rapidly growing clean indus-

Above all, however, politicians need to be honest with the public in acknowledging that the climate is changing, and we can do something about it!

LETTER TO THE EDITOR

Facing Homelessness

To the Editor:

his opinion piece ("Homelessness: Source of Trauma for

Children," Connectionm August 13-19, 2014), Dean Klein, the Director of Fairfax County's Office to Prevent and End Homelessness, clearly enumerated the reality for hundreds of homeless families and their children in the County. While families do not earn enough income for them to access affordable housing. According to a study completed by George Mason University in 2012, nearly half the households earning less than our area to find permanent afford-

\$40,000 in annual income in the Mount Vernon and Woodlawn communities have trouble finding or maintaining housing for their families.

At Good Shepherd Housing & Family Services, a 40-year-old homeless services and affordable housing provider serving the Mount Vernon community, we have seen many such families most of them are working, these struggling to access affordable housing. They are living on the brink of homelessness — or are, in fact, experiencing a spell of homelessness. Last year we helped nearly 120 of these families in

able housing.

As Dean Klein noted, the consequences of homelessness do not end quickly. Especially when children are involved and have suffered the trauma of homelessness, the effects may be lifelong. Moreover, they suffer from emotional or behavioral problems that interfere with learning at almost three times the rate of other children. Children should never have to wonder where they'll be sleeping on any given night. In our County some 700 children do wonder.

Here at Good Shepherd Housing, we work hard to ameliorate the problems these homeless children face.

We ensure that formerly home-

less children in our housing programs do not miss out on educational, social and recreational activities simply because their families have low-incomes.

Because of generously donated funds, we provide these children with school supplies and new winter coats and pay for their after school activities and summer

At Good Shepherd Housing we are doing all we can to provide our community's working poor with a fresh start toward stable housing and a better life.

David Levine

Executive Director Good Shepherd Housing



www.ConnectionNewspapers.com

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses. Published by Local Media Connection LLC

1606 King Street Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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

Kemal Kurspahic Editor ❖ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant 703-778-9410 ext.427

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

Jon Roetman Sports Editor ❖ 703-752-4013

jroetman@connectionnewspapers.com

Victoria RossCounty Reporter ❖ 301-502-6027 vross@connectionnewspapers.com

Ryan Dunn Contributing Writer

ADVERTISING:

For advertising information e-mail: sales@connectionnewspapers.com

Trisha Hamilton Display Advertising 703-778-9419

trisha@connectionnewspapers.com

Andrea Smith Classified Advertising, 703-778-9411 classified@connectionnewspapers.com

Debbie Funk

National Sales

703-778-9444 debfunk@connectionnewspapers.com

Editor & Publisher

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

Executive Vice President Jerry Vernon

jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher

Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9426

Circulation Manager Linda Pecquex

circulation@connectionnewspapers.com



SPORTS



McLean will operate out of the spread offense under first-year head coach Shaun Blair

Blair Looks to Instill Winning Culture at McLean

Highlanders trying for first playoff berth since 2011.

> By Jon Roetman The Connection

haun Blair spent eight seasons as an assistant coach with two of the more successful high school football programs in Northern Virginia. Now a first-time head coach, Blair, 35, is in charge of transforming an average team into a winner.

Blair enters the 2014 season as the head coach of the McLean football team. He takes over a program that finished 15-16 over the last three seasons, including a trip to the playoffs in 2011. From 2007-2013, McLean posted a 31-42 record, including an 8-3 mark in 2010, with three playoff appearances, but no postseason victories.

Winning seasons and playoff victories were part of the culture at Blair's previous two coaching stops. From 2006-2010, he was an offensive assistant at Robinson under then-head coach Mark Bendorf, who led the Rams to state championships in 1997 and 2001. In Blair's last two seasons with Robinson, the Rams went 19-5 with a pair of playoff wins.

From 2011-2013, Blair was a defensive assistant at Lake Braddock under head coach Jim Poythress, who led the Bruins to the state playoffs in 2009 and 2010. In Blair's three seasons with Lake Braddock, the Bruins went 28-8 and reached the 2013 region

"Bringing that kind of football culture from what the Burke area has been exposed to with Coach Bendorf and Coach Poythress [is a focal point]," Blair



Jordan Cole will be an impact player as receiver and safety for the McLean High football team.

said, "[along with] instilling values about school and your program and playing for more than yourself."

Offensively, Blair and coordinator Chris Weiler have implemented a spread attack led by senior quarterback Brian Maffei.

"He is one tough guy," Blair said. "... His development has been exponential from the kid we've seen on film."

Maffei's top receiving threat is senior Jordan Cole. Tight end Owen Pilewski will also figure into the passing game.

Leading the way on the ground will be running back Chris Merrill.

"He's elusive," Blair said. "The thing that sets him apart is he has phenomenal vision. He sees it all develop as he's carrying the foot-

Jack Holland, Tom Shue and Pilewski could also receive carries.

Defensively, the Highlanders will operate out of a base 4-3 alignment. Cole and Shue will be the safeties. Se-

nior Nelson Sera is an enforcer at middle linebacker. "He gets [to the ball carrier]," Blair said, "with a pretty angry attitude."

Sam Higbee will be another difference maker at linebacker. Brandon Hill is a standout along the defensive line. Blair said one goal for the Highlanders is to improve by one game from last year's 5-5 record, giving McLean a winning season. Another goal is to

get in the playoffs. "They're a proud group of young men," Blair said, "and we want to get a game better than they've been

McLean will open the season on the road against Washington-Lee at 7:30 p.m. on Friday, Sept. 5. The Highlanders' first home game is Sept. 19 against Falls



Megan Greatorex (23) and the South Lakes field hockey team lost to Robinson and beat Stuart during the Under the Lights tournament on Monday at Lee **High School.**

South Lakes Splits a Pair

outh Lakes field hockey coach Jessica Salo said the Seahawks, who have nine sophomores and two freshmen listed on their roster, could experience a rebuilding year in 2014.

Then again, maybe they

South Lakes dropped its Under the Lights tournament opener to Robinson 1-0 on Monday at Lee High School after the Rams scored a goal in the closing minutes. Later that night, the Seahawks responded with a 7-1 victory over Stuart.

"I thought we were really aggressive," Salo said after the loss to Robinson. "... We've got a young team so it might be a bit of a rebuilding year. But, actually, I'm really happy with what I've seen so far, so I don't know that it will end up being

a rebuilding year for us."

Senior midfielder Megan Greatorex had a big night against Stuart, scoring four goals. Senior Aly McCarty, and sophomores Emily Lockwood and Seretha McHugh each had

Greatorex, McCarty and sophomore Jordan Majoros are expected to be three of the Seahawks' top players.

"They're really ball hungry," Salo said. "They're very aggressive. They always give 110 percent."

Freshman Jesse Lynch and sophomore Meredith Brooker are also expected to be key contributors.

South Lakes will travel to face Falls Church at 7:30 p.m. on Wednesday, Aug. 27, and will host Herndon on Sept. 3.

— Jon Roetman



Senior Aly McCarty (21) is expected to be one of the South Lakes field hockey team's top players in 2014.

Calendar



Visit ArtSpace Herndon's new exhibit, Each Other's Dreams: Konko Village Through Image and Word, a special exhibit of the people, places, customs, and life in Konko, a small village in Ghana, West Africa, as told through the photographs, carvings, and writings of photographers and filmmakers. This photograph "Carrying Light" is by Caroline Brewer. Exhibit is on display through Sept. 7.

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

WEDNESDAY/AUG. 27 - SATURDAY/OCT. 11

"Signs of Summer." Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. www.leagueofrestonartists.org

THURSDAY/AUG. 28

All Comers Group Fun Run. 6:30 p.m. Potomac River Running, 11911 Democracy Dr., Reston. Low key social run.703-689-0999. Live Music at M&S Grill. 6:30-9:30 p.m. M&S

Grill,11901 Democracy Dr., Reston. Enjoy live performance by Ken Wenzel. 703-787-7766.

Each Other's Dreams: Konko Village Through Image and Word Opening Reception. 7 – 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace presents a special exhibit of the people, places, customs, and life in Konko, a small village in Ghana, West Africa, as told through the photographs, carvings, and writings of photographer and filmmaker Kenneth Braswell, poet Nikki Giovanni, literacy artist Caroline Brewer, photographer Carla D. Blackwell, master wood carver Daniel B. Aryeety, and author Kwame Alexander. Exhibit on display through Sept. 7.

FRIDAY/AUG. 29

New Solo Exhibits Open at Reston Corners One and Two. 8:30 a.m.-4:30 p.m. 12001 and 12005 Sunrise Valley Drive, Reston. The League of Reston Artists showcases the compositions of Melanie Zucker Stanley and Cristina Abbate Jacobson. www.leagueofrestonartists.org.

Farewell to Summer Campfire. 7-8:30 p.m. WNC Campfire Ring - On Soapstone Drive, between Glade Drive and Lawyers Road, Reston. From trees losing leaves to birds flying south, we will celebrate the end of summer through songs. stories and games. \$6-\$8. Reservations required at naturecenter@reston.org or 703-476-9689

JamBrew, 6-10 p.m. 777 Lynn Street, Herndon. Weekly summer concert series featuring local bands and local brews. 703-674-0589.

FRIDAY/AUG. 29-FRIDAY/SEPT. 26

JamBrew. 6-10 p.m. Town Green Herndon, 777 Lynn Street, Herndon. Recurring weekly on Friday. 703-674-0589.

SATURDAY/AUG. 30

Reston Concerts on the Town Series - David Akers & the American Soul Shakers. 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Motown, rhythm and

blues, 703-579-6720.

Lake Anne Plaza - 8th Annual Jazz & Blues Festival. 2-8 p.m. Lake Anne Plaza

(Waterfront), 1609 Washington Plaza, Reston. This free, family friendly, all-day event will showcase a variety of talented regional and national iazz & blues performers. www.lakeanneplaza.com.

Cine Classics-"The Princess Bride." 11 a.m. Bow Tie Cinemas,11940 Market St, Reston. Enjoy the classic film Niagara on the big screen. 703-464-0816.

Cooking Class. 12 p.m. Il Fornaio, 11990 Market Street, Suite 106 Reston. Cooking demo and three course lunch with wine. \$45. 703-437-

Sunday Bourbon and Blues Brunch. 10 a.m.-2 p.m. M&S Grill,11901 Democracy Dr. Reston. Live blues musical performance by local artists. 703-787-7766.

Saxxy Sundays. 6 p.m.-9 p.m. Il Fornaio, 11990 Market Street, Suite 106 Reston. Live jazz with Jaared. 703-437-5544.

Wine Dinner. 5:30 p.m. Il Fornaio, 11990 Market Street, Suite 106 Reston. Five-course dinner paired with wines. \$65. 703-437-5544.

MONDAY/SEPT. 1

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavillion. 11900 Market Street, Reston. Unique, heartcentered music for kids! 703-579-6720.

Herndon Labor Day Festival. 12-6 p.m. Historic Downtown Herndon, 777 Lynn Street, Herndon, Festival with live music, craft show, food and culinary demonstrations. No pets allowed. \$10-\$20. 703-787-7300.

TUESDAY/SEPT. 2-SUNDAY/SEPT. 7

Each Other's Dreams: Konko Village Through Image and Word. ArtSpace Herndon, 750 Center Street, Herndon. In this exhibit the story of the Village of Konko in Ghana, West Africa is told through photographs, carvings and writings. 703-956-6590 or www.artspaceherndon.org

WEDNESDAY/SEPT. 3-MONDAY/OCT. 6

Multicultural Festival Exhibition. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. To help celebrate the Reston Multicultural Festival, area artists are displaying works of art that relate to their cultural heritage. 703-476-4500.

SATURDAY/SEPT. 6-SUNDAY/SEPT. 7

National Capital Cat Show. 9 a.m.-5 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. The cats are coming - National Capital Cat Show is the largest cat show on the East Coast, with up to 400 cats competing. \$6-\$10. www.nationalcapitalcatshow.com.



The JamBew concerts held in Herndon are an opportunity to hear indie music bands. The free JamBrew concerts start Friday, Aug. 29 and continue each Friday night in September.

JamBrew Indie Concerts Return to Herndon

While Herndon Friday Night Live concludes music does not yet stop.

> By Ryan Dunn THE CONNECTION

riday Night Live, the Herndon outdoor concert series concluded on Aug. 22 with performances by bands Almost Journey and The Fuzz. "We have had a great year so far for Friday Night Live," said founder Doug Downer. "This was our 20th season and we have tried to do a little something special every night and the fans seemed to really ap-

preciate it. We had a great music lineup this year and featured a lot of bands that you rarely get a chance to see play, especially for free." Friday music will continue with Herndon Hospitality Association's JamBrew concert series. "This is the Herndon Hospitality Association's fifth year of doing concerts on the Town Green," stated former Herndon Vice Mayor Connie Hutchison. "The JamBrew concert series features local musicians and their original music. We will be doing six events." The free JamBrew concerts start Friday, Aug. 29 and then each Friday night in September (Sept 5, 12, 19, & 26). "We are adding an all day Oktoberfest, or 'Oktobrewfest' as our committee likes to refer to it on Saturday, Sept. 27 from noon - 10 p.m. with 8 bands and 8 brews."

"Each year it has gotten a little bit bigger," said Jay Hutchison, a resident of Herndon and musician. "It gets more people interested into coming to Herndon," said Hutchison. The first band to perform with JamBrew on Aug. 29 will



Del. Tom Rust (R-86), a former mayor of Herndon, presented Doug Downer, founder of Friday Night Live with a certificate of appreciation for his Friday Night Live work.

JamBrew Schedule

Aug. 29 - Jonny Grave and The Tombstones Sept. 5 - The Morrison Brothers Band Sept. 12 - Justin Trawick and The Common

Sept. 19 - Ted Garber Group

Sept. 26 - dedwax | Bo Jankans

Sept. 27 - Oktoberfest

be Jonny Grave and The Tombstones. The band playing on Sept. 5 will be The Morrison Brothers Band, Sept. 12th will feature Justin Trawick and The Common Good. JamBrew was developed by the Hutchison family to bring support for local music bands which sometimes play at local bars and restaurants in the area. A portion of all proceeds will also benefit RecycleLife, the nonprofit thrift shop The Closet, and ArtSpace Herndon.

Jimmy's Old Town Tavern will be providing food for purchase or people can bring their own. Virginia Eagle Distributors will be providing beer and there will be wine available for purchase. No outside alcohol or pets can be brought into the site. For more information on JamBrew visit jambrew.com.

News



Ed Robichaud, a resident of Reston, with Minnie Scrafford, both members of the RBC bike club at the Reston Town Center Pavilion for the 2014 Bike Tour.

Century Bike Tour Held At Reston Pavilion

Over a thousand from D.C. metro area attend bike event.

> By Ryan Dunn The Connection

n Aug. 24, Reston Bicycle Club held its 32nd annual century bike tour. The event began and ended at Reston Town Center. "We had approximately 1,165 riders," said Ed Robichaud, a resident of Reston and member of the RBC bike club. The Reston Bicycle Club (RBC) was formed in 1982 to promote cycling in the Reston and surrounding areas. RBC is a volunteer, nonprofit club, with over 700 members.

RBC organizes weekly bicycle rides and social events for all levels and abilities. The RBC Century for 2014 used a route similar to last year, but the exact route depended upon final coordination with Loundon County. The Century route of 2014 consisted of one large loop from Hamilton to Round Hill, Hillsboro, Lovettsville, keeping the Taylorstown and Stumptown hills, before returning to Leesburg and Reston Town Center. The Metric route was merged with the century route at the new Old Mill rest stop before returning to Leesburg and Reston Town Center. The Half-Metric route was a different Ashburn route last year. Minnie Scrafford, a member of RBC since 2000, was volunteering at the Reston pavilion. "Everyone seems to really enjoy it," said Scrafford. "We had a great day with wonderful weather." Approximately 80 persons offered to volunteer during the event.

"I thought it was a great ride," said Julia Vollmers, a resident of Arlington. "Everybody has been really



Andrew Roberts, Reston resident and employee of the Bike Lane at Reston Town Center, helped make sure the bikes were in working order before the bike tour event began.

friendly... I appreciate that at the Ashburn stop sunblock lotion was available." The event was not a race but instead a bike ride event. Bike service stops were set up at locations including Loudoun Mill, Ashburn, and Lovettsville. The Reston Bicycle Club hosted a postride party under the Reston Town Center Pavilion from 12:30 to 5 p.m. (with food service) for no additional cost for all participating

"This was lots of fun and a great way to pass the summer morning," said Ted Andrews, a resident of Chevy Chase, Md. Proceeds benefit various local support and nonprofit organizations. Participants in the bike ride received a t-shirt with a design by Gerry Donofrio. "It is an honor to have my image on the back the t-shirts," said Donofrio, a resident of Sterling. The bike ride had three forms

of bike routes, including a Century route which was 104 miles long, a Metric route which was 67 miles long, and the Half-Metric which was 36 miles long. The Century ride was most popular with 617 persons registered to participate in, followed by the Metric route which had 389 persons registered in it.

"It was a wonderful, beautiful weather and well supported," said bicyclist Terri Hock who participated in the half-metric bike ride. "The event was well done. I've done this event six or seven times. They hold this event at a good time of the year because people are returning back from their vacations." Andrew Roberts, a bike mechanic at the Bike Lane bicycle shop in Reston Town Center helped make sure the bikes were in working order before the event began. "It is a great community event," said Roberts, who resides in Reston. "People are always delighted when their bikes are fixed and ready to ride." For more information about the Reston Bike Club, visit restonbikeclub.org.



WWW.RESTONCELEBRATES.ORG

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

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



B: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

1700 Wainwright Dr., Reston



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



Dogs! Cats! Puppies! Kittens! Games! Prizes!



Looking for a fun, family event? Come on out! Adopt a new family member, Play games, Visit the bake sale, Have your picture taken with an adorable puppy!

August 31 AND September 1, 2014, 12-3pm 7 CORNERS PETSMART

6100 Arlington Blvd. Falls Church, Virginia

Have you adopted from LDCRF before? Reduced rates for alumni at this event only!

Check out details on our website:

www.lostdogrescue.org

With Thanks to PetSmart Charities!

Zone 1: • Reston Herndon • Loudoun



703-917-6464

ZONE 1 AD DEADLINE: TUESDAY 4 P.M.

ZONE 1: • RESTON • Herndon • Loudoun



CONNECTIONNEWSPAPERS.COM

703-917-6400

ZONE 1 AD DEADLINE: Monday Noon

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

PAVING

Joseph Sealcoating

Specialist

PAVING

35 Years Experience! Free Estimates

BUSINESS OPP

BUSINESS OPP

TELEPHONE **WORK AT HOME!**

NATIONAL CHILDRENS CENTER o sell! Salaru + Bonus + Benefits 301-333-1900 TO Weekdays 9-4

TELEPHONE A great opportunity to **WORK AT HOME!**

NATIONAL CHILDRENS CENTER No sell! Salaru + Bonus + Benefü 301-333-1900 To Weekdays 9-4

VET RECEPTIONIST

Will train. 703-757-7570 • www.ourvets.com

MUST LOVE CATS

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

Small animal hosp. Great Falls.

Volunteers needed for cat caretaker shifts with

internship@connec tionnewspapers.com

HOW TO SUBMIT ADS TO

CONTECTION

Newspapers & Online

CLASSIFIED

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

EMPLOYMENT

DEADLINES

.Mon @ noon Zones 1, 5, 6. Zones 2, 3, 4Tues @ 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

Handyman Services <u>Avail</u>able

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions &

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

ELECTRICAL

KED ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated Recessed Lighting Ceiling Fans

Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc..

Licensed/Bonded/Insured

Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

GUTTER

GUTTER

GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est. email iamie@lawnsandgutters.com Friendly Service with a Friendly

IMPROVEMENTS

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

Remodeling Bathrooms, Kitchens & Basements

- Exterior & Interior Repair,
- FAST & Rehable:
 EASY To Schedule Painting, Carpentry, Wood Rot,
- NO \$\$\$ DOWN! Drywall, All Flooring, Decks

"If it can be done, we can do it"

R.N. CONTRACTORS, INC.

Patios, Custom Deck, Painting

www.rncontractors.com

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 We Accept VISA/MC

Licensed Insured

703-441-8811

A&S Landscaping

- Decks Porches (incl. screened) • Erosion & **Grading Solutions**
- French Drains
 Sump Pumps
- : Driveway Asphalt Sealing

703-863-7465 **LICENSED**

Serving All of N. Virginia

AL'S HAULING

7 DAYS A WEEK

Low Rates NOVA 703-360-4364 703-304-4798 cell

ANGEL'S HAULING Junk Trash Removal, Yard/Construction Debris, Garage/Basement Clean Out,

Furniture & Appl. 703-863-1086 703-582-3709 240-603-6182

LANDSCAPING

A&S CONSTRUCTION Bathrooms, Kitchens, Flooring, complete remodeling.

703-863-7465

703-494-5443 TREE SERVICE

ANGEL'S TREE REMOVAL Trimming & Topping Brush & Yard Debris ** Gutters & Hauling

LANDSCAPING

LANDSCAPING

JUAN'S LANDSCAPING

- COMPLETE TREE SERVICE MASONRY HAULING • BACKHOE • EXCAVATING • POWER WASHING
- HANDYMAN PAINTING TRASH REMOVAL DRYWAL



Res./Com. • Free Estimates • CELL 703-732-7175

PINNACLE SERVICES, INC. **LAWN SERVICE**

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded

703-250-6231

TREE SERVICE TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured Spring Cleanup...

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

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

24 Hour Emergency Tree Service

New Brightview Senior Living Community Opening in Great Falls, VA September 2014!

We are currently accepting applications for all positions! Please submit your application by going to our Careers Site:

http://careers.brightviewseniorliving.com

After you apply, you will be invited to interview!

GREAT FALLS ASSISTED LIVING

10200 Colvin Run Road Great Falls, VA 22066 www.BrightviewGreatFalls.com

6 🚇

A Great Place to Work!

Positions Available:

- Retaining Walls
 Patios

ZONE 1: • RESTON • HERNDON • LOUDOUN



703-917-6400

ZONE 1 AD DEADLINE: Monday Noon

21 Announcements

ABC LICENSE NOVA Enterprises, LLC trad-ing as Reds Table, 11150 South Lakes Dr, Reston, VA 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. 20191. The above establishment is applying to the VIRGINIA DEPARTMENT OF VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off Premises, Mixed Beverages Restaurant license to sell or manufacture Schefer Antiques @ 703-241-0790. Email:theschefers@cox.net alcoholic beverages. John Jarecki, Owner l'am a

NOTE: Objections to the issuance of this license must be submitted to ABC no later that 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

Employers:

Are your

recruiting ads

not working in

other papers?

way to fill

your

employment

openings

Try a better

26 Antiques

202 Domestic Auto 202 Domestic Auto

FOR SALE-1994 GEO PRIZM LSi



95.6K miles (white/minor dings). Runs great! 5-spd. Standard Transmission; Sunroof; AM/FM/Cassette Deck/4 Speakers; Power Side Mirrors; 1-yr. old tires; Pampered with Synthetic Oil every 3 mos./3K mi. for 20 yrs; Fully Detailed; Price: \$2K.

Call: 571/338-1576 or 703/222-4492 (Fairfax)

slow walker,

but I never

walk back.

-Abraham Lincoln

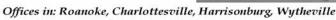
21 Announcements 21 Announcements 21 Announcements

Low Vision Patients with

MACULAR DEGENERATION

DMV offers a special permit allowing low vision patients to drive with bioptic telescopic glasses.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist



Learn more at: www.VirginiaLowVision.com Dr. David L. Armstrong (866) 321-2030

21 Announcements 21 Announcements 21 Announcements

Outer Banks, NC Vacation Homes!



Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com 1-877-642-3224

"SERVICE FIRST ... FUN ALWAYS!"

21 Announcements

21 Announcements

21 Announcements

Target your best job candidates where they live.

- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

CONNECTION

703-917-6464

classified@connection newspapers.com

Great Papers • Great Readers **Great Results!**

It's storm season! Are you prepared?

Call the experts at VaCarolina Buildings today for your free estimate on a new professionally installed Lifetime Metal Roof! Houses - Single Wides - Double Wides

Last Roof You'll Ever Need For Your Home!

Free Roof Inspection 45 Year Warranty Financing Available

metalroofover.com

21 Announcements

21 Announcements

21 Announcements

BID 9/2 THRU 9/9 Chesterfield Co., VA



12830 River Rd., Chesterfield, VA 23838: (6) Tracts Offered Separately & as an Entirety.

PROPERTY TOUR: SUN., 9/7 @ 2 PM - 4 PM Bids close 9/9 @ 3PM. Also bid by phone & on-site, 9/9 from 2 PM to close of sale.



And Another Thing I'm "Righting" On



By KENNETH B. LOURIE

Not only did last week's CT Scan indicate shrinkage, where necessary - and stability, where hoped for - it also accomplished these hoped-for goals after only two months of chemotherapy (still infused every three weeks) rather than the normal three months of chemotherapy. So depending on how the calendar/treatment schedule actually fell, I probably received two fewer infusions than usual, yet all the radiological indications - and interpretations continue to be encouraging; after five and a half years, no less. I think I'm entitled to use the word amazing - and lucky, too.

Certainly I've made lifestyle changes, as you regular readers know, though I'm hardly the poster child for outliving-yourterminal-stage-IV-non-small-cell-lungcancer-diagnosis. I haven't incorporated all the suggestions made to me, but I have listened – and learned, of course. Still, I'm proud of the path I've traveled, which wouldn't have happened without the help and guidance of friends and family who I trusted, and who I know had my best interests at heart. And I have survived, thrived almost, because of their persistence.

But change is not, and has not been easy for me. In fact, "change" might as well be a four-letter word, although I do use my share; never in print, and less frequently in public probably wouldn't kill me. But I'm also good at rationalizing my behavior both good and bad, so doing/not doing and providing plausible, semi-defensible explanations (maybe even denials) has become one of my best mechanisms. Ultimately, my bottom line in all of these attempts at modifying my behavior is stress reduction which equates to self-preservation, if you want to know the truth – and doing so in a way that is consistent with my personality, allowing me to maintain the effort. I don't suppose starting and stopping would solve much. It's sort of like a placebo effect. If I think something I'm doing is working, then maybe it is. The mind is a terrible thing to waste and I want to give it every opportunity to bring me back to "normal" health. For all I know, some new pill I've started, some new behavior I've assimilated, something (like sugar) I've reduced is all working together to make me whole again. And since I generally don't look for trouble considering that trouble has already found me, I try to leave well enough alone until a little birdie tells me otherwise (anybody, anywhere; any source, anyhow; any medium, any way). Now I don't want to knee-jerk myself into a decision. I'll make a few inquiries, I'll do a little research, but overall, I won't make the pursuit my life's

In spite of it all, and in spite of me and my peculiarities, I approach this week's five-and-a-half-year, post-diagnosis anniversary with less fear and trepidation than perhaps I should. But as I've said many times previously, and again in this column: "What do I know?" Enough to keep me up and at 'em and alive and reasonably well, I suppose. And way more than I had a right to expect and almost too much to understand. . ve never asked "why me?" but I've always thought "why not me?" And so it goes and has gone; maybe my level of ignorance has been a sort of bliss. However, if I really understood what ails me, I might not be so

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

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/AUG. 28

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

FRIDAY/AUG. 29

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/SEPT. 1

American Red Cross Blood Drive. 8 a.m.-1 p.m. Fairfax County Fire Station 36, 2600 West Ox Road, Herndon. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

FRIDAY/SEPT. 5

American Red Cross Blood Donation. 9 a.m. -2 p.m. YMCA Reston, 12196 Sunset Hills Road, Reston. redcross.org or 1-800-RED-CROSS.

SATURDAY/SEPT. 6

Reston Community Yard Sale. 8:30 a.m. -12:30 p.m. Reston Association, 12001 Sunrise Valley Drive. Rain date Sept. 7. Vendor Space is sold out. In case of rain in the forecast call 703-435-6577

MONDAY/SEPT. 8

American Red Cross Blood Donation. 3:30 p.m. - 7:30 p.m. Herndon Elementary School, 630 Dranesville Road, Herndon. redcross.org or 1-800-RED-CROSS.

WEDNESDAY/SEPT. 10

DMV2Go. 9 a.m.- 4 p.m. Reston Town Center Plaza, 11900 Market St, Reston. The Department of Motor Vehicles wireless office on wheels will be open. http:// www.dmv.state.va.us/general/#dmv_2go.asp

American Red Cross Blood Donation. 4 - 8 p.m. St. Thomas A. Becket Rcc, 1421 Wiehle Avenue, Reston. redcross.org or 1-800-RED-

THURSDAY/SEPT. 11

American Red Cross Blood Donation. 8 a.m. -1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. redcross.org or 1-800-RED-

MONDAY/SEPT. 15

American Red Cross Blood Donation. 8 a.m. -1:30 p.m. Cisco, 13600 Dulles Technology Drive, Herndon. redcross.org or 1-800-RED-CROSS.

TUESDAY/SEPT. 23

Inova Blood Drive. 12-7 p.m. Reston Town Center Plaza, 11900 Market St., Reston. Blood drive occurs monthly on the 4th Tuesday. 1-866-256-6372.

ONGOING

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/ Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov. **Habitat Heroes Project**. The fourth Saturday of

each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits.

Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month, 703 . 324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or

www.fairfaxcounty.gov/dfs/olderadultservices

LONG & FOSTER

Reston North Hills/Herndon/Lake Anne Plaza

1700 Bracknell Drive • Reston, VA 20194 703-435-4900



Sterling \$344,900 Move in Ready in Countryside!

Jpdates galore in this gorgeous 3 level TH. Improvements inc windows, roof, high efficiency HVAC, HWH, bamboo flooring main level, carpet

apper/lower level, remodeled kitchen & bathrooms, decorator paint.

Terry Atherton 703-861-0538 or e-mail Terry.atherton@longandfoster.com



Reston \$570,000 Looking Great & Ready for You! Brick garage end TH in

North Point Park area, walking distance to pool & tennis & a short hop to Reston Town Center & Silver Line

METRO. Open floor plan w/9ft & cathedral ceilings, hdwds, spacious FR, rec rm & master BR suite.

Rita Bailey 703-509-2805 or e-mail RBailey410@aol.com



Herndon \$599,900 **Pristine** & Lovely! ained brick colonial on nothru cul-de-sac treet on beauti

ful lot w/terrific

view of trees across the street from the regal front yard & a private deck in the backyard. Fully fin 3 lvl w/2-car garage has 5BR, 2.5BA w/guest BR on main lvl. Totally updated gourmet kit w/granite & SS appl, breakfast area that connects to FR w/soaring ceiling & skylights, triple French doors leading to deck & a floor-to-ceiling brick FP. The flowing, bright floor plan boasts gleaming hardwoods on main level, MBR w/WI & huge MBA/soaking tub & sep shower. Fresh paint & move-in ready. Prime Shaker Woods location, minutes to Reston Town Center, METRO, schools & shops.

Call Jason Thomas 703-973-9570 or Marc



Reston \$485,000 Classic Contemporary Home

Rarely available spacious end unit, large lot, private patio. 4BR, 2.5BA, gourmet kitchen,

open layout, gas heat, carport, hdwds, walls of glass, LR & DR view

Hidden Creek Golf Course. Close to METRO, shops.

Thomas & Associate Thomas 703-927-219





Herndon

Elegant Shaker Woods Home

Cascade model w/hardwoods, gourmet kitchen w/granite, all new SS appliances, butler pantry, adjacent FR, door to deck/yd, MBR suite-sitting rom, luxury bath, walk-in closet & den/office. Fin basement w/3 rms, full bath & storage area, large fenced yd, 2-car garage.



4 BR, 3 BA, 4 level mid-century split level on large lot. Light-filled, open floor plan,

living/dining rm

McLean

\$847,000

Move-in

Ready!

w/large windows, hardwoods, cathe dral ceiling & FP. New flooring, carpet & paint. Private back yard, close to shopping, dining & METRO.





Warm & Elegant Reston's inest on 2.5 acres! 10,000 + SFcustom Tudor

Reston

\$405,000

Wonderful!

3 BR, 2.5.5BA,

in a walk-out

lower level.

3 level TH w/FF

Reston

\$1,940,000

tuous main level master suite, rich wood paneling & molding, 5BR(space for more), 7BA(most updated), sauna, fabulous pool & patio & so much more, This private country oasis is an entertainer's dream, minutes to METRO & is only for the Most discriminating buyer.



\$599,900

Surrounded by Nature Back on the market & better than ever! Stunning views, open floor plan. Additional updates & adjusted price make this

home a must-see! 4BR, 2BA, 3-sided FP, 2-car garage on .8 acres. Open 8/31.



Reston

Virgil Frizzell 703-585-1821 or e-mail Virgil.frizzell@Longandfoster.com Please call Dale Repshas 703-408-2626 or e-mail Dale.repshas@Longandfoster.com



Herndon \$453,625 Charming Colonial

With contemporary flair on cul-de-sac near golf course, bike

trail, park & pool. Skylights & vaulted ceilings enhance the open & spacious design. Lots of recent updates including new carpeting, paint

deck & special touches! Private den plus 4 BR & a basement level for tons storage. Move- in condition.

Call Karen Swanson 703-795-9970 or e-mail karen.swanson@longandfoster.com



Herndon \$627,000 Location! 10 minutes to Silver Line METRO! Amazing value for the

square footage. 4BR, 3BA, freshly painted throughout & loads of updates. This house shows how much it was loved & cared for & ready for its new owner! All Herndon amenities,

no HOA & close to Toll Road, shopping, schools & park.

George Brown 703-401-7025 or e-mail George.brown@longandfoster.com



Fresh paint, new carpet, granite, SS appliances & more!

Call Pat Orend 703-407-3300 pat.orend@lnf.com



\$1,290,000 In a Class by Itself! 5BR, 5BA custom estate w pool, spa & pool house! Dream kitchen w/sub

zero, Miehle D/W, Wolf Range etc. Pool house complete w/lounge, bath, Viking grill. Lower level custom cherry bar, pool table, exercise rm, 5th bedroom suite. 3 car garage, Langley pyramid.

Call Mary Miceli 703-362-2242 mary.miceli@longandfoster.com





Reston \$699,500 Luxury Town Home! Be sure to visit this luxury brick

Georgetown flair! Home features a more contemporary interior w/an open design. The 2 story entrance leads you to both formal & informal living areas. First floor FR off kitchen, 4 generous bedrooms, 3.5baths & 2 decks & in-law suite. All located in a lake community backing to mature trees for complete privacy.



Spectacular Home! With over 5.000 sq ftsited on this flat, fenced large .50 acre+

lot! Elegant

Herndon

\$875,000

kitchen & baths, replaced windows, hardwood floors, luxury master suite w/enormous spaces-sitting area.

oversized bath & a master closet that never ends. Two story FR, walk-up finished basement. So much more makes this home ideal!





Gorgeous Inside & Out 5 BR Victorian. over .50 acre of nature. 4500 + sq ft.

Herndon

\$740,000

Entertain on deck & wrap around porch! Totally new kit w/brick hearth-2014. New siding & windows 2009. Extra parking pad & long driveway. Upper floor almost all H/W. Trees are all you see from huge MBR/MBA. New carpet, tile. W/O basement w/full bath! HVAC & H2O heater newer. Minutes from Reston Town Center, Toll Road & future METRO.



Sterling \$575,000 Bright & Immaculate! Brick SFH w/amazing kitchen w/topof-the-line Everything! Wall of windows

in spacious FR w/FP boasts views of nothing but trees. Don't miss the huge 2-tiered deck, great for

entertaining & grilling. \widetilde{W}/O basement has bonus BR (or office, craft rm, etc) & workout area w/beautiful H/W

floors. Custom closets & mud room!

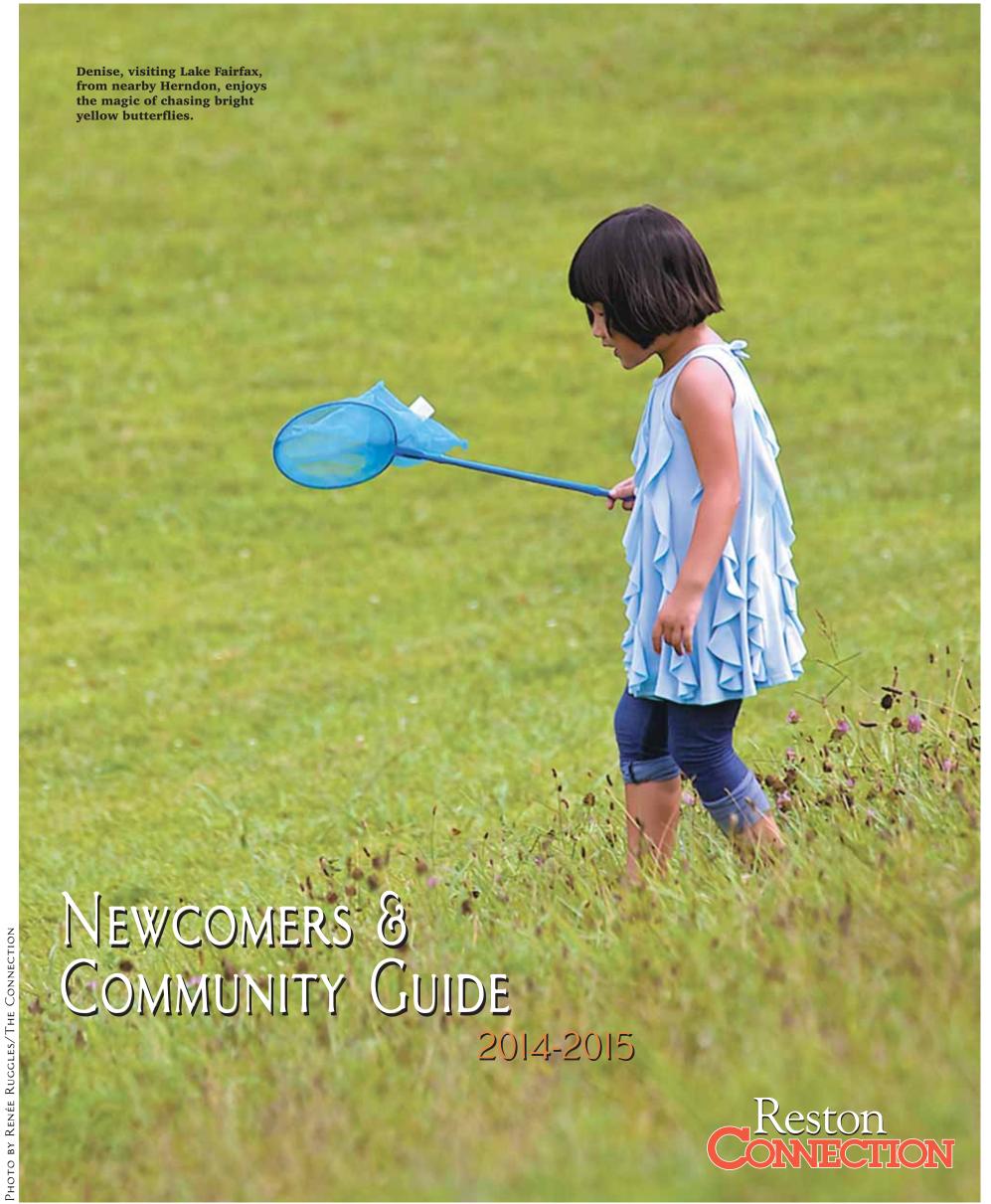


"I work hard for my agents so they can work hard for you!" - Anita Lasansky, Managing Broker

1-800-296-259

www.Reston-Herndon-Homes.com





LOCAL MEDIA CONNECTION LLC

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Carol Welsh | High Energy | Powerful Results

My mission is to forge a strong, professional relationship with each of my clients that is based on trust and respect; and to ensure that each home I sell closes successfully. Because my customers & clients know that I care deeply for them, I am their agent for life.

Are you selling your home?

My goal is to sell your home in the shortest amount

of time for the best possible price.

Buying? Let me help you find the right home at the right price... I promise to exceed your expectations.

Carol A. Welsh | Realtor® | (703) 928-1981 (Cell)





Carol.Welsh@LongandFoster.com | www.LongandFoster.com

Welcome to Fairfax County

By Sharon Bulova/Chairman
Fairfax County Board of Supervisors

elcome to Fairfax County, the best place in the country to live, work and play. Fairfax County is home to a fantastic public school system, top tier business and shopping opportunities, compassionate human services, and some of the best parks and open spaces in the D.C. Metropolitan region. This summer featured the long-awaited opening of the WMATA Silver Line, which connects the Reston and the Tysons areas of the county to the entire Metrorail system.

Last June, I cut the ribbon to open a new segment of our Fairfax County Cross County Trail, named after former Chairman (now congressman) Gerry Connolly. It was his vision, while serving on our board, to build and connect trail sections to make it possible for someone to hike through all nine county magisterial districts. The northern end of the trail begins in Great Falls National Park at the breathtaking Potomac River and travels south to the historic Occoquan River.

The trail passes through stream valleys and meadows, then winds through fascinating Laurel Hill, site of the former Lorton Prison. In addition to parkland and a golf course, these grounds are now home to the Workhouse Arts Center where visitors can watch artists in action and enjoy plays, performances and community events such as



PHOTO CONTRIBUTED

Thumbs up for Silver Line: The long-awaited opening of the WMATA Silver Line, which connects the Reston and the Tysons areas of the county to the Metrorail system.

Springfest every April.

Fairfax County has something for everyone. Northern Virginia Community College offers more than 160 degrees at the associate's level and numerous certificate programs. Its partnership with George Mason University provides families and students with a seamless, cost-effective path to a four-year degree.

George Mason University, recently named one of the top five "Up-and-Coming Universities" by U.S. News and World Report, is also recognized as one of America's Best College Buys by Forbes magazine. Under the presidency of Dr. Angel Cabrera, Mason is fast taking its place as a university for the world.

Fairfax County is known for its business-friendly climate. Time Magazine has described us as "the epicenter of the Washington region's job boom" and "one of the great economic success stories of our time." Although home to eight Fortune 500 company headquarters (corporate giants such as Northrop Grumman and Booz Allen Hamilton) about 97 percent of the companies in Fairfax County are small businesses with fewer than 100 employees. We are a great location for startups.

Of course, Fairfax County's greatest asset is a population that is welcoming and engaged. People from all over the globe have made Fairfax County their home, enriching our community with diverse cultures and entrepreneurship. Visit Fairfax County's website at www.fairfaxcounty.gov to learn more about what Fairfax has to offer.

As chairman of the Board of Supervisors, I am elected at-large by all registered voters. My office is here to serve you. If you have any questions or concerns, please email me at chairman@fairfaxcounty.gov or call me at 703-324-2321. I hope you will sign up to receive my monthly Bulova Byline newsletter that will keep you up-to-date on what is happening and how you can participate in all that Fairfax County has to offer you and your family.

Thanks for making Fairfax County your home.

Community Leaders Tackle Reston Hot Issues

Metro, Master Plan are hot topics for community.

By Reena Singh The Connection

eston, a community built on the vision of founder Robert Simon Jr., has spent the past 50 years undergoing changes.

However, more changes are yet to

In the next five years, community leaders hope to ensure the Wiehle-Reston East Station is successful, build and endorse a system of trails to get people there, build the Soapstone Connector, update the community - including the plazas - and work on keeping housing affordable in the rising economic market.

According to Hunter Mill District Supervisor Cathy Hudgins, there is still work to be done to make the newly opened Metro station successful.

"We just got done opening Phase I," she said. "In a sense, we're not done."



The area around the new Wiehle-Reston East Metro station will need to be built up economically and be equipped with better pedestrian and cycling trails, community leaders say.

Del. Ken Plum (D-36), a longtime Reston resident, said the area around the station needs to undergo economic growth. As soon as residents start riding the Metro regularly, their cultural opportunities will grow. In

addition, those who do not regularly come to Reston due to the commute may find themselves coming more often.

"We're going to have to see ourselves in a broader context," he said.

Although big changes create worry for residents who have lived in Reston their entire lives, Plum said that change is the key to making the station more successful.

"I think all this about opening up our community is that it will be a challenge to maintain our identity as a community," he said. "We need to be cognizant of the fact that we need to allow our community to build itself up."

A BIG PIECE of what is left to make the station successful is giving pedestrians and cyclists a safe commute to the station so they can use Reston's newest transportation resource. The community has a system of trails in place parallel to Sunset Hills Road. Commuters who are using the Washington and Old Dominion trail would have to come in on the Sunset Hills Road side of the station for the easiest pedestrian access.

Hudgins expects the foot traffic around the station to increase significantly over the next year. A bike share feasibility study was recently released, meaning that Reston cyclists could get the access to the station they hope for.

SEE HOT ISSUES, PAGE 4



Reston's village centers will be undergoing a revitalization in the next few years.

Hot Issues to Tackle in Reston

From Page 3

"We've been looking broadly, and we know what the challenges are," she said. "We need walkability, and we'll be looking, over the next few years, how to expedite those projects."

She said community members may be seeing these projects come to fruition in the next three to five years.

One major project that will be moving forward soon is the Soapstone Connector.

"We accepted the feasibility study on it," she said. "We're probably looking at a couple years out."

The Connector will provide motorists, cyclists and pedestrians access between Sunset Hills Road and Sunrise Valley Drive. The connection will be north to south. A South Lakes Connector is being looked into as well, she said.

"If you think about all the traffic that tries to get around Reston at rush hour, it's always bottlenecks," said Hudgins. "There are other long term plans, but Soapstone is at the top of the list."

The village centers, once an icon of founder Simon's vision, have been all but abandoned by many of Restons citizens and shoppers in favor of the Reston Town Center. Restoring them is a part of the latest phase of the Reston Master Plan.

"The village centers are important to connect the transportation centers that are here," said Hudgins. "We'll be working with the community over the next few months to talk those through."

Lake Anne, the original village center, will be undergoing its own revitalization through Republic Land Development separate of the Master Plan.

"As Reston prepares for its next half cen-

tury, our greatest challenge will be striking a balance between its humble beginnings with the five village centers, including Lake Anne, and the continued evolution and growth of the Town Center area," said U.S. Congressman Gerry Connolly in an email. "One of Bob's seven goals for Reston was the ability for residents to age in place, 'for anyone to remain in a single neighborhood throughout his life.' He says it 'results in the heterogeneity that spells a lively and varied community,' and I agree."

ALSO IN THE PLAN: keeping Reston the lush, densely tree populated community it is today.

"Reston is a wonderful place to live and we don't want to lose that," said Plum.

Affordable housing is another issue Hudgins hopes the county will tackle soon.

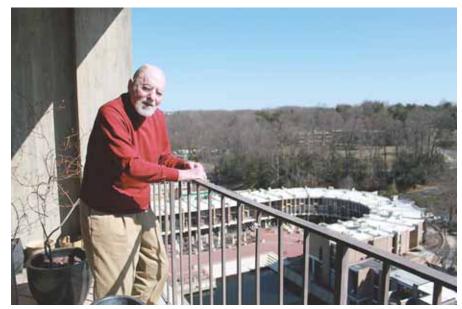
The housing market is currently skyrocketing thanks to the newly opened Metro station - great for homeowners, but not so great for apartment dwellers and low-income wage earners.

"We need to go back and look at our affordable housing policy," she said.

Hudgins said the county previously had a policy that stated that one cent from the tax rate was taken out and given to improve the affordable housing market. That is no longer done, an act Hudgins does not agree with.

She hopes the housing policy will be looked at and changed in the next year.

"Our inability to provide housing combined with the jobs that are coming here is just not cutting it," she said. "It affects both people just coming out of school as well as retired seniors. There are all those in between, as well, who need to be thought of."



Robert Simon overlooks Washington Plaza at Lake Anne, where Reston's opening ceremony was held in 1965.

Bob Simon's Favorite Events, Places in Reston

Reston's founder, Bob Simon, in last year's Connection's Newcomers Guide shared his list of top ten favorite events and places in Reston:

Events

v 1960 — Signing of contract to purchase 1,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)

v 1962 — Adoption by Fairfax County Board of Supervisors of Residential Planned Community Ordinance (RPC)

v 1964 — Singer Electronics Laboratory and Air Survey Corporation open for business. First residents move in.

v 1966 — Official dedication with presentations by Poet Laureate Steven Spender and NYC Parks Commissioner August

Hecksher, Interior Secretary Stuart Udall and representatives of 37 countries with "New Towns"

 $\sqrt{997}$ — I return to Reston and move into condo on 13th floor of Heron House

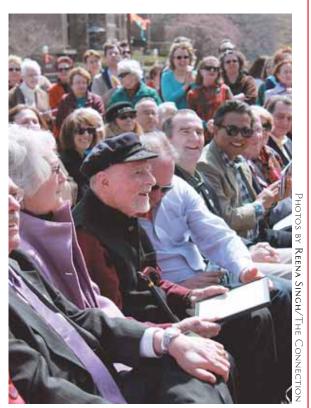
v 1998 — I meet Cheryl Terio
 v 2009 — Dedication of Nature House
 at Nature Center

v 2010 — Asian Festival at Brown's Chapel

Places

ω My bed in 1301 [Heron House] — I love to sleep and nap

v Lake Anne Plaza (officially designated Washington Plaza) — Modeled after plazas throughout the rest of the



Robert Simon smiles while holding the U.S. President's proclamation honoring him for his 100th birthday in April 2014.

world as the social glue of communities ω Jasmine and Montmartre restaurants

on Lake Anne Plaza — good food, reasonable prices

v Pathways going all around Lake Anne — beautiful views, lovely gardens

 ω Fountain Square in Town Center — a true gathering place with its pavilion for skating in winter and events the rest of the year; restaurants and shops

v Nature Center — 70 acres of natural beauty and its Nature House for permanent exhibits and frequent classes

φ Center Stage at Reston Community Center, Hunters Woods — a fully equipped stage with orchestra pit, seating 300 and offering a full schedule of concerts, plays and events Save every day at more than 70 of Fair Oaks' 200 stores and services with your exclusive



FAIR OAKS PRIVILEGE CARD

SAVE 10% EVERY DAY at ALDO, L'OCCITANE, and TALBOTS

SAVE 15% EVERY DAY at EDDIE BAUER, CARTOON CUTS and ZOE SALON & SPA

SAVE 20% EVERY DAY at THE CHILDREN'S PLACE, SPRINT and BEBE

SAVE 25% EVERY DAY at ANN TAYLOR, GAP AND BABYGAP

Your Privilege Card also saves you EVERY DAY at CACHE, J.JILL, KAY JEWELERS, STARBUCKS, TEXAS DE BRAZIL CHURRASCARIA and more!

Register for your complimentary FAIR OAKS PRIVILEGE CARD at the Customer Service Center and start saving today!

FAIR OAKS MALL

Lord & Taylor - Macy's I and II - JCPenney - Sears

apple - Banana Republic - bebe - BCBGMAXAZRIA - Brighton - Coach - H&M J. Crew - Michael Kors - Pandora - Swarovski - XXI Forever - Zoe Salon and Spa

> I-66 at Route 50, Fairfax, Virginia with 8,000 free parking spaces (703) 359-8302 - ShopFairOaksMall.com - facebook.com/fairoaksmall

The Fair Oaks Privilege card is honored only at stores at Fair Oaks.

The Fair Oaks Privilege Card cannot be redeemed for cash and is not transferable. Discounts at restaurants do not include alcohol, gratuities or tax, unless indicated.

For completed details, visit the participating store for terms and conditions. Offers subject to change without notice.

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.

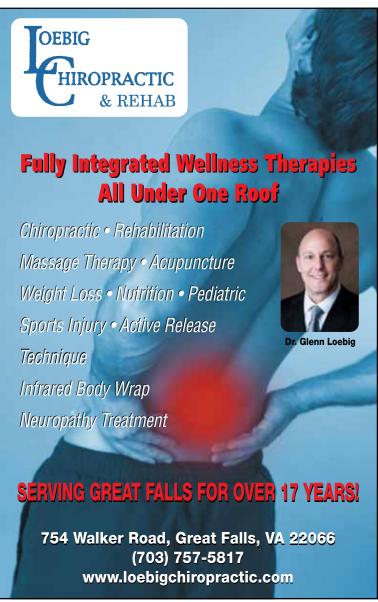
Allergy Patch Testing • Asthma • Hives • Allergy Eczema Food & Environmental Allergy Testing • Sinusitis Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

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



Animal Shelters

Humane Society of Fairfax County

The Humane Society of Fairfax County (HSFC) has a main office in Fairfax and a farm in Centreville. The farm is home to horses as well as nearly 30 dogs, according to HSFC Corresponding Secretary Marlene Hammer. A full-time manager lives at the farm to take care of the animals there. The HSFC's main office is also home to the cats that are available for adoption through the group. Rather than being housed in crates, the cats are allowed to roam around in rooms at the shelter.

The Humane Society operates almost

entirely on a volunteer basis. Aside from sheltering animals, they offer a pet food pantry as a service to the community and operate a thrift shop next door to the Fairfax location. Aside from one paid staff member, all proceeds from sales at the thrift shop go toward the shelter's operating costs. For more information on any of these services or to find out how to volunteer with HSFC, visit hsfc.org, or call 703-385-7387.

Fairfax County Animal Shelter

The Fairfax County Animal Shelter (FCAS) estimates that between 4,000

and 5,000 small animals come through its doors each year, according to its website. The shelter deals primarily with dogs and cats, but also other small animals like rabbits and birds. A foster program is available through FCAS for the care of dogs and cats, and families who wish to be part of the foster program must go through a training session before taking animals into their homes. Other volunteer opportunities with the shelter range from telephone assistant to pet groomer and bather to cat socializer. Potential volunteers may submit an online application at fairfaxcounty.gov/ animalshelter, and must attend a volunteer orientation. For more information on volunteering or adopting a pet, visit the shelter's website, or call 703-830-1100.



Trust our award-winning care to suit your family's needs. We're the best!



24/7 Live-In Care Specialists. We offer around-the-clock care for a reasonable price despite recent overtime laws.

Brain Health Experts. We are the only home care agency that offers Cognitive Therapeutics, a research-backed activities program that promotes brain health and vitality in our clients.

Washington D.C's Best Caregivers. Each has at least 2 years experience and undergoes extensive training and screening, including a DOJ background check, drug test and proprietary psychological exam designed to test for honesty and conscientiousness.

Call a Nurse Care Manager today for your free consultation!



Maura Barillaro, RN

301-276-5353 7950 Norfolk Avenue Bethesda, MD 20814



Sally Fauber, RN

703-356-4333 6723 Curran Street McLean, VA 22101



Michelle Misleh, RN, MSN

703-746-8084 3903Q Fair Ridge Dr. Fairfax, VA 22033



www.HomeCareAssistance.com

Area Demographics

Reston

Zip code: 20194 Population: **13,165**

Race: White-10,464 (79.5%), Black/African American-674 (5.1%), American Indian and Alaska Native-20 (0.2%), Asian-1,396 (10.6%), Hispanic or Latino (of any race)-832 (6.3%)

Total housing units: **5,932**

Owner-occupied housing units: 4,021 (71%)

Households with individuals under 18 years: 1,812 (32%) Households with individuals 65 years and over: 739 (13%)

Median household income: 132,019 Mean family income: 212,131

Population 5 years and over who speaks a language other than English

at home: 22.5%

Zip code: **20190** Population: **17,529**

Race: White-11,999 (68.5%), Black/African American-2,030 (11.6%), American Indian and Alaska Native-45 (0.3%), Asian-2,075 (11.8%), Hispanic or Latino (of any race)-1,848 (10.5%)

Total housing units: **9,156**

Owner-occupied housing units: 4,580 (53%)

Households with individuals under 18 years: 1,823 (21.1%) Households with individuals 65 years and over: 1,789 (20.7 %)

Median household income: **89,296** Mean family income: 132,147

Population 5 years and over who speaks a language other than English

at home: 29.3%

Zip code: 20191 Population: 29,128

Race: White-19,460 (66.8%), Black/African American-2,991 (10.3%), American Indian and Alaska Native-118 (0.4%), Asian-3,255 (11.2%), Hispanic or Latino (of any race)-4,860 (16.7%)

Total housing units: **12,096**

Owner-occupied housing units: 8,438 (72.5%)

Households with individuals under 18 years: 3,635 (31.3%) Households with individuals 65 years and over: 2,477 (21.3%)

Median household income: 107,771 Mean family income: 142,295

Population 5 years and over who speak a language other than English

at home: 32.9%

Source: U.S. Census 2010; American Community Survey 2012

Oak Hill/Herndon

Zip code: **20170** Population: **41,236**

Race: White-23,745 (57.6%), Black/African American-3,413 (8.3%), American Indian and Alaska Native-222 (0.5%), Asian-6,992 (17%), Hispanic or Latino (of any race)-10,795 (26.2%)

Total housing units: 14,446

Owner-occupied housing units: 8,852 (66.9%)

Households with individuals under 18 years: **5,758 (43.5%)** Households with individuals 65 years and over: 1,708 (12.9%)

Median household income: 103,679 Mean family income: **131,559**

Population 5 years and over who speaks a language other than English

at home: 45.3%

Zip code: **20171** Population: **45,887**

Race: White-26,558 (57.9%), Black/African American-3,506 (7.6%), American Indian and Alaska Native-104 (0.2%), Asian-13,029 (28.4%), Hispanic or Latino (of any race)-3,092 (6.7%)

Total housing units: **16,868**

Owner-occupied housing units: 10,833 (66.6%)

Households with individuals under 18 years: 7,227 (44.5%) Households with individuals 65 years and over: 1,723 (10.6%)

Median household income: 137,093 Mean family income: 177,564

Population 5 years and over who speaks a language other than English

at home: 36.1%

Source: U.S. Census 2010; American Community Survey 2012

www.ConnectionNewspapers.com

Popular Throughout the Mid-Atlantic.

Now Coming to Great Falls.



Vibrant Community Great gathering places to connect and engage; transportation services offering you freedom to get out and about.

Vibrant People Everyone shares a spirit of vibrant living, programs to keep your mind, body and spirit at their best.





Vibrant Lifestyle High-energy fun to quiet relaxation and a social life as full as you want it to be.

Vibrant Company Proven track record and outstanding residents and associates.



BRIGHT VIEW GREAT FALLS ASSISTED LIVING

10200 Colvin Run Rd. • Great Falls, VA 22066 BrightviewGreatFalls.com Ġ.

Welcome Center Now Open

Please call for more information.

703-759-2513





Super selection of high-quality, all-natural pet foods at affordable prices



where healthy food comes naturally

BB&T Center · 304 Elden Street (at Herndon Pkwy) Herndon, VA 20170 · 571.521.0399

Open M-F 10 AM-8 PM • SAT 10 AM-6 PM • SUN 11 AM-6 PM

OTHER LOCATIONS IN VIRGINIA & MARYLAND

Ashburn Farm Market Center · 43330 Junction Plaza, Suite 176 · Ashburn, VA 20147 · 703.724.4319 1306 E.Gude Drive · Rockville, MD 20850 · 301.217.0432

Online shopping at www.wholepetcentral.com





About the Connection

s your local, weekly newspaper, the Connection's mission is to deliver the local news you need, to try to make sense of what is happening in your community, to gather information about the best things in and near your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record achievements, milestones and events in the community and people's lives.

Here in our Newcomers and Community Guide, we've included an expanded and updated version of our award-winning Insider's Guide to the Parks, plus details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an e-mail or call us, contact us on Facebook or send us a tweet. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a photo. We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least

Keep in Touch

LETTERS TO THE EDITOR: Email to editors@connectionnewspapers.com or submit online at http://www.connectionnewspapers.com/contact/letter/

Great Falls Connection: greatfalls@connectionnewspapers.com McLean Connection: mclean@connectionnewspapers.com Herndon Connection: herndon@connectionnewspapers.com Reston Connection: reston@connectionnewspapers.com Vienna-Oakton Connection: vienna@connectionnewspapers.com

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

FREE DIGITAL SUBSCRIPTIONS

Be the first to read your hometown news, and go green. Sign up to get the Connection delivered to your email box every week. The electronic version of the paper will arrive in your email box before the paper even hits the press, literally, and is a digital replica of the print paper. Sign up at www.ConnectionNewspapers.com/subscribe, or email your name, your snail-mail address, email address and the paper or papers you would like to receive to GoingGreen@connectionnewspapers.com. (We will not share your personal information.)

Friend Us On Facebook: www.facebook.com/ConnectionNewspapers Follow Us on Twitter-

Connection Newspapers: www.twitter.com/FollowFairfax; @FollowFairfax $Great\ Falls\ Connection:\ www.twitter.com/GFConnection;\ @GFConnection$ McLean Connection: www.twitter.com/McLeanConnect: @McLeanConnect Oak Hill/Herndon: www.twitter.com/HerndonConnect; @HerndonConnect Reston Connection: www.twitter.com/RestonConnect; @RestonConnect Vienna and Oakton Connection: www.twitter.com/ViennaConnect @ViennaConnect

two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

The Connection Newspapers have won hundreds of press awards in just the past few years, including the Virginia Press Association Award for Journalistic Integrity and Community Service, Best in Show for our Insiders Guide to the Parks, first place for our community guides, plus awards in news, art, business, special projects, sports, entertainment, design, photography and much more.

We have staff and contributors here at the Connection with remarkable talent and experience, far greater than one might expect. We continue to publish 15 distinct papers every week that serve their communities in distinct ways. We welcome contributing writers, with the caveat that our freelance pay is nominal; if you are interested in covering news or events in your community, email editors@connectionnewspapers.com. We offer summer and year-round educational internships with information at www.connectionnewspapers.com/intern-

In addition to our weekly coverage, we have monthly special focus pages on Wellbeing; Education, Learning, Fun, and HomeLifeStyle, plus other seasonal specials including Real Estate, Senior Living, Fall Fun, Food and Entertainment (also Winter, Spring and Summer), a twice a year Pet Connection, and others. If you have story ideas for these, editors@connectionnewspapers.com; if are interested in marketing, sales@connectionnewspapers.com.

MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM, @MARYKIMM

CHAMBERS

Find a comprehensive online listing of county business resources at www.fairfaxcountyeda.org/ business-resources.

Fairfax County Chamber of Commerce

The chamber facilitates industry-focused councils, thought leadership groups, community partnerships and many other opportunities for its more than 600 member companies to expand their networks and raise their profiles in the highly competitive Northern Virginia market. www.fairfaxchamber.org/ or 703-479-

Greater Reston Chamber of Commerce

The organization serves businesses in the Dulles Corridor. It aims to be the catalyst for business growth and entrepreneurship by providing quality programs, education, connections and advocacy for our members and organizathe Dulles Corridor. tions in www.restonchamber.org.

Dulles Regional Chamber of Com-

Comprised of the Herndon and Chantilly/ Centreville Chambers, it covers Herndon, Sterling, Centreville, Chantilly, South Riding and Airport.

www.dullesregionalchamber.org.

Hispanic Chamber of Commerce of Northern Virginia

Located in Herndon, the organization serves businesses lead by and those that work with the Hispanic community in the area. www.hccnva.org/.

Pakistan American Business Association Inc.

PABA is a nonprofit, bilateral trade association that promotes business opportunities between Pakistan and the United States of America, and nurtures leadership skills within the Pakistani American business community.



CONNECTION NEWSPAPERS

www.ConnectionNewspapers.com LOCAL MEDIA CONNECTION LLC

Community Guide content compiled by Abby Aldridge, Kara Coleman, Ashley Dietz, Neeka Eghbali, Emma Harris, Taylor Horner Alexis Hosticka and Elizabeth Schneider

FOR MORE INFORMATION. CALL 703-778-9431 OR EMAIL SALES@CONNECTIONNEWSPAPERS.COM

Nonprofits

FACETS

FACETS began as a meal distribution outreach effort in 1988, today is an established nonprofit organization with programs to provide shelter, food, and medical attention for those unable to provide for themselves. FACETS offers a multifaceted array of volunteer opportunities across all of our programs to include administrative and office opportunities at our main office in Fairfax City. Take a moment to learn more about available volunteer opportunities, then kindly sign up for an orientation where you will learn more about becoming a volunteer for FACETS as well as complete an application. 703-352-5090 or http://facetscares.org/

Affordable Housing Corporation (AHC)

AHC, a nonprofit developer of affordable housing, operates in Vienna to provide quality homes for low- and moderate-income

AHC also offers services for residents and homeownership opportunities. www.ahcinc.org/index.html.

Northern Virginia Family Service

NVFS addresses the needs of many communities in our region by providing services like foster care and multicultural human

See extensive volunteer opportunities on their website. 703-385-3267 or www.nvfs.org/.

Committee for Helping Others (CHO)

CHO is a Vienna organization committed to providing simple, loving charity to those in need. CHO is currently seeking volunteer drivers for their furniture and transportation programs.

Their 14th Annual Thanksgiving Interfaith Service is Tuesday, Nov. 20, 7:30 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road. 703-281-7614 or www.cho-

Family PASS

Family PASS strives to step in before families lose their housing by providing rental subsidies, extensive case management and other assistance including education, job training, child care, food, transportation, health care, help with children's issues and counseling.

Volunteer opportunities include drivers, event hosts, food drive organizers and tu-703-242-6474 or http:// familypassfairfax.org/.

So Others Might Eat

SOME is a 40-plus-year-old Washington, D.C. based organization with church partnerships throughout Northern Virginia and a storage facility in Vienna.

SOME works to meet the immediate daily needs of needy adults and children with food, clothing and health care, with the goal of breaking the cycle of homelessness by offering services such as affordable housing, job training, addiction treatment and counseling, to the poor, the elderly and individuals with mental illness. www.some.org/.

Cornerstones

Cornerstones helps those that are homeless and struggling in Northern Virginia to build more stable lives by connecting them to vital resources that solve their needs for

SEE NONPROFITS, PAGE 9

Nonprofits

From Page 8

housing, child care, food or financial assistance. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and the Thanksgiving Food Drive. 571-323-9555 or www.cornerstonesva.org/

Herndon-Reston FISH

FISH: Friendly Immediate Sympathetic Help. A volunteer, non-sectarian, non-profit dedicated to helping local residents through short-term crises. Seeking general volunteers or monetary donations. 336 Victory Drive, Herndon, 703-391-0105 or herndonrestonfish.org.

Shelter House

Shelter House was formed in 1981 when several ecumenical groups came together to better serve Fairfax County's low-income population; Shelter House follows the Housing First model, with the main priority to re-house every family that begins one of their six unique housing programs. Currently Shelter House is seeking monetary, item and time donations, www.shelterhouse.org.

LINK: Link Against Hunger

LINK provides emergency food assistance by request on a daily basis and hosts Thanksgiving and Christmas programs. The organization is comprised of 14 member churches serving Herndon, Sterling and Ashburn. LINK needs contributions of food, coats and holiday toys for children, plus volunteers. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals, 703-437-1776 or www.linkagainsthunger.org.

Assistance League of Northern Virginia

An all-volunteer organization that clothes, feeds, educates and nurtures those in need. Working through six elementary schools and Inova Fairfax Hospital, Assistance League touches the lives of some of the most needy in Northern Virginia. The schools involved include Dogwood Elementary in Reston, Lynbrook Elementary and Garfield Elementary in Springfield, Cora Kelly Elementary in Alexandria and Pine Spring Elementary in Falls Church Volunteers and donors are always needed. Contact ALNorthernVA@yahoo.com or www.northernvirginia.assistanceleague.org

Dulles Corridor Rail Association

Advocates for business when it comes to Metrorail development along the Toll Road, with an emphasis on Herndon and Reston area development. www.dullescorridorrail.com.

Touching Heart

Touching Heart is an organization that encourages children to help others by creating a wishlist for a child in one of the orphanages or foster care center affiliated with the organization and asking friends and family to donate to the wishlist. The children who receive the gift respond with a letter or sometimes a painting or handmade gift. www.touchingheart.com/.



WWW.RESTONCELEBRATES.ORG

Living a long life is likely; planning for it is a necessity.

Building a retirement strategy is about living the way you want to live. That's why including a long term care discussion for retirement helps you prepare with a greater sense of security.



To learn more: Greg Haymans Long Term Care Insurance Agent ghaymans@genworthltc.com Mobile: 703 608.9260 Office: 703 444.4718 Licensed Agent of Genworth Life Insurance Company

154408 02/13/13

RESTON





Koko FitClub **WE CHANGE LIVES**

"We Koko because fitness is a family affair!" – Debbie & Paul Baker

You do your best to keep your kids healthy and fit... But, what about YOU?

It's back-to-school season, and busy parents everywhere are running around, managing new routines, juggling schedules and shuffling the kiddos from one afterschool activity to the next. Gymnastics, sports practice, martial arts, dance - you make it a priority to ensure your kids get the physical activity they need to live a healthy, happy, well-balanced and FIT life from an early age. But what about YOU?

Are you among the group of parents sitting in the waiting room or on the sidelines while your kids are physically active? What are you doing to improve your health and the quality (and quantity) of your life?

There never seems to be enough time left in the day for Mom and Dad to take care of themselves. It's easy to say, "I'm too busy," and do another errand rather than hit the gym.

But when you make fitness a priority for the entire FAMILY - parents included - you are setting a healthy example and establishing a lifestyle that kids will have for life. Taking just 15-30 minutes for a workout is important for managing stress, looking and feeling great, and having more energy. Bottom line: a fit parent is a happy parent. And happy, fit parents have happier, healthier kids.

That's why I came to Koko FitClub. I am a busy dad, and my kids mean everything to me. I'm proud to be leading my team to serve this community to changes lives, setting a positive example for my children, and becoming a healthier dad in the process. Koko offers a fast, efficient workout - so you can get in and out before the kids are done with karate,

You CAN be that fit, strong person you've always wanted to be - for yourself and your family. Let us prove it to you. I feel so strongly about what we do at Koko FitClub, and believe it will truly change your life, that I invite you to try 30 days of Koko for just \$30 -no obligation. Come in for a visit, meet my team, try our club for yourself, and see how easy it can be to fit fitness into your busy life. Don't just do it for you - do it for the kids!

Yours in good health, Scott Richardson and the Koko FitClub Team



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer.

There is no obligation. If you don't love Koko in 30 days, we don't deserve you as a client!

"Turning 47, I have never been this physically fit in all my life - even before 3 children! Koko has been the easiest work out plan for me to stick with without getting bored, and it is by far the

most efficient. The friendly and helpful Koko employees are like family. On a recent trip to Mexico people were saying that my 17 year old daughter and I look like sisters (OH YAHI) on the beach - PRICELESS! - Linda Weber



'There is absolutely no way I would achieve hat I do at this dub ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling

better than I have in Scott Kreitz



Changing your life starts here. Call, click or come visit us to get started!

571-612-2332

Koko FitClub of Ashburn Koko FitClub of Great Falls

Koko FitClub of Herndon 571-612-2331

Koko FitClub of Reston 571-612-2333

www.kokofitclub.com

What's on the Ballot; How to Vote

Election Day is Nov. 4, 2014, but you can vote as early as Sept. 19.

very year is Election Year in Virginia. This year, every Virginia voter will choose one member of the U.S. Senate and their member of the U.S. House of Representatives. Two of Northern Virginia's three house seats are open seats with the retirement of two longstanding members, Jim Moran (D-8) and Frank Wolf (R-10).

This area has very high rates of voter registration, but voter turnout varies significantly from year to year. For example, two years ago in 2012, a presidential election year, 71.78 percent of Virginia registered voters turned out to vote. But in 2010, more comparable to this year, only 44.01 percent of Virginia registered voters turned out to

In Fairfax County, with a population around 1,130,900, there are 713,025 registered voters as of July 1, 2014, up from 676,802 in 2012. (Population data from U.S. Census and voter data from Virginia Department of Elections.)

In Alexandria, with a population of about 148,900, there are 97,883 total registered voters as of July 1, 2014. That's down from 101,887 total registered voters as of July 2,

In Arlington, with a population of about 224,900, there are 162,100 total registered voters as of July 1, 2014, up from 157, 236 on July 2, 2012.

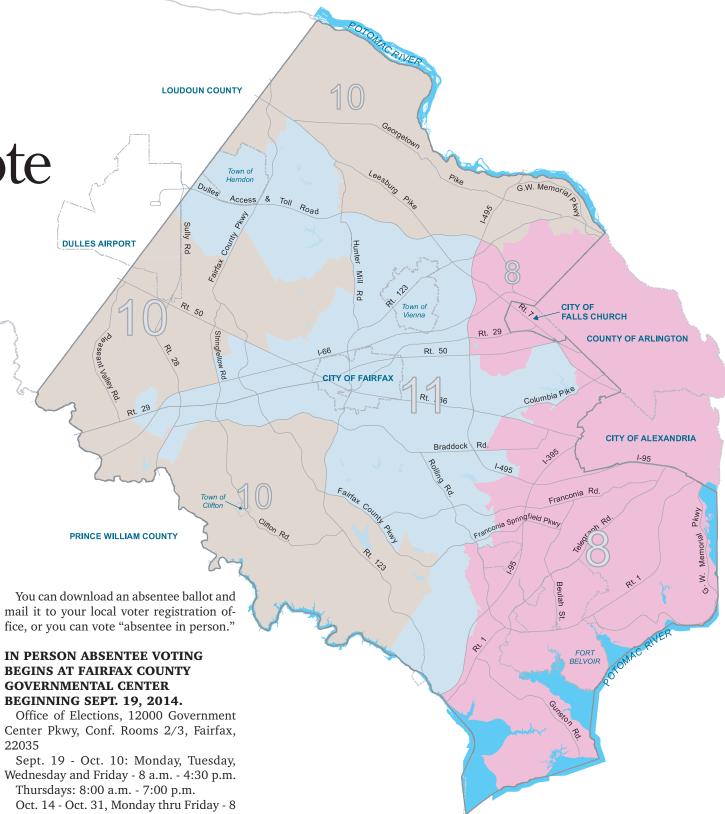
REGISTER, CHANGE OF ADDRESS: In

order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to www.sbe.virginia.gov.

VOTING EARLY. ABSENTEE

Virtually every voter in Virginia is eligible to vote absentee, which includes voting inperson absentee at a variety of locations between Sept. 19 and Nov. 1.

There are many reasons that voters are allowed to vote absentee, but the most broad of these applies to almost anyone with a job: "Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.).



Map provided by Fairfax County government Map of Congressional districts serving Fairfax County.

BEGINS AT FAIRFAX COUNTY GOVERNMENTAL CENTER BEGINNING SEPT. 19, 2014.

Center Pkwy, Conf. Rooms 2/3, Fairfax,

Wednesday and Friday - 8 a.m. - 4:30 p.m.

a.m. - 7 p.m.

Saturdays, Sept. 27, Oct. 4, 11, 18, 25 and Nov. 1, 9 a.m. - 5 p.m.

Closed Monday, Oct. 13 for Columbus

SATELLITE VOTING LOCATIONS **BEGIN FRIDAY OCT. 14**

- ❖ Franconia Governmental Center 6121 Franconia Rd., Alexandria, 22310
- ❖ Dolley Madison Library 1244 Oak Ridge Ave., McLean, 22101
- North County Human Services Bldg. -1850 Cameron Glen Dr, Reston, 20190
- West Springfield Governmental Center - 6140 Rolling Rd., Springfield, 22152
- lumbia Pike, Annandale, 22003 ❖ Mount Vernon Governmental Center -

Mason Governmental Center - 6507 Co-

- 2511 Parkers Ln., Alexandria 22306
- Sully District Governmental Center -4900 Stonecroft Blvd., Chantilly 20151 Monday - Friday, Oct. 14 - 31, 3:30 p.m. -

Saturdays, Sept. 27, Oct. 4, 11, 18, 25 and Nov. 1, 9 a.m. - 5 p.m. Closed Monday, Oct. 13 for Columbus

For more, call 703-222-0776 or visit

http://www.fairfaxcounty.gov/elections/ absentee.htm

WHAT'S ON THE BALLOT?

Every voter in Virginia will vote for U.S Senator and their member in the U.S. House of Representatives.

One constitutional question will appear on all Virginia ballots, Proposed Constitutional Amendment - Question: Shall the Constitution of Virginia be amended to allow the General Assembly to exempt from taxation the real property of the surviving

spouse of any member of the armed forces of the United States who was killed in action, where the surviving spouse occupies the real property as his or her principal place of residence and has not remarried?

U.S. SENATE

One-term incumbent Sen. Mark R. Warner (D) is challenged by Republican Ed W. Gillespie and Libertarian Robert C.

- Republican Ed W. Gillespie, www.edforsenate.com
- ❖ Democrat Mark R. Warner, www.markwarnerva.com
- Libertarian Robert C. Sarvis, www.robertsarvis.com

SEE EVERY YEAR. PAGE 11 www.ConnectionNewspapers.com

Every Year is Election Year in Virginia

From Page 10

THE 8TH DISTRICT is an open seat because of the retirement of incumbent Rep. Jim Moran (D), who was elected in 1990. Democrat Donald S. Beyer Jr. will face Republican Micah K. Edmond plus three independent candidates. The 8th district includes all of Alexandria and Arlington, plus parts of Fairfax County including Mount Vernon, Lorton and parts of McLean, Tysons and Falls Church.

- * Republican Micah K. Edmond, www.micahedmond.com
- ♦ Democrat Donald S. Beyer Jr., www.friendsofdonbeyer.com
- ❖ Libertarian Jeffrey S. Carson, jeffreycarson.com/
- ❖ Independent Green Gerard C. "Gerry" Blais III, www.votejoinrun.us
- ❖ Independent Gwendolyn J. Beck, www.gwendolynbeck.com

IN THE 10TH DISTRICT, an open seat was created by the retirement of Frank Wolf (R), who was elected to office in 1982. Both major party candidates are elected officials from McLean, with Republican Barbara Comstock, a member of the Virginia House

of Delegates, facing Democrat John Foust, a member of the Fairfax County Board of Supervisors. The 10th district sprawls from McLean to Winchester, and includes Great Falls, Chantilly, parts of Fairfax Station, the Town of Clifton, part of Burke and Springfield

- ❖ Republican Barbara J. Comstock, www.barbaracomstockforcongress.com
- ♦ Democrat John W. Foust, www.foustforvirginia.com
- ❖ Libertarian William B. Redpath, billredpath.com
- ❖ Independent Green Dianne L. Blais, www.votejoinrun.us
- ❖ Independent Brad A. Eickholt, www.eickholt4congress.com/

IN THE 11TH DISTRICT, Gerry Connolly (D), former chairman of the Fairfax County Board of Supervisors, elected to congress in 2008, will face Republican Suzanne K. Scholte and two independent candidates.

- * Republican Suzanne K. Scholte, www.suzannescholteforcongress.com/
- ♦ Democrat Gerald E. "Gerry" Connolly, incumbent, www.gerryconnolly.com
- ❖ Green Joe F. Galdo www.joegaldo.com

❖ Libertarian Marc M. Harrold, www.marcharrold4congress.com

IN FAIRFAX COUNTY, all voters will vote yes or no for more money for transportation projects. Transportation Improvements Bond Question: Shall the Board of Supervisors contract a debt, borrow money and issue bonds of Fairfax County, Virginia, in addition to bonds previously authorized for transportation improvements and facilities, in the maximum aggregate principal amount of \$100,000,000 for the purpose of providing funds to finance the cost of constructing, reconstructing, improving and acquiring transportation facilities, including improvements to primary and secondary State highways. improvements related to transit, improvements for pedestrians and bicycles, and ancillary related improvements and facili-

IN THE CITY OF FAIRFAX, voters will also vote on an advisory Referendum regarding length of term for Offices of Mayor, City Council and School Board, and whether the term of office should be increased from two years to four years.

New Voter Identification Requirements

As of this summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

Virginia's photo ID requirements also apply to absentee voters who vote inperson in all elections.

Here are the "acceptable" forms of identification:

- ❖ Valid Virginia Driver's License or Identification Card
- ❖ Valid Virginia DMV issued Veteran's ID card
 - ❖ Valid United States Passport
- Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth
- ❖ Valid college or university student photo identification card, must be from an institution of higher education located in Virginia.
- ❖ Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business
- or a Virginia Voter Photo ID Card obtained through any local general registrar's office

"Valid" is defined as a genuine document, bearing the photograph of the

voter, and is not expired for more than 12 months.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

DON'T HAVE ONE OF THESE?

Any registered voter who does not possess one of the above mentioned forms of photo ID, may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

Provisional Ballot Process

A voter who arrives at the polling place without an acceptable form of photo identification will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted. A Friday postmark will not be sufficient. Writ-

ten notice given to the voter will provide the necessary information, including email, fax, and address of where the ID should be delivered.

IF YOU VOTE A PROVISIONAL BAL-

LOT but don't have an "acceptable ID," you can appear in-person in the office of the general registrar in the locality in which the provisional ballot was cast by noon on Friday following the election and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board as acceptable identification and the voter's provisional ballot will be counted.

SOURCE: Virginia Department of Elections, www.sbe.virginia.gov

For More Election Information:

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

City of Fairfax General Registrar, 703-385-7890, http://www.fairfaxva.gov/government/general-registrar

10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email generalregistrar@fairfaxva.gov

State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194

email: info@sbe.virginia.gov http://www.sbe.virginia.gov

Fairfax's Success Story

50 Years in the Making

By Gerald L. Gordon, Ph.D.

f you are a newcomer to Fairfax County, allow me to welcome you to one of the most dynamic communities anywhere in the world to live and work. It was the vision of many people to create this kind of community, so please allow me to offer a quick history lesson.

The Capital Beltway was completed in 1964. The same year the iconic highway opened, the Virginia General Assembly passed a law that created what is now called the Fairfax County Economic Development Authority. In the last 50 years, creation and growth of a diversified business community and local economy transformed a sleepy bedroom community in the shadow of the nation's capital into what Time magazine has called "one of the great economic success stories of our time."

How much of a success story? Fairfax County was home to no Fortune 500 companies in 1964, and today 10 of those businesses are based here. That's more than 30 states. Today more than 400 foreignowned businesses have a presence here, as do four companies on Black Enterprise magazine's list of the 100 largest African American-owned companies, three companies on HispanicBusiness.com's list of the 100 largest Hispanic-owned companies, and top companies that are Asian, woman- and veteran-owned.

Today Fairfax County is the second-largest suburban office market in the United States. Almost no matter where you live, you can see how the county continues to evolve as a business location. The first phase of Metro's Silver Line rail service further enhances the attractiveness of Tysons Corner and Reston, while the second phase will link Herndon and Washington Dulles International Airport to the rest of the Washington region in 2018.

Southeastern Fairfax County (Springfield, Lorton and the Richmond Highway corridor) are becoming important office centers thanks to growth at Fort Belvoir. The Mosaic District in Merrifield is a popular destination, and the Springfield Town Center opening this fall promises to be a magnet for that area.

As I suggested earlier, this evolution of Fairfax County has been no accident. It has been a strategy driven by a consistent vision: A strong and consistent economic development program that attracts companies and helps them stay and grow here creates job opportunities, builds a strong commercial tax base that holds down residential taxes, and allows the Board of Supervisors to provide high-quality public services that enhance the quality of life here.

Yes, Fairfax County has changed tremendously since 1964. But, even with all the progress that has happened, we believe even better times lay ahead.

Gerald L. Gordon, Ph.D., is president and CEO of the Fairfax County Economic Development Authority.

Reston Destinations & Attractions

Lake Anne Plaza

Reston's Lake Anne Plaza is home to a unique group of independently owned retail and dining establishments. It hosts seasonal events including the Lake Anne Film Festival, an annual Jazz and Blues festival, and a farmers market on Saturdays from May to October. Also located at Lake Anne Plaza is the Reston Museum, which details the history of Reston. For more information see lakeanneplaza.com.

Jo Ann Rose

The Jo Ann Rose Gal-

lery at Lane Anne in Reston offers year-round

professional art exhibi-

tions. The gallery has professional art exhibi-

tions, adjacent warming

kitchen (rented sepa-

rately), and convenient access to the Village

Center's central plaza.

Gallery



Reston founder Robert E. Simon with Eve Thompson who has helped arrange seasonal activities at Lake Anne Plaza.

Reston Town Center

This acclaimed outdoor venue offers more than 50 retail shops, 30 restaurants, a multi-screen cinema, and the Hyatt Regency Reston Hotel. At the Center's hub, the Pavilion hosts special events, concerts, festivals throughout the year and ice skating in winter, making Reston Town Center a focal point of the community. The website

www.restontowncenter.com.



Reston Town Center has many retail shops and restaurants. It also hosts special events including concerts and festivals throughout the year.

Deb Joder, a ceramics instructor at Reston Community Center at Lake Anne.

GRACE Reston

Artists and art lovers founded GRACE in 1974 as a source of cultural enrichment for the new community of Reston. The gallery has exhibits of both locally and nationally recognized artists. The gallery is located at 12001 Market St. #103 in Reston, and its website is www.restonarts.org.



Reston founder Robert "Bob" Simon poses for a photo with Reston artist Dana Scheurer at GRACE Reston.



The Lake Fairfax Park in Reston has a popular outdoor waterpark as well as a carousel, picnic areas, campgrounds, trails, playground and more.

Lake Fairfax Park

Lake Fairfax Park is a park in Reston, owned and maintained by the Fairfax ground and County Park Authority. Contained within the 18-acre Lake Fairfax is a waterpark, caroulakefairfax/.

sel, picnic areas, campgrounds, trails, playground and more. For more information visit www.fairfaxcounty.gov/parks/ lakefairfax/.



Reston Orchestra performing at Reston Community Center located at Hunters Woods at 2310 Colts Neck Road, Reston. Reston Community Orchestra is an all volunteer ensemble devoted to music and the community.

Reston Community Center

Reston Community Center is part of the Reston experience, offering unmatched value in personal enrichment and community connection. Reston Community Center (RCC) established by the Reston community in 1979, has two locations. One is at

Hunters Woods at 2310 Colts Neck Road, Reston. The other is Reston Community Center Lake Anne and Jo Ann Rose Gallery at 1609-A Washington Plaza. For more information visit

www.restoncommunitycenter.com.

Getting to Know South Lakes Sports

Boys' and girls' basketball teams won Conference 6 championships.

South Lakes High School

Mascot: Seahawks.

School Colors: Royal Blue and Kelly Green.

Athletic Director: Linda Jones, 703-715-4517.

Football Coach: Trey Taylor (first year).

The Seahawks finished the 2013 regular season with a 5-5 record and qualified for the 6A North region playoffs, losing to eventual state champion Centreville in the opening round.

Field Hockey Coach: Jessica Salo. Volleyball Coach: Cheri Hostetler. Boys' Basketball Coach: Andrew Duggan.

Girls' Basketball Coach: Christy Winters Scott.

Girls' Soccer Coach: Mike Astudillo. Rival School: Herndon.

What Happened Last Year: The field hockey and volleyball teams qualified for regionals. The boys' and girls' basketball teams won

Then-senior
Clayton
O'Neill and
the South
Lakes boys'
basketball
team won the
2014 Conference 6 championship.

CONNECTION FILE PHOTO



Conference 6 championships. The baseball team bounced back from a 1-7 start to earn the No. 2 seed in the conference tournament. The girls' soccer team went 9-4-2 and qualified for regionals.

From The Connection's Top 100 Athletes:

Grant Hill, a 1990 graduate, was a basketball star for the Seahawks. He won two NCAA championships at Duke, won a gold medal with Team USA in the 1996 Olympics, was the No. 3 overall pick in the 1994 NBA Draft and finished with more than 17,000 career points.

5. Alan Webb, a 2001 graduate, was a track star for the Seahawks who went on to set the U.S. record for the mile.

From Koubaroulis' 2006 profile for The Connection's Top 100 Athletes: "Alan Webb, a 2001 South Lakes graduate and 23-year-old international track star, set the American record in the two-mile event at the 2005 Prefontaine Classic at the University of Oregon's Hayward Field. It was the same track event in which Webb broke Jim Ryun's 36-year-old record in the one-mile event while in high school. Webb attended [the University of Michigan] before turning pro and accepting a contract with Nike. He competed in the 2004 Olympics in Athens, Greece ..."

15. Wes Suter, a 1982 graduate, was a state-champion gymnast for the Seahawks who would compete in the 1988 Olympics.

43. Joey Beard, a 1993 graduate, is the all-time leading scorer in South Lakes boys' basketball history.

48. Christy Winters, a 1986 graduate, was a basketball star for

the Seahawks. She's a member of the University of Maryland Athletic Hall of Fame and is the head coach of the South Lakes girls' basketball team. She is now known as Christy Winters Scott, after marrying former South Lakes basketball player Jerome Scott.

55. Michael Jackson, a 1982 graduate, was a basketball standout for the Seahawks. He played collegiately at Georgetown University and professionally for the NBA's Sacramento Kings.

70. Kendyl Baugh, a 1989 graduate, was a track champion for the Seahawks.

71. Jerome Scott, a 1988 graduate, was a basketball standout for the Seahawks who went on to play for the University of Miami.

73. Derek Lee, a 1983 graduate, played baseball for the Seahawks. He reached the majors with the Minnesota Twins in 1993, playing in 15 games. He finished with five hits in 33 at-bats.

80. Norris Davis, a 1984 graduate, played football and ran track at South Lakes. He played defensive back at the University of North Carolina.

Be a part of our **Wellbeing** pages, the first week of every month.

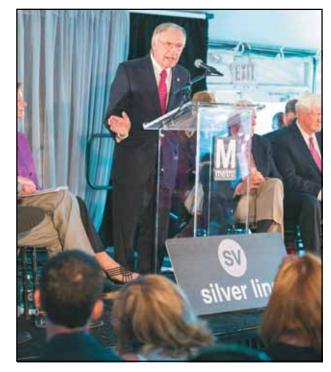
Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connection newspapers.com or call 703-778-9431

CONECTION NEWSPAPERS

Your elected representative to state government Delegate Ken Plum • 36th District



Please let me know if I can ever be of assistance to you!

E-mail: Kenplum@aol.com • Phone: 703.758.9733 www.kenplum.com • Facebook: Kenneth R. Plum

Authorized by Kenneth R. Plum. Paid for by Friends of Delegate Ken Plum.

Unitarian Universalism: Raising Children to Build Bridges, Not Walls

Looking for a religious education for your children that is informed by the great teachings of all faiths? One that encourages children to think for themselves? One to help liberate the holy within your children, guide them to solve their everyday dilemmas, and help shape their world? Let our loving, open-minded and welcoming spiritual communities support you.





lost (adj): 1. unable to find the way.2. not appreciated or understood.3. no longer owned or known



Helping Animals Find Their Way Since 2001

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

Entertainment

A list of annual community events in the area.

LIST COMPILED BY EMMA HARRIS

August 2014

SATURDAY/AUG. 30

Lake Anne Jazz & Blues Festival. 1 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Showcasing a variety of talented local emerging artists and national jazz performers. Visit lakeanneplaza.com/event/8thannual-jazz-blues-festival/30.

SATURDAY-SUNDAY/AUG. 30-31

War of 1812 Signature Event. Noon-5 p.m. Alexandria Waterfront, 3 Cameron Street, Alexandria. Visitors are invited to delight in interactive historical exhibits, boating activities and food trucks. Features a tug-of-war, cricket match and yacht race as well. 703-746-4242. Free. Visit www.visitAlexandriaVA.com/1812

September 2014

MONDAY/SEPT. 1 - SUNDAY/SEPT. 7

Annual Workhouse Clay National Ceramics Exhibition. Workhouse Arts Center, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit http://www.workhouseceramics.org/ index.php?p=1_15_Clay-National-2014.

MONDAY/SEPT. 1

Herndon Labor Day Festival. 12-6 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Downtown Herndon celebrates Labor Day with an annual festival - ^ogreat music, a craft show, food, wineries, micro-brews and culinary demonstrations will all be there. Visit www.herndon-va.gov

SATURDAY/SEPT. 6

Virginia Indian Festival. 10 a.m.-4 p.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Tribal dancing, songs and drumming make history come alive each September at the Virginia Indian Festival at Riverbend Park. Visit www.fairfaxcounty.gov/parks/parktakes/ quicktakes/#FA14QT7.

SATURDAY-SUNDAY/SEPT. 6-7

37th Annual Burke Centre Festival. 9:30 a.m.-10 p.m. 6060 Burke Centre Parkway, Burke. Burke Centre's signature event, which celebrates the spirit of the community each year with rides, activities and live entertainment for all ages to enjoy. Visit http:// www.burkecentreweb.com/ sub_category_list.asp?category=37&title=Annual+Festival.

SUNDAY/SEPT. 7

Reston Triathlon. 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit www.restontriathlon.org/tri.

THURSDAY/SEPT. 11-18

16th Annual Fall for the Book Festival.

George Mason University, 4400 University Drive, Fairfax. A week-long, multiple-venue, regional festival that brings together people of all ages and interests. Visit www.fallforthebook.org

SATURDAY/SEPT. 13

18th Annual CCÉ Irish Folk Festival. Noon-8:30 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax and The Auld Shebeen Irish Pub, 3971 Chain Bridge Road, Fairfax. All are invited to enjoy, free of charge, the "pure

A troupe of Cambodian dancers perform on the World Stage at the Reston Multicultural Festival on Sept. 28, **2013. This** year's festival will take place on Saturday, Sept. 27.

> Рното ву ALEX MCVEIGH/ THE CONNECTION





A worker with Williamsburg Winery Limited pours a sample of Midsummer Night's White wine at the 25th Herndon Labor Day Festival on Sept. 2, 2013. This year's festival will take place on Monday, Sept. 1.

drop" - the beauty and depth of Irish music, dance, language and sport as it has taken root and come into full flower in our community. Visit http://www.fairfaxva.gov/about-us/ special-events/fairfax-irish-folk-festival

Silver Live Music and Food Truck Festival. 12-10 p.m. 1800 Tysons Blvd., McLean. Listen to performances from renowned local and national acts and find displays of fine arts and a variety of refreshments to benefit the Spirit of Hope Children's Foundation. Visit http:// tysonspartnership.org/event-calendar/tysonsworld-music-festival/.

Lorton's Fall Festival. 11 a.m. Lorton Station Town Center, 8998 Lorton Station Blvd. Lorton Enjoy a magic booth, pumpkin painting, photo booth, games, prizes and more. Visit www.lortonstationtowncenter.com/calendar-of-

SATURDAY-SUNDAY/SEPT. 13-14

King Street Art Festival. 10 a.m.-7p.m.

Saturday, 10 a.m.-5 p.m. Sunday. Old Town, King Street, Alexandria. At this community festival, art enthusiasts can discover spectacular paintings, life-size sculptures, jewelry photography, ceramics and more. Visit www.artfestival.com/Festivals/ Alexandria Festival of the Arts Alexandria Virginia SeptemberASPX

SATURDAY/SEPT. 20

5K/10K Dulles Day on the Runway. 7:30 a.m. 14390 Air and Space Museum Pkwy., Chantilly. The full length of the runway will be closed off for runners to experience a flat, fast course and a unique look at the airport grounds. All race proceeds will benefit Special Olympics Virginia, the Committee for Dulles Community Outreach and the Washington Airports Task Force. Visit http://committeefordulles.org/5-10K.html.

Dulles Day Plane Pull. 10:30 a.m.-4 p.m. Dulles International Airport, Teams of 25 are pitted against one another to see who can pull a 164,000+ pound Airbus 12 feet the fastest in

Special Olympics Virginia's "heaviest" fundraiser. Visit http://www.planepull.com. **Beer, Bourbon & BBQ Fest.** 12-6 p.m. 8025

Galleria Drive, McLean. Attend for a day of beer sippin', bourbon tastin', music listenin', cigar smokin' and barbecue eatin'. Your admission buys a sampling glass so you can enjoy all you care to taste while attending seminars in the tasting theater and enjoying live music all day. Visit www.tysonspartnership.org/event-

calendar/tysons-bbq-bourbon-and-beer-festival.

Mount Vernon Colonial Market and Fair. 9 a.m.-5 p.m. 3200 Mount Vernon Memorial Highway, Mount Vernon. Fifty colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leatherworkings, weavings, furniture and much more. Visit http:// www.mountvernon.org/plan-your-visit/

calendar/events/colonial-market-fair/
Paint Herndon Celebrate the Arts. 9:30 a.m. -3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The annual Paint Herndon event is a celebration of the arts and the anniversary of the opening of ArtSpace Herndon, complete with a painting competition. Visit www.artspaceherndon.com/paint-herndon/.

SATURDAY-SUNDAY/SEPT. 20-21 2nd Annual Arlington Festival of the Arts.

10 a.m.-5 p.m. Highland Street in the Clarendon District, Arlington. More than 100 artists will showcase their work including paintings, jewelry, pottery, glass, and much more. Visit artfestival.com for more.

SUNDAY/SEPT. 21

Herndon Kids Triathalon. 7:30 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. This kids triathlon gives youngsters an opportunity to compete in one of the fastest growing sports in the United States. The event is designed for any youth, ages 6-16, regardless of athletic ability or prior triathlon experience. Visit www.herndon-va.gov.

SATURDAY/SEPT. 27

Clarendon Day. 11 a.m.-5 p.m. Near Clarendon Metro station, 3100 Wilson Blvd., Arlington. A celebration of the Clarendon neighborhood and a showcase for the people who make the neighborhood great with activities, live entertainment and food. Visit www.clarendon.org/clarendon-day.

Reston Multicultural Festival. 11 a.m.-6 p.m. 2310 Colts Neck Road, Reston. A celebration of the diversity and community spirit that is found in Reston, this annual event brings together the people of Reston to celebrate the rich medley of cultures. Visit http:// www.restoncommunitycenter.com/

MulticulturalFestival.shtml

SUNDAY/SEPT. 28

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit http://act.alz.org/site/TR/Walk/ Cener@pe-infunction&frid=5817&type=frinfunction&cid=18124

atureFest. 1-5 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life and much more with live animal shows throughout the day. Visit www.herndon-va.gov.

October 2014

THURSDAY/OCT. 2

3rd Annual Reston Town Center Help the **Homeless Walk.** 12 p.m. Reston Town Center, 11959 Market St, Reston. Walk from Mayflowers Floral Design Studio on The Promenade to the Embry Rucker Community Shelter and back. Funds will enable Cornerstones to provide essential resources and services for individuals and families in the community who are homeless or at risk of becoming homeless. Visit http://www.cornerstonesva.org/events list/hth.

FRIDAY-SUNDAY/OCT. 3-5

Fall Wine Festival and Sunset Tour. 6-9 p.m. Mount Vernon Estate, 3200 George Washington Memorial Pkwy., Mount Vernon. Enjoy live blues and spectacular views of the Potomac River while sampling wine from 16 Virginia wineries. Visitors learn about the successes and failures of our Founding Father's wine endeavors, enjoy live blues music, and meet "George and Martha

> SEE ENTERTAINMENT, PAGE 15 www.ConnectionNewspapers.com

ENTERTAINMENT

Washington" on the Mansion's piazza. Visit www.mountvernon.org.

SATURDAY/OCT. 4

Art on the Avenue. 10 a.m.-6 p.m. 2301 Mount Vernon Avenue, Alexandria. A multicultural arts festival celebrating the community's diversity through the arts in the Del Ray neighborhood in Alexandria, Virginia. Visit www.artontheavenue.org.

SUNDAY/OCT. 5

McLean Project for the Arts

ArtFest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of 50 juried artists. Visit www.mpaart.org.

19th Annual Paws for a Cause 3K Walk. 12 p.m. Weber's Pet Supermarket, 11021 Lee Highway, Fairfax. Paws for a Cause benefits Fairfax Pets on Wheels, Inc., an allvolunteer organization dedicated to providing pet visitation to residents of nursing homes and hospitals since

1987. Visit www.fpow.org/event-685795.

SATURDAY-SUNDAY/OCT. 11-12

Oktober Fest Reston, Reston Town Center, 11900 Market St., Reston. Enjoy food, wine, beer, live entertainment, a carnival and the Anthem Great Pumpkin 5K at Northern Virginia's largest fall festival. Visit http:// www.oktoberfestreston.com.

SATURDAY/OCT. 11

Fall Festival in Old Town Historic

Fairfax. 10209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit http://www.fairfaxva.gov/about-us/ special-events/fall-festival.

THURSDAY-SATURDAY/OCT. 16-NOV.1

Great Pumpkin Gathering. 6-10

p.m. 1800 Tysons Blvd., McLean. Artisan pumpkin carvers showcase a dazzling display of pumpkin art beyond your wildest imagining. Visit www.tysonspartnership.org.

FRIDAY-SUNDAY/OCT. 17-19

19th Annual Craftsmen's Fall

Classic Art & Craft Festival. 10 a.m.-6 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftspeople from across America. Visit http://www.gilmoreshows.com/ craftsmens_classics_chantilly_fall.shtml.

SATURDAY/OCT. 18

Historic Hallows Eve. 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with storytelling, fortune telling, fall foods and family gatherings. Visit http:// www.fairfaxcounty.gov/parks/sullyhistoric-site.

SATURDAY-SUNDAY/OCT. 18-19

Claude Moore Colonial Farm 1771

Market Fair. 11 a.m.-4:30 p.m. 6310 Georgetown Pike, McLean. Warm yourself by the fires and enjoy the splendor of autumn with crisp local apples, warm savory meat pies and hearty breads, or let Market Fair entertainers, tradesmen and the militia amuse and educate you. Visit www.1771.org.

Tysons Harvest Festival. 12-6 p.m. 1800 Tysons Blvd., McLean. Stroll through the arts and crafts booths and taste some of the fun flavors of fall. Visit http:// tysonspartnership.org/event-

calendar/tysons-harvest-festival.

SUNDAY/OCT. 19

Neighbors Feeding Neighbors 5K.

9 a.m. 7925 Jones Branch Dr., McLean. Even though Northern Virginia is considered one of the wealthiest jurisdictions in the country, we still face a poverty rate of about 5 percent - more than 90,000 people are living in poverty and 30 percent are children. Come run or walk to help feed our neighbors. Visit https://runsignup.com/Race/VA/McLean/ NeighborsFeedingNeighbors5K.

FRIDAY/OCT. 24

Spooktacular. 6:30-8:30 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Enjoy ghoulish games, a spooky craft and a children's show. Visit www.herndonva.gov.

SATURDAY/OCT. 25

Volunteer Fest 2014. A region-wide day of community service that mobilizes hundreds of volunteers to help nonprofits accomplish tasks that they would not have the time or resources to do on their own. Visit http://www.volunteerfairfax.org/ non-profits/volunteerfest.php for times and locations.

Clifton Haunted Trail. 7-10 p.m. Chapel Road, Clifton. A terrifying annual event that winds through Clifton's 8 Acre Park. Visit cliftonhauntedtrail.com.

Air and Scare. 2-7 p.m. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. See the spooky side of air and space at the annual Halloween event. Arrive in costume for safe indoor trick-ortreating, creepy crafts, spooky science experiments and other Halloween-themed activities. Visit http://airandspace.si.edu/events/airand-scare/.

WEDNESDAY/OCT. 29

68th Annual Vienna Halloween

Parade. 7 p.m. Maple Avenue. Vienna. With the theme of "Celebrating the Tradition of Vienna Girls Sports," come in costume to celebrate Halloween. Visit www.viennava.gov.

November 2014

SATURDAY/NOV. 1

The Robinson Marketplace. 10 a.m.-4 p.m. 5305 Sideburn Road, Fairfax. Shop at over 80 vendors at the Holiday Market, raffle and silent auction sponsored by the Robinson Secondary School PTSA. Visit www.robinsonptsa.org.

TUESDAY/NOV. 4

Election Day. General Election. Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/ upcoming.htm

TUESDAY/NOV. 11

Arlington National Cemetery Veterans Day Ceremony.

Arlington National Cemetery. Arlington. About 5,000 visitors attend the annual remembrance ceremonies in the Memorial Amphitheater, Visit www.arlingtoncemeterv.mil.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews papers.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@connection newspapers.com







SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEM	BER	Publishing Dates	Publishing Dates
HomeLifeSty	le	9/10/14	HomeLifeStyle11/12/14
A+ Camps &	Schools	9/17/14	Holiday Entertainment &
Fall Fun & A	rts Preview	9/24/14	Gift Guide I11/19/14
OCTOBE	R		A+11/25/14
Wellbeing	•••••	10/1/14	Thanksgiving is November 27.
HomeLifeSty	le Pullout:		DECEMBER
Deadline is	9/25/14	10/8/14	Wellbeing12/3/14
A + Camps & Schools10/15/14			HomeLifeStyle: Home for the
Election Preview I10/22/14			Holidays12/10/14
Election Prev	iew II	10/29/14	Hanukkah begins December 16.
	NOVEMBER	R	Holiday Entertainment &
Award-	Election Day is To	ıesday,	Gift Guide II12/16/14
Winning 3	November 4.		A+ Camps & Schools12/16/14
	Wellbeing	11/5/14	CHILDREN'S CONNECTION12/24/14

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



Newspapers & Online 703-778-9431

www.ConnectionNewspapers.com

- Reaching Suburban Washington's Leading Households
- Arlington Connection Burke Connection
- · Chantilly Connection

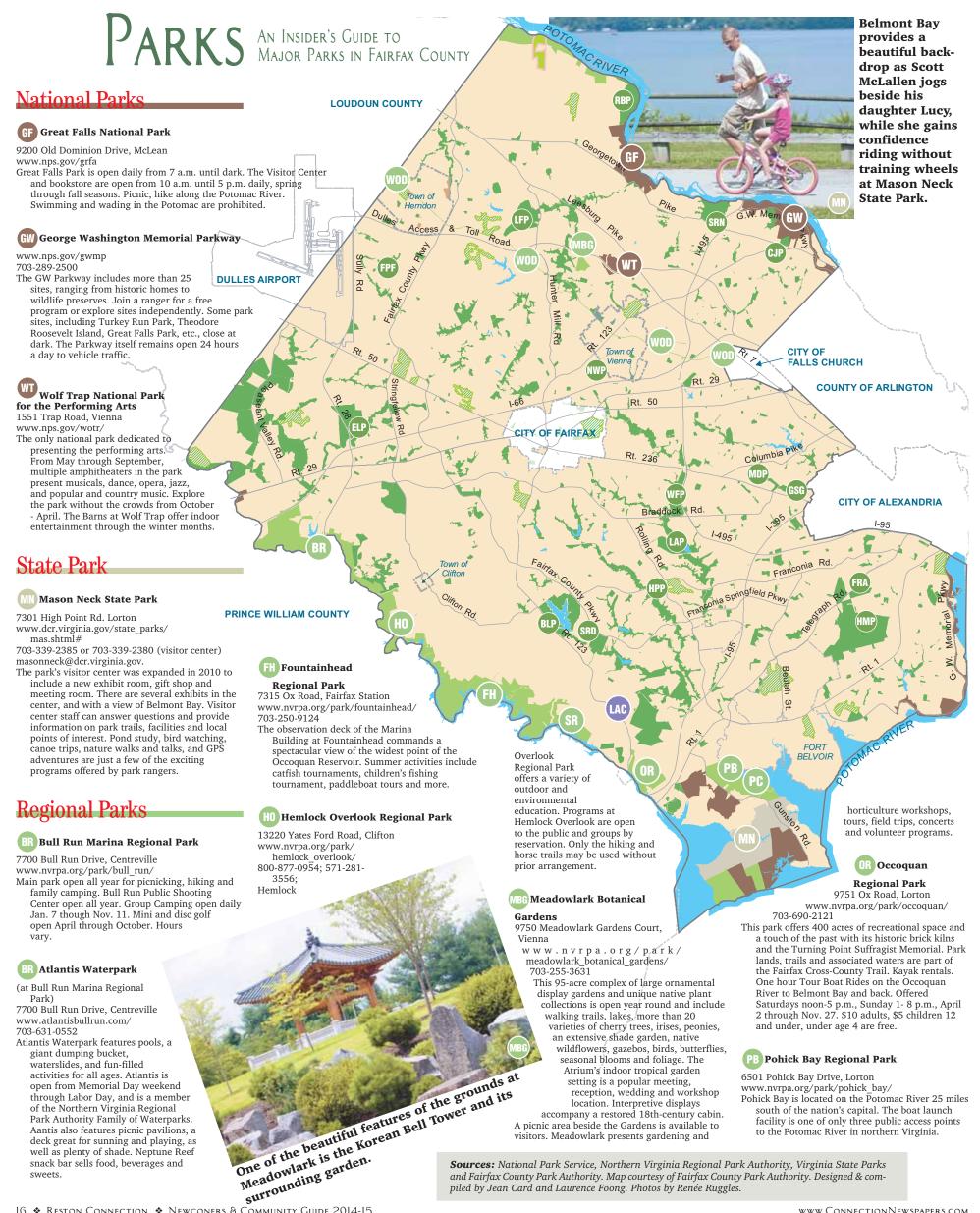
Mount Vernon Gazette

- · Great Falls Connection
- Fairfax Station/Clifton/Lorton Connection
- Reston Connection McLean Connection
 - · Springfield Connection

Oak Hill/Herndon Connection

Potomac Almanac

- Vienna/Oakton Connection



Pohick Bay offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, hiking, picnic areas and a large play area for children. For those interested in swimming, the park offers one of the largest, outdoor freeform pools on the east coast. Pohick Bay Regional Park, located on Mason Neck Pennisula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Nature lovers can expect to see blue birds, osprey, heron, deer, beavers and rare sightings of river otters.

PB Pirates Cove Waterpark

(at Pohick Bay Regional Park) 6501 Pohick Bay Drive, Lorton www.piratescovepohick.com 703-339-6102

Pirates Cove Waterpark is located at Pohick Bay Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove also features picnic pavilions, a deck for sunning and playing, as well as plenty of shade. Captain's Galley snack bar features food, beverages and sweets. Pirates Cove is open from Memorial Day weekend through Labor Dav.

PB Pohick Bay Golf Course

10301 Gunston Road, Lorton www.nvrpa.org/park/pohick_bay_golf_course 703-339-8585

This scenic golf course is located on the Mason Neck Peninsula in Lorton. Pohick Bay's practice facility features a driving range with practice putting and chipping greens, and lessons from PGA pros. A full-service pro shop features an array of name-brand golf clubs, equipment and apparel. Other services include club making, custom club fitting, regripping, reshafting and tournament coordinating.

SR Sandy Run Regional Park

10450 Van Thompson Road, Fairfax Station www.nvrpa.org/park/sandy_run/ 703-690-4392

The park is open to the public for the purpose of education, training, practice, and racing for competitive and recreational sculling and rowing. Only shells and other boats authorized by the Northern Virginia Regional Park Authority may be launched from the docks or shoreline of Sandy Run. Sandy Run offers a facility for team training and competition for Olympic, college, high school and club canoe, kayak and crew athletes.

Arts Center

LAC Workhouse Arts Center

9601 Ox Road, Lorton www.lortonarts.org 703-584-2900

The Workhouse Arts Center consists of seven studio buildings, the main galleries and the recently opened Youth Arts Center. Visitors are encouraged to interact with artists. In addition to visual arts, the Workhouse Arts Center is home to performing arts, including theater, film



A stunning spot to fish, found in the middle of Great Falls National Park.

institute, musical and dance performances. The education department supports both the visual and performing arts, offering classes and workshops in a variety of disciplines. Future plans for the Workhouse include an event center, amphitheater, Workhouse Theatre, restaurants, apartments, music barn and garden/horticultural area. Other buildings on site, yet to be renovated, may provide for other activities such as a visitors center, a blacksmith shop, theatre scene shops and rehearsal space.

Major Fairfax County Parks

BLP Burke Lake Park & Golf Course

7315 Ox Road, Fairfax Station volleyball, driving range, 18 hole, par 3, minigolf, trails, playground, campgrounds, fishing 883.4 acres, multiple resource park

CIP Clemyjontri Park

6317 Georgetown Pike, McLean fitness, picnic areas and playgrounds 18.6 acres, special purpose park

ELP Ellanor C. Lawrence Park

5040 Walney Road, Chantilly baseballl, soccer/football (unlit), basketball (unlit), community center, nature center, amphitheater,

650 acres, multiple resource park





Charlotte, from Vienna, shares a sketch that she made of the bridge, across the pond from the Children's Garden at Meadowlark **Botanical Gardens.**

FPF Frying Pan Farm Park

2717 West Ox Road, Herndon historic structure, biking/equestrian/hiking trails, open areas, playground 135.3 acres, multiple resource park

GSG Green Spring Gardens

4603 Green Spring Road, Alexandria Community Center, historic structure, biking/hiking trails, open areas, gardens 30.9 acres, special purpose park

HPP Hidden Pond Park

8511 Greeley Boulevard, Springfield tennis (lit), nature center, amphitheater, hiking/ nature trails, playground, fishing 25.6 acres, community park

HMP Huntley Meadows Park

3701 Lockheed Boulevard, Alexandria nature center, historic structure, biking/hiking/ nature trails, observation tower, boardwalk 1444.8 acres, natural resource park



7500 Accotink Park Road, Springfield basketball, volleyball, minigolf, trails, picnic 448.1 acres, multiple resource park

LEP Lake Fairfax Park

1400 Lake Fairfax Drive, Reston softball (lit), soccer/football (unlit), amphitheater, carousel, campground, tour boat, picnic shelters 479 acres, multiple resource park

FRA Lee District Park

6601 Telegraph Road, Franconia softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground 138 acres, district park

MDP Mason District Park

6621 Columbia Pike, Annandale softball (lit), soccer/football (unlit/lit), basketball (lit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness 121.2 acres, district park

Nottoway Park

9537 Courthouse Road, Vienna baseball (lit), soccer/football (lit),basketball (lit), tennis (lit), trails, picnic 90.9 acres, district park

RBP Riverbend Park

8700 Potomac Hill Street, Great Falls nature center, historic structure, biking/equestrian/ hiking trails, picnic areas, craftroom 411.2 acres, multiple resource park

SRN Scotts Run Nature Preserve

7400 Georgetown Pike, McLean historic structure, historic/hiking/nature trails,

384.3 acres, natural resource park

SRD South Run District

7550 Reservation Drive, Springfield baseball, soccer/football, basketball, tennis, recenter, equestrian, playground, swimming 196 acres, district park

WFP Wakefield Park & RECenter

8100 Braddock Road, Annandale softball, soccer/football, basketball, tennis, recenter, biking, fitness trail, skate park 292.6 acres, multiple resource park

PARKS A GUIDE TO FAIRFAX COUNTY PARKS IN THE GREAT FALLS, RESTON & HERNDON AREAS



Address, City Property Class

1 Hutchison ES

13209 Parcher Ave., Herndon Community Park

2 Coppermine Crossing SS 2744 Cooper Creek Rd, Herndon School Site

Arrowbrooke

2351 Field Point Road, Herndon Community Park

4 Dulles Corner

2446 Dulles View Drive, Herndon Community Park

Franklin Farm

13590 Franklin Farm Road, Herndon Community Park

6 Reston Town Green

Cameron Glen Dr, Reston Neighborhood Park **Shaker Woods**

1225 Stuart Road, Reston Community Park

8 Hickory Run SS

Sheshue St, Great Falls School Site

13 Town of

Herndon 15 414

Access

18

Sully Historic 3650 Historic Sully Way, Chantilly Cultural Resource Park

10 Dranesville Tavern 11919 Leesburg Pike, Herndon Cultural Resource Park

Rt. 50 V

11 Grand Hamptons 1081 Safa Street, Herndon

Neighborhood Park

12 Stanton

910 Third Street, Herndon Community Park

13 Alabama Drive

1100 Alabama Drive, Herndon Community Park

14 Bruin

415 Van Buren Street, Herndon Community Park

15 Chandon

Community Park

16 Fred Crabtree 2801 Fox Mill Road, Herndon

900 Palmer Drive, Herndon

District Park

17 Franklin Oaks 2961 Franklin Oaks Drive, Herndon

Neighborhood Park

18 Stratton Woods 2431 Fox Mill Road, Resto Community Park



32

Road

Georgetown

While their dads and older brother work on getting lunch ready, Bob (left, from Chantilly), Marwan (center) and Zeyad (right, from Fairfax) play a little soccer.

> Photos by Renée Ruggles FEATURING



Lake Fairfax Park

19 Floris School Site

Community Park

20 Frying Pan Farm 2717 West Ox Road, Herndon

2621 Centreville Road, Herndon

Multiple Resource Park

21 Baron Cameron 11300 Baron Cameron Avenue, Reston District Park

22 Lake Fairfax

1400 Lake Fairfax Drive, Reston Multiple Resource Park

23 South Lakes Drive

11851 South Lakes Drive, Reston Community Park

24 Reston North

1635 Reston Parkway, Reston

25 Stuart Road

12001 Lake Newport Road, Reston Community Park

Town of Vienna

26 Holly Knolls

1010 Redberry Court, Great Falls Neighborhood Park

27 Great Falls Nike

1089 Utterback Store Road, Great Falls District Park

28 Windermere

11000 Georgetown Pike, Great Falls Community Park

29 Lockmeade

1104 Riva Ridge Drive, Great Falls Community Park

30 Lexington Estates

10401 Shesue Street, Great Falls Neighborhood Park

31 Colvin Run Mill Site

10017 Colvin Run Road, Great Falls Cultural Resource Park

32 The Turner Farm

925 Springvale Road, Great Falls Community Park

33 Great Falls Grange

9818 Georgetown Community Park

34 Riverbend

8700 Potomac Hill Street, Great Falls Multiple Resource Park



Isaac waves at his dad from the carousel. His family came from Lorton, to enjoy what the park had to offer.

Local REAL ESTATE

January~June, 2014 Top Sales in Vienna, Oakton,

Reston, Oak Hill and Herndon





2 2604 Hannah Farm Court, Oakton — \$1,875,000

3 2005 Carrhill Road, Vienna — \$1,835,000



5 2538 Donns Way, Oakton — \$1,730,000





11728 Shaker Knolls Court, Herndon — \$1,445,339



Address BR FB HB Postal City Sold Price Type Lot AC PostalCode Subdivision Date Sold	
10216 WENDOVER DR 9 9 1 VIENNA \$2,750,000 Detached 1.72 22181 WENDOVER 04/30/14	
2 2604 HANNAH FARM CT 6 5 2 OAKTON \$1,875,000 Detached 2.01 22124 HANNAH HILLS 06/26/14	
3 2005 CARRHILL RD	
4 3182 MARY ETTA LN	
3 2538 DONNS WAY 5 5 2 OAKTON \$1,730,000 Detached 1.96 22124 BRIDGES OF OAKTON 04/30/14	
(3) 501 NELSON DR NE	
10406 OAKTON HILLS CT NE 5 5 2 OAKTON \$1,700,000 Detached 1.72 22124 OAKTON HILLS ESTATES 01/08/14	
3 11600 HUNTING CREST LN 5 5 1 VIENNA \$1,700,000 Detached 1.76 22182 BACHMAN PROPERTY 02/27/14	
11990 MARKET ST #912 3 3 0 RESTON \$1,575,000 Hi-Rise 9+ Floors 20190 MIDTOWN AT RESTON TOWN . 05/01/14	
11728 SHAKER KNOLLS CT 4 4 1 HERNDON \$1,445,339 Detached 1.01 20170 SHAKER KNOLLS 04/29/14	

COPYRIGHT 2014 REALESTATE BUSINESS INTELLIGENCE. SOURCE: MRIS AS OF JULY 15, 2014.

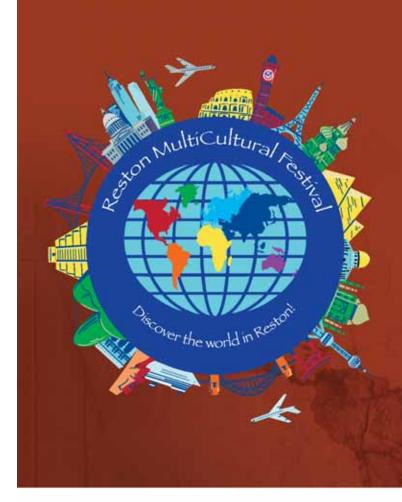
Everyone is encouraged to dress in attire representative of their cultural background!

Reston Multicultural Festival









SATURDAY SEPTEMBER 27

11:00 a.m. — 6:00 p.m.

FREE • Rain or Shine • Lake Anne Plaza

FEATURING:

Naturalization Ceremony • International Book Fair
National Heritage Award Fellows • Arts & Crafts
Exciting Entertainment • Art Mirrors Culture Exhibit
Delicious Food • Family Fun From Around the World

The Reston Multicultural Festival is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston-based organizations and businesses.











www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY).

