

Herndon's Hopeologist

NEWS, PAGE 3

Herndon Celebrates
Completion of
Station Street

NEWS, PAGE 3

Herndon Takes
Part in
World Games

SPORTS, PAGE 8

OPINION, PAGE 4 ❖ ENTERTAINMENT, PAGE 8 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY KEN MOORE/THE CONNECTION

Herndon High School Principal William Bates presented the faculty award to senior Charlie Tong Shen at Herndon's graduation on June 17. Bates was honored as FCPS Principal of the Year before the Board of Supervisors.



WELCOME TO THE WORLD GAMES AND FAIRFAX COUNTY, WHERE FELLOW **POLICE, FIREFIGHTERS AND TEACHERS** HAVE A TARGET ON THEIR BACKS



As a public servant, you understand the commitment of fellow police, fire and teachers to goodwill, community involvement and education.

But here in Fairfax County, local politicians don't share our commitment. Every year it's a fight for funding. Politicians let special interest groups, like the Chamber of Commerce and the Restaurant Association, use us for target practice. *It seems like every year, public safety and education are the only ones to take the hit.*

When politicians place the burden on schools and public safety with underfunding and stagnant salaries, *we all lose.*

While you're here at the games, recognize Fairfax County public safety officials with a high-five. It might be the only support they get this year.

WE DESERVE BETTER

Paid Advertisement

Fairfax County Federation of Teachers
Teachers Care!



Herndon's Hopeologist

BY KEN MOORE
THE CONNECTION

William Bates, Herndon High School's principal, gave a glimpse of the inspirational power of "hopeology" on June 23 before the Board of Supervisors.

"I am a treasure hunter and a hopeologist and I believe in the power of hope," said Bates. "As adults, we have the capacity to instill hope in all children.

"As an adult and treasure hunter, I am committed to search for all of their talents and skills and success and intelligence that exists in all children and youth," said Bates. "I believe that all children are capable of success. No exceptions."

BATES, Herndon High School's principal since 2009, is this year's Fairfax County Public Schools Principal of the Year.

"We have the ability to get those who don't believe in themselves to accomplish the most amazing things," said Bates.

Supervisor John Foust and the Board of Supervisors formally honored Bates on June 23 at the Fairfax County Government Center.

"I was at graduation last week and it's so much fun watching him around the kids. They love him," said Foust. "I can't imagine anything better you can do for a child than

to give him hope."

The Board of Supervisors recognized Bates for creating an environment at Herndon High School that is "conducive to learning and fosters creativity and personal development."

"Being a Herndon High School parent, it's exciting to see what is happening," said Supervisor Cathy Hudgins.

"It gives these kids a real expectation of where they can go," she said.

Bates has worked in the Fairfax County Public Schools system for 15 years and is also currently president of the FCPS High School Principals Association.

Being a high school principal is "unlike anything else," he said.

"Believe. We believe that children achieve when they are connected to adults who believe in them," said Bates.

"Connect. We believe that children succeed when they have meaningful sustainable relationships with adults," he said.

"I believe that all children are capable of success. No exceptions."

— William Bates, Herndon High School principal

"Time travel. We believe that students achieve when they have adults who can help them articulate their future and come back to the present and articulate a game plan



PHOTO CONTRIBUTED

William Bates, Herndon High School's principal and FCPS Principal of the Year, honored on June 23 before the Board of Supervisors.

for that future," said the Herndon principal.

Foust said the principal has changed the culture at Herndon by improving school spirit and ownership. "He discusses with students topics ranging from bullying and suicide awareness, to the physical conditions of the school ... and expectations for academic achievement," said Foust. "Mr. Bates, thank you so much for all you do."

"I UNDERSTAND THE POWER of hope," said Bates. "Kids without hope are kids without futures. Kids without hope are kids who

make destructive decisions. Kids without hope are kids who don't feel connected to their school and don't get involved in activities because they don't believe they can succeed," he said.

"But let us not be confused. Kids without hope are not kids who aren't smart nor are they kids or students who lack talents but because of their life experiences don't believe the things they do will make a positive difference," he said.

"As the caring adults, we have the capacity to change that mindset by inspiring hope in our students. But we first have to change the mindset and behaviors of adults before we can change the mindset of our children."

Herndon Celebrates Completion of Station Street

Ribbon cutting at downtown Herndon street.

BY RYAN DUNN
THE CONNECTION

On Tuesday, June 16, residents of Herndon celebrated the reopening of the new and improved Station Street. Mayor Merkel, economic development manager Dennis H. Holste, Jr., former mayor Michael O'Reilly, Melissa Jonas and town councilmember Jasbinder Singh were some of the local officials who attended the ribbon cutting ceremony at the corner of Station and Center Street.

The vision for an improved Station Street goes back many years. The initial concept for the project was approved by the Herndon Town Council in 1998. The town applied and received grant funding for the project from VDOT so the expense was not borne entirely by Herndon taxpayers. "Our objective was to improve this important thoroughfare in our downtown and make it attractive, easily-traversed street for vehicles and



PHOTO BY RYAN DUNN/THE CONNECTION

On June 16, residents of Herndon celebrated the reopening of the new and improved Station Street. Mayor Lisa Merkel, economic development manager Dennis H. Holste, Jr., former mayor Michael O'Reilly, Melissa Jonas and town councilmember Jasbinder Singh were some of the local officials who attended the ribbon cutting ceremony.

pedestrians alike," said Mayor Merkel. "I never thought I would be this excited about a curb and gutter."

New features of downtown Station Street

include brick crosswalks, a replaced water main, improved storm drainage, and a new curb and gutter. Merkel mentioned the town

was grateful to many people and businesses which helped with the project including Griffin-Owen, the Herndon Moose Lodge, and Ron Sasher, owner of the Total Auto Parts Lot, who donated right of way or easements.

Contractors for the project included Celtek Inc. and A&M Concrete Corporation. The Herndon Department of Public Works provided oversight for the project. Light poles will be installed along the street this fall. Although the Station Street was temporarily closed on some days during construction, the town hopes people will enjoy the end result of a new street for homes and business.

The Town's Master Plan envisions a mix of retail, office and residential development, to include four-story mixed-use/residential structures; three-story mixed-use/commercial structures; a jointly-funded public/private parking structure; and more. Underground wires and red brick sidewalks wide enough for wheelchairs and strollers were two of the aesthetic improvements Herndon elected to fund at Station Street. The Town of Herndon gives residents the opportunity to track progress on the downtown projects on its website www.herndon.va.gov.

OPINION

Open Letter to Elected Officials and Candidates

Spend some of your campaign dollars in newspapers.

Here at the Connection, our email boxes are filling up with messages from people running for office. It's not surprising, since in November, virtually every state and local office in the commonwealth is on the ballot.

It's a good predictor for what will happen next in brick and mortar mailboxes of voters around the region.

What do candidates want from local newspapers?

Candidates, many of them incumbents, want to be quoted. They would like a reporter to come to their campaign announcements, to their kickoffs, to their forums. Candidates would like us to cover and print their statements on a variety of interesting and important issues. They would like to have their photos appear on the print and web pages of our newspapers

And for the most part, we will. We will cover the issues, the campaigns, the opinions, the fundraising, the political record.

While competition in local races is limited, money is not.

Current campaigns are on track to top the money spent in 2011 State Senate races. In 2011, Virginia State Senate candidates spent more than \$42.5 million. They have already spent more than \$20 million in 2015.

In Virginia state house races, in 2013 (members of the Virginia House of Delegate, like U.S. Congress, run for reelection every two years) candidates spent \$35.9 million.

In an example of the money these races can

attract, here is an extreme example from two years ago. In the 2013 race for House of Delegates District 34, Barbara Comstock raised \$1.4 million, narrowly defeating Kathleen Murphy (50.64 percent to 49.21 percent) who raised nearly \$700,000. Comstock went on to win the U.S. House seat vacated by longtime Rep. Frank Wolf, and Murphy went on to win the District 34 seat in a special election.

Comstock to her credit spent more than \$5,000 (about one-third of one percent) on newspaper ads (most in Korean publications), but more than \$87,000 on mailers. More surprising in a race for Virginia House of Delegates was that Comstock spent more than \$500,000 on TV and radio ads.

Murphy spent \$29,570 on mailers, \$950 on newspaper advertising and \$161,200 on TV and radio ads. (SOURCE: VPAP.org)

EDITORIAL In other contested House races in 2013, it was more common to see expenditures between \$100,000 and \$300,000 per candidate. Most candidates spent zero dollars in community newspapers. Nearly every candidate spent tens of thousands of dollars on filling up voters' mailboxes with glossy mailers.

Of course it makes sense for candidates to target individual voters by mailing directly to their homes.

But does it really make sense to do that to the exclusion of other methods of reaching voters? Consider that 91 percent of voters who contribute to campaigns read newspapers in print or online, according to an independent study in 2012.

The Connection will not be endorsing candidates in the November elections. We'll be covering the local races to the best of our ability no matter who spends money on advertising. Other local newspapers will also cover the races without regard to advertising dollars.

That's not why we do what we do.

But to put on my publisher's hat (and not my editor's hat) for a minute, if you have a big marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the recent and abrupt closure of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as a recent and extreme example.

One California community in Los Angeles proposed legislation to let residents opt out of receiving election-related mail during a hotly contested mayoral election "where both campaigns and their supporters had flooded the mailboxes of registered voters with dozens of direct mail pieces," according to The Argonaut, a weekly newspaper there. Sound familiar?

But it's more than a charitable effort.

For the same reasons that the campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last local election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; newspapers and their websites consistently outscore other media for being "reliable," "accurate" and "in-depth" about local civic and political issues; newspaper political advertising is the least "annoying" of any medium; 91 percent of voters who contribute to campaigns read newspapers in print or online.

Just a suggestion ...

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

On Interns Past and Lessons Learned

BY JOAN BRADY

Harlem, 1991. Pre-gentrification. It was an unlikely location for a book club. But every week, I hopped the subway and headed to the Children's Aid Society Center at 103rd and Columbus to lead a group of young teens in book discussions.

Looking back, "The Catcher in the Rye" seems like an odd choice, a story seemingly so far from the day-to-day experiences of my young readers. My notes from that time are simply a scrawled list of discussion questions: "How did Holden feel about adults? peers?" "Why did he

break the windows of the station wagon." I wish I could remember how the kids related Holden's feelings and experiences to their own.

I was working at Channel 13/WNET at the time and the kids thought it was super cool that I worked in TV. The fact that it was public television, rather than MTV, didn't seem to matter. The fact that I wasn't on TV or even working on the production end of the business, didn't seem to matter either.

Ralph was particularly interested. So much so that we discussed the possibility of an internship. His frame of ref-



Joan Brady

erence limited him to asking about an internship in the mailroom.

Ultimately, the station hired him to be my (unpaid) marketing services intern.

As an intern, Ralph did what high school interns do.

He stapled. He made copies. He came in a few days a week after school.

When the time came for us to part ways, I asked him to write down what he had gotten out of the internship.

"I have learned that I have fun working...

...it is really easy to get along with one another...

...to work in a big building with others you have to get along...

...you can't come in mad and then take it out on everyone else...

... to work in a big building with others you have to get along ...

...if you're angry stay home don't come to work..."

Ok that last might be impractical

as a full-time employee, but darn if it doesn't make some sense.

I can't help but wonder what ever happened to that kid who learned the importance of getting along with others at work, when he was just 14.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

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:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant

703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Ken Moore

Community Reporter

240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman

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

Ryan Dunn

Contributing Writer
@rdunnmedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park

Display Advertising

703-778-9420
donpark@connectionnewspapers.com

Andrea Smith

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

Debbie Funk

National Sales

703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President

Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,

Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

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

CIRCULATION: 703-778-9426

circulation@connectionnewspapers.com



LETTER

Patriotic display

To the Editor:
I am attaching a photo of our window mural painting that was created to show our Patriotic 4th of July Spirit for the Patriotic challenge in the Town of Herndon. This painting faces the ninth hole at the Herndon Centennial Golf, 909 Ferndale Avenue, Herndon. I have run the deli here at the golf course for the last 18 years. My brother-in-law, Horacio Carrera, and my wife, Jackie Johnson, created this wonderful mural. I hope you're able to share this with your readers.

Jeff Johnson
Herndon



Call for Pet Connection Photos

The Pet Connection, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults. Please tell us a little bit about your creature, iden-

tify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

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

GE APPLIANCES

BUY MORE
GET MORE BACK

\$1000

Rebate*
on qualifying GE appliances

AMERICAN MADE SUMMER
June 24 - July 15

*Via mail-in or online rebate. See rebate form for details.

Sterling
21800 Town Center Plaza
Sterling, VA 20164
703-450-5453

Sterling
APPLIANCE
www.sterlingappliance.com

Leesburg
1051 Edwards Ferry Road
Leesburg, VA 20176
703-771-4688

2015

the *Imagine* **A Forever Home RESCUE FOUNDATION**

SUMMER GALA

Help Us Build a Rescue Center for Dogs & Puppies in Need!

You're invited to A Forever Home Rescue Foundation's Summer Gala on July 10 at beautiful Raspberry Plain in Leesburg, Virginia! Spend a midsummer evening enjoying dinner, dancing, a silent auction, and a chance to win a diamond! Proceeds from the event will go to purchasing land and building a permanent rescue center!

Purchase tickets or sponsor today at
www.aforeverhome.org

Brick Colonial in Oak Hill \$1,215,000
Elegant, Light-filled

3 Levels/5 Bedrooms/4.5 Baths, Mint condition, ~6,000 finished sq ft, on one stunning acre. Dramatic two-story foyer/entry and family room, light-filled gourmet kitchen, sun room, and library. Grand MBR suite and large BRs. Lower level with bed, recreation, 2nd family, and exercise rooms, plus ample storage. Move-in ready.
12850 Parapet Way. Oak Hill, Virginia 20170 FX8660859

LONG & FOSTER REALTORS

Virgil A. Frizzell, Ph.D., MBA
Serving Northern Virginia
703-585-1821
1700 Bracknell Dr., Reston, VA 20194
virgil.frizzell@longandfooster.com
ServingNorthernVirginia.com

Local Nursery Closing After 42 Years ~ Going Out of Business Sale

Kwanzan Cherries 7-9' 40% OFF	Concrete Fountains, Benches, Statuary, Pots, Bird Baths 25% OFF & More!	Citrus Plants 25% OFF
Sky Rocket Junipers 7-8' 50% OFF		
Deodora Cedars 10-15' 50% OFF		
Blooming Tropicals 40% OFF	Giftware 50% OFF	25% OFF All Perennials
	ALL Annuals 1/2 PRICE!	~ Hostas 50% OFF ~
40% OFF Trees & Shrubs Including Japanese Maples!	50-60% OFF Select Trees	ENTIRE Stock Garden Chemicals ON SALE
	Bagged, Shredded Hardwood Mulch \$2.99 (2 cu. ft. bags)	Bricks & Stones 50% OFF
		Leaf Mulch \$19.99 cu. yd.
75% OFF ALL Pottery! Unbelievable Savings!	Cravens Nursery & Pottery	9023 Arlington Blvd., Fairfax, Virginia 2 miles west of I-495 on Rt. 50, 1 mile from I-66 (Vienna Metro) 703-573-5025 Open 7 days a week See our Website for more sales: www.cravensnursery.com

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

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

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

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION NEWSPAPERS

“We always remind people that the best and safest way to enjoy July 4th is to go to a professional show.”

— Lieutenant Sarah-Maria Marchegiani, Arlington County Fire Department.

July 4th Safety

From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL
THE CONNECTION

It was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7-year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

“One of the counselors took his eyes off of Noah for one second, and he started to struggle,” said Lee. “Ultimately, the lifeguard had to jump in and save him.”

Wheeler didn’t witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda, Md.

“I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary,” said Wheeler. She’s not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage



PHOTO COURTESY OF JACQUELINE WHEELER LEE
Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

water safety.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health officials.

HEAT SAFETY

Sunburn is another health concern when swimming outdoors.

“Protect your skin and eyes from the sun’s damaging rays [by] wearing protective clothing and sunglasses,” said Kenya Fluellen, associate professor of nursing at



PHOTO COURTESY OF ARLINGTON COUNTY FIRE DEPARTMENT

Fireworks are sold at a local stand at Lee Highway and N. Harrison Street in Arlington. Fireworks are synonymous with July 4th celebrations, but creating a fireworks display at home is illegal in some local jurisdictions.

Details

Local Fireworks Laws and Safety Information

- ❖ Arlington: <http://fire.arlingtonva.us/fire-code-information/fireworks/>
- ❖ Alexandria: http://alexandriava.gov/fire/info/news_firedisplay.aspx?id=62314
- ❖ Fairfax County: www.fairfaxcounty.gov/fr/prevention/fmfireworks.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/fireworks.html

Heat and Car Safety

- ❖ www.safercar.gov/parents/index.htm

Water Health and Safety

- ❖ www.redcross.org/prepare/disaster/water-safety
- ❖ Arlington: <http://health.arlingtonva.us/environmental-health/recreational-water-illness-rwi/>
- ❖ Alexandria: <http://alexandriava.gov/AquaticHealth>
- ❖ Fairfax County: www.fairfaxcounty.gov/hd/eh/pools/pool-safety.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

Northern Virginia Community College in Alexandria, Virginia. “Always use sunscreen with a minimum SPF of 30.” Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind

parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

“You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly,” said John Silcox, public safety information officer, Fairfax County Health Department. Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. “Put something in the back of your car, such as a bag or a cell phone, so you’d be certain to check before leaving the car,” said Silcox.

FIREWORKS SAFETY

While fireworks are synonymous

with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria and Montgomery County, Md., for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County has similar prohibitions.

“We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show,” said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire Department. “Some people don’t know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks.”

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.

Herndon Without Hunger Helps Families

On July 11, Foundation for Appropriate and Immediate Temporary Help (FAITH) will be holding its 11th Annual Herndon without Hunger (HWH) event. This event will be held at Herndon High School from 5 to 6 p.m. The food distribution corresponds with the Islamic month of Ramadan. For over a decade, FAITH has coordinated Herndon without Hunger to provide families in need with a supply of essential food items. The idea behind this concept is to temporarily remove the burden of purchasing food so that struggling families may focus their efforts on taking care of other expenses or improving their current life circumstances.

“The issue of hunger has been very close to my heart. To feed a person that is hungry is a noble deed and as Muslims we are required to serve our neighbors,” said Tanveer Mirza, president of FAITH. In the humble beginnings of the HWH, canned food items and grocery store gift cards were distributed to approximately 60 people. Last year, FAITH served 3,100 individuals with a three week supply of staple food items such as rice, oil, salt and a variety of fresh produce. In order to provide additional food distributions, FAITH has reached out to community groups and businesses such as Eastern Motors. For more information visit www.faithus.org

Momentum Realty Awards Book Scholarship

Momentum Realty and Holly Weatherwax have announced the recipient of the 2015 Momentum Realty Book Scholarship at Herndon High School. This year’s recipient, Ester De La Cruz of Herndon, will attend Northern Virginia Community College where she plans to study nursing. The award was given on June 11 at the Herndon High School Senior Awards Ceremony. Momentum Realty is a privately owned real estate brokerage located in Potomac Falls, Va.

COMMUNITY

Fairfax County Summer Food Program

Many students who receive free meals during the school year need assistance in the summer. Fairfax County Public Schools will participate in the U.S. Department of Agriculture's (USDA) summer food

service program for children, a program established to ensure that students who qualify for free and reduced-price meals during the school year continue to receive nutritious meals when school is not in session. Free meals that meet federal nutrition guidelines will be provided to

children at approved sites throughout Fairfax County.

Meals will be provided to all children without charge. Acceptance and participation requirements for the program and all activities are the same for every child regardless of race, color, national origin,

sex, religion, age, disability, political beliefs, sexual orientation, gender identity, or marital or family status, and there will be no discrimination in the course of the meal service. Meals may be provided, pending qualification, at the sites and times listed as follows:

FAIRFAX COUNTY PUBLIC SCHOOLS

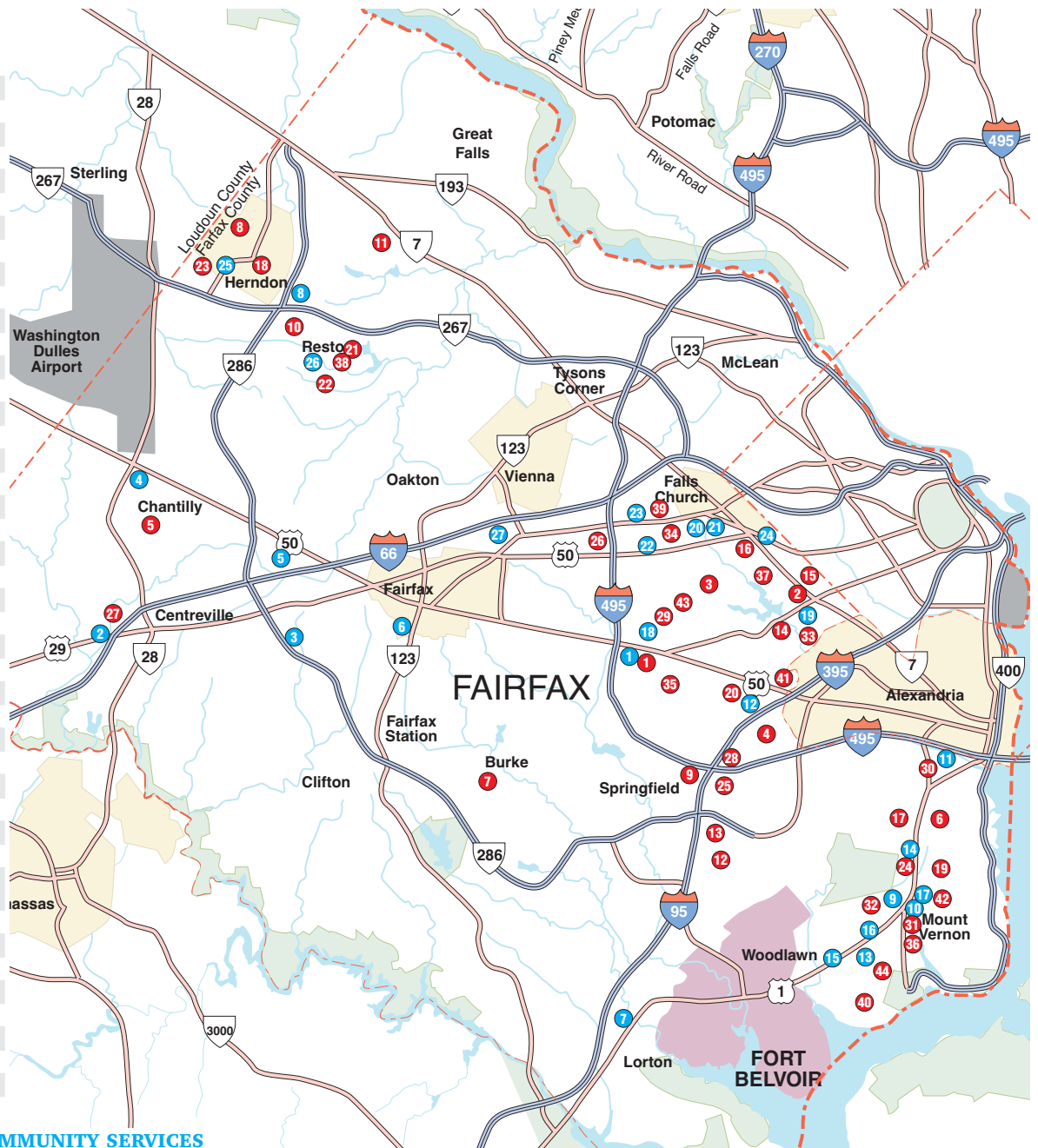
School Site	Dates	Breakfast	Lunch
1 Annandale Terrace ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
2 Bailey's (Lower) ES	Jun 29 — Aug 7	9:00 - 10:00	12:00 - 1:30
3 Beech Tree ES	Jul 13 — 31	9:00 - 10:00	11:00 - 12:00
4 Bren Mar Park ES	Jul 13 — 31	8:00 - 8:30	11:15 - 12:15
5 Brookfield ES	Jun 29 — Aug 7	8:30 - 9:30	12:00 - 12:30
6 Bucknell ES	Jun 29 — Aug 7	8:45 - 9:30	11:30 - 12:30
7 Burke School	Jul 13 — 31	N/A	11:30 - 12:00
8 Clearview ES	Jul 6 — 31	8:30 - 9:45	12:00 - 12:45
9 Crestwood ES	Jul 13 — 31	9:15 - 9:45	12:00 - 12:45
10 Dogwood ES	Jun 29 — Aug 7	8:00 - 9:30	11:00 - 12:30
11 Forest Edge ES	Jul 6 — 31	9:00 - 9:45	12:00 - 12:45
12 Forestdale ES	Jul 13 — 31	8:00 - 9:00	10:30 - 12:00
13 Garfield ES	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
14 Glasgow MS	Jul 13 — 31	7:15 - 7:30	11:00 - 11:30
15 Glen Forest ES*	Jun 29 — Aug 7	8:30 - 9:30	11:30 - 12:30
16 Graham Road ES	Jun 29 — Aug 7	9:00 - 9:45	12:00 - 1:25
17 Groveton ES	Jul 13 — 31	8:30 - 9:30	11:00 - 12:00
18 Herndon ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
19 Hollin Meadows ES	Jul 6 — 31	8:00 - 9:00	11:00 - 12:30
20 Holmes MS	Jul 13 — Aug 7	8:30 - 10:00	11:45 - 12:30
21 Hughes MS	Jun 29 — Jul 30	8:00 - 8:30	11:30 - 12:00
22 Hunters Woods ES	Jul 13 — 31	9:00 - 9:20	11:00 - 11:30
23 Hutchison ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
24 Hybla Valley ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 1:00
25 Key MS	Jul 6 — Aug 6	8:00 - 10:30	11:30 - 1:00
26 Jackson MS	Jun 29 — Jul 31	8:00 - 9:45	11:30 - 12:30
27 London Towne ES	Jul 13 — 31	8:00 - 8:30	11:00 - 12:00
28 Lynbrook ES	Jun 29 — Aug 7	8:00 - 9:30	11:15 - 12:30
29 Mason Crest ES	Jul 6 — 31	9:15 - 9:45	11:30 - 12:45
30 Mount Eagle ES	Jun 29 — Aug 7	8:00 - 9:30	12:00 - 12:30
31 Mount Vernon HS	Jun 29 — Aug 4	7:45 - 8:00	11:00 - 12:10
32 Mount Vernon Woods ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30
33 Parklawn ES	Jul 13 — 31	9:30 - 9:45	12:00 - 12:45
34 Pine Springs ES	Jul 6 — 31	9:30 - 10:00	11:30 - 12:45
35 Poe MS	Jul 6 — 31	8:00 - 8:30	11:30 - 12:00
36 Riverside ES	Jul 13 — 31	8:30 - 9:00 and 1:30 - 1:45	11:00 - 12:00
37 Sleepy Hollow ES	Jun 29 — Aug 7	8:45 - 9:30	11:15 - 12:30
38 South Lakes HS	Jul 13 — 31	9:00 - 9:30	11:30 - 12:00
39 Timber Lane ES	Jul 13 — 31	8:30 - 8:45	12:00 - 12:30
40 Washington Mill ES	Jul 13 — 31	8:15 - 8:45	12:00 - 12:30
41 Weyanoke ES	Jul 13 — 31	8:30 - 8:50	11:45 - 12:15
42 Whitman MS	Jul 6 — 31	8:30 - 9:00	11:00 - 12:00
43 Woodburn ES	Jul 13 — 31	8:30 - 9:00	11:30 - 12:00
44 Woodley Hills ES	Jun 29 — Aug 7	9:00 - 9:30	12:00 - 12:30

*LIMITED MEALS AVAILABLE

FAIRFAX COUNTY DEPARTMENT OF NEIGHBORHOOD AND COMMUNITY SERVICES

Site	Dates	Meal Type	Time
1 Wedgewood Apartments 7615 Allman Drive, Annandale	Jun 22 — Sept 4	Lunch	12:00 - 1:00
2 Barros Circle 6117 South Barros Court, Centerville	Jun 22 — Sept 4	Lunch	12:00 - 12:30
3 Mott Community Center 12111 Braddock Road, Fairfax	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
4 Ox Hill Baptist Church-CLCP 4101 Elmwood Street, Fairfax	Jun 22 — Aug 28	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
5 Ragan Oaks 1201 Ragan Oaks Court, Fairfax	Jun 22 — Sept 4	Lunch	12:00 - 1:00
6 Robinson Square 4400 St. Edwards Place, Fairfax	Jun 22 — Sept 4	Lunch	12:00 - 1:00
7 Lorton Community Action Center 9518 Richmond Highway, Lorton	Jun 29 — Sept 4	Lunch	12:30 - 2:30
8 YMCA Reston 12196 Sunset Hills Road, Reston	Jun 22 — Aug 28	Breakfast/ Lunch	8:30 - 9:00/ 11:30 - 1:00
9 Creekside UCM Community Center 7939 Janna Lee Avenue, Alexandria	Jun 29 — Aug 28	Lunch	12:00 - 1:00
10 Gum Springs Community Center 8100 Fordson Road, Huntington Community Center 5751 Liberty Drive, Alexandria	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
11 Lincolnia Community Center 5130-B Lincoln Avenue, Alexandria	Jul 6 — Aug 28	Breakfast/ Lunch	9:30 - 10:00/ 12:30 - 1:30
13 Old Mill Gardens 5804 St. Gregory's Lane 1A, Alexandria	Jun 29 — Aug 28	Lunch	11:00 - 1:00

Site	Dates	Meal Type	Time
14 Meadow Woods 7242 Fordson Road, Alexandria	Jul 9 — Aug 14	Lunch	12:30 - 1:15
15 Sacramento Neighborhood Center 8792-E Sacramento Drive, Alexandria	Jul 6 — Aug 21	Lunch	1:30 - 2:30
16 South County Teen Center 8350 Richmond Highway, Suite 309, Alexandria	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00
17 Westford Community Center 3013 Westford View Court, Alexandria	Jun 30 — Aug 22	Breakfast/ Lunch	9:30 - 10:15/ 11:30 - 12:15
18 Parliaments 7409 Eastmoreland Road, Annandale	Jun 22 — Aug 28	Lunch	12:30 - 2:30
19 Bailey's Community Center 5920 Summers Lane, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	9:00 - 9:30/ 12:00 - 1:00
20 James Lee Community Center 2855-A Annandale Road, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
21 James Lee Teen Center 2855-A Annandale Road, Falls Church	Jun 22 — Sept 4	Lunch	1:00 - 2:00
22 Kingsley Commons 3037B Monticello Drive, Falls Church	Jun 29 — Aug 28	Lunch	12:00 - 1:00
23 Wexford Manor Apartments 2802-A Hollywood Road, Falls Church	Jul 6 — Aug 28	Breakfast/ Lunch	10:00 - 10:30/ 12:30 - 1:30
24 Willston Multicultural Center 6131 Willston Drive, Falls Church	Jun 22 — Sept 4	Breakfast/ Lunch	8:30 - 9:30/ 11:30 - 1:30
25 Herndon CLCP 1066 Elden Street, Herndon	Jul 6 — Sept 3	Lunch	12:00 - 2:00
26 West Glade 2110 West Glade, Reston, VA 20191	Jun 22 — Sept 4	Lunch	11:30 - 1:30
27 Providence Community Center 3001 Vaden Drive, Vienna	Jun 22 — Aug 28	Breakfast/ Lunch	9:00 - 10:00/ 12:00 - 1:00



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

ONGOING

Reston Concerts on the Town. Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062. www.restontowncenter.com/concerts

Take a Break Concert Series. Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

Herndon Friday Night Live. Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. herndonrocks.com/schedule.php.

Summer Reading Program. Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/rr/>.

Frying Pan Farm Arts in the Parks. Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

MONDAY-FRIDAY/JUNE 29-JULY 3

World Police & Fire Games Athletes' Village: Billiards. 8 a.m. - 6 p.m. Breakers Sky Lounge, 2445 Centreville Road, Herndon. Fairfax2015.com.

THURSDAY/JULY 2

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

SATURDAY/JULY 4

Herndon 4th of July Celebration. 7 p.m. Bready Park at the Herndon Community Center, 814 Ferndale Ave., Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Visit www.herndon-va.gov for more.

MONDAY/JULY 6

Magic Book Club. 2:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Magic, music and fun with magician Brian Curry. Ages 6-12.

WEDNESDAY/JULY 8

Precious Preschoolers. 11 a.m. Herndon Fortnightly Library 768 Center Street, Herndon. Sharks: We'll sink our teeth into books about these very special fish and learn through songs, poems, and movement. Ages 3-5 with adult.

FRIDAY/JULY 10

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>.

SATURDAY/JULY 11

11th Annual Herndon Without Hunger. 5-6 p.m. Herndon High School, 700 Bennett Street, Herndon. For over a decade, Foundation for Appropriate and Immediate Temporary Help (FAITH) has coordinated Herndon without Hunger to provide families in need with a supply of essential food items. The idea behind this concept is to temporarily remove the burden of purchasing food so that struggling families may focus their efforts on taking care of other expenses or improving their current life circumstances. www.faithus.org.

MONDAY/JULY 13

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Let's go on a picnic: Feast on summer fun with picnic themed stories, songs, games and movement. Age 2 with adult.

Legos Club. 2 p.m. Herndon Fortnightly Library,

SEE CALENDAR, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS BY HERNDON COMMUNITY TELEVISION

Herndon High alumnus Brian Rose (right) covering the opening ceremony of the World Police & Fire Games in D.C. with other volunteers from Herndon Community Television (HCTV). HCTV volunteers have been covering 2015 World Police & Fire Games events.



Herndon Police Department Sergeant Bobby Galpin, Officer Eddie Stapleton and Officer Ron Eicke participated in the 2015 World Police and Fire Games Motorcycle Skill Competition.

Herndon Takes Part in World Games

Herndon police and residents cheer on 2015 Fairfax Games.

BY RYAN DUNN
THE CONNECTION

Reston Town Center has been serving as the central location for the 2015 World Police & Fire Games athletes as they arrived. Reston Town Center was selected to host the Athletes Village, and at the Town Center Pavilion, a variety of social activities and entertainment has been planned. Residents of neighboring Herndon have also been excited about the 2015 games.

"Herndon is thrilled to welcome participants of the World Police & Fire Games, as well as their families," said Town of Herndon Mayor Lisa Merkel. "The World Police & Fire Games represents a tremendous opportunity for the entire county, and certainly for the Town of Herndon, to showcase the many programs and amenities we offer." Many businesses are participating in a patriotic decorating contest, designed to welcome Games participants. Local art gallery ArtSpace Herndon located at 750 Center Street has several photos of first responders and firefighters on display, in addition to the Town Calendar Photography Exhibit on display until July 26.

Volunteers with Herndon Community Television or HCTV have been covering sports events at locations including Herndon, Reston, and the National Harbor. Herndon High students Jack Norcross and Emily Yen attended the opening ceremony at Friday, June 26 at Robert F Kennedy Memorial Stadium in D.C. "The number of athletes and different countries they represent is impressive," said Brian Rose, who helped tape the opening ceremony. A closing ceremony will be held on July 5 at Wolf Trap National Park in Vienna. Herndon Community Television is a non-profit, cable access PEG station broadcasted on both Cox and Verizon. Earlier in June, HCTV



PHOTO BY RYAN DUNN / THE CONNECTION

Herndon Police Officer Denise Randles and Herndon Police Officer Eliezer "Eli" Calo Espinet. Calo Espinet participated in the Weight Lifting Bench Press event held at Herndon Community Center, Monday June 29.

Herndon Police Department News

In May this year, Herndon Police Department held an Awards Ceremony. Members of the Department were recognized for their service and dedication over the past year. Officer Eli Calo was chosen as the Officer of the Year, Mr. Fred Kibler, of the Herndon Citizens Support Team was selected as the Volunteer of the Year and Communications Manager, and Ms. Jane Ross was the Department's Civilian of the Year.

The Herndon Police Department will be hosting a week long Youth Police Academy in July. Topics covered in this free Academy include: Traffic Enforcement, Forensic Investigation, Criminal Investigation, Communications, Canine and Computer Crimes. Youths between the ages of 14 and 17 who are interested in a career in law enforcement are encouraged to register for this class. For further information contact Officer Denise Randles at 703-435-6800 ext. 2343 or email at denise.randles@herndon-va.gov. The Academy will be held daily July 13 through July 17 from 9 a.m. to 1 p.m.

covered the 18th Annual Korean American Sports Festival (KASF) hosted in Herndon.

The Herndon Police department has several officers participating in the World Police and Fire Games. This includes: Officer Eliezer Calo - Weightlifting Event (Bench Press); Chief Maggie DeBoard - Outdoor Soccer; Corporal Chris Farbray - Toughest Competitor Alive; Lieutenant Jim Moore - Golf; Officer Rob Ronk - Weightlifting Event (Push/Pull); Officer Jonathon Sorg - Basketball 5v5; and Sergeant Bobby Galpin, Officer Eddie Stapleton and Officer Ron Eicke in the Motorcycle Skill Competition.

The Weight Lifting Bench Press event was held at Herndon Community Center, Monday June 29. The Weight Lifting Push Pull event will be held at the Herndon Community Center on July 2. Herndon Community Center is located at 814 Ferndale Avenue in the Town of Herndon. Many participants in the athletic events have expressed satisfaction with the way the games have been laid out. "The people have been very hospitable and fantastic," said Eric Winterbottom, a member of the Northern Ireland group and participant in the Weightlifting event.

International Songwriters Collective Concert Held In Herndon

Music and calls for art at Herndon art gallery.

BY RYAN DUNN
THE CONNECTION

On Thursday, June 25, the International Songwriters Collective (I.S.C.) Tour made a stop at ArtSpace Herndon. Three musicians-singer songwriters are on a one-month tour: Jimmy Robinson from New Orleans, Lily Kiara from Holland, and Floatstone (born Brick de Bois) from Antwerp, Belgium. The musicians played a variety of music, mostly their own compositions, but also crowd pleasing favorites from The Beatles and Joni Mitchell. Music played at the concert included some new songs which have not yet been recorded. Amsterdam native Lily Kiara said she enjoyed performing at ArtSpace Herndon, where she had a captive audience. Kiara first met

Robinson at the Amsterdam Song Writers Guild, and they soon became friends.

Among the 50 guests at the concert were local friends and family members of the musicians. "It has been a long time since I've seen virtuosos like this live. I am smiling from ear to ear. Tonight was a night to remember," said Kitt Potter, ArtSpace Herndon executive director.

"We had a blast. It was a really great audience," said Jimmy Robinson, who has previously performed at ArtSpace Herndon, and has relatives in the D.C. area. Robinson, 61, said his early influences were bands like the Beatles and the Stones and guitarists like Jimi Hendrix. From there he took an interest into other styles such as King Crimson. Robinson studied classical guitar in college (Loyola University in New Orleans) and was then inspired by complicated acoustic soloists such as Michael Hedges. Robinson has toured with musicians from several genres: Jeff Beck, John McLaughlin; Bela Fleck and the Flecktones, Adrian Belew and



Musicians and songwriters Floatstone from Antwerp, Belgium with Amsterdam native Lily Kiara (right) played on June 25 at ArtSpace Herndon.

John Fahey. Floatstone bridges the singer-songwriter world with the progressive-instrumental. From his bio: "He brings several guitars, all in a different tuning along with a portfolio of funky, ballady, rootsy, original songs." Lily Kiara's songs have drawn comparison to Suzanne Vega and Joni Mitchell for poetic lyrics and pretty melodies. Helping with the light and sound was Herndon guitarist and musician Al Robertson. "This group were consummate performers, it was an example of good programming by ArtSpace Herndon,"

said Robertson. Also attending the concert were Herndon councilmember Jasbinder Singh and HFCA Board members Harlon Reece and Mercia Hobson. "I think tonight's show with the emotion, harmony and melody from different countries blended perfectly. It enforces the idea of what music is. Each of the musicians complemented each other," said ArtSpace Herndon volunteer Liz Zidel. Located at 750 Center Street in Herndon, ArtSpace Herndon is a community art gallery created and supported by art lovers in the

greater Herndon area providing opportunities for local artists to exhibit their art, teach classes and offer workshops. The gallery currently has an exhibit presenting the 5th annual Herndon Town Calendar Photography Competition. Winners of this competition will be used for the Town's calendar. Visitors to the gallery can vote for the People's Choice Award. Winners and People's Choice will be announced during the Awards Reception on Saturday, July 25, 7-9 p.m. The exhibit closes on July 26, and is sponsored by Griffen Owens Insurance Group.

Call for Art

Reston Bicycle Club (RBC) and ArtSpace Herndon invite all 2D artists to enter the Reston Century T-shirt Art Competition. All 2-dimensional media are acceptable including painting, drawing and photography. Artwork and photography entered in this year's competition must carry a theme that identifies it with Reston and road cycling. The deadline for submission is Monday, July 13, at 11:55 p.m.

CALENDAR

FROM PAGE 8

768 Center Street, Herndon. Use your imagination and keep your engineering and problem solving skills flowing with an abundance of LEGO bricks. Ages 6-12.

Writers Group. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Join the Writers Group to receive support and feedback including all levels of writing experience. The group reviews works-in-progress from up to three members each month. Adults.

TUESDAY/JULY 14

Crafty Kids. 2 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Create summer crafts to take home. Ages 6-12.

WEDNESDAY/JULY 15

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Rhymes, songs, stories with music for parents and children while building an early literacy foundation. Ages 12-23 months with adult. Openings.

Playing With Poetry. 2 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Listen to, create and share poetry with fellow poets. Ages 6-12. Openings.

THURSDAY/JULY 16

Under the Sea. 2:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Meet live sea creatures. Ages 6-12.

MONDAY/JULY 20

Preschool Science 123. 2:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Mad Science presents fun and amazing experiments Ages 3-6 with adult.

WEDNESDAY/JULY 22

I'm A Builder! Story time With Wood Blocks. 11 a.m. Herndon

July 4th in Fairfax County

SATURDAY/ JULY 4

Vienna 4th of July Festival and Fireworks Show. 12-9 p.m. Vienna Town Green, 144 Maple Avenue, East, Vienna. Free event with food and drink, music, family games, children's entertainment and more. Fireworks show begins at 9:15 p.m. <http://www.viennava.gov/index.aspx?nid=894>

McLean 4th of July Fireworks Celebration. 8 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Food and music. Shuttle buses will be available at St. John's Episcopal Church at the McLean Community Center. <http://www.mcleancenter.org/special-events>

Great Falls 4th of July Celebration & Parade. 8 a.m. - 6 p.m. Village Centre Green, 776 Walker Road, Great Falls. 5K walk/run, blood drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk at Turner Farm Park. <http://www.celebrategreatfalls.org>.

Herndon 4th of July Celebration. 6:30 p.m. Bready Park, Herndon Community Center, 814 Ferndale Avenue, Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Fireworks show is choreographed to music and begins at dark, approximately 9:30 p.m. www.herndon-va.gov.

Lake Fairfax Fireworks Spectacular. 4-8 p.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Live music, enjoy the Water Mine park and more. <http://www.fairfaxcounty.gov/parks/lakefairfax/>

Firecracker 5K for the Troops. 8 a.m. Reston Town Center, 11900 Market Street, Reston. A 3.1 mile race, live music, face painting, waving flags, and free massages. [prraces.com/firecracker/](http://www.prraces.com/firecracker/)

Historic Pohick Church 4th of July Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. Costumed history docents will give free guided tours of the historic colonial church. <http://www.pohick.org>

July 4th in Paradise. 11 a.m.-7 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Open for normal business hours with live music and food available throughout the day. <http://www.paradisepingswinery.com>

Fairfax's Independence Day Celebration & Fireworks. 10 a.m.-10:30 p.m. in the Downtown Fairfax Historic District. Independence day parade, historical tours, games, entertainment and fireworks begins at 7 p.m. www.fairfaxva.gov.

Mount Vernon's An American Celebration. 8 a.m.-5 p.m. George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Daytime fireworks in patriotic colors fired over the Potomac River at 1 p.m. The event also includes an inspirational naturalization ceremony for 100 new citizens, military re-enactments, a special wreath-laying ceremony, free birthday cake for all and a visit from the "first" first couple, "General and Mrs. Washington." www.mountvernon.org.

Fortnightly Library, 768 Center Street, Herndon. Creativity, Scientific thinking, problem solving, and

language skills all come into play as we use wood blocks to build, explore, create and learn (STEAM).

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

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



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
Nursery care provided at 9:00 a.m. service
The Rev. James Papile, Rector
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



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



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to
editors@connectionnewspapers.com or complete
our online form at connectionnewspapers.com/pets

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 15.

EMPLOYMENT

ZONE I: • RESTON
• HERNDON • LOUDOUN

CLASSIFIED

703-778-9411
ZONE I AD DEADLINE:
MONDAY NOON

Glory Days GRILL

Opening Soon in North Point Village Center in Reston!

Join Our Team!

Now Hiring All Positions

Apply in Person

1422 North Point Village Center

Email northpoint@glorydaysgrill.com or call 1-800-57-GLORY Ext 45 for more information
EOE

HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online

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

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

ADF/SOA Developer (Herndon, VA) dsgn, dvlp, deploy Web App via Oracle ADF, Java/J2EE, OO methodologies, HTML & JavaScript, custom portlets, pages, content &/or web svcs w/portal integration. Must be conversant in OO methodologies. Dvlp Portal using Oracle WebCenter via Oracle Framework, Web 2.0 svcs leveraging Oracle JDeveloper. Reqd: Full life cycle Apps. & Web Dev. exp w/ M.S. Comp Sci w/2 yrs exp or Bachelor Comp Sci w/7 yrs progressive exp. Mail resume only, (no calls, e-mails, faxes) to: Attn: # 555; Alok Bhatnagar; Apps Systems LLC; 13800 Coppermine Rd, 3rd Flr, Herndon, VA 20171-6165. An EOE.

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

21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements

Call NOW 1-703-468-4858

ENGLERT LeafGuard
By BELDON HOME SOLUTIONS

0% Interest for 24 Months!
Save an Additional 10% with this ad!

Dinner for Two Gift Card

FREE Gift Card with estimate!
With in-home estimate by phone/Internet. Limit one per household. Other restrictions may apply. Gift card valued at \$50.

As seen on TV!

AFFORDABLE METAL ROOFING

BY: VA CAROLINA BUILDINGS, INC

1-800-893-1242

www.metalroofover.com

WE FINANCE

THE CONNECTION CLASSIFIED
NEWSPAPERS

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

21 Announcements 21 Announcements 21 Announcements

Outer Banks, North Carolina - Vacation Rentals

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- July and August weeks still available!

Reserve your family vacation today!

877-642-3224 . www.brindleybeach.com

21 Announcements 21 Announcements 21 Announcements 21 Announcements 21 Announcements

HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online

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

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

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/ Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

NOTICE OF SUBSTITUTE TRUSTEES' SALE OF PROPERTY OWNED BY HUNTER MILL WEST, L.C.
LOCATED AT
10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

July 2, 2015, AT 4:00 P.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 2, 2015, beginning at 4:00 p.m. The public auction for the sale of the property previously scheduled for June 18, 2015 was continued to July 2, 2015.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 10736 Sunset Hills Road (Tax Identification Number: 0183-02-0004) located in Reston, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Property").

TERMS OF SALE
ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date and time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$150,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memo-

randum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees, congestion relief fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the Property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

Henry F. Brandenstein, Jr., Substitute Trustee
Patrick W. Lincoln, Substitute Trustee
FOR INFORMATION CONTACT:
Henry F. Brandenstein, Jr., Esq.
Venable LLP
8010 Towers Crescent Drive, Suite 300
Tysons Corner, Virginia 22182
(703) 760-1600

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-778-9411

ZONE I AD DEADLINE:
MONDAY NOON

Quality of Life



By KENNETH B. LOURIE

Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?!"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads – treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere – internally, psychologically, physically – is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then I take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved – and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping – out of doors – I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful – and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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

GUTTER **GUTTER**

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

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

IMPROVEMENTS **IMPROVEMENTS**

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

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

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

LANDSCAPING

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

703-863-7465

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

HANDYMAN **HANDYMAN**

Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:
Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia
703-296-6409

LANDSCAPING **LANDSCAPING**

JUAN'S LANDSCAPING Since 1987

- COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL
- GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWAL

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

TREE SERVICE **TREE SERVICE**

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

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

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

24 Hour Emergency Tree Service

IMPROVEMENTS **IMPROVEMENTS**

R&N Carpentry

- ♦ BASEMENTS ♦ BATHS ♦ KITCHENS

Foreclosure specialist/Power washing
♦ Exterior Wood Rot More!
Deck & Fence repair, Screen Porches

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

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

Pit bull Tree Choppers

We take a bite out of your bark.

Call: Lee Lohan 703-400-5005
Licensed and insured. We accept all major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design,
- Ponds and waterfalls,
- Trimming and pruning.

Division of Lohan Construction, LLC.

A&S Landscaping

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

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

MASONRY **MASONRY**

Alfredo's Construction Company, Inc.

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

Picture Perfect Home Improvements

(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available
<http://www.pphonline.com/>

"If it can be done, we can do it"
Licensed – Bonded – Insured

Potomac Masonry
703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!

Lic. & Ins
potomac-masonry.com

BBB Angie's list

PAVING **PAVING**

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online

CLASSIFIED

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

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

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

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

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

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

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

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



WE CHANGE LIVES

WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

Why not make this year different?

At Koko FitClub, we believe there's a better way to get fit. We are a unique training gym, combining patented fitness technology with the latest in exercise science and training methodologies to get you the results you really want.

And at Koko, we know that COACHING is the key to success. (In fact, Koko is a Japanese word that means "one to one.") That's why we include coaching with every single workout – from our one-of-a-kind, 24/7 digital coaching, to personal 1:1 training with a caring, supportive, certified fitness coach. With Koko, you'll always know exactly what to do, every step of the way, for the fastest results.

We feel we have the best gym in the world, but let us prove it to you. We invite you to try **30 days of coaching and complete fitness at Koko FitClub for just \$30. No risk. No obligation. Just great results!** If you don't love Koko in 30 days, we don't deserve you as a client. It's that simple.

Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,
Nick Konarski, General Manager,
Koko FitClub of Northern Virginia



*Some restrictions may apply. See club for details.

"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance



were not what they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko.

I LOVE it!"
~ Karen Spahn, Member,
Koko FitClub, Reston

Koko
A Digital Gym

Changing lives right here
in Northern Virginia

To get started with your 30-day trial,
simply call or stop by a location below.

Koko FitClub of Great Falls | 571-612-2330
Koko FitClub of Herndon | 571-612-2331
Koko FitClub of Reston | 571-612-2333
Or click! try.kokofitclub.com/30daynova