



Herndon Coach Wins Two Medals

SPORTS, PAGE 12

William, Maria, Horace and Beau LaWalt - of Herndon - after the wrestling awards ceremony. Horace, a youth wrestling coach, won two bronze medals in the 2015 World Police & Fire Games.



News

Cadets Truese, Lippmann, and Back are excited about the annual barbecue, held in support of the Wounded Warriors Project.



Senior Chief Maness leads the grilling effort with Cadet Lippmann and Captain Adler, the unit's incoming Senior Naval Science Instructor.

PHOTOS COURTESY OF CADET MAXWELL

A Commitment to Service

Herndon High cadets raise funds for the American Cancer Society and the Wounded Warrior Project.

Herndon High School's Navy Junior Reserve Officers Training Corps (NJROTC) places utmost importance on service to others. In addition to supporting many Herndon High and community ceremonies and events, cadets regularly reach out to those in need. This spring, they planned, sponsored, and ran two successful programs – the Relay for Life Car Wash and the Wounded Warrior Barbecue.

The Herndon NJROTC has been holding its Relay for Life Car Wash at the Sunset Hills Sunoco for three

years. During this year's event, 17 cadets soaped, scrubbed, rinsed and dried vehicle after vehicle. "We even got to wash a beautiful Model T Ford!" said one cadet. All of the hard work paid off, as the unit earned \$1,300, which it donated to the American Cancer Society.

Even more popular is the unit's annual barbeque. Held for 20 years as a way to celebrate Herndon High's teachers, the event took on the Wounded Warrior name just two years ago. Held at Herndon High, the fun barbecue features not only Senior Chief Maness at the grill, but also a South Pacific themed classroom, complete with tropical music and beach projections. This June, 320 people attended and donated \$780, all of which went to assist injured military personnel and their families.

"A commitment to service is one way that NJROTC is unique," said a senior cadet. "We always enjoy using our teamwork and spirit to help others. Making a difference is an important part of who we are."



Cadets get ready to serve their guests.



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The Town of Herndon's annual Fourth of July celebration included live music by the group E3 Band. The band played classic R&B, rock, reggae, funk, and chart toppers, including songs such as "Sweet Home Alabama."



Hundreds of local residents attended the annual Fourth of July Celebration in Herndon. Events took place in Bready Park at the Herndon Community Center, 814 Ferndale Avenue.

Herndon Celebrates Fourth of July

Fireworks and patriotic decorations in Herndon.

BY RYAN DUNN
THE CONNECTION

On Saturday, July 4 the Town of Herndon hosted their annual Fourth of July celebration welcoming hundreds of local residents. Events took place in Bready Park at the Herndon Community Center. At 7:15 p.m., the music group E3 Band performed. They played classic R&B, rock, reggae, funk, and chart toppers. Residents from Northern Virginia came to see the fireworks display. "It is a great community event with live music, games, and crafts," said Thomas Schoenauer, Recreation Services supervisor at Town of Herndon Parks and Recreation.

"It has been an interesting experience... It has been good to see the festivities for all the people," said IT consultant Markus Kuttke, a resident of Vienna who brought his family to the fireworks show. Herndon Community Center was open on July 4 from

11 a.m. - 6 p.m. The fireworks show began at dark, after 9 p.m. "It was a great firework show," said Gabe Martinez, a resident of the New York area. Martinez is a cast member of the Peter Pan In The 360 show, playing at Tysons Corner Center through Aug. 16.

Businesses throughout the Town of Herndon decorated their stores to celebrate Independence Day and welcome participants of the World Police & Fire Games, which took place throughout Fairfax County June 26-July 5. Herndon Community Center hosted the weightlifting events for the Fairfax 2015 World and Police Games.

Winners of the decoration contest, sponsored by the Town of Herndon, Herndon Chamber of Commerce and Council for the Arts of Herndon, were announced from the stage at Friday Night Live on July 3. This year's winners were:

*"Most Creative" display - Elden Street Service & Tire Center, 602 Elden Street
*"Most Patriotic" display - Dr. Finley Family Eye Care, 709 Pine Street
*"Mayor's Favorite" - JJ's Deli, 909 Ferndale Avenue.

"It took a lot of teamwork," said front desk receptionist, Gaby Alfaro who works at Dr. Finley Family Eye Care.

PHOTOS BY RYAN DUNN/THE CONNECTION



The Town of Herndon welcomed hundreds of local residents to its annual Fourth of July celebration. The fireworks show began after 9 p.m.

Dr. Finley Family Eye Care, 709 Pine Street in Herndon won "Most Patriotic" display in the decoration contest, sponsored by the Town of Herndon, Herndon Chamber of Commerce and Council for the Arts of Herndon.



PHOTOS COURTESY OF THE TOWN OF HERNDON



Businesses throughout the Town of Herndon decorated their stores to celebrate Independence Day and welcome participants of the World Police & Fire Games, which took place throughout Fairfax County June 26-July 5. The "Most Creative" display award was won by Elden Street Service & Tire Center, 602 Elden Street.

OPINION

Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats.

Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual cir-

cumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate

EDITORIAL

Pet Photos for the Pet Connection

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.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a

and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

LETTERS TO THE EDITOR

An American Muslim's Prayer in Honor of Independence Day

To the Editor:

"Allah has made you brethren one to another, so be not divided. An Arab has no preference over a non-Arab, nor a non-Arab over an Arab; nor is a white one to be preferred to a dark one, nor a dark one to a white one." Over 1400 years ago, the Prophet Muhammad (peace and blessings of God be upon him), addressed early Muslims in his farewell address with teachings that are still very relevant today.

The Charleston Shooting and other such despicable incidents have highlighted a need for us to continue to work on these basic human relations.

We must treat one another as brethren, regardless of race, religion, or gender. It is imperative that we instill humility and the love of mankind in our hearts with

such purity and wholesomeness that it radiates with our every action and thought, to help fill this world with peace.

We are blessed to be citizens of the greatest country of the world. As someone who immigrated here with her parents at the tender age of one and a half, I was raised to be grateful for every freedom, for every resource, for every right and responsibility. I watched my parents struggle to ensure that we realize the many blessings being citizens of the United States of America allows us.

This year Independence Day falls in the month of Ramadhan, the most holy month in the Islamic calendar.

It is during this sacred month when Muslims fast from sunrise to sunset and use their humble and pious state to pray and do chari-

table works with even more zeal. So in honor of the 239th birthday of our beautiful home, I would like to use the most magnificent power I have as a believer, and raise my hands in prayer.

I pray that my home finds peace from all the hurt and torment it still struggles with from the past and heals from the pain. I pray that this continues to be a place where people come to find opportunities not found or attained elsewhere, and that their struggle is respected and met with compassion and patience – not contempt.

I pray that as citizens we understand that in service lies glory. It is our duty, both civically and in my case religiously, to protect and honor our land; to volunteer to beautify it, help improve its condition from before, and provide our services to those in need.

May my children serve this country in the most excellent and sincere manner; and may they use their knowledge and power to advance good works and God's love.

May we be safe from all forms of prejudice and discrimination. May the love, pride, and allegiance I feel for my country never be questioned by those who are looking for reasons to spread hate and intolerance among the land.

May God continue to bless America in countless ways and preserve its status as a beacon of peace and prosperity, justice and humanity, for the rest of the world to respect.

Amen.

Love for all, hatred for none.

Aisha Khan
Herndon

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LETTERS

What Can We Learn from Europeans?

To the Editor:

When people hear the word sustainability, they often shy away from it. To some, it is about creating resilient infrastructure and systems that will last for many future generations. To others, it is about protecting and preserving parts of our earth, for either human enjoyment or the sake of the earth itself. Sustainability is about equity, economy and the environment. When Robert E. Simon decided to build a city, he envisioned one in which work and play could take place within the same shared space, that people would find a sense of place, and one in which nature was present and sprawl was hindered. His vision was one of innovation, and has been replicated throughout the United States since its establishment. 51 years after its creation, Reston, including Lake Anne Plaza and the surrounding areas, still displays and attempts to uphold these innovative ideas.

I've spent many weeks in Europe this summer learning about sustainable practices. What do the Europeans do that we could learn from? Often these practices are performed strictly out of convenience and efficiency, and the environmentally friendly aspect is just an added bonus. These practices include integrated public transit systems, low energy infrastructure, community housing,

slow food, and maintaining a high quality of life. During my time, I often think of Lake Anne, which embodies most of these themes. But there is one aspect Europeans exhibit that Reston could learn from: a slower pace of life and enjoying the environment around them. This could mean nature or it could mean the built environment. Europeans, especially in parts of Germany and Switzerland that are leaders in sustainable environmental practices, are relaxed and confident. They are on time, they are brilliant, and they enjoy life.

I noticed that when I ordered a coffee or tea in a café, it was never put in a to-go cup. My check was never brought to me, I had to ask for it. And when I did pay, I was never shuffled out the door, but invited to stay longer. During lunch time, business owners and workers took a two hour lunch break and were often seen lounging around grassy areas or swimming in the lake, especially in Zurich. Statues and monuments were not only structures of awe and amazement but also places to sit and eat lunch or talk with friends. In the evenings, people wandered from shop to shop holding beer and wine and enjoying the history and culture around them, not concerned with an open container law or driving 15 minutes home after a few drinks with friends. When I walked the streets, people looked me in the eye, and often stared. When I felt uncomfortable, I realized they were just

SEE LETTERS, PAGE 8

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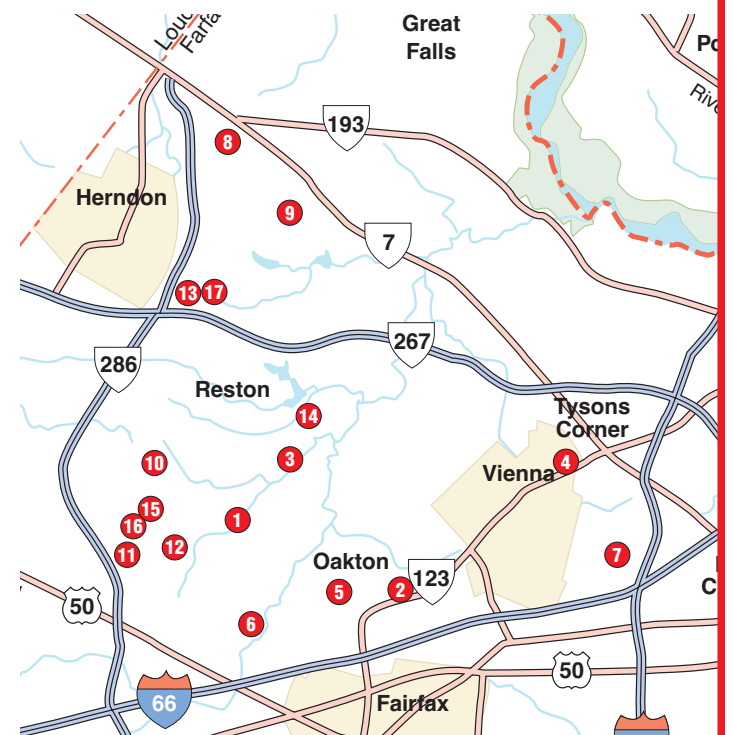


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3 11116 STUART MILL RD	5	..	4	..	1	OAKTON	\$1,625,000	Detached	2.66	22124	OAKMONT WEST	05/27/15
4 350 CHURCH ST NE	5	..	5	..	1	VIENNA	\$1,605,019	Detached	0.42	22180	350 CHURCH ST NE	05/05/15
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PHOTOS COURTESY OF GTM ARCHITECTS

Doug Roberts and Jessica Parker Wachtel of GTM Architects added a balcony with views of the bay to a rear bedroom of this Chesapeake Bay vacation home.



This Chesapeake Bay vacation home with renovations by Doug Roberts and Jessica Parker Wachtel of GTM Architects has an abundance of windows that allow in sunlight and offer views of the water.

A House by the Sea

BY MARILYN CAMPBELL
THE CONNECTION

As the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-square-foot beach house, which was built in 1985.

"What was unique about this project is that the family's father had originally designed this home himself," said Roberts. "It's modern with lots of glass and cathedral ceilings. The family didn't want to change that. They just wanted to expand it."

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home's bathrooms and five bed-

rooms were updated, adding a balcony with views of the bay to a rear bedroom.

"The work was all consistently done, so you really can't tell that there was an addition," said Roberts. "We replaced all of the materials — flooring, tile, trim — and put down new materials throughout."

AN ALEXANDRIA COUPLE wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

"White exudes peace and quiet," said Nelson. "They wanted their beach house to be the opposite of the chaos of Washington, but they didn't want it to be too far removed modernity. They still wanted their luxuries."

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen's white cabinetry is accented with natural pine knobs and pulls that match the pine flooring.

A bay window in the living room allows for majestic ocean views. That seascape can also be enjoyed from the clawfoot soaking tub in the master bathroom.

Design ideas for beach homes.

WHEN THE OWNER of a Rehoboth Beach, Del., condominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

"When you're designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand," said Kjos. "You don't over accessorize a beach property, especially if it's a rental."

They created an office space "because a lot of people have to work even when they're on vacation," said Kjos.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

"We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood," she said. "We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually."

the surf, and surroundings that makes a vacation house feel like a home. When Potomac, Md., architect James Rill went looking for a Vero Beach, Fla., vacation home, he was inspired by his favorite sport: baseball. "It's very close to the Nationals spring training center," he said.

"It was a dump when we got it," he said. "When my wife first saw it, she was ready to kill me, but we stripped it to the bone and cleaned it up."

When designing the space, Rill wanted to make sure the materials he and his wife chose could stand up to the sand and surf environment of south Florida. The couple wanted the single-level dwelling to have a look that was simple and clean. They chose dark red tile flooring and sea-inspired furnishings in blue and white.

"It has a subtle elegance," he said. "It doesn't call attention to itself."

The new kitchen opens up to the family room and is devoid of large appliances, which Rill says are unnecessary in homes such as his.

The home accommodates Rill's parents, also baseball fans who make the trek to spring training camps. "We took the master suite and we made it into a nicer, handicapped accessible space."

IT'S THAT CONNECTION, to the sand,

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PHOTO CONTRIBUTED

Students at Rachel Carson Middle School in Herndon were honored at the Board of Supervisors after they won the championship at the 3rd Annual We the People competition at George Mason University.

'We the People'

Supervisors Michael R. Frey and Cathy Hudgins, issued a proclamation from the entire Board on Tuesday, June 2 to recognize students at Rachel Carson Middle School in Herndon.

The 14-year-olds won the championship at the 3rd Annual We the People competition at George Mason University.

"It's wonderful to see that middle school students are not only learning about the Constitution but learning to understand and to dissect and to debate and defend their constitutional principles," said Frey.

The We the People, Citizen and the Constitution Program promotes civic competence and responsibility among the nation's upper elementary and secondary students.

"You are really learning the process that's going to make a difference," said Hudgins.

Teacher Cindy Burgett says she organizes her six civic classes purposefully for civil discourse "with differing opinions so they can have a dialogue with people that don't share their opinions," she said. "They work so hard."

Hudgins referenced a proclamation issued by Supervisor John Foust minutes before honoring McLean High School students. The Board designated June as Lesbian, Gay, Bisexual and Transgender Pride Month.

"You don't get to the one that Mr. Foust presented without what you are doing and defending what really is the foundation of what we stand upon," said Hudgins. "Folks that were here before probably could not have gotten here without the work you are learning to do."

"What a great demonstration of our youth, our young people and the promise that you hold for us," said Chairman Bulova.

Supervisor Penelope "Penny" Gross has a copy of the United States Constitution on her desk.

"I refer to it all the time to explain to my constituents why or why not something is happening," she says.

"As a history buff and one who grew up learning a lot about the Constitution, I appreciate what you are doing."

— KEN MOORE

Robert S. Wilson will retire in July.



PHOTO CONTRIBUTED

'Put the Lights on Flash'

Herndon Town Council honored Robert S. Wilson, of the Department of Public Works, Tuesday, June 9 at the Herndon Municipal Center.

Wilson is the chief of the traffic maintenance crew and has worked for the town since Dec. 10, 2001. Wilson is scheduled to retire July 1, 2015.

"He plays a key role in Public Works," said Robert B. Boxer, including taking traffic counts, speed studies, traffic calming measures, maintaining signs, signals and street paving markings. He is the liaison between the Town and Dominion Power to make sure streetlights are on.

"He is the one we call if the signals go down," said Boxer, director of the Department of Public Works. "It's Robby who gets the lights back up."

"What are we going to do without him, Bob?" said Major Lisa C. Merkel. "Do you have a plan?"

"We're just going to put all lights on flash," said Boxer.

Wilson's wife took the photo of him with the Councilmembers. "Before I get in trouble," he said, "This is my wife, Mary."

"We're going to miss him. We wish you all the best."

— KEN MOORE

Northwest Federal's Harmonie Taddeo Speaks in Montreal

Harmonie Taddeo, compliance manager at Northwest Federal Credit Union (NAFCU), spoke Tuesday at the National Association of Federal Credit Union's 48th Annual Conference and Solutions Expo, held this year in Montreal, Canada. The session, titled "Top 5 Benefits



COURTESY PHOTO

Harmonie Taddeo

of an Integrated Compliance Function," addressed the importance of a credit union's compliance function keeping executive management abreast of new and changing regulations and how best to do so. Taddeo also spoke to the need for credit unions' compliance departments to actively participate in the rollout of new products.

"I was honored to be asked to speak at NAFCU's annual conference," said Taddeo. "Doing so allowed me to share my experiences

incorporating compliance considerations and complaint management practices into Northwest Federal's enterprise-wide projects, which benefits Northwest Federal as an organization and ultimately our members."

Taddeo is a NAFCU Certified Compliance Officer (NCCO) and a Certified Regulatory Vendor Program Manager (CRVPM). She has served on National Credit Union Administration (NCUA) working committees and as an officer of the Capital Area Compliance Roundtable.

Northwest Federal has branches in Chantilly, Gainesville, Herndon, Leesburg, Manassas and Vienna, and also offers financial services via online and mobile banking. Learn more at www.nwfcu.org.

LETTERS

FROM PAGE 5

taking the time to notice the people around them. I gradually felt myself slowing down, walking with a lighter, less deliberate step. I watched people and studied store windows and enjoyed my coffee that was not in a plastic to go cup. I put my phone away at dinner and tasted each bite. Especially in Northern Virginia, we often feel rushed, ready and waiting for the next activity, the next new car, the next fresh coat of paint on the house, the next cup of coffee, the next new restaurant, and it is exhausting. Part of fulfilling the brilliant vision that Simon set out to achieve so long ago is taking the time to slow down, notice and enjoy the fact that his vision became a reality. Part of being a more sustainable Reston means appreciating the present.

The city of Reston was modeled after planned communities in Europe. It already captures the essence of a picturesque European town settled on the water. The live music, outdoor seating and farmers market at Lake Anne all contribute towards a sense of place and community. But Reston also suffers at the hands of its surroundings: the D.C. metro area. The "pace of life" as I like to call it is essential in maintaining a

high quality of life. Appreciating local food and architecture, walking and biking, chewing slowly, engaging in conversation, being an advocate for the community, and putting the phone away all contribute towards a more sustainable Reston, and are absolutely necessary. I encourage these actions in the day-to-day and the rest will follow.

Cat Humphries
Herndon

WEEK IN HERNDON

Herndon MOMS Club to Hold Monthly Meeting

The MOMS Club of Herndon will host their monthly meeting on Thursday, July 16, from 10 a.m.-12 p.m. at the Trinity Presbyterian Church (651 Dranesville Road, Herndon). All Herndon, VA (zip codes 20170 and 20171) stay at home mothers and their children are encouraged to join the meeting.

For more information or to RSVP, contact: Stephanie Talberg, membership VP at Herndon_moms_info@yahoo.com.

CALENDAR

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

ONGOING

Herndon Town Calendar

Photography Exhibit. Through July 26 at ArtSpace Herndon, 750 Center Street, Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. The photographs were taken within the corporate limits of the Town of Herndon. Many of the entries depict people participating in seasonal or community events.

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.

THURSDAY/JULY 9

Butterfly Class: An Introduction.

7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Discover the colorful and diverse lives of Reston's "flying flowers." Learn how to identify Reston's common butterflies, and get a basic introduction to their life history. Reservations required by July 6. Fee: \$5, or free for Butterfly Count participants. Adults. naturecenter@reston.org, 703-476-9689.

Around the World Musical

Adventure. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Music and movement with Miss Susan.

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

6th Annual Ukulele Festival.

11 a.m. - 5:30 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free festival features performances by several acclaimed ukulele musicians, music demonstrations, open to the public morning jam session, festival vendors, and other family friendly activities. The event features a wide variety of music genres ranging from blues, traditional Hawaiian, swing, to folk. www.lakeanneplaza.com



View Herndon's Town Calendar Photography Exhibit on display through July 26 at ArtSpace Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. Many of the entries depict people participating in seasonal or community events. Pictured is "My Butterfly" by Chuck Mauro.

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.

5K Trail Run.

7:30 a.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Noufal Hair Salon will sponsor a 5K trail run and one mile walk to benefit the African village of Vihiga, Kenya. Cost of participation is \$18 for adults and \$8 for those under 16. All proceeds from the event will be donated toward the construction of a sustainable library in Kenya. Registration at: serveavillage.org.

SUNDAY/JULY 12

Lake Anne Summer Film Festival:

E.T. 8 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free outdoor festival will take place each month on selected Sunday's and will feature some great flicks from classic to comedy. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy flicks under the stars.

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.

Lego Club.

2 p.m. Herndon Fortnightly Library, 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 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). Ages 3-5 with adult.

THURSDAY/JULY 23

Rocketry 101.

7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Participants will use simple materials and balloons to explore the basic principles of rocketry. See how thrust, gravity, and weight affect an object. (STEAM) Age 7-12.

MONDAY/JULY 27

Terrific Twos.

11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy under the sea story fun with fish and other sea creatures. Age 2 with adult. <http://www.fairfaxcounty.gov/library/branches/he/>

TUESDAY/JULY 28

Lego Club.

7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Use engineering and problem solving skills by playing with Legos. Ages 6-12. <http://www.fairfaxcounty.gov/library/branches/he/>

WEDNESDAY/JULY 29

Around the World Musical

Adventure. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy music and movement with Miss Susan. Ages 3-7 with adult. <http://www.fairfaxcounty.gov/library/branches/he/>

Let's Go On Safari.

7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Stop by for summer family jungle stories. All ages.

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all people and pets in photos. Submission deadline is July 15.

My Manifesto, Sort Of



By KENNETH B. LOURIE

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist – whom I had met 10 minutes earlier – first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there – and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster – for a while, anyway.

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

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21 Announcements

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

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-Theodore Roosevelt

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- Ralph Waldo
Emerson

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The Great Falls Connection

AREA ROUNDUPS

Suspects Identified and Charged in Recent School Vandalisms

Detectives investigating two school
vandalisms identified and charged four sus-
pects - two adults and two juveniles.

Fairfax County Police asked for the
public's assistance in identifying the sus-
pects who vandalized the football fields at
Herndon High School and South Lakes High
School.

The first incident occurred at Herndon
High School between 11 p.m. on Sunday,
May 31, and 8 a.m. on Monday, June 1. The
second incident occurred at South Lakes
High School between 11 p.m. on Saturday,
June 6, and 1:50 p.m. on Sunday, June 7.

Ryan Jeffrey Wait, 18, of 11706 Great Owl
Circle in Reston and a 17-year-old male
from the Reston area were each charged
with one count of defacing public property,
a misdemeanor, for the vandalism at
Herndon High School. Wait was arrested on
June 24.

Two males are charged in the South Lakes
High School vandalism. A warrant is out-
standing for an 18-year-old Reston-area
man who is out of the area for the summer.
A 17-year-old male from the Herndon area
was also charged with one count of defac-
ing public property.

The suspects spray-painted derogatory,
bias phrases and inappropriate images on
the football fields of both schools, causing
more than \$6,000 in damage to the turf
fields.

BULLETIN BOARD

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

SATURDAY/JULY 11

One-To-One Technology Help. 11 a.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Stop by for a Saturday session with a technology
volunteer who will assist with eBooks,
smartphones and tablets. [http://](http://www.fairfaxcounty.gov/library/branches/rr/)
www.fairfaxcounty.gov/library/branches/rr/

TUESDAY/JULY 14

ESL For Beginners. 10 a.m. Reston Library,
11925 Bowman Towne Drive, Reston. Join
Elayne's Tuesday conversational group. [http://](http://www.fairfaxcounty.gov/library/branches/rr/)
www.fairfaxcounty.gov/library/branches/rr/

SATURDAY/JULY 18

One-To-One Technology Help. 11 a.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Stop by for this Saturday technology assistance
help session. [http://www.fairfaxcounty.gov/](http://www.fairfaxcounty.gov/library/branches/rr/)
[library/branches/rr/](http://www.fairfaxcounty.gov/library/branches/rr/)

TUESDAY/JULY 21

Spanchats. 7 p.m. Reston Library, 11925 Bowman
Towne Drive, Reston. Join this ongoing Spanish
Spanchats conversation group. Beginners to
fluent are welcome. [http://](http://www.fairfaxcounty.gov/library/branches/rr/)
www.fairfaxcounty.gov/library/branches/rr/

THURSDAY/JULY 23

Social Security Workshop. 7 p.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Stop in for a social security workshop. [http://](http://www.fairfaxcounty.gov/library/branches/rr/)
www.fairfaxcounty.gov/library/branches/rr/

TUESDAY/JULY 28

Spanchats. 7 p.m. Reston Library, 11925 Bowman
Towne Drive, Reston. Join this ongoing Spanish
Spanchats conversation group. Beginners to
fluent are welcome. [http://](http://www.fairfaxcounty.gov/library/branches/rr/)
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SPORTS

Herndon Coach Wins Two Medals

Police detective and youth wrestling coach earns two medals in World Police and Fire Games.

BY MEREDITH BILLMAN-MANI
THE CONNECTION

Most athletes never get a second chance to live their dreams. Twenty-five years after his last wrestling match Jay LaWalt was able to make that happen in front of his friends, family and a crowd of adoring young fans he's been coaching for years. He won bronze medals in both Freestyle and Greco-Roman style wrestling at the World Police and Fire Games. Horace "Jay" LaWalt is a detective with the Fairfax County Police. He lives with his wife Maria and two sons in Herndon. He was a wrestler in high school and college. Like many athletes, his sports dreams were absorbed by the realities of everyday life. LaWalt stayed engaged in wrestling through the years and began coaching when his sons were old enough to wrestle. He has stayed on as a coach for the Herndon Reston Rattlers to teach children even when his own boys weren't participating because of his passion for the sport.

OVER SEVERAL DAYS LaWalt won two bronze medals during the games. One for freestyle wrestling and one for Greco-Roman style wrestling. While LaWalt is pleased with the medals he brought home, he doesn't hide his disappointment that they weren't silver or gold. "I'm disappointed but I'm not angry about that. It's paid off," said LaWalt. "I tell these guys all the time that when you outwork the other guy, typically, you win." Sportsmanship is as important to LaWalt as accolades. One of the things he's most proud of is being able to live that message for the kids he coaches who turned out to watch him wrestle. "I showed them it's not the worst thing in the world to lose. It's how you handle it. You have to lose graciously. Trust me, on the inside there were all these feelings but I knew they were there and they were watching me like a hawk," said LaWalt. The Commissioner for the Herndon Reston Rattlers, Tess Rollins said, "We are so fortunate [the Games] are in our backyard. A lot of kids came out and their parents came out on their lunch breaks. Kids were very anxious they weren't going to get back from camp in time to see coach Jay compete. They just thought it was the coolest thing ever. Here their coach was competing on a world stage and they were thrilled." Many police and fireman initially signed up to compete in the games but as the months wore on and the grinding regiment of training became reality, only those with true dedication stayed the course. Matt Sanders was LaWalt's sparring partner for seven months. Sanders first thought LaWalt was joking when he said he was going to compete in the games and asked to help him train. "When I realized he was serious, I started sparring with him and we started working out three to four times a week." LaWalt dropped 35 pounds during training and got



Lt. Rex Pageria and Det. Horace LaWalt pose with their medals.

PHOTOS BY TESS ROLLINS



Champion wrestler Horace LaWalt poses with his sons Beau and William, in gray, and fans.

into prime shape to wrestle. Sanders was there for the matches and says, "He left it all on the mat and put in 200 percent effort. Two bronze medals is an outstanding accomplishment."

AS MUCH AS others credit LaWalt's efforts, he insists it's other people that enabled him to participate in the games. "Matt committed himself to me completely and dedicated as much time as I did. I can't say enough about him. My wife and family also supported me the whole time, through months of this. I could not have asked for more support than I got from home," said LaWalt. "You know, I had some unfinished business as an athlete. This was the first time, athletically, I have put a plan in place and worked it. It was a process but it paid off," said LaWalt. He and Sanders have become close friends and are working on a plan for the next games scheduled to be held in Montreal. They're going for the gold.



PHOTO PROVIDED BY DERECK BAKER

Fairfax Finest won gold in the women's 5-on-5 basketball competition at the World Police and Fire Games.

World Police and Fire Games Come to a Close

The World Police and Fire Games ended July 5 with law enforcement winning 1,308 gold medals, and firefighters bringing home 513 gold medals.

Law enforcement collected a total of 3,168 medals, including 1,036 silver and 824 bronze. Firefighters totaled 1,268 medals, including 417 silver and 338 bronze.

The United States held a large advantage in the medal count, winning 1,777, including 696 gold. Canada amassed the second-most medals with 429, including 172 gold. Russia won 207 medals (126 gold), Spain brought home 193 (77 gold) and Brazil tallied 174 (58 gold).

Several local teams/athletes captured gold during the 10-day event, including a pair of first-place finishes in 5-on-5 basketball. Fairfax Finest won gold in the women's competition, and Fairfax County PD won the men's 18+ Division II event.

Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb. Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press.

In cross country, Fairfax County Fire and Rescue's Caldwell Clarke took gold in the 10,000 meters.

In police motorcycle competition, Richard Mattison of the Fairfax County Police Department finished first in the 18+ expert skill level cone event. Kevin Palizzi placed first in the



PHOTO CONTRIBUTED

Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb at the World Police and Fire Games.



PHOTO BY BRENT SCHNUPP

Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press at the World Police and Fire Games.

18+ challenge ride. The Fairfax County Police Department finished first in the team cone event.