

Oak Hill Herndon CONNECTION

Marines from Helicopter Marine Squadron One (HMX 1) grade Herndon first year cadets in armed drill.

Herndon Cadets Host Freshmen Drill Meet

NEWS, PAGE 12

Directly from the Board:
County Budget Approved

NEWS, PAGE 3

Stage Magic Comes to
NextStop Theatre

NEWS, PAGE 12

WELLBEING

PAGE 6

Fire Chief Moves to Address Department Cyberbullying

Announcement on heels of funeral for Nicole Mittendorff.

BY TIM PETERSON
THE CONNECTION

After the suicide of Fairfax County firefighter-paramedic Nicole Mittendorff and suspected cyberbullying of the 31-year-old that came to light after her death, Fairfax County Fire & Rescue is cracking down on workplace harassment, bullying and discrimination.

Mittendorff, a member of Fire Station 32 in Fairfax Station, went missing April 13. An extensive search and investigation led by Virginia State Police resulted in her remains being found a week later on April 21, one mile from the Shenandoah National Park Whiteoak Canyon trail entrance parking lot where her car was found abandoned. Inside was a suicide note.

Virginia State police have released neither the content of the note nor the manner of Mittendorff's suicide.

A visitation and funeral service for Mittendorff was held April 28 at McLean



Fire engines parked outside the McLean Bible Church pay tribute to firefighter-paramedic Nicole Mittendorff, 31, who Virginia State Police believe died of suicide in Shenandoah National Park.

Bible Church in Vienna and attended by hundreds of friends, family and first responders from Fairfax County, Virginia State Police and neighboring jurisdictions.

Sexist, derogatory posts about Mittendorff on the independent online message board Fairfax Underground surfaced after State Police announced they found female remains they "preliminarily identi-

fied" as the three-year Fairfax County veteran.

"Fairfax County Fire and Rescue maintains a 'zero tolerance' policy in regards to bullying and harassment of any kind," Fire Chief Richard Bowers said in an April 29 statement. "I will hold any county employee or volunteer accountable for these hostile Fairfax Underground postings, which could

include termination."

The chief initially announced an investigation of the posts was underway to determine their sources, and whether they made by other Fairfax firefighters.

Along with with Bowers' latest statement, the release said the preliminary investigation found "there was no departmental knowledge of any bullying or harassment regarding Firefighter-Paramedic Mittendorff prior to her disappearance."

Investigators were able to verify that the website had not been accessed or posted to by a Fairfax County computer, but have not yet concluded whether any of the posts were made by Fairfax County Fire & Rescue employees.

With the internal investigation continuing, Fairfax County Fire & Rescue announced the department will establish a task force to implement additional "zero tolerance" harassment training and look for any other discrimination or workplace bullying issues.

The task force will also draw from the IAFF Local 2068 firefighters union, Female Firefighters of Fairfax County and other employee groups.

Additionally, Bowers will bring about a department-wide suicide education and prevention training program.

WEEK IN HERNDON

Recognition for Partnership with Schools

Assistance League of Northern Virginia has been selected as a finalist for the Fairfax County Public School's Community Partner of the Year Award. This is an independently judged award recognizing a nonprofit partner that is currently providing leadership and service to FCPS. The award will be presented at the annual FCPS Honors event on June 8, 2016 at George Mason University Center for the Arts. Christine Slattery, principal, Garfield Elementary, nominated the all-volunteer nonprofit for this prestigious award. Assistance League of Northern Virginia's philanthropic

programs feed, clothe and educate children in need in our community. To learn about ALNV's Operation School Bell programs and sponsorship opportunities, contact VP Resource Development, Linda Shilts: lindamshilts@gmail.com or visit www.northernvirginia.assistanceleague.org.

Volunteers Needed for Food Packing Event

Assistance League of Northern Virginia invites community members to help pack food for its Weekend Food for Kids program which benefits 1500 schoolchildren who receive free or reduced price meals during the week. The final food packing event for the

2015-16 school year starts at 10 a.m. on Thursday, May 19 at Dominion Virginia Power, 3072 Centreville Road in Herndon. Arrive at 9:30 a.m. if you would like to help with setup. For more info, contact Karen Amster: karenamster@aol.com.

Summer STEM Camps at Three Area Schools

Fairfax County Public Schools (FCPS) is partnering with SySTEMic Solutions, Northern Virginia Community College's regional K-16 STEM (science, technology, engineering, and math) outreach initiative, to host STEM camps at three schools this summer. The camps will be held in July and August

from 9 a.m. to 4 p.m. as follows:

❖ VEX IQ Robotics, for grades 4-8, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29; Marshall High, Aug. 1-5.

❖ VEX EDR Robotics 1.0, for grades 8-12, at Edison High, July 11-15; South Lakes High, July 18-22 and July 25-29, and Marshall High, Aug. 1-5.

❖ Cybersecurity (Basic and Advanced), for grades 9-12, at Marshall High, Aug. 1-5. The camps are designed to provide rising fourth through twelfth grade students with knowledge and hands-on experience in STEM programs, and introduce them to the many career opportunities in the growing field. Additional information and registration instructions are available at <http://www.nvcc.edu/systemic/camps.html>.

Herndon Crime Reports

Noted incidents from the Herndon Police Reports from April 18-24

Major Incidents

Sexual Assault - April 20, 700-blk Van Buren Street. The victim alleged that she was sexually assaulted by a person known to her. The case is under investigation.

Burglary - April 20, 500-blk Alabama Drive. The victim returned home to find that an unknown suspect had attempted to pry open the front door. The suspect was unable to enter the home, and no property was taken. There was approximately \$500 worth of damage to the door.

Robbery-Person - April 22, 500-blk Flordia Avenue. The victim stated two suspects approached him from behind, hit him in the head knocking him to the ground, and took property valued at approximately \$150. The victim received minor injuries and declined medical attention. The suspects are

described as black males, 18-20 years of age, approximately 6-feet-tall with a slim build. One of the suspects was wearing a grey hoodie, and brown pants. The second suspect is described as wearing a black

hoodie, and blue jeans.

Robbery-Person - April 22, 300-blk Elden Street. A victim stated that she had arranged to meet with the suspect. When they met, the suspect displayed a knife and demanded money. A struggle ensued and the victim sustained minor injuries to her hand. She was transported to the hospital, and treated for minor injuries. The suspect fled without obtaining any property. The suspect is described as heavy-set Hispanic male, who spoke with a heavy accent, wear-

ing a white shirt and cargo shorts.

Arrests

April 18, Destruction Of Property, 35 M
April 18, Assault, 35 M
April 19, Warrant Other Jurisdiction, 22 M
April 19, Drunkenness, 43 M
April 21, All Other Larceny, 57 M
April 23, DUI, 35 M
April 23, DUI, 49 M
April 23, DUI, 27 F
April 23, Drug/Narcotic Violation, 27 F

Directly from the Board

Bulova calls the budget a “booster shot.”

BY KEN MOORE
THE CONNECTION

When the Board of Supervisors approved the budget on Tuesday, April 26, they increased taxes by about \$300 for the average homeowner and increased funding for schools by 5 percent.

The property tax rate will increase four cents from \$1.09 to \$1.13, per \$100 of the assessed value of a home.

Board members had a chance to explain their reactions to the budget and in some cases, their vision for the future at the budget markup on April 19.

For most the budget was a successful and important step, but others found much to worry about, now and in the future.

“This budget provides a needed booster shot to support our excellent school system and to ensure the quality services our residents expect and rely upon. Our board heard from thousands of residents advocating for an increase in taxes to address our community’s needs,” said Chairman Sharon Bulova.

She appointed Lee District Supervisor Jeff McKay to spearhead the board’s budget process.

“This was not an easy budget,” said McKay, chairman of the budget committee. “It funds schools and puts an investment in the county-side, and parks and libraries and human services and public safety that was vitally needed.”

“I will repeat what I always remind folks,” he said. “The Commonwealth of Virginia is in the top 10 states in income and the bottom 10 in education funding. ...

“The one disappointing thing for me in the discussion of the school budget that we didn’t hear about was our special needs, ESOL, and Title I schools and our challenged academic schools and students who are living in poverty,” said McKay.

“It is my hope that we will continue to see academic improvements for kids who are struggling in our system and schools that are at risk of losing accreditation and that we are making proper investments in our Title I schools and that we are making a proper investment in all kids’ education.”

NOT ALL SUPERVISORS supported the budget. Supervisors Pat Herrity and John Cook, the board’s two Republican members, voted against the budget, which passed 7-2.

“I was dismayed at the pre-budget markup meeting,” said Herrity, “to hear some of my colleagues congratulating themselves on tackling a difficult budget with a six percent tax increase on our residents.

“I’m certain most Fairfax County residents won’t be jumping up for joy or congratulating you when they receive their tax bill next year. As most of you know, their salaries aren’t going up by six percent,” he said.

“My biggest disappointment is this year’s budget does absolutely nothing to address long-term budget issues,” said Herrity,



“This budget provides a needed booster shot to support our excellent school system and to ensure the quality services our residents expect and rely upon. Our board heard from thousands of residents advocating for an increase in taxes to address our community’s needs.”

— Sharon Bulova, Chairman, Board of Supervisors



COURTESY PHOTO

Board of Supervisors approved the county budget on Tuesday, April 26

Tax Dollar Breakdown

Here’s how the newly approved budget allocates each dollar:

- ❖ 53 cents for Fairfax County Public Schools
- ❖ 17 cents for Public Safety and Courts
- ❖ 13 cents for Health and Welfare
- ❖ 7 cents for Debt Service, Capital and Transfers
- ❖ 4 cents for General Government, which includes operations, elections, IT
- ❖ 2 cents for Public Works
- ❖ 2 cents for Community Development
- ❖ 2 cents for Libraries, Parks and Recreation

Springfield District Supervisor.

Herrity has advocated for the board and the school board to meet on the budget throughout the year, something a few supervisors voiced agreement with on April 19.

“A year ago, we were sitting in the same place we were today. I moved budget guidance that we begin to address the budget shortfall in the summer. Well, those meetings never happened,” Herrity said.

Braddock Supervisor John Cook said he couldn’t reconcile the burden the budget places on homeowners with the obligations the county has to pay for needed and important services.

“It’s not just education, it’s human services. We are in the bottom 10 in state funding for education, but we are in the bottom five in state funding for human services,”

he said.

“I can’t close that gap between an unsustainable burden on residential taxpayers and a lot of legitimate government functions that we are trying to fund,” he said.

“So I reached the conclusion, reluctantly, but properly so, that we need another source of revenue in this county to fund our services,” said Cook.

He said his preference is for increases in an alcohol and cigarette tax.

“Remember we have to either convince the General Assembly or the taxpayer,” he said. “We have to convince someone that we cannot continue to increase the property tax any longer.”

DRANESVILLE SUPERVISOR John Foust supported the budget.

“I believe it advances many of this board’s

priorities and more importantly, I believe it advances the priorities we heard from our constituents,” said Foust. “I think it represents the board’s commitment to our county employees who have made tremendous sacrifices over the past eight years. It reflects our commitment to preserving essential services and the things that make Fairfax county great, from parks and libraries to mental health and transit and housing.”

He said the budget shows the board’s commitment to good fiscal responsibility that will preserve its Triple-A Bond rating.

But Foust also called the residential tax increase unsustainable in the long-term.

“We must find ways to fund the programs and services that residents both need and expect without being so dependent on residential property taxes. It’s especially important to find ways to mitigate the impact of property taxes on seniors, many of whom were on fixed incomes,” he said.

“We’re also too dependent on property taxes to fund county and school operations. I’m pleased the board will be looking at ways to allow county residents to vote on whether they want to diversify our revenue stream and provide some relief to homeowners,” said Foust.

“Truly, there are people that are finding taxes that are becoming less and less affordable in our county and they are not just people who are seniors, they are younger folks, they are people with kids in the schools,” said Providence Supervisor Linda Smyth. “It’s getting to be more of a widespread problem than we have seen in past years.”

“I certainly understand the penny going to the schools, but I truly would have liked to have seen our taxpayers acknowledged as well in terms of their concerns and their problems,” she said.

PRE-K EDUCATION and funding was stressed by Supervisor Cathy Hudgins and McKay.

“We have to make that investment and get serious about providing that. If we want to talk about equity in our school system it starts with making sure that every kid has an opportunity,” said McKay.

Hudgins said, “I bet we can’t find anything else” that provides as good a return on the investment as pre-K.

Hudgins remembers the board looking at the meals tax in 1992, and it is time again. “We need to look at other revenue sources,” she said.

“We are at a crossroads where we have to make tough decisions,” said Mount Vernon Supervisor Dan Storck. “Are going to remain on the best school systems in the county, and yes, we are, but we are fraying around the edges,” he said.

“As a business person, sometimes you have to make critical investments and although those investments have some short-term pain, if you will, for what I believe will be long-term gain,” he said.

“This budget is an essential investment in our future, schools are our future,” said Storck.

OPINION

Breaking the Cycle of Crime with Treatment Instead of Jail

Fairfax County Budget Invests \$3.89 Million in "Diversion First"

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY BOARD OF SUPERVISORS

One in five adults in the U.S. experience mental illness, and more than half did not receive treatment within the past year. Across the country, more people with mental illness are in jail than in psychiatric hospitals, with 2 million people with mental illness brought to jail every year. The criminalization of mental illness is a social, health and justice issue that Fairfax County has tackled head-on in this year's FY2017 Adopted Budget.

Diversion First, a new Fairfax County initiative, aims to reduce the number of people with mental illness in our jail. When people with mental illness have a non-violent or low-level encounter with the law, police officers can take them to the Fairfax-Falls Church Community Services Board's (CSB) Merrifield Crisis Response Center for treatment rather than jail. During this January alone, 265 mental health investigations were conducted by Fairfax County police officers in the field, and 40 percent of those investigations involved the CSB Merrifield Crisis Response Center.

Fully implementing Diversion First was a recommendation of Fairfax County's Ad Hoc Police Practices Review Commission. In the county's FY2017 Budget, officially adopted on April 26, 2016, the Board of Supervisors invested \$7.5 million to implement many of these recommendations, including \$3.89 million and a number of new staff positions for Diversion First.

Diversion First is a priority for the Board of Supervisors because the benefits of diverting people to treatment are enormous. First, people can recover from a mental health episode or become stabilized if they receive treatment. If brought to jail, chances of recovery are less likely and reentry back into the community adds even more challenges. With a record of jail time, applying for jobs and housing becomes extremely difficult, if not impossible. Guiding people to treatment instead of incarceration helps prevent a cycle of crime before it even starts, giving residents a better shot at managing and living successfully with mental illness, which benefits the entire community.

Diversion First not only saves lives, it also saves money. It is extremely expensive to the taxpayer to house people in jail who could be better served elsewhere. On average, people with mental illness remain incarcerated four to eight times longer than those without mental illness for the same charge and can cost up to seven times more. In Fairfax County, it costs an average of \$66,000 per year to hold one inmate in jail. Compare that to about \$8,000 for one year of the most intensive CSB care for

an individual, which does not include housing. A jail diversion program in Bexar County, Texas (Fairfax County's model for Diversion First) saved taxpayers \$50 million in the past five years. We are aiming for a similar outcome here in Fairfax County that promotes a safer, healthier and less expensive way of helping people with mental illness.

As part of Diversion First, Fairfax County police officers and deputy sheriffs are receiving 40 hours of state-certified Crisis Intervention Team (CIT) training to learn about the challenges of living with a mental illness and how to de-escalate crisis situations, both in the community and in the jail. CIT training is also aimed at changing the way law enforcement and the judicial system interact with people who have substance use disorders or intellectual and developmental disabilities.

After completing the training, CIT officers and deputies are better equipped to identify individuals who are experiencing an episode related to mental illness. They can make an informed decision to take persons to the Merrifield Crisis Response Center for assessment rather than arresting them and bringing them to the Adult Detention Center. Or, CIT officers may be able to de-escalate the crisis and resolve the situation on the spot.

If you call 9-1-1 for a mental health crisis or emergency, you can request a CIT-trained officer to respond. In a crisis that is not life threatening or when involving law enforcement is not necessary, you can call CSB Emergency Services 24/7 at 703-573-5679.

LETTERS TO THE EDITOR

Ten Tips for Culturally Aware Children

To the Editor:

Many children start to show an interest in different cultures at a young age, whether through ethnic food, friends at school, unique clothes, or hearing a foreign language spoken for the first time. Here are 10 ways to encourage your child's curiosity and teach them about a variety of cultures in fun and interactive ways.

1. Read bedtime stories that take place in another country or include some foreign words, so you can practice pronunciation.

2. Host an international au pair as your childcare solution. You can use matching agencies like AuPairCare, which have au pairs from more than 40 countries.

3. Enroll your child in a cultural dance or martial arts class, such as Bollywood, Flamenco or Capoeira.

4. Enroll your child in foreign

language classes for kids.

5. Plan art activities for your child based on different cultures such as Japanese calligraphy, Chinese paper cut outs, and Puerto Rican Ponce Carnival Masks.

6. Cook and try new foods inspired by other cultures with your children, or enroll them in cooking classes like Cooking Up Culture.

7. Plan a heritage party for your children and their friends, and encourage each child to bring food and games from their family's heritage.

8. Watch family-friendly movies that take place in another country.

9. Listen to popular music from different cultures while in the car, or teach your kids a simple song in a foreign language.

10. Attend local festivals and parades that celebrate different cultures such as Cinco de Mayo, Carnival, Chinese New Year and Bastille Day.

"Children are little sponges, taking in the world around them with eagle eyes and curious minds,"

said Sarah McNamara, vice president of AuPairCare and a mother of two. "This curiosity is a great thing and should be cultivated through as many avenues as possible, in an effort to raise a globally and culturally aware next generation."

Kim Chenen
Vienna

Taking Care of Our Mother Earth

To the Editor:

There are many of us, so many that our yards can no longer be dominated by grass and plants that do not feed us or our local population of insects. Landscaping services that will plant a vegetable garden are growing and why not plant blueberries in your yard instead of a sterile non-native shrub?

(<http://sustainablenova.com/vegetable-gardening-in-northern-virginia/>).

At a minimum we need less grass and to use plants whose leaves and nectar are food for the insects that are part of the web of life that

sustains us all. So called "native plants" are easy to grow because they are suited to our environment

(<https://www.nps.gov/plants/pubs/chesapeake/pdf/chesapeakenatives.pdf>).

They may look different, be not as showy or have more leaves, but we as gardeners must re-learn to appreciate that these plants are what we should plant and they are beautiful. Our obsession with grass only and perfectly manicured lawns have spurred an entire industry of herbicides, pesticides and mowing and the need for vast quantities of water.

(<http://yalebooks.com/book/9780300054019/redesigning-american-lawn>).

Let's take care of "Mother Earth" so she can continue to take care of us.

Kay Fowler
Herndon

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

Abigail Constantino
Editorial Assistant
703-778-9410 ext.427
aconstantino@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



MOTHER'S DAY PHOTO GALLERY

Four generations:
Congresswoman
Barbara Comstock,
right, with her
mother Sally
Burns, her daugh-
ter Caity Comstock
Roller, and grand-
daughter Hailey.



Fairfax Board of
Supervisor
Chairman
Sharon Bulova
with daughter
Karin in 1976.



Turn your House into a Home



How can you help?

- Adopt**
one of our lovable
cats or dogs.
- Volunteer**
your time or
services.
- Donate**
money or
supplies
for the
Shelter.



Bundle & Save Sale

UP TO **\$1,500** OFF
All Outdoor Furniture

Enjoy these savings at our Sterling location.

\$100 OFF \$1,000–\$2,499	\$300 OFF \$2,500–\$3,499	\$450 OFF \$3,500–\$4,999
\$700 OFF \$5,000–\$7,499	\$1,000 OFF \$7,500–\$9,999	\$1,500 OFF \$10,000–\$19,999

Offenbachers.
Create space for living.



Sterling Showroom | 46301 Potomac Run, Unit 150 | Mon–Sat 10am–9pm | Sun 11am–6pm

Excludes Special Order Items.

WELLBEING

Working to End the Longest Day

Event to raise awareness and funds for research programs of Alzheimer’s Association.

By MARILYN CAMPBELL
THE CONNECTION

Emily Rusch says her mother died a slow and heartbreaking death from Alzheimer’s Disease. The experience felt continuous and excruciating. “Caring for someone with Alzheimer’s is really like one never-ending day,” said Rusch, office manager for Strength & Performance Training, Inc. (SAPT) in Fairfax.

This June, she and her team of SAPT colleagues will join with teams of people around the world to participate in The Longest Day, a sunrise-to-sunset challenge to raise awareness and funds for research programs of the Alzheimer’s Association. The name of the event honors the strength, passion and

endurance of those facing Alzheimer’s.

Held annually on the summer solstice, The Longest Day symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love to honor someone facing the disease.

SAPT will hold a fundraising event on June 18 by offering free workouts and classes for 16 continuous hours. “We’re open for all of the daylight hours on the 18th, and in return, we’re asking for donations that will go to support the Alzheimer’s Association’s mission,” said Rusch.

The SAPT team is also taking donations in advance and has raised nearly \$1,000 of their \$5,000 goal. Rusch hopes to do her



PHOTO COURTESY OF ALZHEIMER’S ASSOCIATION.
Teams work to raise money for the Alzheimer’s Association during the annual Longest Day event.

part to halt the disease’s cycle which she has experienced firsthand.

“My daughters were 8 and 11 when my mother died. They never really knew because she was in the advanced stages of Alzheimer’s,” she said. “When I was a child, my grandmother had Alzheimer’s so I

never knew her either. I’m doing the Longest Day because research is important to finding a cure or viable treatment.”

Yen DeAnda of Alexandria, whose father has Alzheimer’s, is participating in The Longest Day and is the captain of Springfield’s Team Bridge Heroes United. The



PHOTO COURTESY OF EMILY RUSCH
Emily Rusch and her SAPT team will join with teams around the world to raise money for the Alzheimer’s Association.

“Caring for someone with Alzheimer’s is really like one never-ending day.” — Emily Rusch

team, which is based out of a retirement community in Springfield, is intergenerational. There are high school students who play alongside seniors.

This June will be their fourth year participating in the event. In the last three years, the team has raised more than \$58,000 for the Alzheimer’s Association. In 2013, the team’s first year, they finished in the top 20 teams in the nation. In 2014 and 2015, they finished in the Top 10.

“The [seniors] need exposure to different people to stay engaged and alert. The kids light up the room when they are there,” said

The Longest Day: June 20

To learn more and to start or join a team, visit alz.org/thelongestday or call 800-272-3900.

SAPT Strength
http://act.alz.org/site/TR?team_id=325449&fr_id=8480&pg=team
Bridge Heroes United
<https://www.facebook.com/BridgeHeroesUnited/>

DeAnda. “Some kids have brought their grandparents to play.”

The bridge club helps seniors in two ways. Club members raise money for Alzheimer’s research by playing the game, and the game itself is an activity that keeps seniors engaged.

“You’re forced to interact with other people and that helps you keep your sanity,” said DeAnda. “Social connection is huge.”

While June 20 is the official date for The Longest Day event, the Alzheimer’s Association encourages activities and fundraising around this date.

Cindy Schelhorn of the Alzheimer’s Association says that teams across the nation develop creative ways to raise money. “We’ve seen ... Rocking Chair Marathon ... writing letters to loved ones, yard sales [and] yoga.”

For information, visit alz.org/thelongestday or call 800-272-3900.

CAREGIVING AND HEALTH SEMINARS

Fairfax County is offering the following Free Seminars for Family Caregivers of Older Adults:

Legal Tools for Caregivers – **WEBINAR, Wednesday, May 4, Noon-1 p.m.** Learn about legal tools that can help you ensure your loved one’s wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives. Find out more at www-fairfaxcounty.gov/-olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

Understanding and Caring for a Person with Dementia, **Thursday, May 5, 7-8:30 p.m.** This class will discuss the different types of dementia, common behaviors, the reasons for troubling behaviors, communication techniques, and services available for caregivers. Herndon Harbor Adult Day Health Care Center, 875 Grace St., Herndon. Find out more at www-fairfaxcounty.gov/-olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

Is it Normal Aging or Dementia – **WEBINAR, Wednesday, May 11, Noon-1 p.m.** Learn what signs and symptoms are normal in the aging process, and which may indicate dementia. Find out more at www-fairfaxcounty.gov/-olderadults and click on Register Now: Spring 2016 Caregiver Seminars.

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



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

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

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

Accepting New Patients

1800 Town Center Dr., Ste. 415 Reston, VA 20190
1715 N. George Mason Dr., Ste. 105 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com



With Mail-in* Rebate
BUY 3
Get a Café dishwasher
FREE

With mail-in rebate, get a **FREE** GE Café™ dishwasher when you buy three other select GE Café™ appliances.

*Check geappliances.com/cafelife8 for details. Maximum redemption value \$1,000. Via online or mail-in rebate.

FOR THE LOVE OF FOOD.

“The kitchen is the life of the party, for sure.”
Melissa Lowe, 2nd Generation GE® Owner

21800 Towncenter Plaza
Sterling, VA 20164
703-450-5453

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

Sterling APPLIANCE
www.sterlingappliance.com



Do you
Dream
of opening your
OWN SALON?

Own your future —
reserve your space at
Cirque Salon Studios at
the Herndon Centre!

Sign by May 31st and Receive Two Weeks Free

CIRQUE SALON STUDIOS™

Improve your life and fulfill your professional dreams.
(301) 655-3308 cirquesalonstudios.com



Madison's Vannicola Out-Duels South Lakes' Rayle in 10 Innings

Warhawks hurler strikes out 21 in 2-1 victory over Seahawks.

BY JON ROETMAN
THE CONNECTION

Madison senior Katie Vannicola praised South Lakes sophomore Aly Rayle for her improvement in the circle after the two engaged in a 10-inning pitcher's duel on Friday.

Vannicola's performance on the field, however, wasn't as kind toward the Seahawks.

The future Georgetown University pitcher struck out a career-high 21 batters and worked her way out of a bases-loaded jam in the bottom of the 10th inning, helping the Madison softball team defeat South Lakes 2-1 on April 29 in Reston.

South Lakes, down 2-1, loaded the bases with one out in the bottom of the 10th, but Vannicola recorded her 21st strikeout of the evening before inducing a game-ending groundout.

"I've been in that situation quite a few times, actually, especially in travel ball, like [at] nationals," Vannicola said. "It's really important that you keep your mind clear and don't worry about what could go wrong and just kind of go pitch by pitch."

Madison took a 2-1 lead in the top of the 10th inning when a South Lakes infielder dropped a one-out pop up, allowing what proved to be the winning run to score from third base.

Vannicola allowed one run on six hits while walking two in 10 innings. She did not allow a run until the ninth inning, when international tiebreaker rules give teams a runner at second base to start each half-inning for the remainder of the game.

Vannicola threw 157 pitches, including 119 strikes. She threw a first-pitch strike to 26 of 38 batters faced.

Vannicola's career high for strikeouts in a seven-inning game is 19. She had 18 through seven innings on Friday.

"Katie's such a good pitcher," Madison senior catcher Julia Hoy said. "I've known her for so long, I've been catching her for so long ... her pitching as well as she did today is something I'm just used to, but we really appreciated it tonight."

HEAD COACH Jim Adkins said Vannicola was dealing with pain in the index finger on her pitching hand during the game. Hoy praised her teammate for the performance.

"I'm so insanely proud of Katie," Hoy said. "She hurt her finger and it's been bothering her, so the fact that she was able to push through that and deliver for the team, that was amazing."

At one point, Vannicola struck out seven consecutive batters between the third and fifth innings.

"I thought she did great," Adkins said. "I



Katie Vannicola and the Madison softball team are in first place in Conference 6.



South Lakes sophomore Aly Rayle shut out Madison for eight innings before the Seahawks suffered a 2-1, 10-inning loss to the Warhawks on Friday.



Senior catcher Julia Hoy and the Madison softball team improved to 16-2 with a 2-1 win over South Lakes on Friday.



South Lakes designated player Natalie Pritz had one of six hits off of Madison pitcher Katie Vannicola on Friday.

thought she had command of all her pitches and I thought she did a great job of keeping the hitters off balance. It was probably one of the better games she's pitched all year and we knew that we would need that

kind of performance from her against South Lakes, which is a great team.

"With Aly Rayle pitching, you know you're not going to score a lot of runs. We knew that we just had to kind of keep it close and

hope we got a couple breaks and fortunately we did."

Rayle suffered the tough-luck loss on Friday. The sophomore allowed two runs — one earned — on four hits while walking three, hitting one batter and striking out six in 10 innings. She did not allow a run until the ninth inning.

After sharing time in the circle as a freshman last season, Rayle has emerged as a standout pitcher.

"It's really interesting to watch her because I remember her when she was [a freshman]," Vannicola said. "... I know that her speed has gotten better. I know, from hitting off of her, that her spin has definitely gotten a lot better. She's probably been working really hard, so I applaud her for that."

Rayle threw 131 pitches, including 93 strikes. She tossed a first-pitch strike to 29 of the 40 batters she faced.

"It was a lot of pressure, but I tried to just not let it get to me," Rayle said. "Rather than feeling the pressure on myself, I think about the situation that the batter's in and how much pressure they feel and I try to take it off myself."

Madison scored the game's first run in the top of the ninth when bunt by shortstop Cameron Pistilli plated Alex Echazarreta. South Lakes tied the score at 1 in the bottom of the ninth on an RBI single by third baseman Jazmyn Stokes.

Madison sophomore leadoff hitter Cat Arase went 2-for-4 with a pair of singles. Third baseman Echazarreta and right fielder Kristen Williams each had a hit for the Warhawks.

Stokes finished 2-for-4 with two singles and an RBI for South Lakes. Designated player Natalie Pritz, catcher Danielle Barr, second baseman Calista Somer and Kaylin Tang each had one hit for the Seahawks.

MADISON improved to 16-2 overall and sits atop the Conference 6 standings at 11-1. South Lakes, which snapped a lengthy regional tournament drought last season, fell to 12-6 overall and 8-4 in the conference.

Madison was scheduled to face Langley on Tuesday, after The Connection's deadline. The Warhawks will conclude the regular season with a home game against McLean at 6:30 p.m. on Friday, May 6.

South Lakes was scheduled to face Washington-Lee on Tuesday. The Seahawks will travel to take on Hayfield at 6 p.m. on Friday, May 6.

"I'm not upset at all," second-year South Lakes head coach Carlos Soto said. "I really think that the girls battled so hard. Madison is such a good team. They're so composed, they have so much experience. Vannicola up there, she's a rock. It doesn't look like anything fazes her. No matter what the situation, she just kept going at it. ... I'm nothing but impressed by both teams and how they both played and how they composed themselves. In some ways, I wish I was watching. I was just glad I was here."

CALENDAR

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

ONGOING

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com. 703-579-6720.

Wells and Barnes: Seats of Power. April 21-June 18. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Collaborative exhibition featuring artists Gayle Wells Mandle and her daughter, Julia Barnes Mandle. Gayle and Julia use the motif of chairs as a vehicle to examine society's eternal power struggle. 703-471-9242. restonarts.org.

Charlene Fuhrman Schulz Exhibit. May 3-22. ArtSpace Herndon, 750 Center St., Herndon. "Unlimited" is an exhibit that celebrates the 400th anniversary of William Shakespeare's death. www.artspaceherndon.com. 703-956-9560.

Joyful Color in Reston. April 7-May 5. Reston Art Gallery and Studio, 11400 Washington Plaza W, Reston. Joan Kelly's colorful acrylic paintings of Reston scenes will be on exhibit in unison with Founder's Week, a celebration of the life of Reston founder, Robert E. Simon, Jr. RestonArtGallery.com.

Herndon Town Calendar Photography Competition. Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur

'Big Truck Days' provide an opportunity for children – and their parents – to see the town's big trucks and heavy equipment on display.



PHOTO CONTRIBUTED

'Big Truck Days' Return to Herndon

The Town of Herndon's Department of Public Works hosts its annual "Big Truck Days," an opportunity for children – and their parents – to see the town's big trucks and heavy equipment on display. Light refreshments will

be served and souvenirs will be provided to children.

Big Truck Days will take place Thursday, May 5, 9 a.m.–3 p.m., and Friday, May 6, 9 a.m.–7 p.m. at the Public Works Maintenance Complex, 1479 Sterling Road. The event is free; however, attendees

are encouraged to bring non-perishable food donations for the needy. Large groups should call ahead. For more information, contact the Public Works Maintenance Complex at 703-435-6860 or via email at publicworks@herndon-va.gov.

photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

Volunteers. The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. www.McLeanPlayers.org.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-

\$5. 703-464-6200.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Patrick Dougherty Public Art Installation. Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

FRIDAY/MAY 6

PACODc Season Finale. 7:30-9 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston.

Pro Arte Chamber of Orchestra of Greater Washington's final concert. Free-\$25. www.PACODc.org. 571-483-8444.

SATURDAY/MAY 7

At the Hop: Those Fabulous Fifties! 4:30, 7:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Bop to the beat of the fabulous 1950s as The Reston Chorale steps back in time to the days of sock hops, soda fountains and rock and roll. Poodle skirts and greased-back hair optional. \$20-\$25. www.restonchorale.org.

Pet Fiesta. 10 a.m.-4 p.m. Pavilion of Reston Town Center, 11900 Market St., Reston. Super pet adoption, entertainment, exhibitors, pet rescue and nonprofit groups. Presented by GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. petfiesta.org.

Author Laura Gehl. 3 p.m. Scrawl Books Pop-Up Shop, Wiehle-Reston East Station, 1862 Wiehle Ave., Reston. Author of "Peep and Egg: I'm

Not Hatching!" scrawlbooks.com. 703-966-2111.

SUNDAY/MAY 8

"A Journey to Hope." 8 a.m. 10 a.m. King of Kings Lutheran Church, 4025 Kings Way, Fairfax. This cantata, inspired by the great tradition of American spirituals, will take you on a journey. fcraintree@kofk.org.

THURSDAY/MAY 12

Reston Hospital Center's Robot Night. 6:30-8:30 p.m. Reston Hospital Center Pavillion II Lobby, 1850 Town Center Parkway, Reston. Meet the entire team using the da Vinci XI technology. Hors d'oeuvres and beverages. For information, contact 703-689-9030.

Jimmy Robinson. 6:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Virtuoso guitarist, one of the best in New Orleans. \$15. artspaceherndon.com. 703-956-9560.

FRIDAY/MAY 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Visit the gallery and view the current exhibit. Enjoy a cup of tea. Free. 703-956-9560.

Gospel Choir of the Castle Church. 7:30 p.m. Good Shepherd Lutheran Church, 1133 Reston Ave., Herndon. Forty-four member choir from Wittenberg Germany. Program will include traditional American spirituals as well as folk songs from other countries. Free. 703-437-5020.

SATURDAY/MAY 14

Encore Chorale Spring Concert. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Medley of romantic Rodgers and Hart pieces, blues favorites by Hoagy Carmichael, and a rousing medley from the Broadway show "Guys and Dolls." Free. encorecreativity.org.

SUNDAY/MAY 15

Reston Community Orchestra. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Concert features Juggler and Comedian Jonathan Austin at free, family-friendly performance. This high energy guest artist promises big laughs and split second timing. Free. Limited seating. restoncommunityorchestra.org. 571-449-7095.

TUESDAY/MAY 17

Folk Club of Reston-Herndon. 7:15 p.m. Amphora's Diner Deluxe-Herndon, 1151 Elden St., Herndon. Dave Nachmanoff, a California-based performer with more than a dozen albums, performs. \$10/\$9. 703-435-2402. restonherndonfolkclub.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

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

COMMUNITIES
OF WORSHIP



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

Straight-on Effects



By KENNETH B. LOURIE

As a seven-plus year chemotherapy "infusee," I believe I'm fairly well qualified to address some of the side effects of the treatment. Side effects my a--! The effects are hardly indirect or on the side. They are direct and to the point. Whether it's hair loss, memory loss, nausea, vomiting, diarrhea, risk of infection due to low white blood cell count, low energy/high fatigue due to low red blood cell count, loss of appetite/lack of taste; and on and on and on -- and I'm not even addressing the psychological, emotional and spiritual issues which themselves are nearly overwhelming -- the results: "Danger, Will Robinson." Because it seems as if you're lost in your own space. Wishing and hoping and praying may mitigate some of the suffering. Unfortunately, there's still plenty to go 'round.

Is there relief in sight for those cancer patients so regularly affected? Yes. There is medication. Although, generally speaking, my oncologist has been hesitant to prescribe additional medication to treat the effects of treatment/previously prescribed medication, regardless of its effectiveness. It's not exactly akin to a cat chasing its tail, but prescribing medication to treat the "side" effects of an already prescribed medication -- which in turn may have been prescribed to treat the effects of yet another previously prescribed medication, seemed somewhere between redundant (sort of), ridiculous and irresponsible somehow. If solving one problem/symptom simply caused a new and different symptom/problem that required medication, then all we were accomplishing was whacking a mole, so to speak. And as a cancer patient, compounding the underlying problem didn't seem to make sense; so rarely, if ever -- and my oncologist and I talked about this -- did we decide to throw good money after bad, if you know what I mean. Mostly we decided to leave well enough alone -- within reason, even though I might not have been all that well.

Please don't infer from this rationalization that I've suffered unnecessarily. I don't think I have. Although I certainly don't know for sure. But in reviewing today decisions made in the past, I still think, to quote my deceased father, that "The idea had merit." No second-guessing here. The decision seemed logical and prudent then and it still does today, even in arrears. Perhaps managing my "straight-on effects" as I've discussed has contributed to my overall good health/unexpected survival. Who's to say? Obviously, prescription and/or over-the-counter medication is a reasonable course of action/treatment, all things considered. But sometimes, too much of a good thing may simply be too much. The human body does have its limits. Specifically, I refer to the Immune System, our internal fighter. Though it works in many strange and mysterious ways, many more of those ways are understood now after years of research. Unleashing it rather than medicating/obfuscating it might very well be the missing link in treating not only cancer but other dreaded diseases. In fact, Immunotherapy is an entirely new field/class of drugs created/ designed to harness the power of one's own Immune System. Now that's a "straight-on" effect I would embrace.

Fortunately, or not, my non-Immunotherapy chemotherapy is keeping my tumors "stable" (my heretofore favorite word), so rather than stop what's working -- despite the eating/taste issue I experience during my post-chemo week -- we're going to stay the course, but remain open to course corrections. It may not be ideal, because the "straight-on" effects can be difficult. Nevertheless, even though it's not exactly my idea, I do think much of it.

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

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE I Ad DEADLINE:
MONDAY NOON

ELECTRICAL

ELECTRICAL

LAWN SERVICE

LAWN SERVICE

LANDSCAPING

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

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

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!

IMPROVEMENTS

IMPROVEMENTS

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



RN. 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

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com



(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



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

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

PAVING

PAVING

GOLDY BRICK CONSTRUCTION

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

703-250-6231

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.



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

WINDOWS & GLASS

WINDOWS & GLASS

CHESAPEAKE/POTOMAC WINDOW CLEANING Co.

Residential Specialist

Family owned/operated

Working Owners Assures Quality

No Hidden Fees/No Broken Window Springs

30 yrs Experience in local area.

Licensed 703-356-4459 Insured

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

EMPLOYMENT

VET RECEPTIONIST

Small animal hosp. Great Falls.

Will train. 703-757-7570 •

www.ourvets.com

Software Developer:

revw, anlyz, dsgn, & maintn DW sys & BI
sys architctre using exp w/ DB2, Sybase,
Perl, Unix Shell Scripts, Autosys, Perforce,
StarTeam, SQL, & Jira. Reqs BS/MS in
comp sci, info sys or eng + 5 yrs exp (3 yrs
w/ MS). Job in Reston, VA. Please email
resumes to

Qlarion, Inc- aschwartz@qlarion.com

Educational Internships

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



For a free digital sub-
scription to one or all
of the 15 Connection
Newspapers, go to
www.connectionnews
papers.com/subscribe

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

Questions? E-mail:
goinggreen@connection
newspapers.com



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

26 Antiques

26 Antiques

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**
Schefer Antiques
703-241-0790
theschefers@cox.net

21 Announcements

21 Announcements

HOST FAMILIES NEEDED NOW FOR JUST 20 DAYS IN JULY!

Welcome a French Exchange Student!

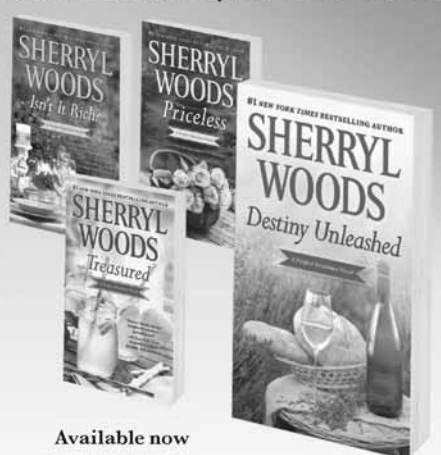
- Great cultural experience
- English-speaking
- Bring their own spending money
- Have insurance
- Families compensated \$125/week
- You don't need to speak French

**EMAIL KAREN TODAY! kswee@aol.com • Or call: (717) 795-7089
PLEASE HELP!! Merci beaucoup • Website: www.LEC-USA.com**

21 Announcements

21 Announcements

Sometimes family does know best...



21 Announcements

21 Announcements

21 Announcements

21 Announcements

ABC LICENSE

Lake Anne Coffee House
Redux trading as Lake Anne
Coffee House, 1612 Washing-
ton Plz N. Reston, VA 20190.
The above establishment is
applying to the VIRGINIA DE-
PARTMENT OF ALCOHOLIC
BEVERAGE CONTROL (ABC)
for a Wine & Beer on/off Prem-
ises; Mixed Beverage on
Premises license to sell or
manufacture alcoholic
beverages. Eve Thompson,
Managing Partner

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

Outer Banks, NC - Vacation Rentals



- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, & Southern Shores to Corolla's 4x4 area
- 2 to 18 bedrooms, most with a private pool/ hot tub
- Linens and towels are provided (call for exception)

**Brindley
Beach**
VACATIONS & SALES

877-642-3224 . www.brindleybeach.com

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VaCarolina Buildings, INC

Storm Proof Metal Roofing

It's storm season! Are you prepared?
Call the experts at VaCarolina Buildings
today for your free estimate on a new
professionally installed Lifetime Metal Roof!

Houses - Single Wides - Double Wides

Last Roof You'll Ever Need For Your Home!

Free Roof Inspection
45 Year Warranty
Financing Available

1.800.893.1242
metalroofover.com

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

News

Farmers Markets in Fairfax County

Fairfax County's Farmers Markets opened in May. There are 11 locations of the county's Park Authority's Farmers Markets.

Find fresh produce, meats, cheese, baked breads, honey, ice cream, sweets and cut flowers our region has to offer.

FCCA Farmers Markets are strictly "producer-only," which means that all vendors must grow or produce everything they bring to market. This provides customers with the unusual opportunity to connect directly with farmers, who are eager to answer questions about their growing practices, animal care, recipes and more.

Most produce at local Farmers Markets is picked less than 24 hours before it arrives at market.

Buying from your local Farmers Markets helps to keep money circulating through the local economy.

Stop by any market to get your pledge card and make your commitment to spend \$10 a week locally, and help generate \$1.65 billion a year for Virginia's economy.

The pledge card can also be found at <http://www.vdacs.virginia.gov/vagrown/pdf/punchcard2.pdf>.

Send in your pledge to be entered to win a Virginia grown gift basket.

Select locations accept SNAP benefits (formerly food stamps), including McCutcheon/Mount Vernon, Reston, Lorton, and Herndon farmers markets.

For more information, including loca-

tions, directions and vendor lists, contact the Community Horticulture Office at 703-642-0128; or go to www.fairfaxcounty.gov/parks/farmersmarkets.

Locations and Days

Wednesday

- ♦ McCutcheon/Mount Vernon: May 4 - Dec. 14, 8 a.m. - Noon, Sherwood Library, 2501 Sherwood Hall Lane, SNAP accepted, bonus dollar program
- ♦ Oak Marr: May 4 - Nov. 16, 8 a.m. - Noon; Oak Marr Recreation Center, 3200 Jermantown Road
- ♦ Wakefield: May 4 - Oct. 26, 2 p.m. - 6 p.m.; Wakefield Park, 8100 Braddock Road

Thursday

- ♦ Annandale: May 5-Nov. 10, 8 a.m. - Noon; Mason District Park, 6621 Columbia Pike
- ♦ Herndon: May 5 - Nov. 10, 8 a.m. - 12:30 p.m.; Old Town Herndon, 700 Block of Lynn St., By the Red Caboose; SNAP accepted, bonus dollar program
- ♦ Government Center: May 5 - Oct. 27, 3 p.m. - 7 p.m.; Fairfax County Government Center, 12000 Government Center Pkwy; CLOSED for Celebrate Fairfax set up June 9

Friday

- ♦ McLean: May 6 - Nov. 18, 8 a.m. - Noon; Lewinsville Park, 1659 Chain Bridge Road; CLOSED for McLean Day set up May 20
- ♦ Kingstowne: May 6 - Oct. 28, 4 p.m. - 7 p.m.; In the Giant parking lot, 5935 Kingstowne Towne Center

Saturday

- ♦ Burke: May 7 - Dec. 17, 8 a.m. - Noon; VRE parking Lot, 5671 Roberts Parkway
- ♦ Reston: May 7 - Nov. 12, 8 a.m. - Noon; Lake Anne Village Center, 11401 North Shore Drive; SNAP accepted, bonus dollar program. CLOSED for Multicultural Festival Sept. 24

Sunday

- ♦ Lorton: May 1 - Nov. 13, 9 a.m. - 1 p.m.; VRE parking lot, 8990 Lorton Station Blvd.; SNAP accepted, bonus dollar program.

BULLETIN BOARD

To have community events listed in the *Connection*, send to www.connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's paper.

WEDNESDAY/MAY 4

Saint Johns Wood Community Meeting. 7-9 p.m. Hunter Mill District Office, Community Rooms A and B, 1801 Cameron Glen Drive, Reston. Revised proposal for Saint Johns Wood Apartments. Contact: Goldie Harrison, 703-478-0283, goldie.harrison@fairfaxcounty.gov.

TUESDAY/MAY 10

Tall Oaks Village Center Community Meeting. 7-9 p.m. 12040 North Shore Drive, Reston. The revised proposal for the Tall Oaks Village Center. Contact: Goldie Harrison, 703-478-0283, goldie.harrison@fairfaxcounty.gov.

WEDNESDAY/MAY 11

League of Women Voters — Reston. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Mental health services in Fairfax: What is available? and "Diversion First: What is it?" Join the discussion. Free. lww-fairfax.org. 202-263-1311.

WEDNESDAY/MAY 18

Annual Blood Drive. 1-6:30 p.m. Home Suites Dulles International Airport, 13460 Sunrise Valley Drive, Herndon. Special appearance will be made by "Lewis the Duck." 703-793-1700 ext. 7815.

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. <http://www.nvhcreston.org/>. 703-863-7639.

WEDNESDAY/MAY 25

DMV2Go at the Pavilion. 9 a.m.-4 p.m. Reston Town Center Pavilion. DMV wireless office on wheels — apply or renew ID card and driver's license; get driving records, vehicle titles, license plates, and more. Information on all services at <http://re.ston.tc/P9HLkh>. 703-579-6720.

THURSDAY/MAY 26

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. May's title is "The Safe Investor" by Tim McCarthy. 703-397-0420.

ONGOING

Computer Classes for Seniors. 11 a.m.-noon.

Wednesdays. April 6-May 4. Tysons Corner Microsoft Store, 1961 Chain Bridge Road, McLean. Free. Register by calling Shepherds Center of Oakton/Vienna at 703-281-0538.

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided.

Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.



The Pride of Herndon marches on Constitution Avenue in Washington, D.C. during the Cherry Blossom Parade on April 16.

Pride of Herndon Marches in The Cherry Blossom Parade

BY SALLY TONER

The Pride of Herndon played for the entire nation on April 16 in the 81st annual Cherry Blossom Parade in Washington, D.C.

The band submitted pictures and videos and was selected as one of 14 marching ensembles. According to director Kathleen Jacoby, this is a unique experience in The Pride's recent history.

"Everything about the day was surreal: taking a picture on the steps of the most visited museum in the nation (the Air and Space Museum), having Miss District of Columbia and Miss Maryland come hang out during warm-up, setting up next to huge balloon floats, staging next to news vans

from major television networks, snapping a quick shot of the kids in line-up and catching the Washington Monument in the background, turning the first corner and being right in front of the National Archives," Jacoby said.

"These kiddos can go just about anywhere. Who knows where their next big parade will be! I did feel that Herndon really represented the local suburban

D.C. community well in comparison to the bands from farther away. For those bands, coming to the Nation's Capital is their big trip of the year. It made me remember, and I hope the kids realize how fortunate we are to live in this area," said parent and Fairfax County music teacher Patti Adams.

The over 30 seniors in the band relished the opportunity to don their uniforms one last time and be together in perfect weather, performing and hobnobbing with parade celebrities.

"The most memorable moment of the day was turning the corner where the cameras were rolling and suddenly feeling everyone in the grandstand's eyes on us. It was a bit intimidating but also really amazing because instead of feeling nervous I felt proud that there was such an amazing group of musicians behind me," said drum major Julia Picchiottino, a senior, of her last marching experience with The Pride.

Jacoby said, "You would think being a native of this area would desensitize me to the awesomeness of our nation's capital, but it was just the opposite. I felt an incredible amount of awe and pride."

Herndon NJROTC Hosts Freshmen Drill Meet

The cadets from the Navy Junior ROTC hosted a drill meet for area JROTC units to compete at Herndon High School in what turned out to be a successful event. The upperclassmen have spent months planning this event and coordinating hundreds of details while at the same time the freshmen and first year cadets have been practicing after school to compete in the event. Schools from Virginia and Maryland began arriving on April 23 while 15 active duty Marines from Helicopter Marine Squadron One (HMX 1), also converged on Herndon to perform the task of judging 11 teams from Navy, Marine and Army JROTC units.

HMX 1 was established Dec. 1, 1947 at Marine Base Quantico, Va., as an experimental unit tasked with testing and evaluating military helicopters when rotary wing flight was still in its infancy. Founded to test tactics, techniques, procedures and equipment, HMX-1 has become synonymous with helicopter transport of the President of the United States.

Each school fielded a team that performed armed drill, unarmed drill, color guard and uniform inspection. The Marines judged each event to exacting standards and high levels of military bearing for which Marines are famous. The final event was a "Drill Knock Out" in which Marines call out drill commands while cadets with drill rifles are required to respond immediately without flaw. Any mistake or delay results in the cadet being cut until the best of the best



Three Marines quiz a Cadet on Chain of Command, Orders to the Sentry and Uniform regulations.

remain. The three top cadets won medals for enduring an almost unending string of commands that shook many into mistakes.

The closing ceremony included the awarding of trophies for overall best school, best in each category of drill and the cadet with the most impressive command voice also won a medal. Cadets and their families had a fun and exciting day watching each other perform after months of practice and determination.

Herndon High's Navy Junior ROTC is for anyone interested in real leadership experiences, teamwork, and/or high-level competition. There is no military commitment. To learn more about this program, contact David Adler, Captain, USN (retired) at 703-755-5710 or dbadler@fcps.edu.

PHOTO CONTRIBUTED



Bobby Libby plays Stein in "City of Angels" at NextStop Theatre.



Ryan Burke plays Stone in "City of Angels" at NextStop Theatre.

PHOTOS COURTESY OF NEXTSTOP THEATRE

Stage Magic Comes to NextStop Theatre

Musical 'City of Angels' at Herndon stage. Where and When

BY DAVID SIEGEL
THE CONNECTION

Hollywood's 1940s golden age of fearless private eyes and wise-cracking femme-fatales working as partners to solve crimes while testing the boundaries of love is next for Herndon's NextStop Theatre. It is "City of Angels," a multi-Tony Award winning musical.

The jazzy feel of "City of Angels" is an homage to the great film noir style of movie-making of post-WWII Hollywood. The musical also combines a play-within-a-play as the real meets the reel.

"City of Angels" is an unbelievably exciting, extravagant and challenging musical that rarely gets produced," said Evan Hoffmann, NextStop's artistic director. "We love having the opportunity to stretch ourselves as a company, not to mention the chance to bring a great work back to people's attention."

"I love the music and the complexity of the characters in this show," noted Hoffmann. "Working with the actors to create these types of iconic film noir types is such a fascinating process." The production has a 14 cast composed of both NextStop veterans and actors making their debut on the NextStop stage.

"City of Angels" was written by Larry Gelbart known for writing the movie "Tootsie" and television's "M*A*S*H." The score is by Tony, Grammy and Emmy winning Cy Coleman. Lyrics are by David Zippel. The

NextStop Theatre presents "City of Angels" at 269 Sunset Park Drive, Herndon. Performances May 12-June 5. Thursday at 7:30 p.m., Friday at 8 p.m., and Saturday at 8 p.m. Sunday at 2 p.m. with Saturday, June 4 at 2 p.m. and 8 p.m. Sunday, May 22 and June 5 at 2 p.m. and 7 p.m. Tickets: \$40. Call 866-811-4111 or visit: www.nextstoptheatre.org **Note:** "City of Angels" is a mature musical. May not be appropriate for all audiences.

show has about two dozen funny and moody numbers under the baton of musical director Elisa Rosman with a six member band.

Ryan Burke plays Stone, a fictional "cool" private detective conjured into life by a stressed-out writer named Stine played by Bobby Libby. They are each other's alter ego, interacting across time and reality. The audience takes in "City of Angels" through Stone and Stine as the two learn who to count on.

Burke and Libby spoke of the show's great music and lyrics. "The music is one of a kind. It is able to not only capture the sound of a very specific era, but it delivers the essence of what made that era so unique," said Burke.

For Libby the music "takes the show to a different level, when words alone are not enough to punch up the emotions."

The production includes returning NextStop performers Katie Keyser, Katie McManus, John Loughney, Scott Harrison, Shaina L. Murphy as well as accomplished actors making their NextStop debut.

"City of Angels" is a musical with "some pretty serious drama, action, romance and seduction and we don't shy away from any of it," added Hoffmann.