



Oak Hill Herndon CONNECTION

Godsey, now fourteen years old, with Christian and Jackson Phipps in front of the pipestem where both Godsey and the Phipps boys grew up. The only dog on the pipestem driveway, Godsey is very loved by his neighbors who call him the "pipestem dog."

Herndon's Pet Celebrity

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NEWS



PHOTO BY GERRY WASHBURN

Reston Lions Install New Officers

The Reston Lions Club new officers were officially installed by Past District Governor, Jim Ryan, at its regular meeting on July 20 held at the Hidden Creek Country Club in Reston. Pictured from left are Jim Ryan, Secretary and Treasurer; Steve Reber, Director; Pat McCann, President; Chuck Griffith, Director and Andy Goodman, Director. The Reston Lions Club emphasizes the preservation of sight and hearing, providing information on diabetes and the collection of eyeglasses and hearing aids for recycling.

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Herndon Team Wins Conrad Spirit Challenge

Students from win first place for international business and innovation competition

The Conrad Spirit of Innovation Challenge began in August 2015 with more than 500 students from 16 countries creating concepts, products and services to help humanity. More than 90 teams advanced to the Finals of the Challenge, hosted at the Kennedy Space Center in Florida. The winning team was Team Kosmos, whose members — all from Herndon — include Rahul Rajan, Kavya Kopparapu, Alex Peng, Justin Zhang and Naman Singh. All team members attend the Thomas Jefferson School for Science and Technology except Singh, who attends Westfield High School.

Out of the ninety participating teams, Team Kosmos was awarded first place in the CyberTechnology and Security category, and was selected as Pete Conrad Scholars. The product Team Kosmos proposed for the category competition was “MediKey,” an app that would allow EMT personnel to have access to patients’ current medical information with just the touch of a button. The proposed app allows an EMT to simply



PHOTO CONTRIBUTED

From left: Nancy Conrad (founder & chairman of the CONRAD foundation, Kavya Kopparapu, Naman Singh, Alex Peng, Justin Zhang, Rahul Rajan and Robert Cabana (Director of NASA’s Kennedy Space Center, Fla.)

touch their phone to the patient’s to begin a data transfer via near field communication through a public-private key system, receiving information regarding allergies and current medications.

Nancy Conrad founded the Conrad Spirit of Innovation Challenge in honor of her late husband and his passion for innovation and

entrepreneurship. Charles “Pete” Conrad Jr., Apollo 12 astronaut, attended Princeton University and in November 1969, became the third man to walk on the Moon as commander of Apollo 12. He later founded four companies purposed towards the commercialization of space travel.

“The Conrad Spirit of Innovation Chal-

lenge brings together a dynamic community of innovators and entrepreneurs driving a collaborative movement to develop extraordinary and viable solutions to benefit our world in one of four areas: Aerospace & Aviation, Cyber Technology & Security, Energy & Environment, and Health & Nutrition,” said Rajan Velayudhan whose son is a member of Team Kosmos.

Aerospace & Aviation details the human effort in the science, engineering and business of flying in the Earth’s atmosphere and surrounding space. Participants must research, design, manufacture, operate or maintain aircraft in the area’s competition. The Cyber Technology & Security area allows students to apply information in the field to computing devices and networks and innovate with computer-based equipment, information and services. The Energy and Environment area of competition includes all fields that study the human use of natural resources and the subsequent impact of human activity and growth on the environment. The final category, Health & Nutrition, encompasses all fields regarding the human body, behavior, wellness and medicine.

Within each category, the innovative and entrepreneurial students attempt to develop viable solutions to benefit the world. Each team competes also to be named Pete Conrad Scholars as well as for seed grants, prizes, scholarships, patent support and real business opportunities.

—ERIN MURPHY

School Board Work Session Draws Transgender Regulation Protesters

The Fairfax County School Board was scheduled to discuss new regulations for addressing daily life at school for students who identify as transgender or gender-nonconforming at July 21 work session held at the school system’s Gatehouse Road headquarters in Falls Church.

The week of the session, however, newly elected School Board Chair Sandy Evans announced in an FCPS release that implementation of the regulations would be put on hold while a court case elsewhere in Virginia involving a transgender student’s bathroom usage is decided.

The topic was therefore removed from the July 21 work session agenda.

The regulations are an implementation strategy for the words “gender identity” being added to the school system’s non-discrimination policy in May 2015.

Regardless, a group of demonstrators, clad in red mostly, showed up at the Gatehouse facility around 5 p.m. to

voice their opinion against the regulations. Some stood along Gatehouse Road flashing signs that called the regulations unlawful, or threatening to non-transgender students.

Inside the building’s lobby and cafeteria, other demonstrators in red appeared at first to be penned in by a row of security detail. But eventually they were let through to the meeting.

Robert Rigby, a West Potomac High School Latin teacher and leader of the employees’ LGBTQ organization FCPS Pride, was present in support of the regulations.

FCPS spokesperson John Torre said the work session was open to the public, as all work sessions are.

The School Board meets again July 28 for its regular business meeting. The transgender regulations were not on the agenda as action items or new business as of going to print.

—TIM PETERSON



PHOTO BY TIM PETERSON/THE CONNECTION

Security initially formed a line between demonstrators and the hallway to the Fairfax County School Board work session on July 21, but eventually they were allowed through.

OPINION

Help Children Arrive at School Prepared

Many opportunities to contribute; tax-free back-to-school shopping is Aug. 5-7 across Virginia.

The first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 5-7, 2016. Purchases of most school supplies, clothing and footwear are exempt from the Virginia sales tax. Each

eligible individual school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See www.tax.virginia.gov/content/sales-tax-holiday.

Where to give in Fairfax County

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided more than 100,000 supply kits and backpacks since 2010. Collect for Kids is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations (some listed here) and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. See collectforkids.org/resources.

❖ **Cornerstones** is working to provide backpacks and other necessities to 3,500 Reston and Herndon area students. You can buy backpacks and other items online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office Aug. 8-12, 2016, Monday-Friday, 9 a.m.-5 p.m., 11150 Sunset Hills Road, Suite 210, Reston. In addition to backpacks, Cornerstones also requests donations of new underwear for elementary school age children, and Payless gift card donations (\$25) so young clients can get a new pair of shoes. Contact Cornerstones at 571-323-9568 or volunteer@cornerstonesva.org. Visit www.cornerstonesva.org/donations/drives/back-to-school/

❖ **United Community Ministries'** annual Back to School campaign is underway. Donations are needed by Friday, Aug. 5. A gift of \$40 completely outfits one student. Please drop checks and backpacks off at UCM's main office (7511 Fordson Road, Alexandria, 22306) weekdays from 9 a.m.-5:30 p.m. If your group needs to make special arrangements for a large

donation, please contact Emily Griffin. For more information, contact Emily at emily.griffin@ucmagency.org or by 571-255-8973 or visit www.ucmagency.org/back-to-school-2016.html.

❖ **Britepaths**, formerly OUR DAILY BREAD, participates in the Collect for Kids Back to School Program each summer and is working to help more than 2,500 students in central Fairfax have everything they need to succeed this fall. Cash donations help purchase supplies at a steep discount. Please donate by Aug. 5. Donate backpacks or calculators by Aug. 5. Larger size backpacks especially needed. Donate cash through Aug. 31. Checks are welcome. Make checks payable to "Britepaths." Please include "Back to School" in the memo line of the check. Mail to: Britepaths 4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030. If delivering in person, Monday-Friday, 10 a.m.-2 p.m., except for holidays. Call ahead at 703-273-8829. Visit www.britepaths.org for more.

❖ **FACETS** is seeking to equip more than 300 students in need with backpacks filled with supplies. Use the checklist at the link below as a guide for purchasing backpacks and supplies. Place purchased supplies in backpacks or other bags and deliver to FACETS. For financial donations, please cut and mail form by Aug. 12. Drop off supplies through Aug. 12, 2016, 9 a.m.-5 p.m., Monday-Friday, 10640 Page Ave., Suite 300, Fairfax VA 22030. Contact FACETS at 703-272-3710 or JDantonio@FacetsCares.org or visit facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY17.pdf

❖ **Northern Virginia Family Service.** Mail checks (payable to NVFS, with BTS in the memo line) to: Northern Virginia Family Service, Attn: Back to School, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Donations of new backpacks and new school supplies (we unfortunately cannot accept these items after use) will be accepted on July 29, 3-6 p.m.; and Aug. 1, 10 a.m.-6 p.m. at 13926 Metrotech Drive, Chantilly, VA 20151 (between Buon Appetito and Cafein; please note storefront windows are whitewashed). Contact Pam Boyle at 571-748-2537 or visit www.nvfs.org/backtoschool.

Oak Hill & Herndon CONNECTION

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PETS

Making a Case for Pet Adoption

Lucky kittens Flame and Pixie found a home in Reston with Jesse and Margo. These little ones were born in Abingdon, Va. and dropped off at an overcrowded shelter that euthanizes all unadopted cats every Thursday. Fortunately, the Feline Foundation of Greater Washington swooped in and a series of volunteers shuttled the babies to Reston. They stayed with a foster family until Feline Foundation of Greater Washington (FFGW) June Adoption Fair at Just Cats Clinic, where they met Jesse and Margo.





Sen. Timothy M. Kaine (D-VA) listens to student Hidayah Martinez Jaka, who talked about her personal experiences with intolerance and prejudice towards Muslims, during a roundtable discussion Kaine hosted with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21 at the All Dulles Area Muslims Society (ADAMS) Center.



PHOTOS BY VICTORIA ROSS

During an interfaith and civil rights roundtable discussion hosted by Sen. Timothy M. Kaine (D-VA) at the All Dulles Area Muslims Society (ADAMS) Center last week, Phillip Thompson of Fairfax, chair of the Northern Virginia NAACP, talks about Black Lives Matters and says he is deeply troubled by the recent spate of police-related violence. Johnson is seated next to Faateha Syed (left), a 13-year-old ADAMS member and Joan Bell-Haynes (right), pastor of United Christian Parish in Reston.

The Virginia Way

BY VICTORIA ROSS
THE CONNECTION

No one knew it at the time, but Sen. Timothy M. Kaine's (D-Va.) public appearances moderating roundtables in Northern Virginia last Thursday, July 21 would be his last day of relative political anonymity before being catapulted to political prominence 24 hours later as Hillary Clinton's pick for her Vice-Presidential running mate.

Trailed throughout the day by a phalanx of political reporters, Kaine remained relaxed, composed and engaged (but never boring) during his two events.

While the first event – a roundtable discussion on immigration in Arlington – was closed to the media, the second event on religious freedom and civil rights held at the All Dulles Area Muslim Society (ADAMS) in Sterling was open to the press, and dozens of reporters, representing nearly every prominent media outlet, planted themselves in one of the conference rooms at the center, setting up cameras, adjusting boom microphones, juggling tripods and waiting.

"Why don't they talk to us?" asked 13-year-old Faateha Syed, a young Muslim woman from Reston, who seemed baffled as the media throng descended on Kaine as he entered the room.

"They're not here for us. They're here for him," an older Muslim woman replied. "They want to know if Senator Kaine is going to be our next vice president."

Despite the intense media scrutiny and political speculation swirling around Kaine, roundtable participants said they were impressed by Kaine's focus and genuine interest in them and their concerns.

Syed Moktadir, president of the ADAMS center, said he appreciated Kaine's willingness to spend time discussing issues and



Sen. Timothy M. Kaine (D-Va.) receives a warm welcome from Sanobar Yacoob (left), an executive staff member of the All Dulles Area Muslims Society (ADAMS) Center, and Syed G. Moktadir (center), president of the society, as he enters the center to host a roundtable forum with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21.

challenges moderate Muslims face every day.

"He gave each of the panelists here a voice to talk about the issues confronting Muslims," Moktadir said. "The ADAMS Center has a history of openness, moderation and civic engagement. Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."

DURING THE FORUM at ADAMS, Kaine took the opportunity to extol Clinton's virtues and assail Republican Presidential candidate Donald Trump's policies and prejudices – without once saying Trump's name.

When discussing bans on Muslims enter-

ing the United States and mass deportations – two of Trump's policy promises – Kaine asked the group: "Do you want a trash-talking president or a bridge-building president?" He noted that he and his Democratic colleagues in the U.S. Senate, "beat" a bill that would have greatly tightened screening procedures on refugees from Syria and Iraq, essentially banning them from entering the U.S.

"So the refugees are our enemy now? We shouldn't tolerate intolerable prejudice," Kaine told the group. "The bottom line is that it's not easy to come into our country as a refugee, at all. But the notion of 'no Syrian can ever come here' is antithetical



Mohsin Alikhan, president of the McLean Islamic Center, talks to a reporter after an interfaith roundtable forum hosted by Sen. Timothy M. Kaine (D-Va.) at the All Dulles Area Muslim Society (ADAMS) center on Thursday, July 21. During the forum, Alikhan asked Kaine whether he would still visit the center when he's vice president. Kaine, who had not yet been tapped as Hillary Clinton's running mate, smiled and said that he would visit "regardless of title."

to our values – especially when the innocent civilians and families seeking refuge in our country are fleeing the very violence and terror we saw in France and Lebanon that they experience every day in Syria."

In addition to discussing the plight of refugees, Kaine delved deep into the hot-button issues of police profiling and Black Lives

SEE SENATOR, PAGE 9

Godsey, now fourteen years old, with Christian and Jackson Phipps in front of the pipestem where both Godsey and the Phipps boys grew up. The only dog on the pipestem driveway, Godsey is very loved by his neighbors who call him the “pipestem dog.”

PHOTOS COURTESY
OF THE PHIPPS FAMILY



Herndon's Pet Celebrity

BY ERIN MURPHY
THE CONNECTION

Godsey, three-fourth dachs hund and one-fourth Jack Russell, joined the Phipps Family in 2002. He was born on Veteran's Day on a family farm in Abingdon, Va. Now fourteen years old, Godsey has lost all his teeth causing his tongue to hang endearingly outside his mouth, and has lost hearing in both ears.

“Godsey is also a very resilient dog. He has had multiple surgeries, been hit by a car and had his entire head bitten by a large dog but still bounced back and is happy,” said Jenny Phipps.

A true survivor, Godsey is an integral member of his neighborhood community. UPS delivery persons consistently recognize him, and his escapades escaping home when he was younger and now chasing deer and foxes providing neighbors with numerous stories to tell. “When we had only had him for 6 months, he ran away after a huge snow. We chased him all of the way to Dranesville Road where he ran down the middle of the single cleared lane with 3 foot drifts on both sides. All of the cars stopped to let the little 17 pound dog run down the street,” said Jenny Phipps in regard to the many adventures Godsey has embarked on over the years in Herndon. Godsey also became a pet celebrity in downtown Herndon when his picture was painted in the mural for the Dominion Animal Hospital on Station Street. “He’s a very sweet little dog to everyone and loves to be part of everything we do. He is one of a kind,” said Jenny Phipps.



Christian and Jackson Phipps with Godsey for his first Christmas with the Phipps Family.

Godsey has undergone multiple surgeries, lost all his teeth, is deaf and still suffers from a limp due to a car accident when he was very young. However, he can still be seen running about the neighborhood and putting on a smile on all his neighbors' faces.



Paws of Honor provides veterinary care for retired K-9s.

BY DANIELLE GRAE
THE CONNECTION

Some of our nation's security forces receive no benefits upon retirement— K-9s. Twenty-eight retired K-9s are patients of McLean based 501c not for profit Paws of Honor, which pays 100 percent of its retired K-9s' veterinary expenses. Paws of Honor opened six months ago, and according to the organization's founder and president, Bod Youngblood, Paws of Honor expects to serve 60 to 80 dogs by the end of the year.

“We believe these pets should be taken care of and not just discarded at the end of their service life. I mean, they've been jumping out of planes, they've gone to Afghanistan. They're tired, they're sore, and they're worn out,” Youngblood said.

Youngblood had the idea for Paws of Honor when he saw K-9s injured in the aftermath of the 9/



Retired Explosives Detection K-9 Buddy and his partner Detective David Orr of Loudon County outside on a beautiful day.

11 attack on the Pentagon.

“They mostly came in with burnt paws. They had respiratory issues from the smoke and the jet fuel. They hadn't been sleeping in two or three days,” Youngblood said.

Human officers receive benefits for their entire lives, whereas K-9s receive no benefits when their service is over. Without Paws of Honor, owners must choose to take on the financial burden, give away their partner or euthanize it.

Youngblood estimated each retired K-9 costs on average \$1000 per year in veterinary expenses. The K-9s live on average two to



Retired Explosives Detection K-9 Buddy proudly displays his collar.

three years after retirement.

K-9s participating in Paws of Honor have worked for the CIA, FBI, Pentagon, Secret Service, Homeland Security and state police forces.

“They keep our soldiers safe,” Vice President of Paws of Honor and COO of Old Dominion Health Center Cassie Browne said. Youngblood said retired K-9s at Paws of Honor have done multiple war tours, jumped out of planes and automobiles, parachuted and searched for explosives.

One retired K-9 in the program is Buddy, owned by his former part-

ner, Detective for the Loudon County Sheriff Department, David Orr. Orr worked as an Explosives Detection Canine Handler for Loudon County from May 2012 until Buddy retired in 2016 at six-and-a-half years old due to seizures.

“What [Paws of Honor does] is invaluable. I don't know of any departments that actually cover any medical expenses for K-9s when they retire. And that's where Paws of Honor comes in to fill that void,” Orr said. Youngblood hopes Congress will extend health care benefits to retired K-9s, but until then Paws of Honor needs to raise enough funds to care for its patients. Paws of Honor is based in McLean in Old Dominion Animal Health Center, which has donated space and veterinarians. Paws of Honor is seeking donations. Without further donations, the organization may be forced to turn away retired K-9s and see them perform tricks. Tickets will be on sale in August. Paws of Honor also receives donations at www.pawsofhonor.org and features photos and background stories on some of its K-9s.

PHOTOS BY DANIELLE GRAE/THE CONNECTION



Penny Visits Nursing Home

Penny is a six year old Long-haired Dachshund and is a pet therapy dog. Penny has volunteered as a pet therapy dog through Fairfax Pets on Wheels for 4 years. In her role as a therapy dog she visits patients in a local nursing home about two times per month through Fairfax Pets on Wheels. Pet therapy has been proven to lower anxiety in patients. Pets also benefit by getting attention from the patients. Besides dogs Fairfax Pets on Wheels has cats and rabbits in the therapy program.

—SHARON CELESNIK/VIENNA

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Pink and Dublin love attention from their “mom”. Andrea Creighton.



Dublin, Pink and Steeler waiting patiently for ice cream.

ENTERTAINMENT

The Grand Musical Theatre Experience returned to Herndon High School with a total cast of 38 youths from area middle schools and high schools for a July production of the musical “Big.”

PHOTO COURTESY OF
HERNDON DRAMA



‘Big’ at Herndon High

Herndon Grand Musical Theatre Experience presents “Big The Musical.”

BY RYAN DUNN
THE CONNECTION

The Grand Musical Theatre Experience returned to Herndon High School with a production of “Big The Musical” by John Weidman, music by David Shire and lyrics by Richard Maltby, Jr. Cast of the musical performed at a July Herndon Friday Night Live event on the Town Green. The show is directed by Morganne Davies with musical direction by Dana Van Slyke, and is based upon the 1988 motion picture “Big” written by Gary Ross and Anne Spielberg.

Previous summer productions have included “Anything Goes!” and “Hello Dolly.” This will be the first summer drama production in Herndon for theatre drama teacher Morganne Davis. “I think the focus of our summer show is to build community. We are excited as we have a lot of middle school students as well as students from other schools attending the program,” said Davis.

Protagonist Josh Baskin is tired of being an awkward kid. At a carnival, he makes a wish to the Zoltar

machine to become “big”. To his shock, his wish is granted. Josh must soon do “adult” things like get a job and a girlfriend. In the end he discovers there is more to being an adult than he’s bargained for. Younger Josh Baskin is played by rising freshman at Freedom HS Ethan Van Slyke, older Josh is played by rising Herndon HS senior Jordan Rees. “Being a part of this musical is a great experience, it is an exciting upbeat show and I love working on it,” said Rees who will be president of the HHS thespian society.

“It has been a magical experience,” said Erin Maxwell, rising sophomore at HHS. “It has been a team effort, everybody doing their best.” Maxwell has the role of Susan Lawrence, who meets the older Josh Baskin.

With a total cast of 38, students have enjoyed the experience of putting together this summer musical. “Time really flies,” said student Sara Gheitanchi. “I thought it was a fun way to spend the summer,” said Ruth M. Miles, a student at Rachel Carson Middle School. For student stage manager Meaghan Graney, the production may have more meaning, as she will be soon leaving to study at the University of Mary Washington. “It is cool to see these kids I have known since they were freshmen perform on stage... the last song is kind of bittersweet because it is about moving on,” said Graney. Performances will be held at Hendon HS on July 29 and 30 at 7:30 p.m., and July 31 at 2 p.m. and tickets will be \$10.

By Popular Demand

Herndon’s illusion artist Derek Jaspers returns to NextStop Theatre with encore performance.

BY DAVID SIEGEL
THE CONNECTION

With a sold-out performance when Herndon’s Derek Jaspers first appeared at NextStop Theatre just a few weeks ago with his deception and sleight of hand skills, audiences clamored for a return engagement. Audiences will have their wish granted as Jaspers returns to NextStop with an encore performance of magic and mind-reading on August 13.

“We were blown away by the

Where and When

NextStop Theatre presents the return engagement of mentalist and deception artist Derek Jaspers in “Memorandum” at 269 Sunset Park Drive, Herndon. Performance Aug. 13, 2016 at 8 p.m. Tickets \$20. Call 866-811-4111 or visit www.neststoptheatre.org

response we received for Derek Jasper’s ‘Memorandum’ performance,” said Evan Hoffmann, artistic director, NextStop Theatre. “Derek is bringing something new and incredibly exciting to our community. We are thrilled to have the opportunity to bring him back so



PHOTO COURTESY OF
NEXTSTOP THEATRE

Mentalist Derek Jaspers in performance.

even more people can experience it!”

“I was beyond excited to have a sold out performance for the first run of the show, looking forward to doing the same the second time around!” said Jaspers. Jaspers has deep roots in the Herndon area. He graduated in 2013 from South Lakes High and lives in Herndon.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Summer Group Art Show.

Through Aug. 3. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Diverse works of nine artists. RestonArtGallery.com.

“Golden Moments” by Lassie Corbett.

Aug. 4-Sept. 1. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Artist exhibit. RestonArtGallery.com.

Mary B. Howard Artist Member Exhibition.

Through Aug. 27. Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston. Regional artists who support GRACE’s mission of enriching community life through excellence in contemporary visual arts. restonarts.org

Mapping Moments.

July 13-Aug. 28. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Jay Young Gerard. 703-956-9560.

Beginners Chair Yoga.

July 5-Aug. 30. 6-7 p.m. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$10/\$20. 703-464-6200.

“The Way I See It” Exhibit.

Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

“Paint and Beyond.”

July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. www.leagueoffrestonartists.org.

Yoga on the Plaza.

9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.

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. www.kalypsosportstavern.com.

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. www.kalypsosportstavern.com.

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. www.kalypsosportstavern.com.

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. restontowncenter.com. 703-579-6720

Herndon Friday Night Live.

6:30 p.m. Through Aug. 26. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to herndonrocks.com.

Take a Break Concert Series.

Thursdays. 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanneplaza.com.

Summer Entertainment Series.

June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what’s playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.

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.

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 <http://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>.

MONDAY/JULY 18 - FRIDAY/JULY 29

Summer Stem Camps. South Lakes High School, 11400 South Lakes Drive, Reston. VEX IQ Robotics. and VEX1 Robotics. Register at www.nvcc.edu/systemic or contact SySTEMic Solutions Regional STEM Coordinator Aleksander Marthinussen at 703-530-2894 or systemic@nvcc.edu for more information.

THURSDAY/JULY 28

Farmer’s Market Fun Days.

10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Billy B Brennan, the natural science song and dance man. Free. herndon-va.gov.

Dollars and Sense.

7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A monthly book discussion group that focuses on business leaders and markets. July’s title is “America’s Bank” by Roger Lowenstein. 703-397-0420.

FRIDAY/JULY 29

Herr Metal and Dr FU Concert.

6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear German 80’s rock legends Herr Metal perform their ‘80s-style show with rock hits recorded and popularized by Guns ‘n’ Roses, Bon Jovi, and others. Free. info@herndonrocks.com.

Reston Station Music.

6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Bad Influence. Blues. 703-230-1985.

Jenn Renee & the Rebels - Rock Music.

July 29, 9:30pm to close@ Kalypso’s Sports Tavern 1617 Washington Plaza North, Reston, VA 703-707-0660, www.kalypsosportstavern.com

News

People's Choice winner of the Town of Herndon Calendar Photo competition was Samurai Spin by Alejandro Saenz

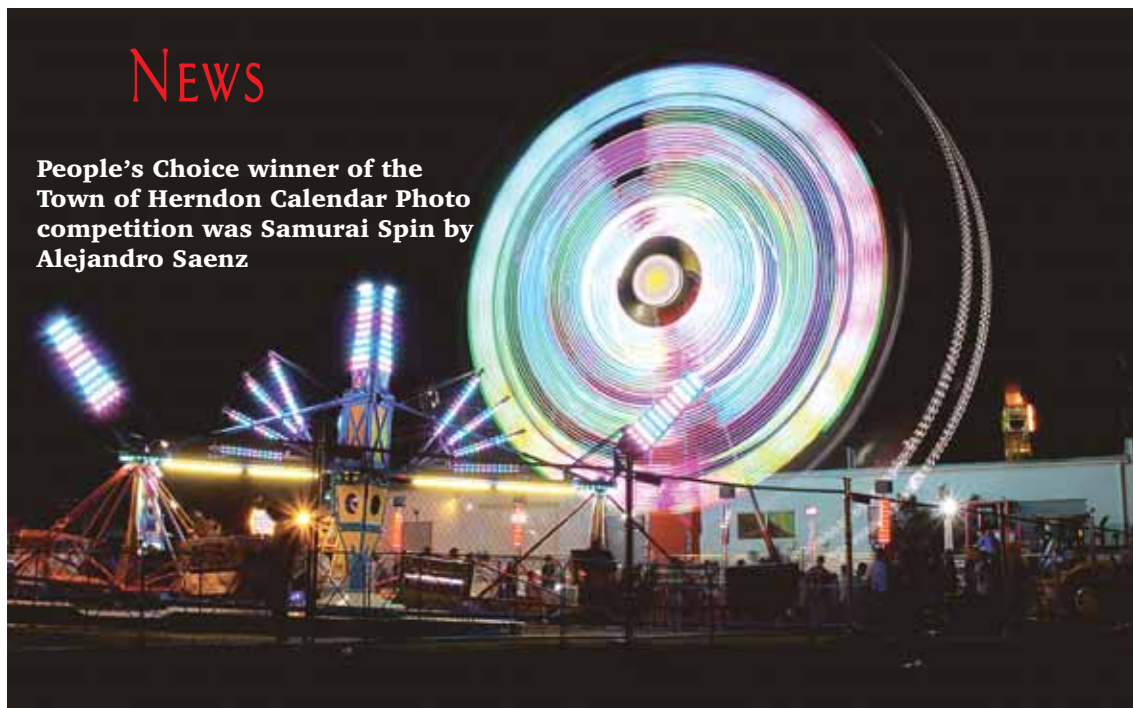


PHOTO CONTRIBUTED

A Herndon Year

Arts Herndon announced the winners for the 6th Annual Herndon Town Calendar Photo Competition. The prize-winning art will be highlighted in the upcoming Herndon Calendar, which is mailed to every business and resident of the town in December.

Professional and amateur photographers submitted entries to the Herndon Town Calendar Photo Competition. Over 200 submissions were received.

The winners are:
January: Winter Lights- Charles Mauro
February: Big Snow-Amy Anderson
March: At the Station-Robert Maxwell
April: HHS Football Team Clearing the W&OD Trail-Todd Stanley

May: Little Free Library-Michele Reyzer
June: Festival Street-Alejandro Saenz
July: Red, White and Bread-Katy Betti

August: Hunter's Creek Swim Club-Amy Anderson
September: Jimmy's Labor Day Poker Run-Mike Madigan

October: Scary Little Ladybug-Charles Mauro
November: Bike Rider-Katy Betti
December: W&OD Trail for all Seasons-Mike Madigan

People's Choice: Samurai Spin-Alejandro Saenz
Cover: Farmer's Market-Mike Sawatzki
The photos to be featured in the 2017 Herndon Town Calendar were announced by Mayor Lisa Merkel at a reception at ArtSpace on July 9. Jurors Alexa Mamatas and Les Ziedel selected the award-winning entries.

The deadline to submit photos for the 2018 Herndon Town Calendar competition will be in June 2017; for additional details, visit Arts Herndon at www.artspaceherndon.com.

Senator Kaine Hosts Interfaith Forum

FROM PAGE 5

Matter. He noted the success Richmond had with strategies like community policing rather than zero-tolerance policies that surfaced after 9-11.

"I'll tell you one little insight...One of the best things we did (when I was Mayor of Richmond) was hire a police chief who had the idea of community policing, who said 'let's put officers on bicycles...let's make them part of the community... We don't have to recreate the wheel, we have the model.'"

But unlike the famous real estate mogul on the other side of the political aisle, Kaine said, he believed our nation becomes greater by unity, not more division.

"Do we pull together as a nation or try to divide the nation? Virginia has some history with divisiveness, but when we started a change in Virginia and put [divisions] behind us and started to let everybody be around the table, we started doing really, really well. And that's what's at stake here in this election."

When Joan Bell-Haynes, pastor of the Reston United Christian Parish, asked Kaine what people in the room should do to help the country get past its racial and religious divisions, Kaine said he was supporting Hillary Clinton, and called her the kind "bridge-builder" that we need.

AT TIMES, Kaine was giving mini history lessons on the First Amendment and Freedom of Religion. He also showed his philosophical, thoughtful side, relating a story about one question he often asked as a Jesuit missionary in Honduras.

"As human beings, we have an instinctive appreciation of diversity in nature. I would ask people 'Do you have a favorite flower?' And most people do have a favorite flower. Then I would ask 'Do you want every flower to be that flower?' Of course not," Kaine said, smiling. "That would be boring."

Although Kaine did not invite discussion of the VP buzz surrounding him, several participants noticed a sign behind where he was seated that read: "What if someone from your community became a national figure? In America anything is possible."

Mohsin Alikhan, president of the McLean Islamic Center, asked Kaine whether he would still visit when he's vice president.

Kaine shook his head, and humbly answered "Of course I'll come...regardless of title."

After the event, Kaine took media questions, but deflected any speculation about his chances as Hillary Clinton's pick. He did tell the press pack, however, that "I'm being considered because of Virginia. Virginia Matters."

"Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."

—Syed Moktadir, president of the ADAMS center

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8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

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Cancer Patient Super Heroes



By KENNETH B. LOURIE

To say that cancer patients have to call upon superhuman qualities to fight their disease is, to those of us in the trenches, the most obvious and perhaps most under-appreciated fact. The emotional, physical, psychological and spiritual toll is excruciating at best and the tip of the iceberg at worst. The relentless, never-ending, life-threatening, roller coaster ride of highs and lows – and some in-betweens, is more than enough tumult to unsteady any man – or woman. And so I'd like to introduce some of the non-Hollywood/non-comic book super heroes for your consideration:

"Statman." Because of the seriousness of the underlying diagnosis, lab work is always ordered "stat," meaning top priority. "Statman" has the wherewithal to learn results quickly and not allow potentially negative results to affect his day-to-day activities. Much easier said than done.

"Stuperman." Because of the exhausting side effect of some heavy-duty chemotherapy infusions, the patient is often dazed and confused after treatment. Add in some ongoing sleep deprivation – and anxiety, and the patient's ability to get out of his or her own way is compromised. Yet, "Stuperman" endures, somehow. No longer can he leap tall buildings in a single bound, though.

"Iron-Deficiency Man." Because some chemotherapy obliterates both white and red blood cells, cancer patients are often terribly anemic and quite weak, and unable to fend for themselves. In effect, there is no fuel in the tank. Still, "Iron-Deficiency Man" manages to complete his most basic tasks: eating and going to the bathroom. Not without a struggle, though.

"Sedentary Man." Is able to stay in one place for hours, hardly moving. Nevertheless, given the extreme fatigue and the challenge of moving even 10 feet, "Sedentary Man" is still able to work the television remote, walk to the mailbox and pet the cats.

"Port Man." Due to the recurring nature of most chemotherapy (every three weeks, generally), often a device is implanted in the patient's chest to avoid potential vein collapse that regular intravenous injections – and their toxicity (lasting six hours plus) – can cause. "Port Man" is able to endure the temporarily permanent implant and live his life as if a foreign object has not been embedded just under the surface of his skin. (It would certainly get under my skin.)

Thor/Thorazine. Because of the side effects of dexamethasone, a drug prescribed to facilitate the absorption of the chemotherapy infusion, serious hiccups result. Though not exactly the hammer, Thorazine, at 25MG, stops the hiccups and saves the day.

"Chemosabe." There's no more important person in a cancer patient's life than his or her companion. And though it's equally important to never feel like a lone ranger, for a cancer patient to be treated respectfully and affectionately carries benefits Tonto likely never imagined.

"Barco Lounger." While being infused non-stop for up to seven hours, "Barco Lounger" can recline in one chair, in one place, for the entirety of his/her treatment. Moreover, while tethered to an I.V. pump, "Barco Lounger" is able to read, write, eat, drink, even go the bathroom (with a few minor adjustments) without ever stopping the infusion. Certainly, receiving the medicine is important, but so too is having some control over your environment. "Barco Lounger" succeeds on all fronts.

Legendary Hollywood actress Bette Davis is credited with having said: "Old age ain't no place for sissies." As a 61 and half years-old, seven years and five months-long cancer survivor, I would welcome old age and the arrival of yet another cancer-patient super hero: "Survivor Man," who lived years beyond his original "13-month to two-year prognosis."

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

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Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean's list at Washington University in St. Louis.



Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) lead excursions around the station so visitors could practice good safety habits while playing the game.



PHOTOS BY TIM PETERSON/THE CONNECTION

From left, Adam, Daisy, Ryan, and Kesley Anderson of Oakton play Pokémon Go together as a family.

Playing it Safe

Pokémon Go event hosted at Sully government center.

BY TIM PETERSON
THE CONNECTION

With Fairfax County Police officers blocking traffic, dozens of community members crossed Stonecroft Boulevard in front of the Sully District government center in Chantilly.

Once they reached the other side of the street, the majority of women, children and teenagers whipped out their phones and continued to play Pokémon Go, the smartphone version of the popular video game.

In the game, players are tasked with searching for, capturing, battling with and caring for imaginary animal-esque creatures called Pokémon.

In this latest viral iteration, players engage with “augmented reality,” where elements from the game are overlaid on the physical map, allowing someone to see something on their phone in the same place where nothing exists to the naked eye.

For Pokémon Go, the Pokémon creatures can be found roaming, seemingly randomly, through the individual worlds of players as they move through their day-to-day routines.

But as the game itself became wildly popular in just a short time, the number of crimes and accidents as a result of people walking around outdoors with their heads buried in a handset has also gone up.

IN JUST THE SULLY DISTRICT, Crime Prevention Officers say there have been several “near-misses” between drivers and pedestrians, where they were walking unaware into the road.

Also, they said, there have been regular calls coming in overnight reporting suspicious persons walking around, that have turned out to be people playing the app.

In Springfield, in just the past two weeks, five individuals were arrested for trespassing on school property. They were pursuing Pokémon.

To address the safety and legal issues associated with the game — which everyone admits does a great service by getting play-



Though the Pokémon Go app's server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid (center) and Public Schools At-Large School Board Member Ryan McElveen (right) joined Supervisor Kathy Smith (D-Sully) at the event as well.

ers out of the house and interacting more with both the world and each other — several elected officials organized a day-long event to engage with community members face-to-face-to-phone.

Lt. Matt Owens, acting commander for Sully Station, encouraged those in the audience to be safe drivers, and to be respectful of memorials or locations where Pokémon may be hiding.

Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) then lead excursions around the station so visitors could practice good safety habits while playing the game.

“This is another example of a police department really getting out there and being proactive in the community,” Herrity said.

Smith received a tutorial in playing the game from William Phan, of Fairfax, who

founded the Facebook Group Pokémon Go. He says he started the page out of a paternal instinct to protect people he saw as putting themselves or others around them in danger by not hydrating, going out by themselves, going out at night, etc.

“It needs good policy,” Phan said. “I’m here to make everyone happy, get them at their optimal level.” Phan’s Facebook page acts as a forum for players to communicate, as well as a message board for posting helpful tips.

OTHERS ALL AGREED one of the successes and attractions of the game is how it requires movement through a very real world, providing very real exercise.

“It’s nice to be out in the community,” said Staff Sgt. Miesha Collins, of Mount Vernon, a U.S. Army recruiter based in Falls Church.

“You find people with the same interests



Left, Mike Man of Centreville and his fiancée Haley Huyah (right) run Poké-Man, a food truck that he claims is unaffiliated with Pokémon or the new app. Man is of Hawaiian descent: Out of the truck they serve a traditional Hawaiian bowl called “poké” that includes raw salmon or tuna over rice, with cucumbers, carrots and either spicy mayo or soy ginger sauce. The food truck was on hand on July 20 for the Sully District Pokémon Go community event.

as you,” Collins said. “This game is bringing a lot of people together. Also, there’s a Jigglypuff in my neighborhood and I’ve been walking around for days trying to find it.” Though the app’s server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid and Public Schools At-Large School Board Member Ryan McElveen spent time at the event as well.

Kincaid arrived with custom-made Pokémon cards for her office, encouraging people to be safe when they play the game in public.

McElveen had promoted the event — which was scheduled to run from 10 a.m. until 10 p.m. — through his Twitter account that’s popular among FCPS students.

A similar event is being scheduled for the West Springfield area at the end of next week.