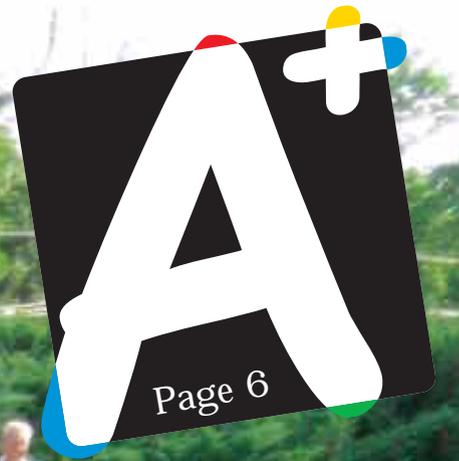


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The crowd at Friday Night Live last Friday, July 15 at the Town Green in downtown Herndon where the bands Six to Midnight and Crazy in Stereo were performing.



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Photo by Steve Hibbard/The Connection

Friday Night Live! Rocks in Herndon

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Herndon Students Finish in Top 5 in Robotics Competition

A+, Page 7

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Food Truck Full of Temptations

Ed Hardy's truck has recently been parked in Reston at lunchtimes.

By Alexandra Greeley
The Connection

How often do local foodies come across a food truck with such an eye-catching logo: BaconN'Ed's? An obvious play on the iconic American breakfast—bacon and eggs—the food truck even sports artwork of eggs sizzling in a skillet. And who is the playful chef who has devised this eye-catcher and whose truck has recently been parked in Reston at lunchtimes.

Unlike many chefs, Richmond native Hardy did not grow up in a food-centric family and did not learn the basics from his mom or grandmother. But he did cook his way through the last two years of college at the University of Virginia. He even worked in several local Charlottesville restaurants, thinking that cheffing would attract girlfriends. There Hardy learned some basic kitchen skills and even grew to enjoy cooking

Meet Area Chefs

and playing around with recipes. But after graduation, he went to work as a staff member for several congressional campaigns, a far cry from tending to sizzling steaks.

Fed up with the political life, however, Hardy left politics for good, moving to New York to enroll in the French Culinary Institute (now called the International Culinary Center). After earning his degree there and graduating third in his class, Hardy honed his cooking skills by working in two notable Manhattan kitchens and chefs: with Chef Marcus Samuelsson and with chef Michael Romano.

After working other New York chef jobs, Hardy headed to D.C., where after a stint at a now-closed McLean restaurant, and working at his Quench restaurant in Rockville, Hardy decided on heading into other projects. Noting that



Ed Hardy.

the plaza at Reston's metro station offered space for retail food sales, he worked there for half a year, and then moved on to his food truck business. In the meantime, however, he has become something of a food celebrity. "I have appeared on the Food Network,"

he said, "and I get lots of social media attention."

Ah, food-truck food, some critics may say. But they can't disparage Ed Hardy, who applies his culinary training to his food. "Fine dining is not left behind," he said. "I find that making additions to

recipes makes a dish better, like bacon and breakfast sausages." He also has created a stunning chicken sandwich that is not your typical mayo-lettuce combo. He calls it Fried Chicken banh mi, which is a take on a classic Vietnamese sandwich, but with boneless crunchy chicken and crispy bacon. Speaking of bacon: Hardy even cures and smokes his own.

But Hardy offers many other temptations, and even if you wish, he will cook up a pig roast. Sadly, he does not have a brick-and-mortar location, but if you check his Facebook page daily (<https://www.facebook.com/BaconNEds/>), you can track him down, then pig out. He stresses, however, that his appearances are generally by appointment. As he noted, "Truly the best way to experience our food is to log onto www.mobilegourmetkitchen.com and book us."

Photo contributed



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Laying Foundation of Hope

Herndon's beloved principal to leave July 30 after creating foundation of hope.

By Ken Moore
The Connection



William Bates.

Herndon High School principal Dr. William Bates is leaving, but the philosophy of "hopeology" he instilled in the Hornet community will remain.

"Yes, it is true. After nine years of calling Herndon High School home I will be leaving. The past seven years as principal have been the best years of my professional career," said Bates.

When the Fairfax Board of Supervisors honored Bates in 2015 for being the principal of the year, he gave a glimpse of the inspiration power of his teaching philosophy of "hopeology."

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

"All children are capable of success. No exceptions," he said. "We have the ability to get those who don't believe in themselves to accomplish the most amazing things."

On July 30, Bates will become the director of School Performance with the Baltimore County Public Schools.

Bates has been part of Fairfax County Public School system for 17 years.

"A few of my most humbling career experiences came when I was named principal of Herndon High School in 2009 and when I was recognized as the 2015 FCPS Principal of the year," he wrote in a letter to the Herndon community. "These are accomplishments that will live prominently in my heart forever, but it was the wonderful work



William Bates, Herndon's principal, will be leaving July 30 for Baltimore County Public Schools. He is pictured here with the Board of Supervisors, who honored him after he was recognized as the county's 2015 Principal of the Year.

being accomplished at Herndon High School and the support of the Herndon Hornet Community that made these things possible."

With Baltimore County Public Schools, Bates will help lead principals through the School Performance Plan Process as well as mentor new principals, especially those at

Title 1 and priority schools within the Baltimore County School System.

He will bring with him the impact of teaching he created at Herndon High School.

"I witnessed Young Hornets reach their highest goals and aspirations because of dedicated school staff and caring parents who created pathways for success," said Bates. "I

can't say enough about the miraculous things that are happening in the Herndon Pyramid on a daily basis and it's all because of people like you. People who care about kids. People who respect and care for their school community. People who are willing to do whatever it takes to help all Hornets be successful. No exceptions."

Fairfax County School Board Elects New Chair, Vice Chair

The Fairfax County School Board has elected Sandy Evans (Mason District) as chair and Jane Strauss (Dranesville District) as vice chair for a one-year term. The chair and vice chair assumed office at the July 14 School Board meeting. They were elected by School Board members during the Board's annual organizational meeting.

Evans, who was elected to the School Board in March 2010, served as vice chair during the 2015-16 school year. She is the former chair of the School Board's School Health Advisory Committee and served on the Board's Transportation Task Force.

Evans is a member of the steering committee of the Northern Virginia Healthy Kids Coalition; founding member of the

Fairfax Education Coalition; and co-founder of Start Later for Excellence in Education Proposal (SLEEP). She served as the legislation committee chair of the Fairfax County Council of PTAs and as president of the Sleepy Hollow Elementary School PTA, and is a former staff writer for the Washington Post. Evans earned her bachelor's in journalism from the University of Maryland-College Park.

Active in education for over 30 years, Strauss is a former elementary and pre-school teacher. She obtained an M.A.T. from



Sandy Evans.



Jane Strauss.

Harvard Graduate School of Education and her B.A. in history from The George Washington University. Strauss is past president of the Franklin Sherman PTA and the Fairfax County Council of PTAs and past chair of

the council's education and budget committees. She has served on numerous education and youth affairs committees including the FCPS Career and Technical Preparation Task Force, the Division Planning Committee, the Citizens Bond Committee, and the Fairfax Framework for Student Suc-

cess.

A mother of four FCPS graduates, her Board service was from June 1991 to 1993 and from 1996 to the present. She served as Board vice chair in 2000 and Board chair in 2001 and 2011.

In addition to the chair and vice chair, members of the Fairfax County School Board, whose terms run from 2015 to 2019, are: Jeanette Hough (at-large), Pat Hynes (Hunter Mill District), Tamara Derenak Kaufax (Lee District), Ryan McElveen (at-large), Megan McLaughlin (Braddock District), Illyong Moon (at-large), Dalia Palchik (Providence District), Karen Corbett Sanders (Mount Vernon District), Elizabeth Schultz (Springfield District) and Thomas Wilson (Sully District).

Opinion

Voting, for Former Felons and Others

In a Democracy, we're best served by more voter participation.

Today, the Virginia Supreme Court will hear an expedited challenge to Gov. Terry McAuliffe's (D) restoration of the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time and completed any supervised release, parole or probation requirements.

The restoration of voting rights moves Virginia into the mainstream. Virginia had been one of four most restrictive states with lifetime bans on voting for those convicted of felonies. Fourteen states automatically restore voting rights once the individual's term of incarceration is over, and two states allow absentee voting from prison. Only 10 states have more restrictive policies than McAuliffe's order about voting for people who have been convicted of

felonies.

While the perception is that such a move will favor Democrats, in a Democracy, it's better for all when more people vote.

According to statistics released by the governor's office, 51.5 percent of those whose voting rights have been restored by McAuliffe's order are white; 45.9 percent are African American. Eighty percent were convicted of nonviolent offenses. Almost half had been completed both their sentences and supervision more than 10 years ago.

McAuliffe said: "If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in our democracy."

This action brings Virginia into line with 39 other states, with more than 20 states having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assembly restored the vote to all convicted felons immedi-

ately upon their release from prison. Previously, people convicted of felonies in Maryland had to complete all parole and probation before they were able to vote.

In Virginia, such individuals still are required to complete their term of incarceration and their term of probation or parole before voting rights are restored.

MEANWHILE, for all Virginia voters, the deadline to register to vote for the Nov. 8, 2016 general election is Oct. 17. You can verify your voter status at <https://vote.elections.virginia.gov/VoterInformation>. This is especially important to do if you have moved or have not voted recently.

In person absentee voting begins Sept. 23. It's an important election, with Virginia playing a critical role in the outcome of the race for U.S. President. There will also be many important local issues on the ballot, along with the races for U.S. Congress.

— Mary Kimm
mkimm@connectionnewspapers.com

Editorial

Letters to the Editor

Keeping Young Minds Engaged in Summer

To the Editor:

Summer means warmer weather and time for vacations. But it's also a time when the average student loses nearly two months of academic knowledge.

It's called summer slide. While two months may not seem like a big deal now, research has shown the effects of summer learning loss are cumulative. Meaning, children who aren't engaged at a young age while

they're out of school for the summer continually fall behind their peers, ultimately impacting their chances to earn a high school diploma and their chances – or desire – to continue on to college.

Knowing that less than 30 percent of the jobs today in the United States are designed for people with less than a high school diploma is alarming to me. Moreover, as a woman working in the technology sector I understand the importance of getting children excited about science, technology, engineering and mathematics (STEM) fields early.

After all, STEM influences our daily lives. From the weather to smartphones to buildings, STEM is everywhere!

Just imagine – you commit to memory all the valuable information in order to make a presentation at work. Then take a brief vacation and when you return can barely remember enough facts to answer simple questions about your presentation. And because

you can't recall the information, you're passed over for promotions in the future.

Seems frustrating, right? It's no different for students heading back to school in the fall. Because they haven't used the knowledge learned during the school year, they lose it and become discouraged.

If at least a high school diploma is needed for the majority of in-demand jobs, the future workforce may in fact depend on us engaging children today so they can be successful tomorrow. Here are just a few ways to keep children engaged during the summer and maybe even spark a little STEM curiosity at the same time.

❖ Discovery Education – Connect the Dots - Discovery Education offers a wide variety of free family resources that provide high quality, relevant material for you and your children.

❖ National Summer Learning Association - The National Summer Learning Association is committed to ensuring that students receive quality science, technology, engineering, and math (STEM) education in their out-of-school time.

❖ Global Digital Citizen Foundation – Global Digital Citizen Foundation curates a list of customizable project-based learning activities organized by STEM subjects.

❖ Project Lead the Way – Project Lead the Way empowers students

to thrive in an evolving world and they've compiled a list of 20 simple summer STEM activities.

❖ Children's Science Center – Children's Science Center is a hands-on children's museum here in Northern Virginia, where children learn through play.

❖ NOVA Play Labs – NOVA Play Labs utilizes play as a way to teach STEM information to children ages 12 months to 14 years old.

So yes, while summer is a time for relaxing, it should also be a time to get ahead on the upcoming year and gain new experiences. If you have children, spend an afternoon at the park to make observations or visit a museum. If

Taking Exception

To the Editor:

The Last week's Connection included a Letter to the Editor from Elizabeth Torpey Bradsher ("School Board Politics and Transgender Policy.") In this letter, Ms Bradsher noted that our current Springfield district representative to the school board, Ms. Elizabeth Schultz, "...has little hope in changing anything..."

I also believe that Ms. Schultz does not/will not have a significant impact on the school board. I differ with Ms. Bradsher on the reason why. I suggest all community members review the videos of work sessions and meetings of the

you don't have children, volunteer your time to read at your local library or make a book donation. I know at Cox, we recently partnered with Daniels Run Elementary School to donate books to the students who needed reading interventions. But it doesn't have to be a big commitment of time or money. Just know that time invested to keep young minds engaged this summer will pay off in the fall and the future. And that's a win-win.

Kathryn Falk
Market Vice President of
Northern Virginia Operations
Cox Communications

school board to see how Ms. Schultz interacts and communicates with her fellow school board members and staff. Ms Schultz does not communicate well, does not show respect to the board members, is antagonistic, and non-collaborative.

I am not commenting on her positions or initiatives. I am noting that she is not an effective member of the board, not because of politics, but because she does not have the skills or temperament needed.

Michael Spatola
Fairfax Station

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Letters

Clarifying Constitutional and Legal Rights

To the Editor:

I want to offer a few corrections to the Commentary by Jennifer Boysko (D-86) in the July 6-12, 2016 edition of the Oak Hill-Herndon Connection ("Time to Stand Up to Anti-women Regulations.")

Abortion is not a constitutional right. The word abortion does not appear in the U.S. Constitution. Abortion is a legal right granted by the Supreme Court.

The Targeted Regulation of Abortion Providers was passed in several states in response to the evidence presented in the Kermit Gosnell trial.

Gosnell was an abortion provider in Philadelphia whose "clinic" had not been inspected by the Department of Health in 17 years. (A McDonald's is inspected more of-

ten than that!)

EMTs were called to this facility because of the condition of a patient, who later died. The EMTs were unable to bring in a gurney because the corridors were too narrow. What they found was a horror: There was evidence of unsterilized instruments being used; Gosnell did not have admitting privileges in any of the local hospitals; on shelves there were jars containing bodies of aborted babies; and there was blood on the walls and floors.

State legislatures are not attempting to deny women the right to a safe abortion, their purpose is to ensure that women have access to facilities that are truly safe.

Mary Lou Ferreira
Herndon



Photo contributed

Marina Sizova at work.

Beauty by Marina Joins Cirque Salon Studios - Herndon

Cirque Salon Studios has announced the opening of Beauty by Marina at their 384 Elden St. location in Herndon.

Marina Sizova, owner of Beauty by Marina, is a licensed makeup artist, with a B.S. in International Affairs. In 2012, she started her business and has worked for leading cosmetic companies like MAC, NARS and Bobbi Brown. Sizova, a Reston resident, was born and raised in Ukraine.

An experienced makeup artist, Sizova has hundreds of bridal, commercial, editorial and television makeup sessions

under her belt.

She recently completed world-class training with American Masters in the European Eyebrow Microblading Embroidery Technique.

She is also PhiBrows certified by leading artist Branko Babic and is the first PhiBrows certified artist in Virginia. She currently holds a Virginia Permanent Makeup License, is certified in CPR/First Aid, and is an active member of the Society of Permanent Cosmetic Professionals.

For more information visit www.marinasiszova.com.

Correction

In the article "Give Paddle Power a Try" (Connection, July 6-12, 2016), Jeff Kuhn was erroneously named as president of the DC Dragons, a dragon boating team in our area that is part of the National Capital Area Women's Paddling Association. The DC Dragons, and the youth team Capital City Dragons launch from the Anacostia Community Boat House. Mr. Kuhn is, in fact, the president of the DC Dragon Boat Club, a separate entity formed in 2008, that now includes some 150 members and a variety of recreational and competitive teams. The DC Dragon Boat Club is based at the Gangplank Marina in D.C.

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Creating a College Packing List Sorting out the essential from the unnecessary.

By Marilyn Campbell
The Connection

When a Chantilly family prepared to send their daughter to college, their process was threefold: packing up her childhood bedroom, setting up her college dorm room and getting organized in the process. They enlisted the help of professional organizer Jodie Campbell Jacobs of SOUPrior Organizing in Springfield. Jacobs discarded, preserved and streamlined, helping the family create a list of items that their daughter would need for college.

"I helped them clean out what they already had so they could get a better idea of what they needed to bring to school," said Jacobs. "I told her not to bring too much personal stuff. Going off to college is a new chapter in your life and you want to decorate the new space for the new stage."

Though it is the middle of summer, many families are preparing



College students move into a residence hall at Marymount University.

their rising college freshmen for a new school environment and the requisite lifestyle adjustments: sharing a cramped living space, awkward walks down a hallway to a shared shower and doing one's own laundry.

A COLLEGE PACKING LIST can help organize the transition, but

students should find out before arriving on campus the items that are necessary, such as a microwave oven, mini-refrigerator, television, bed linens and laundry bags, as well as those that are questionable, such as extension cords, multi-plug adapters and toaster ovens.

"Students frequently arrive on campus bringing their pet, such as

a snake, turtle or dog," said Yolanda Gibson, D.A., associate dean of First Year Experience at Marymount University in Arlington, Virginia. "Unless you have an approved service animal, be mindful of your community and roommate. Also, most college campuses won't allow you to burn items, such as candles and incense."

Gibson, who is in the midst of coordinating new student orientations for Marymount, recommends that freshmen get a packing list from their university or college and reach out to the person with whom they'll be living.

"Students often come to campus with televisions without consulting their roommate," said Gibson. "You don't want to have two televisions in a dorm room. Be sure to communicate with your roommate before moving in." When it comes to deciding what goes on a packing list, professional organizer Susan Unger of ClutterSOS suggests starting with a generic list, such as one created by one's college or a home merchandise store. "There's no need to reinvent the wheel, you can start with one of those and then personalize it to your own needs," she said.

One factor to consider when creating a packing list is the distance between one's hometown and their college campus, says Jacobs. "If you live within driving distance, for example, you can think seasonally

and only bring what you need until your next visit home then swap out items," she said. "Don't bring a ton of sweaters that are going to take up space if you don't need them right away."

Organization is critical to managing a significant downsizing, such as moving out of family home into a shared residence hall, said Jacobs.

"Maximize the space you have," she said. "When it comes to sharing a dorm room or bedroom in an apartment, look at all the unused space that you normally look past, like the space under the bed."

Risers, for example, can elevate a bed creating space for stackable storage bins that hold items such as extra towels, sheets and clothing. "These things allow you to maximize every use of space possible without causing a traffic jam," said Jacobs. "You can't build more space, but you can maximize the space you have."

Jacobs also advises resisting the urge to super-size. "You don't necessarily need the Costco size of shampoo, you can buy more when-

ever you need it," she said.

Think vertically advises Unger. "For example, use the backs of doors to hang a shoe organizer," she said.

"These can be used for items other than shoes such as toiletries, snacks and school supplies. Consider using hanging shelves in your closet for the folded clothing. Use a double hanging rod to double your hanging space."

Use a shower caddy to corral all your bathing needs." One of those shower items might be a pair of waterproof flip-flops since many students will have to share a communal bathroom.

Since dorm living means sharing a space, make sure all personal items are identifiable. "Be sure to label everything, especially things like phone chargers since they can easily get mixed up," said Unger.

Both Unger and Jacobs recommend hooks that attach to a wall with an adhesive. "They can be removed later with no wall damage," said Unger.

ONE ITEM that Jacobs says many

people don't think about is a lockbox or safe that is fireproof and waterproof. "Keep documents like your social security card, certain medications and anything that you consider valuable," said Jacobs. "Since most freshman are going to live in a shared space, a lot of people will be going in an out of your dorm room or apartment, so it's great to have a space to put your lockbox where only you have access to it." Jacobs suggests storing that safe or lockbox in a place that is out of view and inconspicuous. "If someone goes looking, it's not the first thing they will find," she said. "You can put it on closet shelf under a stack of sweaters or under the bed in a storage bin."

Finally, not all shopping needs to be done in advance. "Our word of advice is to wait to purchase some of the items until you get here," said Joey Allen, communication and events manager, Housing and Residence Life at George Mason University in Fairfax. "There is usually time on move in day and the days after to go shopping for items."

You don't want to have two televisions in a dorm room. Be sure to communicate with your roommate before moving in.

— Yolanda Gibson, D.A., Marymount University

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

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Five Charged for Trespassing While Playing Pokémon Go

Fairfax County Police Department offers safety tips.

Police responded to Keene Mill Elementary School, located at 6310 Bardu Avenue in Springfield, around 10:47 p.m. on Wednesday, July 13, for a report of an alarm. Officers found two men and three teenaged boys, ages 15, 16 and 17, inside the school. An investigation determined the suspects allegedly entered the building through an unsecured area. Further investigation determined they were playing the new Pokémon Go game and ended up at this location.

Two 18-years-old Springfield residents were issued summonses for trespassing on school property and released. Petitions for trespassing on school property are being sought for the juvenile suspects - according to FCPD Public Affairs Bureau.

Police ask the public to be mindful of locations when playing the game. The game leads players



Safety alert for Pokémon Go players.

to common meeting places like churches, memorials and parks. However, not all locations and areas in the game are open to the public and not all property owners welcome Pokémon Go players on the property. Remember, be respectful and adhere to all rules and regulations.

Five Safety Tips on Playing Pokémon Go

The Pokémon Go app has become hugely popular since its re-

lease on July 6. However, there are safety concerns you should be aware of if you are a player, parent of a player or just someone who sees Pokémon Go players out and about. Here are some police safety tips:

1. Stay Alert — The Fairfax County Police Department encourages everyone to stay alert and be mindful of pedestrians, bicyclists and drivers who may be playing the game. If you are playing, you should not be on your phone while driving and you should use common sense when walking. Be aware of your surroundings; recently in the D.C. region, people

playing the game have been robbed.

2. Supervise Kids — You should become familiar with the game before allowing your children to download the app. Pokémon Go is a multiplayer game where users may run into other players in the real world as they search similar areas. Take steps to keep your kids safe.

You and your kids should discuss who they can interact with when they go out into public to use the app.

Kids should never play the game alone but in a supervised group. Know when and where your kids are playing.

3. Don't Trespass — The game has a "lure module" that leads the players to various locations to win points and catch Pokémon characters.

These locations are called Pokestops. Pokestops have been found at public places such as libraries and parks.

But stops are also on private property, empty lots or even cemeteries. Players may not realize they are trespassing in restricted areas and may draw attention of law enforcement and residents. Please, don't trespass. You can

catch Pokémon without going into or onto property.

4. Don't Enter Fire Stations — Please do not enter Fairfax County fire stations, including open apparatus bays. Firefighters and medics respond to emergency calls 24 hours a day. At any given time, they may be called to an emergency and a distracted pedestrian causes a dangerous situation for responders and trucks leaving the station.

5. Play in the Parks — Fairfax County is thrilled that so many folks are coming to county parks to play. During your visit, take time to learn a little about the natural and cultural resources surrounding you using the trails map. Playing the game requires you to frequently look at your phone, so take these precautions: Be sure to keep looking around to see where you are, so you don't walk into a tree or a yellow jackets nest or bump into other people.

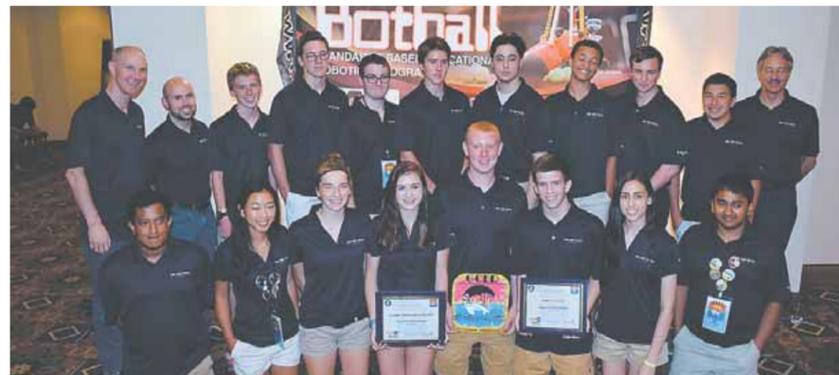
Pay attention to the time; parks close at dusk. (Staff will chase out the Pokémon then, too.) Please stay on the park trails even if the Pokémon don't.

Herndon Students Finish in Top 5 in Robotics Competition

During the week of July 4-11, 2016, 15 high school students from the Herndon area came in 5th place against 58 teams in the 2016 Global Conference for Education in Robotics competition in St. Augustine, Fla.



Photos contributed



Herndon area team, called the 'Dead Robots Society,' as a clever spin on the 1980s film called the 'Dead Poets Society,' comprises boys and girls attending several area high schools including Herndon, Langley, O'Connell, Paul VI, and Thomas Jefferson. Competing teams traveled from all over the world including China, Austria, Poland, Kenya, Canada, Qatar, Lebanon and Mexico, among others.

SPECIAL CONNECTIONS CALENDAR
Advertising Deadlines are the previous Thursday unless noted.

AUGUST
8/3/2016.....Wellbeing
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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- Reston Connection
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- Vienna/Oakton Connection



The crowd at Friday Night Live last Friday, July 15 at the Town Green in downtown Herndon, where the bands Six to Midnight and Crazy in Stereo were performing.



Photos by Steve Hibbard/The Connection

Nancy Wood of Herndon, Dottie Bartholomew of Stuart, Fla., Debbi Perla of Westminster, Maryland, and Kelly Burishkin of Acushnet, Mass, enjoy the concert.

Friday Night Live! Rocks in Herndon

The bands Six to Midnight and Crazy in Stereo performed for free at Friday Night Live! last Friday, July 15 at the Town Green in downtown Herndon. Most of the bands play rock and roll covers from classic to modern rock. They also offer some variety with a little reggae, funk and original music thrown in. During the concerts, food and beer trucks are parked nearby and sell their goods along the Green. During the summer, bands perform for free on Fridays at 6:30 p.m. at 777 Lynn Street in downtown Herndon. The concerts are sponsored by Volkswagen Group of America. For more details, visit www.Herndonrocks.com. The schedule for the remaining of the summer is as follows:

- ❖ July 22 — The Reflex (1980s music)
- ❖ July 29 — Herr Metal + Dr FU (German 80s rock band)
- ❖ Aug. 5 — Sam Grow + Delta Spur (a Nashville singer)
- ❖ Aug. 12 — Love Seed Mama Jump (six-piece pop rock band)
- ❖ Aug. 19 — For the Win (high-energy party band)
- ❖ Aug. 26 — The Vigilantes (top-40 dance classics)

—Steve Hibbard



A singer from the band Six to Midnight entertains the crowd at Friday Night Live last Friday, July 15 at the Town Green in downtown Herndon.



Savannah Kaiser and Pat Velander of the Dulles Regional Chamber of Commerce.



Tim and Cameren Sullivan of Herndon.



The Johnson family: Robert, Christine and Erik.

Entertainment

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 Lassic 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 of 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.leagueofrestonartists.org.

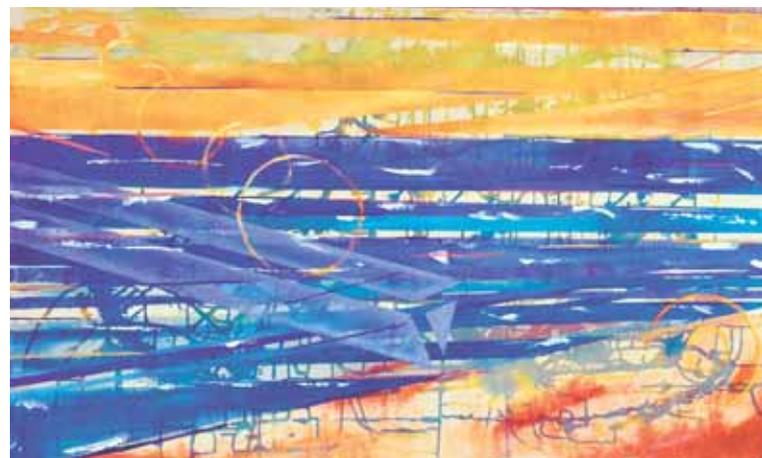
Yoga on the Plaza. 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.

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.



Jay Young Gerard's work will be on display from July 13-Aug. 28 at ArtSpace in Herndon.



Caroline Morgan's work will be on display from July 13-Aug. 28 at ArtSpace in Herndon.

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 <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>.

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.

WEDNESDAY/JULY 20

Summer Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An Alain Resnais Academy Winner. French with English subtitles. Adults and teens. 703-397-0420.

THURSDAY/JULY 21

Introduction to Doing Business with the Intelligence Community. 8 a.m. Leidos Conference Center, Freedom Square One, 11951 Freedom Drive, Reston. Features executives from three of the 17 federal intelligence agencies. \$35/\$50. -Ashleigh Dorfman, CSEP, events and development director at 703-707-9045 or ashleighd@restonchamber.org.

Color Me Happy. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided, or bring your own. 703-397-0420.

FRIDAY/JULY 22

The Reflex Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear The Reflex in concert as they perform '80s-era music. Free.

info@herndonrocks.com.

Accidental Red Band. 8-10 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Jazz standards, pop and blues from the 30s to today. Benefits National Alliance on Mental Illness. \$20. 866-811-4111.

Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Alfredo Mojica and Friends. Latin Rhythms. 703-230-1985.

DJ Gus Spinning Top 40 Favorites. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza North, Reston. 703-707-0660.

SATURDAY/JULY 23

Chris Grabenstein. 2 p.m. Barnes and Noble Booksellers Tysons, 7851 L. Tysons Corner Center, McLean. Grabenstein will read and sign copies of his newest book Mr. Lemoncello's Library Olympics. 703-506-2937.

Reston Station Movies. 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. "Aladdin." 703-230-1985.

Frankie and Betty - Tongue and Cheek Rock n' Roll. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza North, Reston. 703-707-0660.

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. herndonva.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.

SATURDAY/JULY 30

Toy Sale. 9 a.m.-12:30 p.m. First Baptist Church of Herndon, 681, Elden St., Herndon. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community. www.theclosetofgreaterherndon.org.

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Before, During And Not Yet After



By **KENNETH B. LOURIE**

It's a peculiar task to be writing ahead (for publication July 20, 2016), about something that has not happened, yet when this column ultimately does publish will have likely already happened. This "bassackward" perspective (and Colorado "Blue" run) refers to the CT Scan I had completed last Wednesday, July 13, results of which I will learn anywhere from two days from now (electronically) at the quickest to two weeks at the latest (when my next face-to-face appointment with my oncologist is scheduled). And yes, if you think two weeks is a long time (interminable comes to mind) to ponder your fate and the universe in which you hope to still live, it most definitely is. But given the nature of the medical system/appointment availability with which I have to work, I have limited say in the matter, a matter of crucial importance – to me.

However, after seven-plus years of it, I've gotten use to (I wouldn't say comfortable though) the process. Is it my preference to wait for fate and allow medical nature to take its course? Hardly. Have I been told (and experienced quite frankly), that if there is significant, time-sensitive, potentially life-changing information to relate, I will be informed much sooner than later? Absolutely. (During the original diagnostic assessment of the migrating pain in my ribs.) Is there/has been there room for misinterpretation in the silence/lack of communication from one's oncologist when said oncologist has said he prefers to deliver bad news in person – not electronically and/or over the phone? Of course. What if, and I found out after the "interminable" wait (which happened to me yesterday at my infusion, as a matter of coincidence) that my doctor is actually away on vacation during this post-scan week and the non-communication has nothing at all to do with "bad results wanting to be delivered in person?" Moreover, what happens to my level of expectation when the oncologist has good news to share about my scan and in turn breaks his own rule about wanting to inform me in person, generally, and e-mails me early with good news? Happiness, relief, obviously. But what happens on subsequent scans (like now) when he doesn't e-mail me early? What if I didn't know he was on vacation or at a medical conference, as another example, which has also happened? I never know. Or has the doctor decided he wants to deliver all news in person to eliminate ANY possible misinterpretation of scans (which has also happened)? So does good news always travel fast, and bad news much slower? Not necessarily and not so consistently. Welcome to my cancer whirled.

All of this is fairly manageable (believe it or not), except that I know of lung cancer patients who have their CT Scans in the morning, and after lunch, have their appointment with their oncologist to discuss the results. Just like at my wife's bar: "Same Day Service." Unfortunately, that's not my day. My reality is quite different, and there seems little I can do about it. And consider that for yours truly – and any other patient waiting for scan results (mammograms comes to mind) – managing the anxiety seems the only reasonable action, rather than stressing about a results loop that likely will never change (maintaining similar behavior and expecting different results; I'm not insane. See July 13th column).

As you can read, my cancer-patient experience has been a combination of a roller-coaster ride, Ferris wheel and bumper cars; up and down and all around and getting smashed at any time. Without much amusement. However, if you don't find some joy in it, there will only be loathing. And that's no way to live your life, making a bad situation worse, especially as a cancer patient. Certainly communication and clarity matter; so too does peace and happiness.

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

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NOTICE OF SUBSTITUTE TRUSTEES'
SALE OF PROPERTY OWNED BY HUNTER MILL WEST, L.C.

LOCATED AT

10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

July 22, 2016, AT 9:00 A.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 22, 2016, beginning at 9:00 a.m.

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

TERMS OF SALE

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

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

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

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

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

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

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

/s/ Henry F. Brandenstein, Jr., Substitute Trustee

FOR INFORMATION CONTACT:

Henry F. Brandenstein, Jr., Esq.
Venable LLP
8010 Towers Crescent Drive, Suite 300
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Sports



Ridge Heights and Autumnwood teams organized a food drive for F.I.S.H



Photos contributed

Robby Cordts (LA), John Hughes (LA), and William Harvey (HW) compete in the Boys 15-18 butterfly.

RSTA Swimmers Host a Fish Drive, Set New Records

The Ridge Heights Sharks and Autumnwood Piranhas teams organized a canned fish drive benefiting Herndon-Reston FISH, Inc.

Reston Swim Team Association penultimate meet also saw the Hunters Woods Blue Marlins set a new league record in the boys' 13-14 age 200 medley relay when their team of Liam Tolbert, Daniel Li, Philip Pan, and Albert Xu finished with a time of 2:07.98, besting their own league record from earlier in the season.

For Lake Audubon, a new team record of 2:09.51 was set in the boys' 13-14 age 200 medley relay by Spencer Harris, Ian Ha, Matthew Fritz, and Maxwell Wilson, beating their record from earlier in the season.

Ridge Heights Sharks 553, Autumnwood Piranhas 495

For Ridge Heights, double event winners were Owen Brooker, Connor Pierce, Anna

Rasmussen, and Ryan Vanderhoof. The triple event winners were Hailey Brown, Kelsye Brown, Jean-Claude Guill, Nicholas Hansing, Kati Imel, Paige Sogandares, Hailey Wang, and Josh Zhang.

For Autumnwood, double event winners were Andrew Bolster, Chase Brown, Curtis Bushee, Gillian Bushee, Blake Jackson, Anne Kennedy, Luke McDermott, Max McDermott, Evan G Melnick, Anna C Nielsen, and Donovan Willson.

North Hills Hurricanes 575, Glade Dolphins 551

For North Hills, double event winners were Arjuna Bazaz, Gabriel Berdach, Sean Burke, Corey Clark, Daniel Doman, Caelen Grange, Ryan Grimes, Valerie Kovacs, Ryan Luczak, Jack McFarlin, Miles Yang, and Evan Zhang. Triple event winners were Gabriel Huang, Daniella Ramsey, and Samantha Sciortino.

For Glade, double event winners were Maya Berry, Andy Carro, Deidre Curry, Rebecca Dodson, Emilie Fiske, Sam Joyner, Jack Thomas, and Hannah Waller. The triple event winners were Lainie Davidson, Amelia Flavin, Kaitlin Mahon, and Karan Murari.

Lake Audubon Barracudas 614, Hunters Woods Blue Marlins 551

For Lake Audubon, double event winners were Christopher Chadsey, Sumaya Finney, Ian Ha, John Hughes, Dennis Jackson, Athena Joannou, Aidan Lender, Lenn Vikhman, and Nathan Vikhman. Triple event winners were Max Daum, Suya Haering, Brooke Jackson, Emmanuel LeJeune, Valeria Novoa, and Aidan Scanlan.

For Hunters Woods, double event winners were Mary Carol Cook, John Evans, Jacob Ham, William Harvey, Andrew Li, Megan

Slater, Alyssa Sun, Meredith Wagner, and Albert Xu. Triple event winners were Katie Vintimilla and Gwyneth Wagner.

Lake Newport Lightning 639, Lake Anne Stingrays 474

For Lake Newport, double event winners were Grant Bommer, Sydney Dellorto, Sophia Egge, Jeffrey George, Morgan Giebel, Dylan Jones, William Kohn, Anna Redican, Kai Shannon, Zoe Van Winkel, and Connor Witt. Triple event winners were Michael George, Neil Kumar, Joseph Redican, Meghna Sharma, Zach Wang, Vania B Zeledon, Sarah Zhong, and Michael Zhou.

For Lake Anne, double event winners were Daniel Echeverri, Elvis Mescall, Frances North, and Fred Zhang. The triple event winners were Emily Meilus and Hannah Ziail.

South Lakes High Boys Lacrosse Completes Most Successful Season

The South Lakes Seahawks boys lacrosse team recently completed its most successful season in the school's history.

Finishing the season with an overall record of 16-3, the Seahawks won the Liberty Conference tournament for the first time, placed third in the Virginia 6A North regional tournament and advanced to the Virginia State Championship tournament, also the first for the Seahawks. The team, players and coaching staff received many accolades as a result of their successful season, including: South Lakes Boys Varsity Lacrosse Team: 2016 Liberty Conference Champions, (Undeclared in the tournament), Virginia 6A Region Tournament (3rd place), and VHSL State Tournament (1st round). Coach Craig Lunde, guiding the team in his fifth season, was selected 2016 VHSL All State Coach of the Year, 6A All Region Coach of the Year, and Liberty Conference Coach of the Year. Matthew Hughes, Liberty Conference Co-Player of the Year, was named 2016 First Team All State (Defense); 6A All-Region 1st Team (Defense); Liberty Conference Defensive

Player of the Year; and 1st Team All Conference (Defense). Hughes was also named to the prestigious Washington Post All Met Team (2nd Team, Defense) Sophomore Spencer Alston was selected for the 2016 All Region 2nd Team (Midfield) and 2016 Liberty Conference 1st Team All-Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All-Conference (Attack) Senior Eric Ottman was selected to the 2016 Liberty Conference 1st Team All-Conference (Defense) Senior Nate Campbell was selected to the 2016 Liberty Conference 2nd Team All-Conference (Attack) Freshman Stevie Jones was selected to the 2016 Liberty Conference 2nd Team All-Conference (Midfield) Senior John Hughes was selected to the 2016 Liberty Conference 2nd Team All-Conference (Goalie) Juniors Eric Kiss, Justin May, and Chris Sherbert were named to the 2016 Liberty Conference Honorable Mention All-Conference (Midfield) Junior Matt Degutis and senior Alex Nelson were named to the 2016 Liberty Conference Honorable Mention All-Conference (Defense).

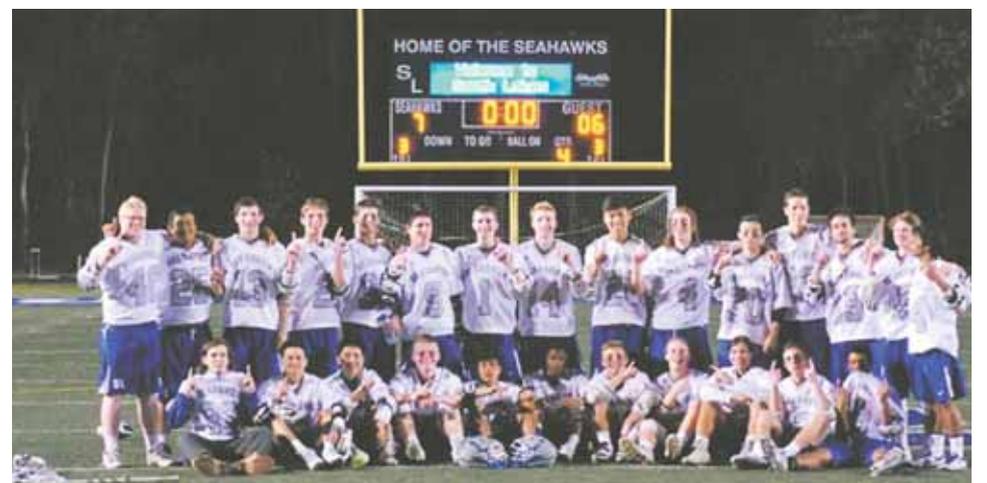


Photo contributed

South Lakes High School lacrosse team completes successful season.