



Oak Hill Herndon CONNECTION

WELLBEING

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NEWS

Fairfax County Police Receive National Accreditation

Commission on Accreditation for Law Enforcement Agencies recognized compliance with 484 standards.

BY TIM PETERSON
THE CONNECTION

In a hearing in Baltimore's inner harbor on Saturday, July 30, the Fairfax County Police Department received a formal recognition of its national accreditation from the Gainesville, Virginia-based Commission on Accreditation for Law Enforcement Agencies, CALEA.

"It means we're meeting the best practices in law enforcement, to put it pretty simply," said Camie King, a civilian who's worked as a crime and intelligence analyst for FCPD for more than a decade, but most recently King is serving as the accreditation manager.

King's job since FCPD entered into a self-assessment arrangement with CALEA in October 2014 has been to review the county's police force policies up against the 484 standards set forth by CALEA based on best practices in law enforcement around the globe.

The standards fall into the categories of: Public safety agency capabilities to maintain law and order; Agency effectiveness and efficiency in the delivery of public safety



PHOTO CONTRIBUTED

From left, CALEA Executive Director W. Craig Hartley, Jr., Major Richard Perez, Maj. Gun Lee, Col. Edwin C. Roessler Jr., Accreditation Manager Camie King, Sgt. Kevin White, 2nd Lt. Rex Pagerie, and CALEA Executive Board President Richard Myers at the national accreditation ceremony in Baltimore in July 30.

services; Cooperation and coordination with other public safety agencies, and with other agencies in the criminal justice system, and Citizen and employee confidence in the

goals, objectives, policies, and practices of the agency.

When there were gaps, such as not having installed cameras in police cars, King

was responsible for managing the process to shore up policy and practice, and then proving FCPD's compliance with the standard in a report. Camera's were phased into most cars between 2013 and 2014.

In April earlier this year, several representatives from CALEA visited Fairfax County for four days for an on-site assessment. Baltimore's announcement, at a CALEA conference, was the culmination of that review: All the standards were met or exceeded by FCPD in practice.

"We've had an outside perspective come in and review our policies and processes," King said. "That outside perspective has told us we are in line with the best practices with law enforcement worldwide."

"For us, we had excellent police to begin with," she continued, "it was just shoring up, having that room for improvement. We were really able to see a huge benefit for our agency."

King said CALEA's reviewers were particularly impressed with Chief Edwin Roessler's Diversity Council, military reintegration program and the hosting of the World Police and Fire Games in 2015.

Each year, there will be a less formal electronic review of Fairfax County's maintenance to the standards by CALEA. They will send assessors onsite every four years, with the next visit coming in April 2020.



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Passion to Excel in STEM Field

BY NIKKI CHESHIRE
THE CONNECTION

At most summer camps, children are encouraged to step away from their screens and head out doors. But for the campers enrolled in a program conducted by Core Foundations, a local nonprofit that encourages children to follow their passions in STEM fields, it was all about learning how to innovate with technology.

The camp focused on teaching elementary and middle school-age students about computer animation and Java programming. The founder and CEO of Core Foundations, Pranab Krishnan, says that he hopes children leave with a passion to excel in the field of science, technology, engineering, math and beyond.

"It's not just about the skills they gain, but also the confidence, the spark, in learning computer science," Krishnan said. "This camp allows kids from around the area to become motivated to follow programming."

According to Krishnan, learning Java programming allows the students to venture into web development and the creation of mobile applications.

Krishnan, a rising senior at Thomas Jefferson High School for Science and Technology, began Core Foundations after being inspired by his world history teacher, Kurt Waters, to create a lasting impact via their Change the World project. "We learn about history throughout the entire year, but now it's our time to make history," Krishnan said.

The foundation consists of volunteers who also helped to implement a robotics and scratch programming club at Dogwood Elementary School by providing mentors and the financial backing needed for the program, in addition to running summer camp programs.

Supervisor Cathy Hudgins visited the camp, held at the North County Government



From left — Mentors Stephanie Su, Michael George; Founder and CEO of Core Foundations Pranab Krishnan of Reston; Supervisor Cathy Hudgins; Hunter Mill; Mentors Akash Bansal, Abhishek Bazaz, Joe Walter. Supervisor Hudgins visited the camp to encourage the students to follow their passions into the STEM field.

Center in Reston, to offer words of encouragement. "This is the best way to get our brains to start solving problems," Hudgins said to the campers. "And it comes from learning from a very early age about inquiry."

VIEWPOINTS

What do you find most valuable about this camp?

Michael George, 17, South Lakes High School
"This camp has taught me that engaging young children in an important field such as STEM can be one of the most rewarding and powerful things that somebody our age can do. The camp introduced young children to a field that builds problem solving, teamwork and critical thinking skills that they will need later in life."

Joseph Walter, 17, Herndon High School
"The most valuable part of this camp was how through the use of exciting and thought provoking activities we were able to introduce young students to the world of programming. By encour-

"It's all about problem-solving," Krishnan added. "To make these kids critical thinkers. They are our future problem-solvers. This gives them an opportunity they might not get anywhere else to succeed."

aging their creativity we planted the seeds of curiosity that will help to foster their further interest in STEM."

Stephanie Su, 18, McLean High School
"In this camp, students were hands-on with visuals and projects as they established a foundation in basic coding. I place high value in shaping a friendly environment, like Core Foundations, where students feel safe and are encouraged to explore beyond their assigned tasks. Furthermore, I believe exposing students to STEM fields at a young age will prepare them for technical challenges ahead while still having fun."

CORE Foundations hosts Summer Camp for area children.



PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

Volunteer instructor Michael George, a senior at South Lakes High School, mentors Garrett Brennan, 12, through a programming exercise during the beginning of the camp.

Core Foundations hopes to expand their impact to other places in Virginia as well as Washington, D.C. and West Virginia for the upcoming school year.

To learn more about Core Foundations, or to help support their mission, visit their website at CoreFoundations.co.

Akash Bansal, 16, Thomas Jefferson High School for Science and Technology

"The most valuable part of this camp was trying to make the dreams of all the students come true. Many people say that you should always follow your dream. However, at Core Foundations, our dream is to make the dreams of others a possibility."

Pranab Krishnan, 17, Thomas Jefferson High School for Science and Technology

"Core Foundation's objective is to fostering creativity and instill interest in STEM subjects. This camp achieved that goal by providing students with the necessary skills of Computer Science and a passion for learning and innovating."



Zain Rahman, 11, focuses on learning Java programming during the summer camp held by Core Foundations at the North County Government Center in Reston. "It's more complex," Rahman said, referring to programming with Java. "It's like learning another language."



Students Jay Hemrajani, 11 (left), and Millen Chudasama, 10, show Pranab Krishnan and Supervisor Hudgins the code they were working on. The camp aimed to inspire creativity and innovation in science and technology.

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

EDITORIAL

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

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information

at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

What We Did on V-J Day Vienna resident's memories of the end of the war.

BY MEREDITH LUHRS

Memories of WW II in an American child's mind are a distinct set of curiosities — special activities removed from the ordinary day to day routine of growing up. We accumulated aluminum from candy wrappers, tin foil, and wrapped it into heavy, grimy balls which were then collected "for the war." Every boy had one in his pocket. Our mothers gathered to roll bandages for the Red Cross, volunteering "for the war." Evenings at six, we stood back and kept silent for the ritual of the nightly news, when our parents huddled around the radio, listening to serious and somber voices, hearing the strange names of places in the world become familiar by much reporting. Much straining to hear and shushing of innocent prattle identified short wave broadcasts coming over the Atlantic from London. These memories were completely somber, and remain so. I must turn the page when I recall a completely different set of events



PHOTOS CONTRIBUTED

Meredith Luhrs

which are simply identified as V-J Day.

We lived by a lake, and my father was determined that every child in the neighborhood should be able to swim. Riding in the truck bed was a normal, everyday event for us bigger children, as my father came home from work every day at five during the summer, loaded any and all into the truck, driving to a park which had a lake and sandy beach...an ideal place to learn to swim. He taught us — one by one — to swim, and to enjoy the water. He also taught us to



Henry and Elsie Luhrs with their children in 1946.

pick wild blueberries! This detail will explain why we were so surprised to see him in the middle of a summer day, and why it was natural for neighborhood children join in our V-J Day adventure.

It was a hot humid day in August. We didn't know it was V-J Day. The story begins when my father came home at noon. We quit playing and stood in astonishment at this never before event, immobile seeing him and his truck in the

middle of the day. Smiling, he went straight into the house. A few moments later my parents came out and announced the war was over. Japan had surrendered. How we cheered. We danced with excitement as a roll of red, white and blue bunting was pulled from the front seat, and my parents began to unfurl it, securing it to the lumber rack of the truck. There was no protocol for celebrating the end of a war, so what happened next was a thoroughly American invention: Make noise and let the joy be heard! Pot and pans, lids and wooden spoons were rounded up, and distributed to neighborhood kids and to my older brother and me as we climbed into the truck bed. My mother got into the cab with the baby on her lap, and my little sister climbed in between her mommy and daddy. Then we were off! But where were we going?

My father was a boat builder on the bay shore of New Jersey. The natural thing, in his mind, was to

SEE V-J DAY, PAGE 11

Oak Hill & Herndon
CONNECTION

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NEWS

Herndon Leo Club Installs New Officers

The Herndon Leo Club installed its new officers at the club picnic held at Lake Fairfax on Saturday, July 9. In picture above from left is Sujata Shakya, treasurer; Samridhi Shreshta, co-secretary; Subani Adhikari, president and Mehar Nasir, co-secretary. The Herndon Leo Club is sponsored by the Reston Lions Club and is advised by Lion Anne Ryan. The Club provides opportunities for school age young people to participate in performing projects in a structured and supervised setting. Nine members participated in the Remote Area Medical Program (RAM) held in Wise, Va. the weekend of July 21.



LETTERS TO THE EDITOR

SPiRiT Open Equestrian Program Needs Help

To the Editor:

SPiRiT Open Equestrian Program would like to ask for your support by sharing our story in community and supporting our efforts to provide continuing service for families in need in our community.

SPiRiT is a recognized non-profit dedicated to its mission. We are a transparent, professional organization, with International recognition, which serves all of Fairfax County. In order to provide continuing service to Fairfax County residents, we need to begin a public dialogue with any entities who can provide a sustainable solution for this situation.

SPiRiT has been providing Equine Assisted Learning, Riding for Beginners and Therapeutic Riding programs for Fairfax County residents for eight years. That has been possible due to the opportunity to accommodate our horses and office at the property, adjacent to Frying Pan Farm Park. In December, 2014 we signed a seven year contract with Fairfax County to provide our services, which are accessed through Park Takes. SPiRiT also has a two year contract through the Fairfax County Comprehensive Services Act. We have an excellent relationship with Frying Pan Farm Park and have demonstrated that SPiRiT

can manage its' horses in a safe and healthy way and keep the land the horses use clean per industry standards.

The services SPiRiT has provided in Fairfax County have touched over a thousand families in less than a decade. SPiRiT has a strong support system of families that have benefited from services and volunteerism.

We are writing you regarding SPiRiT's impending situation. The land SPiRiT leases goes before the Fairfax County Zoning Board on Nov. 18 for a rezoning request which, if passed, would enable a subsequent sale to a developer. If SPiRiT loses the opportunity to rent the land near Frying Pan Farm Park, it would be the end of the services we provide utilizing the Equestrian Center and a great loss for many families in the community.

Hopefully, we can raise up awareness about options we have to assure our future therapeutic and learning equestrian programs and services at Frying Pan Farm Park.

Our parents are about to start Petition to support SPiRiT's work in community, and would be thankful for your attention and support.

Davorka Suvak
Program Director
www.spiritquestrian.org

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

Washington Plaza Baptist Church will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.



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—John Wooden



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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

AUGUST

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

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

10/12/2016.....HomeLifeStyle

10/19/2016.....A+ Camps & Schools

10/26/2016.....Connection Families

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WELLBEING

Staying Fit and Healthy on Vacation

BY MARILYN CAMPBELL
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

“We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road,” said Christian Elliot. “As long as you have gravity ... you can exercise.”

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

“The biggest thing about eating healthy and exercising on vacation is planning ahead,” said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. “People plan their vacation in pretty good detail, but they fail to plan where and how they’re going to work out.”

Part of that planning includes bringing packable equipment and appropriate clothing for exercise.



Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO COURTESY OF CHRISTIAN ELLIOT

“Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack,” said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. “Whatever you do, keep it simple and fun. If we make it too complicated it might

not work.”

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. “I led a bodyweight circuit for my family every morning when I was on a beach vacation recently,” she said. “We were staying on the beach and

we would wake up each morning and do a workout.”

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

“I do an upper body exercise, a lower body exercise, sit ups and some type of cardio,” she said. “For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you’re far more likely to do it.”

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

“Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking,” said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. “Stop by the grocery store and pick up healthier snacks,” said Bocker. “Go-to foods for me are nuts or dried fruit. They’re great when

going through security.”

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. “We have to manage their low blood sugar with quick energy hits,” said Elliot. “Our kids love the grass-fed beef sticks or beef jerky.”

“You can’t deprive yourself and say I’m not going to have ice cream at all,” said Janet Zalman, founder of the Zalman Nutrition Group. “You can say, I’m going to have ice cream one or two times, but I’m not going to eat the supersize, I’ll have a kiddie size.”

It’s also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. “Research your options,” said Bocker, “Like anything else you do, you have to plan and research it so that you can be an informed consumer.”

Finally, if you decide to splurge on a favorite food, make it count. “When you go off the rails and eat high calories food, make sure it’s fabulous,” Zalman. “Most people cheat out of convenience, but if you’re going to cheat, cheat high.”



COURTESY PHOTO

Healing power of horse riding.

Ride4SPIRIT is Coming to Frying Pan Park

The Ride4SPIRIT event is a presentation and fundraiser that honors the accomplishments of therapeutic riding and learning programs with horses in the community. This free public presentation showcases success stories about the healing power of horses, celebrates abilities and victories over disabilities, and shares the enjoyment of life skills learned through interactions with horses.

Guests are invited to come watch riders perform in the ring and enjoy refreshments and games while youngest guests are invited to participate in a horsemanship workshop that will let them meet and touch some of the SPIRIT horses while they learn horsemanship skills.

Ride4SPIRIT will be held on Saturday, Sept. 3 from 10 a.m. to 2 p.m. at

Frying Pan Park in Herndon in the Indoor arena of the Equestrian Center.

SPIRIT Open Equestrian Program is a local non-profit located near Frying Pan Farm Park. SPIRIT’s mission is to provide therapy, learning, life skills, and to bring healing to the body, mind and spirit – using Equine-Assisted Activities. SPIRIT’s Equine Assisted Activities programs provide opportunities year round for people with disabilities as well as children, youth, seniors citizens, groups or corporations, and volunteers to experience the power of therapy and learning through interactions with noble giants and gentle ponies in SPIRIT herd.

For more information, visit SPIRIT at www.spiritequestrian.org

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VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, August 9, 7-8 p.m.** We will discuss “When Your Loved One is Hospitalized”. Register beforehand at www.fairfaxcounty.gov/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

NEW FAIRFAX COUNTY PODCASTS:

50+ Podcast: Northern VA Senior Olympics. Jim MacKenzie, chairman of the Northern Virginia Senior Olympics, discusses the Sept. 10-21, 2016 games.

50+ Podcast: Meet the Insight Memory Care Center. Robin McGlothlin, assistant director for the Insight Memory Care Center in Fairfax, discusses how this program provides services to people with dementia and their families.

OPPORTUNITIES

Meals on Wheels urgently needs a route assistance volunteer in the **Franconia** area. The volunteer is needed to print, deliver and updated route pages to the Manchester Lakes Retirement Community building in **Kingstowne**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **Card-Making Crafter** to lead a group using various mediums. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs a **Garden Helper** to help maintain the vegetable/perennial garden and instructors for the following classes: **Basic Woodworking, Italian and Ballroom Dance**. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in **Annandale**. Speaking Vietnamese is not required. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs drivers to deliver meals in **Falls Church** and **Annandale**. (Speaking Korean not required.) For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer’s disease at bay.

BY MARILYN CAMPBELL
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer’s disease in her role as vice president of Programs and Services for the Alzheimer’s Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She’s currently training for the Marine Corps Marathon.

“I have worked in the (Alzheimer’s disease) field for 30 years and have always been a promoter of healthy lifestyles,” said Nelson. “When you’re sightseeing and asking questions, you’re stimulating and challenging your mind. When I enter and train for races, I’m interacting with other people and staying socially engaged.”

Nelson is incorporating into her life key elements that are credited with staving off age-related men-

tal decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer’s Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson’s had the most protective effect on the brain.

“With the brain, like other parts of the body, you use it or lose it,” said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer’s Association. “If you don’t use it, it goes away.”

Activities that require planning and processing information challenge the brain. “Sitting in front of the television is detrimental,” said Hartley. “Being passive doesn’t stimulate the brain.”



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer’s Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

WWW.CONNECTIONNEWSPAPERS.COM

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

“Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we’re seeing the best protection against cognitive decline,” said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Al-

xandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. “Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive,” she said. “People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people.”

However, Coren, Hartley and other researchers say that more research is needed.

“The study was done by a well-respected group of scientists, but we can’t say that if you stay socially and mentally active you won’t get this disease,” said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. “There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn’t have a big impact and for others it does.”

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CALENDAR

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

ONGOING

“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

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

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.

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



Jay Young Gerard's work will be on display through Aug. 28 at ArtSpace in Herndon.

Heidi Fowler, No. 022.32.016, 2016, acrylic and mixed media on panel, at Greater Reston Arts till Aug. 27.



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>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

Straight from San Diego Comic-Con! — Friday, Aug. 5 – Friday, Sept. 2, ArtInsights. Stop in to see exciting new art releases from Comic-Con International, and hear stories from three exclusive event panels. 703-478-0778 artinsights.com

THURSDAY/AUG. 4

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Rainbow Rock, pop rock for lil' dudes. Free. herndon-va.gov.

“The Greatest Sports Heroes A to Z.” 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Performed by Bright Star Touring Theatre as part of the Summer Reading Program. For more information, 703-689-2700.

Food Truck Thursdays at Reston Town Square Park, 11 a.m. - 2 p.m. On the first Thursday of each month, through October, a variety of food truck vendors provide lunch and dessert options. Cash and credit cards accepted. restontowncenter.com

Reston Fit Club — Every Sunday through September, 11 a.m., Pavilion. Enjoy various fitness classes including yoga, dance, self-defense, cardio, and core strength. Presented by Reston Town Center and Athleta. 703.668.0256 stores.athleta.net/store-4866/

FRIDAY/AUG. 5

Sam Grow and Delta Spur Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear soulful singer Sam Grow in concert. Free. info@herndonrocks.com.

Totally Trucks. 9:30 a.m.-noon. 12250 Sunset Hills Road, Reston. Bring the kids and check out all the big trucks that Reston Association uses as well as our new location on the lake. Children will receive a “Totally Trucks” construction helmet. Rain or shine. No registration is required. Contact Ashleigh@reston.org or 703-435-6577.

Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Hot Tub Hand Grenade. Rock covers. 703-230-1985.

Flash Zumba with Athleta, 6:30 p.m., Pavilion. All are invited to take part – meet at 6 p.m. for stations; flash performance at 6:30; Zumba class at 6:45. Free to participate; donations benefit Jill's House. For flash choreography and more information: 703-668-0256 stores.athleta.net/store-4866/

SATURDAY/AUG. 6

Happy Hour Saturdays on the Patio at Tavern64, 11 a.m. - 9 p.m. 703-925-8250. opentable.com/tavern-64

Reston Station Movies. 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. “Frozen.” 703-230-1985.



Poster announcing Jazz Festival.

Lake Anne Jazz Week Returns Aug. 26-Sept. 3

Week long activities to conclude with 10th Annual Lake Anne Jazz & Blues Festival.

Lake Anne Plaza has announced the return of their Lake Anne Jazz Week and the artist line up for their annual Jazz & Blues Festival, which will be celebrating its 10th anniversary this year. The Lake Anne Jazz Week will take place starting Friday, Aug. 26 and will conclude on Saturday, Sept. 3, Labor Day Weekend, with the 10th Annual Jazz & Blues Festival.

The week will feature a variety of jazz themed events that will take place from live music, merchant activities, to a free feature film classic, Jazz on a Summer's Day, on Aug. 26, part of Lake Anne's ongoing Summer Film Festival series and kicking off Jazz Week activities. The Jazz & Blues festival is a free, family friendly, all-day event that will take place from 1-9 p.m. and will showcase a variety of talented regional and national jazz & blues artists.

Jazz & Blues Festival Line Up (Sept. 3):

- 1 p.m. Adrian Duke
- 2 p.m. Mykle Lyons Sextet
- 3 p.m. Bubeck
- 4 p.m. Integriti Reeves
- 5 p.m. Clarence Penn
- 6 p.m. Sam Gunderson
- 7 p.m. Dixie Power Trio

Jazz Week Merchant Activities:

Chesapeake Chocolates, Wine, Gifts and More – Sept. 1: Virginia Wine & Cheese Tasting 6 – 7 p.m. Sept. 3: Wine and Chocolate Tasting 2– 4:00 p.m. Free.

What & Where

Lake Anne Plaza Jazz Week, Aug. 26-Sept. 3, 2016, at Lake Anne Plaza Waterfront - 1609 Washington Plaza, Reston. Free, rain or shine. Website: www.lakeanneplaza.com (

PetMAC Pet Nutrition Center – Jazz up your pet with 35 percent off all collars, leashes and apparel.

Reston Art Gallery - Browse locally-created works of art at Reston Art Gallery & Studios at Lake Anne Plaza. Choose from a variety of musically-themed works of art in various media such as acrylics, oils, watercolors, pastels and even mobiles and collages, and get 10 percent off. You may even get lucky and get to see the artist at work creating a masterpiece. Refreshments will be served.

Reston Museum – 20 percent off special edition Robert E. Simon martini and Bloody Mary glasses, each one etched with the signature of Reston's founder.

Reston's Used Book Shop – 50 percent off on all jazz and blues themed books

Samantha Hu, Medical Chi-Kung Therapy – Free consultations during Jazz Week

Small Change Consignment - All musical toys will be 20 percent off at small change off during jazz week

The festival is sponsored by Lane Anne Merchants, Friends of Lake Anne, the Reston Community Center, and Reston Association. For the full schedule of events/times, visit www.lakeanneplaza.com.

HOME SALES

In June 2016, 136 homes sold between \$1,280,000-\$177,500 in the Herndon and Oak Hill area. This week's list represents those homes sold in the \$1,280,000-\$390,000 range. For the complete list, visit www.ConnectionNewspapers.com

| Address | BR | FB | HB | Postal City | Sold Price ... | Type | Lot AC ... | PostalCode | Subdivision |
|--------------------------------|----|-----|----------|------------------|----------------|--------------|------------|------------------|--------------------------|
| 12833 PARAPET WAY | 4 | ... | 5 ... 1 | OAK HILL | \$1,280,000 | Detached | 0.83 | 20171 | OAKTON CHASE |
| 12109 RICHLAND LN | 5 | ... | 4 ... 1 | HERNDON | \$1,215,000 | Detached | 0.83 | 20171 | CROSEN PROPERTY |
| 3205 UPPER WYNNEWOOD PL | 5 | ... | 4 ... 1 | HERNDON | \$1,095,000 | Detached | 0.83 | 20171 | WYNNEWOOD |
| 12207 KYLER LN | 5 | ... | 4 ... 1 | HERNDON | \$1,030,000 | Detached | 0.58 | 20171 | DARTMOOR WOODS |
| 3236 NAVY DR | 5 | ... | 4 ... 1 | OAK HILL | \$953,500 | Detached | 0.81 | 20171 | DARTMOOR WOODS |
| 3112 FRANKLINS WAY | 5 | ... | 4 ... 1 | OAK HILL | \$950,000 | Detached | 0.48 | 20171 | STILL OAKS |
| 3115 FRANKLINS WAY | 4 | ... | 4 ... 1 | HERNDON | \$940,000 | Detached | 0.25 | 20171 | STILL OAKS |
| 3108 PINE OAKS WAY | 5 | ... | 4 ... 0 | HERNDON | \$930,000 | Detached | 2.18 | 20171 | PINE OAKS |
| 13514 MAVERICK LN | 4 | ... | 4 ... 1 | HERNDON | \$930,000 | Detached | 0.58 | 20171 | MUSTANG CROSSING |
| 12414 MACAO CT | 4 | ... | 2 ... 1 | OAK HILL | \$905,000 | Detached | 0.83 | 20171 | MYTERRA MANOR |
| 3265 WILLOW GLEN DR | 5 | ... | 4 ... 1 | HERNDON | \$880,000 | Detached | 0.46 | 20171 | STILL OAKS |
| 12685 AUTUMN CREST DR | 4 | ... | 3 ... 1 | OAK HILL | \$875,000 | Detached | 0.29 | 20171 | OAKTON RIDGE |
| 1176 TAJI CT | 5 | ... | 3 ... 1 | HERNDON | \$860,000 | Detached | 0.58 | 20170 | SUGAR CREEK |
| 2907 MOTHER WELL CT | 5 | ... | 3 ... 1 | HERNDON | \$827,000 | Detached | 0.22 | 20171 | CHANTILLY HIGHLANDS |
| 12862 WILLIAMS MEADOW CT | 4 | ... | 3 ... 1 | HERNDON | \$814,100 | Detached | 0.27 | 20171 | MONROE CHASE |
| 2893 FRANKLIN OAKS DR | 4 | ... | 4 ... 0 | HERNDON | \$795,000 | Detached | 0.35 | 20171 | FRANKLIN OAKS |
| 13011 HENSON CT | 5 | ... | 3 ... 1 | OAK HILL | \$775,000 | Detached | 0.25 | 20171 | MEADOW HALL |
| 13414 ELLIOTT AN CT SW | 4 | ... | 2 ... 1 | HERNDON | \$767,500 | Detached | 0.23 | 20171 | CHANTILLY HIGHLANDS |
| 12621 FRANKLIN FARM RD | 4 | ... | 3 ... 1 | HERNDON | \$755,000 | Detached | 0.55 | 20171 | FRANKLIN FARM |
| 12202 FOLKSTONE DR | 4 | ... | 2 ... 1 | OAK HILL | \$730,000 | Detached | 0.68 | 20171 | FOLKSTONE |
| 3015 HERITAGE FARM CT | 4 | ... | 3 ... 1 | HERNDON | \$726,000 | Detached | 0.55 | 20171 | FRANKLIN FARM |
| 13357 GLEN TAYLOR LN | 5 | ... | 3 ... 1 | HERNDON | \$725,000 | Detached | 0.20 | 20171 | CHANTILLY HIGHLANDS |
| 13113 FARMSTED CT | 4 | ... | 2 ... 1 | HERNDON | \$700,000 | Detached | 0.21 | 20171 | SYCAMORE RIDGE |
| 1008 TYLER ST | 6 | ... | 6 ... 1 | HERNDON | \$699,999 | Detached | 0.25 | 20170 | VAN VLECKS |
| 3218 BRYNWOOD PL | 4 | ... | 2 ... 1 | HERNDON | \$690,000 | Detached | 0.27 | 20171 | FRANKLIN FARM |
| 13232 WRENN HOUSE LN | 5 | ... | 3 ... 1 | OAK HILL | \$685,000 | Detached | 0.24 | 20171 | FRANKLIN FARM |
| 13205 PLEASANT GLEN CT | 5 | ... | 3 ... 1 | HERNDON | \$675,000 | Detached | 0.22 | 20171 | BRADLEY ACRES |
| 2441 CYPRESS GREEN LN | 4 | ... | 3 ... 1 | HERNDON | \$675,000 | Townhouse | 0.06 | 20171 | GREAT OAK |
| 13142 ROUNDING RUN CIR | 4 | ... | 3 ... 1 | HERNDON | \$675,000 | Detached | 0.25 | 20171 | FRANKLIN FARM |
| 2729 SASSCERS HILL CT | 5 | ... | 3 ... 1 | HERNDON | \$650,000 | Detached | 0.34 | 20171 | SASSCERS HILL |
| 3212 GREENSTONE WAY | 4 | ... | 4 ... 0 | HERNDON | \$645,000 | Detached | 0.25 | 20171 | CHANTILLY HIGHLANDS |
| 13661 NEIL ARMSTRONG AVE | 4 | ... | 4 ... 1 | HERNDON | \$645,000 | Townhouse | 0.04 | 20171 | DISCOVERY SQUARE |
| 435 MADISON FOREST DR | 5 | ... | 3 ... 1 | HERNDON | \$635,000 | Detached | 0.32 | 20170 | DRANESVILLE MEADOW |
| 2769 MELCHESTER DR | 4 | ... | 3 ... 1 | HERNDON | \$632,500 | Detached | 0.20 | 20171 | BRADLEY ACRES |
| 12767 FLAT MEADOW LN | 4 | ... | 2 ... 1 | HERNDON | \$632,000 | Detached | 0.30 | 20171 | FRANKLIN FARM |
| 913 BARKER HILL RD | 5 | ... | 3 ... 1 | HERNDON | \$625,000 | Detached | 0.26 | 20170 | BARKER HILL |
| 13115 TINGEWOOD CT | 4 | ... | 2 ... 1 | HERNDON | \$620,500 | Detached | 0.25 | 20171 | FRANKLIN FARM |
| 12772 TURBERVILLE LN | 4 | ... | 2 ... 1 | HERNDON | \$620,000 | Detached | 0.21 | 20171 | FRANKLIN FARM |
| 2998 EMERALD CHASE DR | 5 | ... | 3 ... 1 | OAK HILL | \$619,500 | Detached | 0.20 | 20171 | EMERALD CHASE |
| 3104 DOWER HOUSE DR | 4 | ... | 2 ... 1 | HERNDON | \$610,000 | Detached | 0.21 | 20171 | FRANKLIN FARM |
| 13215 CAROLINE CT | 4 | ... | 2 ... 1 | HERNDON | \$600,000 | Detached | 0.22 | 20171 | CHANTILLY HIGHLANDS |
| 2795 MELCHESTER DR | 4 | ... | 2 ... 1 | HERNDON | \$599,000 | Detached | 0.25 | 20171 | BRADLEY ACRES |
| 2992 EMERALD CHASE DR | 4 | ... | 3 ... 1 | OAK HILL | \$598,131 | Detached | 0.20 | 20171 | EMERALD CHASE |
| 3273 KINROSS CIR | 4 | ... | 2 ... 1 | HERNDON | \$595,000 | Detached | 0.22 | 20171 | CHANTILLY HIGHLANDS |
| 3306 THORNGATE DR | 4 | ... | 2 ... 1 | HERNDON | \$590,000 | Detached | 0.25 | 20171 | FRANKLIN FARM |
| 2681 HORTON HILL RD | 4 | ... | 3 ... 1 | HERNDON | \$590,000 | Detached | 0.24 | 20171 | FOX MILL ESTATES |
| 2701 NEW AMBLER CT | 4 | ... | 2 ... 1 | HERNDON | \$585,000 | Detached | 0.32 | 20171 | MONTEREY |
| 2932 ASHDOWN FOREST DR | 4 | ... | 2 ... 1 | HERNDON | \$584,500 | Detached | 0.21 | 20171 | WEST OX CLUSTER |
| 13164 FOX HUNT LN | 3 | ... | 3 ... 1 | HERNDON | \$579,900 | Townhouse | 0.04 | 20171 | GREAT OAK |
| 13022 NEW AUSTIN CT | 4 | ... | 2 ... 1 | HERNDON | \$570,000 | Detached | 0.30 | 20171 | MONTEREY |
| 12511 WOODCOCK LN | 4 | ... | 2 ... 2 | HERNDON | \$570,000 | Detached | 0.38 | 20171 | FOX MILL ESTATES |
| 160 HERNDON MILL CIR | 3 | ... | 3 ... 1 | HERNDON | \$567,000 | Townhouse | 0.07 | 20170 | VILLAGE AT HERNDON MILLS |
| 3043 BRONZEGATE CT | 5 | ... | 2 ... 1 | OAK HILL | \$565,000 | Detached | 0.61 | 20171 | FOLKSTONE |
| 2663 NEW ASPEN CT | 4 | ... | 2 ... 1 | HERNDON | \$565,000 | Detached | 0.21 | 20171 | MONTEREY |
| 3214 GREENSTONE WAY | 4 | ... | 3 ... 0 | OAK HILL | \$564,000 | Detached | 0.23 | 20171 | CHANTILLY HIGHLANDS |
| 12557 ROCK RIDGE RD | 4 | ... | 2 ... 1 | HERNDON | \$555,000 | Detached | 0.29 | 20170 | HASTINGS HUNT |
| 13612 CEDAR RUN LN | 3 | ... | 2 ... 2 | HERNDON | \$555,000 | Townhouse | 0.04 | 20171 | CREEKSIDE |
| 914 BARKER HILL RD | 5 | ... | 2 ... 1 | HERNDON | \$554,000 | Detached | 0.35 | 20170 | BARKER HILL |
| 13621 CEDAR RUN LN | 3 | ... | 2 ... 2 | HERNDON | \$553,000 | Townhouse | 0.04 | 20171 | CREEKSIDE |
| 147 HERNDON MILL CIR | 3 | ... | 3 ... 1 | HERNDON | \$550,000 | Townhouse | 0.05 | 20170 | VILLAGE AT HERNDON MILLS |
| 13012 FARTHINGALE DR | 4 | ... | 2 ... 1 | HERNDON | \$550,000 | Detached | 0.30 | 20171 | FOX MILL ESTATES |
| 3015 EMERALD CHASE DR | 3 | ... | 3 ... 1 | HERNDON | \$545,000 | Detached | 0.21 | 20171 | EMERALD CHASE |
| 12546 BROWNS FERRY RD | 4 | ... | 2 ... 1 | HERNDON | \$544,000 | Detached | 0.24 | 20170 | CRESTBROOK |
| 13507 GORDON CT | 4 | ... | 2 ... 1 | HERNDON | \$540,000 | Detached | 0.21 | 20171 | CHANTILLY HIGHLANDS |
| 700 JENNY ANN CT | 4 | ... | 3 ... 1 | HERNDON | \$528,000 | Detached | 0.23 | 20170 | IRON RIDGE |
| 174 HERNDON MILL CIR | 3 | ... | 3 ... 1 | HERNDON | \$527,900 | Townhouse | 0.06 | 20170 | VILLAGE AT HERNDON MILLS |
| 1439 POWELLS TAVERN PL | 4 | ... | 3 ... 1 | HERNDON | \$525,000 | Detached | 0.20 | 20170 | CRESTBROOK |
| 12649 TERRYMILL DR | 5 | ... | 2 ... 1 | HERNDON | \$510,000 | Detached | 0.20 | 20170 | HASTINGS HUNT |
| 12025 CHEVIOT DR | 4 | ... | 3 ... 1 | HERNDON | \$505,000 | Detached | 0.19 | 20170 | STUART RIDGE |
| 12751 KINSHIP DR | 4 | ... | 2 ... 1 | HERNDON | \$499,000 | Detached | 0.25 | 20171 | FOX MILL ESTATES |
| 1628 WINTERWOOD PL | 3 | ... | 3 ... 1 | HERNDON | \$495,000 | Detached | 0.22 | 20170 | KINGSTON CHASE |
| 2614 PURTIAN CT | 5 | ... | 3 ... 0 | HERNDON | \$493,500 | Detached | 0.32 | 20171 | FOX MILL ESTS |
| 304 HUNT WAY CT | 4 | ... | 3 ... 0 | HERNDON | \$490,000 | Detached | 0.24 | 20170 | THE DOWNS |
| 1382 ROCK CHAPEL RD | 4 | ... | 2 ... 1 | HERNDON | \$490,000 | Detached | 0.24 | 20170 | JENKINS RIDGE |
| 1475 KINGSTREAM DR | 4 | ... | 2 ... 1 | HERNDON | \$486,000 | Detached | 0.20 | 20170 | KINGSTREAM |
| 13025 PARK CRESCENT CIR | 4 | ... | 3 ... 2 | HERNDON | \$485,000 | Townhouse | 0.03 | 20171 | WOODLAND PARK |
| 12312 STREAMVALE CIR | 4 | ... | 3 ... 1 | HERNDON | \$475,000 | Detached | 0.23 | 20170 | KINGSTREAM |
| 1413 KINGSTREAM DR | 4 | ... | 3 ... 1 | HERNDON | \$475,000 | Detached | 0.20 | 20170 | KINGSTREAM |
| 12633 HOLKEIN DR | 4 | ... | 2 ... 1 | HERNDON | \$475,000 | Detached | 0.56 | 20171 | FOX MILL ESTATES |
| 1304 FORTY OAKS DR | 4 | ... | 3 ... 0 | HERNDON | \$474,000 | Detached | 0.21 | 20170 | CRESTBROOK |
| 13180 ASHNUT LN | 3 | ... | 3 ... 1 | HERNDON | \$470,500 | Townhouse | 0.04 | 20171 | McNAIR FARMS LANDBAY 12 |
| 1365 BUTTER CHURN DR | 4 | ... | 2 ... 1 | HERNDON | \$470,000 | Multi-Family | 0.22 | 20170 | CRESTBROOK |
| 2561 JAMES MONROE CIR | 3 | ... | 3 ... 1 | HERNDON | \$469,995 | Townhouse | 0.03 | 20171 | McNAIR FARMS LANDBAY |
| 1017 PAGE CT | 4 | ... | 2 ... 2 | HERNDON | \$468,500 | Detached | 0.24 | 20170 | BENICIA ESTATES |
| 12721 TAUSTIN LN | 4 | ... | 3 ... 0 | HERNDON | \$465,000 | Detached | 0.26 | 20170 | KINGSTON CHASE |
| 12260 STREAMVALE CIR | 4 | ... | 2 ... 2 | HERNDON | \$465,000 | Detached | 0.29 | 20170 | KINGSTREAM |
| 770 JACKSON ST | 5 | ... | 2 ... 1 | HERNDON | \$460,000 | Detached | 0.37 | 20170 | HERNDON |
| 1507 HIDDENBROOK DR | 4 | ... | 3 ... 0 | HERNDON | \$457,000 | Detached | 0.21 | 20170 | HIDDENBROOK |
| 13273 COPPERMILL DR | 3 | ... | 2 ... 2 | HERNDON | \$455,000 | Townhouse | 0.04 | 20171 | COPPERMILL |
| 2536 BANSHIRE DR | 4 | ... | 2 ... 1 | HERNDON | \$452,900 | Townhouse | 0.03 | 20171 | WELLESLEY |
| 409 CAVENDISH ST | 4 | ... | 2 ... 0 | HERNDON | \$449,988 | Detached | 0.21 | 20170 | HUNTERS CREEK |
| 2577 SUTTERS MILL DR | 3 | ... | 2 ... 2 | HERNDON | \$447,500 | Townhouse | 0.04 | 20171 | WELLESLEY |
| 13585 FLYING SQUIRREL DR | 3 | ... | 2 ... 2 | HERNDON | \$447,000 | Townhouse | 0.04 | 20171 | SQUIRREL HILL |
| 13276 COPPERMILL DR | 3 | ... | 3 ... 1 | HERNDON | \$444,000 | Townhouse | 0.04 | 20171 | COPPERMILL |
| 1010 TRINITY GATE ST | 4 | ... | 2 ... 0 | HERNDON | \$435,000 | Detached | 0.23 | 20170 | HUNTERS CREEK |
| 2566 JAMES MADISON CIR | 3 | ... | 2 ... 2 | HERNDON | \$434,000 | Townhouse | 0.03 | 20171 | McNAIR FARMS LANDBAY |
| 12809 LONGLEAF LN | 4 | ... | 3 ... 0 | HERNDON | \$420,000 | Detached | 0.23 | 20170 | HIDDENBROOK |
| 1430 KINGSTREAM DR | 3 | ... | 3 ... 0 | HERNDON | \$420,000 | Detached | 0.19 | 20170 | KINGSTREAM |
| 2202 FARUGI CT | 4 | ... | 2 ... 1 | HERNDON | \$420,000 | Detached | 0.20 | 20170 | REFLECTION LAKE |
| 1710 SADLERS WELLS DR | 4 | ... | 2 ... 0 | HERNDON | \$420,000 | Detached | 0.20 | 20170 | KINGSTON CHASE |
| 2515 JAMES MONROE CIR | 3 | ... | 2 ... 2 | HERNDON | \$415,000 | Townhouse | 0.03 | 20171 | McNAIR FARMS LANDBAY |
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| 711 PALMER DR | 4 | ... | 3 ... 0 | HERNDON | \$395,000 | Detached | 0.26 | 20170 | COURTS OF CHANDON |
| 1041 TRIVINO LN | 3 | ... | 3 ... 1 | HERNDON | \$392,000 | Townhouse | 0.06 | 20170 | POTOMAC FAIRWAYS |
| 411 FLORIDA AVENUE | 3 | ... | 2 ... 0 | HERNDON | \$390,000 | Detached | 0.26 | 20170 | CHANDON |

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SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semi-finalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

* Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

* Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

* Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

* Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

* Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

* Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

* Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

* Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

Adam Zaman, of Herndon, is on the dean's list for spring 2016 at South Dakota School of Mines and Technology. He is studying mechanical engineering.

Dinesh Chowdary Inampudi, of Herndon, graduated with a master of science, May 2016 from the University of New Haven.

Kalla Fleger, of Reston, is on the dean's list for spring 2016 at the University of Minnesota Twin Cities.

Non Degree, Coll of Continuing Education.

Elizabeth Ashley Drake, of Herndon, is on the dean's list at Hollins University for spring 2016.

Nii Martey Akita, of Oak Hill, graduated spring 2016 from St. Olaf College.

Matthew Francois Monos, of Herndon, and **William Wade McLaughlin**, of Reston, were named to the honors list for the 2016 spring semester at Averett University.

Reston, Virginia Amanda Lee Akers, of Reston, is on the honor list for Spring 2016 at Missouri University of Science and Technology.

Vi Thuy Lam, of Herndon, is on the spring 2016 dean's list at McDaniel College.

Margot Cumming, of Reston, is on the dean's list for May 2016 of the College of Agricultural and Life Sciences at the University of Wisconsin Madison.

William Wade McLaughlin, of Reston, graduated in May 2016 from Averett University with a double major in psychology, counseling and clinical and psychology, integrative health psychology as well as a minor in sociology.

Premeela Nirmal, of Reston, graduated with a bachelor of science in nursing from Eastern Mennonite University in spring 2016.

Micaela Sturm, of Oak Hill, graduated with a bachelor of science in health science/physical therapy from Quinnipiac University in spring 2016.

Laura Mister, of Herndon, is on the dean's list at Emory and Henry College in Emory, Virginia, for spring 2016.

Barry Kinney, Herndon, graduated in May 2016 with a bachelor of general studies in Liberal Arts and Sciences from the University of Kansas.

"Love That Dirty Water"



By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

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INOVA Blood Drive, Tuesday, Aug. 23, 12 - 7 p.m., Beside Pavilion at Reston Town Center. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration.

THURSDAY/AUG. 18

Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Raffle Fundraiser 6-9:30 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. <http://www.alz.org/walk>.

ONGOING

School Supply Drive — Through Friday, Aug. 12, Reston Town Center building lobbies. Teaming up with Kids R First and Cornerstones, Reston Town Center is collecting Back to School items to benefit the local community. Much needed items include: backpacks, scissors, glue, paper, crayons, markers, pencil cases, lunch boxes, notebooks, erasers, pens, tissues, and underwear (new, in original package). Donation boxes are located in building lobbies.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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V-J Day

FROM PAGE 4

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Harbor, Keyport, Keansburg, Belford, Leonardo. Everywhere we went, with our pot banging and shouting, we saw other people celebrating. Everyone came out onto their lawns, greeting us with jumping and waving, shouting and cheering. It was a day of victory, it was a day of joy. The war was over. It was almost dark when we pulled into the driveway, sweaty, hoarse, and happy. Mosquitoes stuck to our sticky arms and faces, those big ones! We were bathed and sent to bed with a great treasure — the memory of how our family celebrated the end of the war. I was seven.

THE AUTHOR LIVES IN VIENNA.



Joanna Grove



Janelle Grove

Meet Joanna and Janelle

Twin sisters, Joanna and Janelle Grove, of Reston, share enormous passion: baking bread.

BY ALEXANDRA GREELEY
THE CONNECTION

Watching these two running their stand at a recent farmers' market was a bit like seeing double. Well, the Reston-based Grove twins, Joanna and Janelle, are identical twins, after all, and deciding which is which is a bit challenging.

As they share their looks and family life, they also share an enormous passion: baking bread. As they explained, this is not just any bread, but a whole wheat version made from freshly ground whole wheat flour. That alone is packed with vital nutrients: vitamins A, K, E, B1, B2, B3, B6, phosphorous and numerous others. And the sisters even grind their own flour, after buying 50-pound bags of wheat from Quail Cove in Machipongo, Va., a farm that brings in wheat from Montana.

But they take the flour processing two steps further. After the grinding, they said, they soak the flour overnight with yogurt (also purchased from a farmers' market) that allows the breakdown of gluten and phytic acid, both of which prevent the body from absorbing wheat's vital nutrients. By the next morning, the flour is ready for yeast and the final part of the baking process. "This is a slow process," they said. "The dough takes about 2 hours to rise." As it is, they now bake about 60 loaves of bread each week on Wednesdays and Thursdays.

For two young ladies who studied entrepreneurship online from Thomas Edison college, launching their business Kneaded Nourishment Bakery, is a big step forward. As they explained, they have always loved to bake for family and friends, and even started

Kneaded Nourishment Baked French Toast

7 slices whole wheat Cinnamon Raisin Bread
4 eggs
2 cups whole milk
1/4 cup honey
1 tsp vanilla
2 tablespoons butter plus extra for greasing pan

Butter 8-inch x8-inch pan and layer bread slices in pan. Whisk together eggs, milk, honey, and vanilla; pour over bread. Allow bread to absorb egg mixture for about 5 minutes or leave covered overnight in the fridge. Place the 2 tablespoons butter in small slices around the top. Bake at 350 degrees for 45 to 55 minutes, or until cooked through but still soft and moist in the middle. Serve hot with butter and maple syrup.

a few years ago selling their unique bread to friends and neighbors.

The next step? Selling at farmers' markets starting about one year ago. Because customers could not tell one twin from the other, the sisters decided to take individual days at their markets, Janelle at Reston, Joanna at Alexandria. That way they felt they could make friends with their customers and establish a close bond.

Despite the price per loaf of \$7, customers flock to their stand, and they seldom have any leftovers, something that saddens their parents, who hope to have a loaf or two at home. But because they work from a licensed in-home kitchen, their parents may get a few crumbs now and then. "Because our baking takes up so much kitchen space," they said, "we help our parents out by often cooking dinner." And as the twins note, both Mom and Dad are proud of their baking business, though possibly a bit mystified.

The most popular flavors are, of course, the honey whole wheat and the rosemary loaves, but coming in next are their cinnamon loaves. "We also make cinnamon and onion-herb rolls," they said, adding that the cinnamon bread makes a great French toast.

To contact the Grove twins, log onto their website: www.kneadednourishmentbakery.weebly.com



Kamron Soldozy had the opportunity to speak with medical professionals like orthopedic surgeon Forrest H. Schwartz, M.D. at the Congress of Future Medical Leaders.

PHOTO CONTRIBUTED

Helping with Compassion

TJ student attends Congress of Future Medical Leaders.

BY DANIELLE GRAE
THE CONNECTION

Rising junior at Thomas Jefferson High School for Science and Technology, Kamron Soldozy, represented Northern Virginia at the Congress of Future Medical Leaders, a gathering of the nation's brightest high school students interested in medicine, from June 25-27.

Faculty at TJHSST and Robert Darling, medical director of the National Academy of Future Physicians and Medical Scientists, nominated Soldozy because of his outstanding transcript and medical career goals.

At the Congress, Soldozy saw Nobel Prize winners, medical school deans, doctors, researchers and patients speak. Other highlights for Soldozy included observing a surgery live-streamed from Alexandria and discussing his cholesterol project with a researcher in the field.

"It's amazing how much a doctor can impact their patients' lives and how really grateful patients become after someone like a doctor or a surgeon just turns everything around," Soldozy said.

Soldozy decided to pursue a career in medicine when his grandmother passed away in Iran due to poor medical treatment.

"The doctors in Iran didn't treat her with compassion. They didn't care as much, but when you come here and you hear

about the passionate doctors, it makes me want to do what the Iranian doctors didn't do. It makes me want to make up for what they did," Soldozy said.

This summer, Soldozy volunteers at Reston Hospital Center where he directs visitors to patient rooms. Soldozy also listens and delivers flowers to patients.

"He is a great volunteer here at the hospital. He learned the job very quickly and is very professional," Coordinator of Guest Relations at Reston Hospital Center, Cyndee Hochstrasser, R.N., wrote in an email.

After the Congress, Soldozy observed surgeries in July, interned at a chiropractic practice and applied to do research at universities. Soldozy has not yet decided whether to become a physician or a researcher.

Outside of medical activities, Soldozy displays his love of helping others as a basketball referee.

"He's able to have conversations and whole conversations with people twice, sometimes even three times his age, and that's a skill that not a lot of people have. He's very personable, very easy to get along with. Knowing how he works as a basketball referee and how he applies himself, I know he's going to be a great success in everything that he does," Soldozy's boss, Ruiqi Zhang, of Leesburg, Basketball Commissioner for Potomac Valley Officiates Association, and engineer, said over the phone.