



Oak Hill Herndon CONNECTION

FAMILY CONNECTION

PAGE 8

Herndon High football coach Jeremiah Davis at football training during the Mom's Clinic, a USA Football event. He is named one of 19 football leaders from 15 states in USA Football's Heads Up Football Program.



Herndon Football Coach Named Master Trainer

NEWS, PAGE 2

Town Council Proclaims June LGBTQ+ Pride Month

NEWS, PAGE 3

Art in Support of Night of Magic 2017

NEWS, PAGE 3

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 6

PHOTO CONTRIBUTED

Town Council Proclaimed June LGBTQ+ Pride Month

BY FALLON FORBUSH
THE CONNECTION

The Herndon Town Council approved a resolution pro-claiming the month of June to be lesbian, gay, bisexual, transgender and queer (LGBTQ) pride month during its public meeting on Tuesday, June 13.

Virginia Del. Jennifer Boysko, D-86, and John Foust, who represents the Dranesville District on the Fairfax County Board of Supervisors, joined the council to mark the occasion. Representatives from the Dulles Triangles, a social club for the LGBT community in northern Virginia, and the Northern VA Pride (NOVA Pride), a grassroots organization that plans events for the LGBTQ community, including an annual pride parade and festival, were also there to accept the proclamation on the LGBTQ community's behalf.

"Herndon is a place for everyone, and we mean everyone," Councilmember Jeff Davidson said during the meeting.

"Lesbian, gay, bisexual and transgender individuals come from all regions, ethnicities, religions, backgrounds and socioeconomic statuses and contribute greatly to our community across all professions and family structures," Davidson said as he introduced the proclamation. "The nature of that intersectionality further enriches us all with enhanced awareness of and appreciation for the diversity that makes our community more vibrant, more welcoming and more American."

The proclamation, which was met with applause from the council chambers, was a way for the council to acknowledge the difficulties and prejudice the LGBTQ community has worked to overcome, encourage advocates and recognize the impact that LGBTQ people have on Herndon.

"For more than two centuries, our nation has struggled to transform the ideals of liberty and equality from founding promise into lasting reality," the resolution reads. "LGBTQ+ Americans have worked tirelessly on the next chapter of that history — from the patrons of the Stonewall Inn who sparked a movement; to service members who can be honest about who they love; to marriage equality; to brave young people who come out and speak out every day. Each day, support for LGBTQ+ equality is growing, led by a generation who understands that—in the words of Dr. Martin Luther King, Jr., '... injustice anywhere is a threat to justice everywhere.'"

THE PROCLAMATION was also a stance of solidarity with the LGBTQ community.

WWW.CONNECTIONNEWSPAPERS.COM



The Herndon Town Council passed a proclamation recognizing the month of June as LGBTQ+ Pride Month. Along with Mayor Lisa Merkel, town councilmembers, Acting Town Manager Bill Ashton and Town Attorney Lesa Yeatts, Virginia Del. Jennifer Boysko, D-86, and Supervisor John Foust (D-Dranesville) joined LGBTQ community members and representatives from the Dulles Triangles and NOVA Pride to commemorate the occasion.

"We are reminded that we are not truly equal until every person has the same rights and opportunities," Davidson said.

Councilmember Bill McKenna was 13 years old when he first learned from his parents about the Stonewall Inn, a gay bar in New York City in the Greenwich Village neighborhood, which was the site of the Stonewall riots of 1969 that many consider to be the spark that ignited the gay liberation movement in the United States.

"My parents also instilled in me the idea that the United States is the only country in the world where it's not based on ethnicity, it's not based on race, it's not based on sexual orientation; it's based on an idea," McKenna said during the meeting. "The idea is that we're all created equal."

Vice Mayor Jennifer Baker recalled a time during the meeting during high school when she proudly disagreed with her Methodist pastor.

"I asked him, 'Why would anyone choose to be persecuted and discriminated against?'" she told the audience.

A lengthy conversation about whether sexual orientation and gender identity were choices people could make ensued between Baker and her pastor.

"I walked away more convinced than ever that sexual orientation and identity are gifts that we are born with," Baker said.

She then reminded the audience that the right for LGBTQ Americans to marry and openly serve in the military in all 50 states are fairly new freedoms and that there is more progress to be made.

"There is currently no federal law to pre-

vent housing discrimination or prevent employment discrimination and many others," she said.

In lieu of federal protections, many states and municipalities have enacted legislation that makes it illegal for the government and businesses to discriminate against the LGBTQ community on the basis of sexual orientation, gender identity and gender expression for accommodations such as housing, employment and adoption.

While Herndon celebrates diversity in its community, the town council is not able to enact protections for its LGBTQ citizens without permission from the state legislature in Richmond, which is currently opposed to doing so.

This year, a delegate of the Virginia General Assembly wrote a law that would have regulated transgender people's use of restrooms in schools, highway rest stops and in government buildings, much like the infamous North Carolina law. It was drafted by Virginia Del. Bob Marshall, R-13, Manassas, who previously authored the state's ban on same-sex marriage, which is now unconstitutional.

Gov. Terry McAuliffe promised to veto any discriminatory legislation against the LGBTQ community if it ever made it to his desk, which was not needed since the bathroom bill was permanently tabled by a Virginia House of Delegates subcommittee.

"Too often, we've seen people with strong religious convictions feel entitled to impose their morality and their religion on others, which often includes denying rights to LGBTQ individuals," Baker said.

The Virginia House of Delegates advanced

another bill even farther when it passed a religious freedom bill in January that would have given taxpayer-funded agencies and service providers a license to discriminate against LGBTQ people for religious reasons. The bill eventually made its way to McAuliffe, who vetoed it in March.

HERNDON has a reverse position on its LGBTQ residents.

"Herndon is a hometown for everyone," Mayor Lisa Merkel said during the meeting.

Merkel has a rule that she does not commit to signing any pledges because of the overwhelming requests she receives to endorse or oppose various causes and issues. However, she made one exception, she told the crowd.

"I have signed one since I have been the mayor of this town," she said. "And that was the Mayors for Marriage Equality because I thought that this is the only pledge anyone has come to me and asked me about that I thought, 'There is not a single

argument anyone could give me that would make me change my mind on this issue.'"

Accepting the proclamation on behalf of the LGBTQ community in Herndon were local leaders from northern Virginia LGBT organizations.

"Thank you," said Susan Murray of the Dulles Triangles. "That's what I have to say."

"I think I've said this every year, how heartwarming it is to live in a town that is as accepting as Herndon, which is such a departure from where I'm from in deep south Louisiana," said Kyle Rohen, a board member of NOVA Pride and a resident of Herndon. Councilmember Grace Wolf Cunningham looks forward to the day when proclamations like the one passed that night are superfluous.

"I think it's wonderful that we're able to recognize all members of our community with proclamations," Cunningham said during the meeting. "On the other hand, I look forward to the day when we don't need to do that."

We're just regular. We don't talk about Asian Americans or black Americans or disabled Americans or LGBT Americans; they're just Americans. So, that's my hope."

In the meantime, Cunningham said the council would continue to recognize all contributing members of Herndon's community.

LGBTQ northern Virginians and their allies also have another event to look forward to this fall.

NOVA Pride's Northern Virginia Pride Festival (NOVA Pride Festival) will be on Saturday, Oct. 1, from 11 a.m. to 7 p.m. at the Bull Run Special Events Center in Centreville.

PHOTO BY FALLON FORBUSH/THE CONNECTION

OPINION

Killing the Poor to Pay Millionaires

Even employer provided insurance would suffer; coverage caps and exclusions of pre-existing conditions could return.

The U.S. Senate bill to repeal the Affordable Care Act would take more than \$600 billion (yes with a B) from poor children, poor elders and people with disabilities to give a tax cut to people who make more than \$200,000 a year. Households with income of \$1 million, would gain \$50,000 in tax cuts per year. It is a massive transfer of wealth to the wealthiest households in America taken from the most vulnerable and neediest people. It would lead to more sick people and thousands of preventable deaths every year.

While much of the damage is done by massive cuts to Medicaid, affecting poor children, people with disabilities and most people in nursing homes, some of the changes will result in damage to the quality of insurance for those who get their insurance from their employers as well.

What could go wrong?

❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.

❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity, mental health issues, ADD, etc.

❖ States could opt out of the law's essential

health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance. Would Virginia be a state that opts out? Quite likely.

❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers, costing Virginia an estimated \$40 million annually; \$3 million in Fairfax County; \$2 million in the City of Alexandria.

❖ \$800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are people who were middle class and but outlived their savings and coverage.

❖ In Virginia, the proposed changes to Medicaid would cost the state \$1.4 billion over seven years.

❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of

addiction.

❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

(This is by no means a comprehensive list of problems.)

If a version of the Senate bill were to pass, the results will be harmful to tens of millions of Americans. Call your senators. Virginia's U.S. Senators, Tim Kaine and Mark Warner, are both Democrats in the forefront of pushing back against this bill. But let them know you expect them to do the extraordinary to hold this up. Call the senators listed below and tell them to vote against it.

Ask family and friends to call their senators today.

If you have family or friends who live in West Virginia, Louisiana, Maine, Nevada, Arkansas or Ohio, their calls are especially important. Senators Shelley Capito (R-WV); Bill Cassidy (R-LA); Susan Collins (R-ME); Dean Heller (R-NV); Lisa Murkowski (R-AK); Rob Portman (R-OH) are among those reported to be possible opponents of this proposal.

The U.S. Capitol Switchboard number is 202-224-3121, and a switchboard operator will connect you directly with the Senate office you request.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

November General Elections

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

With the conclusion of the political party primaries last week the general election is now teed up for Nov. 7. There were some surprises coming out of the Democratic and Republican primaries. Lt. Gov. Ralph Northam easily won the Democratic primary to be the nominee for governor even though there was discussion beforehand that polls indicated a tight race. Polling for primaries is notorious for being inaccurate because with a typically light turnout the universe of potential voters is almost impossible to determine. Former one-term U.S. Rep. Tom Perriello has a great deal to offer and will hopefully stay on the scene for future opportunities. Although the term "establishment" was grossly over-used in describing Ralph Northam, his service in



the state senate plus his active role as lieutenant governor made him well known and greatly admired throughout the state. Justin Fairfax gained everyone's admiration after a primary loss to Attorney General Mark Herring four years ago led to his active campaigning during the interim time making him well known for this primary. He was also well known for his work as an attorney.

If you review the areas where Ralph Northam did well and compare them with where Justin Fairfax was strongest, you create a strong statewide team that will be nearly impossible to defeat. Attorney General Mark Herring was not challenged in a primary and will be on the ballot to succeed himself in November. There is no one-term limitation with the attorney general and the lieutenant

governor as there is with the governor.

The greatest surprise of the primaries may have been on the Republican side to pick a candidate for governor. Ed Gillespie who has been mentioned for years as the next Republican governor of Virginia barely got through the primary with a shockingly strong showing by Corey Stewart who is known for his anti-immigrant work in Prince William County and for campaigning with a Confederate flag. He has the distinction of being so over the top that he was fired by the Trump campaign. Turnout was especially low in the Republican primary, and Stewart was just over a percentage point in taking out Gillespie. It will be interesting to see if the folks who voted for Stewart will vote in the general election or decide to stay home.

The Republican primary for lieutenant governor was a slug-fest between two state senators with Jill Vogel winning after a mud-slinging campaign that left neither

candidate looking good.

All 100 seats for the House of Delegates are up for election this fall with a record number of contested elections. Historically it has been difficult to recruit candidates to run for the House of Delegates, but events of the past year have brought forth more candidates than ever before. There was a record number 27 seats where the candidates were determined by the primary because there was so much interest in running. Democrats will certainly pick up seats in the House of Delegates getting closer to shifting or sharing power in that legislative body.

While I am uncontested in my race for the House of Delegates you can still expect to see me campaigning. It is a good way to stay in touch with constituents and to increase turn-out for the statewide elections. Expect a busy fall of campaigning leading up to the fall elections in Virginia that will send a signal to the nation as to the public's reaction to national events.

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Fallon Forbush
Reporter
fforbush@connectionnewspapers.com

Ryan Dunn
Contributing Writer
@rdunmedia

Kyle Kincaid
Editorial Assistant
herndon@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



Art in Support of Night of Magic 2017

Northwest Federal Credit Union Mortgage Lending Department is seeking locally sourced original art, memorabilia, and tickets from artists, artisans, and the public for their 2nd Annual Art Auction to benefit the Northwest Federal Credit Union Foundation's Night of Magic for critically ill children.

According to Michelle Sandy, Business Development NWFC, since 2009 the Foundation has hosted a Night of Magic, a special event for chronically ill children receiving care at INOVA Fairfax Children's Hospital and the children's families. It is a free evening created just for them, a time of to-

tal fun where everyone can take a break, forget about medical concerns and simply have a great evening with costumes, dancing, games, food, and photographs.

Sandy reported that 100 percent of funds raised at their 2nd Annual Silent Auction to be held in July would support Night of Magic 2017. When asked to explain the importance of the event, Sandy said that often critically ill children, as well their siblings and families miss out on school gatherings, dances, and parties due to treatments or hospitalization of the ill child. Benefits of Night of Magic can have a lasting effect on the children and their fami-

lies.

Sandy shared that in the future NWFC seeks to create an online auction site to facilitate greater involvement by the community. She added that for any art donation provided this year, receipts would be available and the donation tax-deductible as permitted by law. If an individual has original art, memorabilia (sports, movie, or such), or tickets/season passes and wishes to donate them to the cause, contact Michelle Sandy, Business Development Northwest Federal Credit Union at msandy@nwfcu.org or 703-709-8900 Ext. 4732. To view last year's magic and learn more about the event



PHOTO COURTESY OF NEFCU

Northwest Federal Credit Union Foundation's 2016 Night of Magic was a special evening for critically ill children and their families.

that will benefit from the auction, visit www.nwfcufoundation.org/our-programs/community-education/night-magic.

— MERCIA HOBSON

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**

8th Annual

Dog Days Of Summer Open House

Sunday, July 9th from 10am to 5pm

A great time to see our facility & meet our staff.



- Free Hot Dogs & Soft Drinks
- Free Frosty Paws for the Pups
- Free Swims in the Pool
- Hospital & Resort Tours
- Entire Boutique on Sale



Dog Days Of Summer Open House

www.SenecaHillVet.com

703.450.6760

11415 Georgetown Pike, Great Falls, Virginia

FAIRFAX COUNTY PARK AUTHORITY
Summer Entertainment Series
Music at Arrowbrook Park

FREE!

Saturday Evenings • 7:30-8:30 p.m.
 Arrowbrook Centre Park • 2351 Field Point Rd., Herndon

Proudly presented by The Ruth and Hal Lauanders Charitable Trust

Eddie from Ohio

Yo Mama's Big Fat Booty Band

Bill Kirchen

JULY

- 1 Bill Kirchen (Rockabilly)
- 8 City of Fairfax Band "Alte Kameraden German Band" (German)
- 15 The Pietasters (Ska)
- 22 Eddie from Ohio (Folk)
- 29 The Hillbilly Gypsies (Bluegrass)

AUGUST

- 5 The Winstons (Motown)
- 12 Yo Mama's Big Fat Booty Band (Funk)
- 19 Black Masala (Gypsy Fusion)

The Hillbilly Gypsies

Bring this ad to qualify for a concert t-shirt giveaway.

Music at Arrowbrook Park is made possible through Arrowbrook Management Corporation and the generous support from the following sponsors.

The summer concert series is made possible through corporate and private donations. To donate, visit fairfaxparkfoundation.org/projects

Subscribe to Concert E-News

Shows are canceled due to inclement weather. Call 703-324-SHOW (7469) one hour prior to the start of the show for updates.

www.fairfaxcounty.gov/parks/performances

Announcements

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques
703-241-0790
theschefers@cox.net

Employment

Client Focus LLC has openings for Sr. Business Systems Analyst I. Jobs loc in Sterling, VA & var unanticp locs t/o US. Gthr scope of proj. Anlyz gaps in currnt sys & advse on chngs req'd to fulfill biz needs of proj. Condcct intervws w/srvc prvdr vends to undrstrnd their sys & how chngs req'd will impct them. Rev biz rqmnts & delivr functnl specs doc. Wrk clselly w/usr intrfc web dsgnrs to crete screen layouts. Crete tst plans/cases based on usr/functnl specs. Condcct usr acctnce tstng to verify & ensur accurte delivry of biz needs. Trvl/reloc to var unanticp locs t/o US for LT/ST asgnmnts at clt sites. Req: MS or frgn equiv in Comp Sci, Engg (any), Comp Apps, Biz Admin, or rel. Mail res w/cvr ltr: Client Focus LLC, 46600 Chase View Ter, Sterling, VA 20164; Job 15CFL01; EOE

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers



www.connectionnewspapers.com

Announcements

Legals

ABC LICENSE

S&K Pizza LLC trading as Manhattan Pizza, 12975 Highland Crossing dr Herndon Va 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises license to sell or manufacture alcoholic beverages. Sammy Haddad . NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Employment

Admitting Clerk Medical Records Position

McLean Surgery Center is looking for a positive, hardworking individual who can work well in a team environment. We are a small office, so we are looking for an all-around medical office person who can perform all business office functions; which includes front desk/registration, patient phone calls, and medical records. Ideal candidates would possess excellent customer service skills, experience working within a medical/health-care environment, ability to multitask with high degree of accuracy and efficiency, strong interpersonal skills in order to communicate by phone or email with patients, doctors and staff. Bilingual and understanding of HIPAA laws would be preferred. Hours would be from 7:30 - 4:00PM. This is a great opportunity for the right person. If interested and feel you are qualified, please submit your resume to Dottie: dseeley@mcleansc.com Fax: 703-752-1107

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

Announcements

ENTERTAINMENT

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

ONGOING

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit artspaceherndon.com.

Art Exhibition. 8 a.m.-5 p.m. through June 29 at U. S. Geological Survey, 12201 Sunrise Valley Drive. Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit HKAnneFineArt.com.

Lake Anne Exhibit. Through July 2 at the Reston Community Center at Lake Anne, 1609 Washington Plaza N. Exhibit features work by members of the Reston Photographic Society. Visit www.leagueofrestonartists.org/rps or call 703-476-4500.

Cardboard Boat Regatta.

Registration now open for race on Aug. 12, 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For more information or to register a team, visit www.restonmuseum.org/cardboard. Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). email lacbregatta@gmail.com or call 703-709-7700.

DEADLINE JUNE 30

Call for Artists. at the US Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Eligible works are paintings, mixed media, and two-dimensional works suitable for wall hanging (no photography). The exhibit will be on display from July 3-28. Artwork that reflects USGS's environmental mission is encouraged. Enter works here www.leagueofrestonartists.org.

SATURDAY/JULY 1

Independence Day Celebration. 10 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Water Mine opens 11 a.m.-3 p.m.; boat rentals open 1:30-2:30 p.m.; puppet show 3-9:15 p.m.; live music 9:15 p.m. (approximately) Fireworks show \$10/car. Food vendors will set up near the park main office. Campgrounds are available for an overnight stay. Reservations recommended, call 703-471-5415.

Deanna Bogart Band Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. A night of dancing to the jump blues of this pianist/saxophonist/vocalist. Call 703-912-4062 or visit restontowncenter.com/concerts for more.

MONDAY/JULY 3

Mr. Knick Knack Performs. 10:30-11:15 a.m. in the pavilion at the Reston Town Center, Reston Town Center, 11900 Market St. Music for the children, part of musical Mondays program. Call 703-912-4062 or visit restontowncenter.com.

TUESDAY/JULY 4

Firecracker 5K. 8-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flags while rooting for the runners in the "Battle of the Branches" competition. Call 703-912-4062 or visit restontowncenter.com for more.

Herndon Independence Day Celebration. 6:30-9:30 p.m. in Bready Park at the Herndon



New York Turmoil

Through July 8, Jazz in the City Exhibit on display at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Community Center, 814 Ferndale Ave. Family-fun event featuring games, patriotic arts and craft activities, live music, family games, bingo, food, balloon artists and more. Visit herndon-va.gov/recreation/special-events/4th-of-july.

food. \$15 in advance, \$20 at the door. Email kelsey@reston.org or call 703-435-7995 for more.

SUNDAY/JULY 16

Le Hotclub de Biglic Concert. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Gypsy Jazz style of music. Call 703-956-9560 or visit www.artspaceherndon.com for more.

WEDNESDAY/JULY 19

Fairfax Symphony Orchestra (Children Music). 10-11 a.m. at the Visitor Center Pavilion, 2739 West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 20

City of Fairfax "Main Street Community Band." 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit fairfaxcounty.gov.

SATURDAY/JULY 22

Scythian Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. Play a blend of Celtic and klezmer music. Call 703-912-4062 or visit www.restontowncenter.com.

SUNDAY/JULY 23

Artists Reception. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Artists submitted photos for the 2018 Herndon Town Calendar, and are eligible for to receive the Herndon Town Calendar People's Choice Award. Photos will be on display from July 11-August 5. Call 703-956-9560 or visit www.artspaceherndon.com for more.

WEDNESDAY/JULY 26

The Grandsons Jr. (Children Songs). 10-11 a.m. at the Visitor Center Pavilion, 2739 West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 27

Summer Movie Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Hindi musical about a musician who falls for an unhappy woman who is waiting for her absent love to return. In Hindi, with English subtitles. Free. Call 703-689-2700 for more.

WEDNESDAY/JULY 5
Blue Sky Puppet Theater. 10-11 a.m. at the Visitor Center Pavilion 2739 West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 6

The Annandale Brass (American Popular Music). 7:30- 8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit fairfaxcounty.gov.

SATURDAY/JULY 8

Lake Anne Roots Music Festival. noon-8 p.m. at Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Bands include Catchin Toads, noon; Old Town Traditions, 1 p.m.; Snakehead Run Jug Band, 2 p.m.; Split String Soup, 3 p.m.; Eli Pafumi, 4 p.m.; The Woodshedders, 5 p.m.. Visit www.lakeanneplaza.com.
Summer Movie Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. A musical about a Harlem schoolteacher, Dorothy. When she tries to save her dog from a storm, she's whisked away to an urban fantasy land called Oz. Free. Call 703-689-2700.

WEDNESDAY/JULY 12

Rocknoceros (Children's Songs). 10-11 a.m. at the Visitor Center Pavilion 2739 West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 13

Rob Ickes & Trey Hensley (Bluegrass). 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit fairfaxcounty.gov.

FRIDAY/JULY 14

Mac and Cheese Night. 6:30-9 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. July 14 is National Mac and Cheese Day and The Lake House is celebrating with a macaroni craft, noodle games, and

Earn more with Quality!
★★★30 YEARS OF SERVICE★★★

CDL Drivers needed to deliver new trucks. Tow cars are a plus. Reload opportunities available.

Quality Drive-Away
www.qualitydriveaway.com
Call 574-642-2023 NOW!

Announcements

Announcements

Lifetime ROOFING
by VA CAROLINA BUILDINGS, INC

FACTORY DIRECT WE FINANCE

CALL 800-893-1242 SINGLE WIDES DOUBLE WIDES HOUSES

WWW.METALROOFOVER.COM

BULLETIN

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

INDEPENDENCE DAY

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

THROUGH JULY 31

Backpacks for Students. Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit www.gflutheran.org or call 703-759-6068.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Reston-Herndon area, FEEDS is offered at the following schools:

- ♦ Dogwood Elementary School, 12300 Glade Drive, Reston
- ♦ Hutchison Elementary School, 13209 Parcher Ave., Herndon
- ♦ Herndon High School, 700 Bennett St., Herndon

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Contact Natalie McCall at nmccall@onlifefitness.com or 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

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/litombudsman/.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

| | | | |
|--|-------------------|--|--|
| ELECTRICAL | ELECTRICAL | LANDSCAPING | Good is not good, where better is expected. -Thomas Fuller |
| K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com | | A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465 | |
| GUTTER | | LANDSCAPING | |
| GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price! | | Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed | |
| IMPROVEMENTS | | IMPROVEMENTS | |
| Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096 | | TILE / MARBLE | |
| A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia | | TILE / MARBLE | |
|  RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com | | TILE / MARBLE | |
| Alfredo's Construction Company, Inc. <ul style="list-style-type: none"> • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com | | Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service | |
| An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg | | TELL US WHAT YOU THINK SUBMIT YOUR LETTER TO THE EDITOR HERE www.ConnectionNewspapers.com/contact/letter | |
| Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com | | | |

Infusing is Rarely Amusing



By KENNETH B. LOURIE

Four weeks out of every five, it appears as if I don't have cancer. Fortunately, I don't look the part. Nor do I act the part – in my opinion. However, there is one week out of every five when I most definitely feel the part: the week after my chemotherapy infusion, when eating is a particular challenge. The look, feel, taste and thought of food and/or drink is nearly impossible to swallow – literally and figuratively. And though I'm not in any pain during this post-chemotherapy weak, I am compromised nonetheless.

Friends and family who are familiar with my "normal" eating habits (I'd order off the children's menu if I could) have joked that since I'm unable to eat any of the usual and customary Kenny selections, perhaps I should try eating foods that I would never select: Brussels sprouts, grapefruit, tuna fish in a can, fresh fish on a platter, all condiments other than mayonnaise, all legumes and a million other foods that you probably love. Plain and boring is how I roll (a potato roll is my preference), repeatedly.

The problem is that when I'm post chemo, nothing satiates: salty, sweet or "snacky;" hot, cold or medium; fast or slow; store-bought, home-made or restaurant-ready. It's all merely a variation on a theme where my back stiffens, my head tilts back and down and my eating mind says "no." It's been this way for about two and a half years now. And though I don't look the least bit undernourished, I am overwhelmed by these week-long post-chemotherapy eating fits and non-starts.

Naturally I have discussed this side effect with my oncologist. When asked how long this situation lasts, my seven-ish day struggle seems about average, according to my doctor, maybe even slightly shorter than some other patients he treats who are infused with the same chemotherapy drug as I am. Apparently, there are other patients where the eating challenges last even longer than mine. And since there's nothing to be prescribed/recommended to affect this eating problem/lack of outcome, all I can do is live with the consequences of my treatment. Live being the operative word. So unless I stop treatment, this eating challenge will persist, presumably. (Although, there's scant clinical information regarding side effects on stage IV, non-small cell lung cancer patients still living after eight years and four months as we're a patient population that doesn't much exist. We're not exactly unicorns, but neither are we ponies at the Fair.)

Fairness – and normalcy for me was officially gone on Feb. 27, 2009, the date of my diagnosis and the initial Team Lourie meeting with my oncologist. But so what. As of that date, my perspective/orientation became about living forward, not recriminating backward. Sure, the present was important, but the future was more important, and the past, well, it had passed. No more could I afford to consider who, what, where, when, why and how I ended up in this predicament. My goal was to remain positive, take the bad with good, survive until the next drug approval by the FDA (of which there have been half a dozen in the last two years specifically for the treatment of lung cancer) and try not to impose my problems on anyone else.

Which I believe I've succeeded in doing. Oh sure, I've imposed myself on you regular readers, but what I've imposed on you have been my experiences. Considering the context, I'd like to think I've shared, not self-indulged. Moreover, I'd like to think we're all better off for the 'experience.' I know I am.

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

A Week of Area Independence Day Celebrations

FRIDAY/JUNE 30

Independence Fireworks. 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit www.mountvernon.org.

SATURDAY/JULY 1

Fireworks at Lake Fairfax Park. 10 a.m.-10 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine Park, boat rentals, live music, food, puppet show, camping and fireworks. \$10 per car. The rain date is Sunday, July 2. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lakefairfax/.

Workhouse Arts Center Festivities. 5-9:30 p.m. at The Workhouse, 9518 Workhouse Way, Lorton. \$20. Golf course lecture, hole-in-one challenge, fireworks. Visit www.workhousearts.org.

Independence Fireworks. 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit www.mountvernon.org.

MONDAY/JULY 3

History Day Tours. Tours at 11 a.m. through 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Test your knowledge of U.S. history at Sully Historic Site with political trivia, games and fun facts. \$7 for adults, \$6 for students, and \$5 for seniors and children. Call 703-437-1794 or visit www.fairfaxcounty.gov.

TUESDAY/JULY 4

Firecracker 5K. 8-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flags while rooting for the runners in the "Battle of the Branches" competition. Call 703-912-4062 or visit restontowncenter.com.

Autism Speaks 5K. 8 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac, Md. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3111 or email AutismSpeaks5K@AutismSpeaks.org.

Great Falls Hometown Celebration. 8 a.m.-1 p.m. at Great Falls Village Centre, 776 Walker Road, Great Falls. Great Falls 5K Walk/Run starts at 8 a.m. and then view the floats, antique cars,



People capture the firework display on cell phones and cameras during the 2016 celebration of Alexandria's birthday.

horses and the bike brigade in the 4th of July Parade at 10 a.m. After the parade, food, music, field games and festivities on the Village Centre Green. At 6 p.m., the gates open at Turner Farm Park featuring music, games, contests and food trucks until the Fireworks Show gets underway just after dusk. Visit www.celebrategreatfalls.org.

Mount Vernon Independence Day. 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Troop inspection, wreath laying, citizen naturalization, music, fireworks and cake. Call 703-780-2000 or visit www.mountvernon.org.

Fairfax Independence Day Parade. 10 a.m. On Main Street in downtown Fairfax. Visit www.fairfaxva.gov/about-us/special-events/independence-day-celebration.

City of Fairfax Evening Show. 5:30 p.m. at Fairfax High School, 3501 Rebel Run. Children's activities (inflatables, face painting, and balloon artists), on-stage entertainment with a fireworks display that follows. The rain date for the fireworks only is July 5. Items that may puncture the synthetic turf, smoking, alcohol and animals (except service animals) are not permitted on the football field. Visit www.fairfaxva.gov or call 703-385-7855.

Fairfax Station Holiday Crafts Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Crafts will highlight the holiday and the railroads. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit www.fairfax-station.org, or call 703-425-9225.

Great Falls Fireworks. 6 p.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. As part of the Village of Great Falls Independence Day celebration, Christ the King Lutheran Church invites members, friends, and members of the community to gather on the church's front lawn to enjoy the fireworks from this premium vantage point. Visit www.gflutheran.org or call 703-759-6068.

Arlington Independence Day. 5-10 p.m. at the Long Bridge Park, 475 Long Bridge Drive, Arlington. Family-friendly activities including live music, food vendors, games, and a view of the Washington, D.C., fireworks display. Games and activities will include face painting, balloon art, moon bounces (weather permitting), cornhole, bocce, and more. No on-site parking at the event. Free event shuttles will run continuously from 4:30-10:30 p.m. between Long Bridge Park and the



Celebrate Independence Day at 144 Maple Ave. E., Vienna. Food, water games, pie eating contest and more. Visit www.viennava.gov or call 703-255-6360.

Pentagon City and Crystal City Metro stations. Free. Visit parks.arlingtonva.us/july-4th/.

Vienna July 4 Festival and Fireworks. 6:30 p.m. at Yeonas Park, 1319 Ross Drive SW, Vienna. Food available from the Vienna Little League snack bar, those who register can get their taste of America in the form of two eating contests: Children ages 5-10 can sign up onsite to participate in a pie-eating contest. Adults can give their chomping skills a try in Vienna's second annual hot dog-eating contest. Visit viennava.gov or call 703-255-6360.

McLean Independence Day. 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrees and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 8 p.m. on the rain date, Wednesday, July 5. Call 703-790-0123, or visit www.mcleancenter.org.

Herndon Independence Day Celebration. 6:30-9:30 p.m. in Bready Park at the Herndon Community Center, 814 Ferndale Ave. Family-fun event featuring games, patriotic arts and craft activities, live music, family games,

bingo, food, balloon artists and more. Visit herndon-va.gov/recreation/special-events/4th-of-july.

Falls Church Celebration. 7-10 p.m. at George Mason High School, 7124 Leesburg Pike, Falls Church. Live music. Visit www.fallschurchva.gov/.

Montgomery County Sparkles. 7:30 p.m., Albert Einstein High School, 11135 Newport Mill Road, Kensington. Montgomery County celebrates Independence Day with live music featuring Gringo Jingo. Fireworks are at 9:15 p.m. Shuttle bus at Westfield Wheaton North Building. Handicap parking only available at Einstein High School. Food vendors on site. Raindate is July 5 for fireworks only. Call 240-777-0311.

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberide.com.

THURSDAY/JULY 6

Patriotic Music. 1-2 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. \$2 or free for residents. Visit www.holidaypark.us/.

Summer Under the Stars Concert. 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong Street, Fairfax. Main Street Community Band. Visit fairfaxva.gov or call 703-385-7855.

SATURDAY/JULY 8

USA/Alexandria Birthday Celebration. 5-10 p.m. at Oronoco Bay Park, 100 Madison St. Event to celebrate the 241st birthday of the USA and the 268th birthday of the City of Alexandria, featuring entertainment, cannon salute during the 1812 Overture, food and beverage sales, and fireworks at 9:30. Call 703-746-5592 or visit www.visitalexandriava.com/alx-bday/.

Riverfront Fundraiser. 7:30-10:30 p.m. Del. Mark Levine's house, at 805 Rivergate Place, Alexandria. Refreshments include "impeachment punch," "Orange Russians," wine and beer, soft drinks, and food. And great views of the fireworks which begin at 9:30 p.m.

Come early to get a good lawn seat or come later after the festivities next door at Oronoco Park.



Helping Animals Find Their Way Since 2001

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

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org