



# Oak Hill Herndon CONNECTION

On the bike path by the Community Center in Herndon, Herndon residents, Joe Caso, 62, director of presales, Patti Aston, satellite operator, and her daughter Hunter, 8, third grader, pose for a picture with their dogs Dixie and Barry Allan. "The dogs are loving and beautiful and a lot of fun. I'm part of their family now," said Caso.

## Meet the Best Friends of Herndon

PET CONNECTION, PAGE 6

Inside

**PET CONNECTION**



### Raise a Glass and Raise Some Funds for FISH

NEWS, PAGE 8

### Herndon Swimming Tradition: 35 Years and Counting

NEWS, PAGE 12

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY COLIN STOECKER/THE CONNECTION

JULY 26 - AUGUST 1, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# Military Hiring Fair Held in Herndon

Career event created to help job seekers find meaningful employment opportunities.

BY MERCIA HOBSON  
THE CONNECTION

**H**iring Our Heroes — The United States Chamber of Commerce Foundation and The American Legion Department of Virginia State Convention conducted a Military Hiring Event on Thursday, July 13 at the Hilton Washington Dulles Airport Hotel in Herndon. Fifty top-tier local and national employers and service organizations participated in the daylong event. Jobs opportunities were available to transitioning service members, veterans, and military spouses.

Dave Wallace, Media and Communications Chair, Dyer-Gunnell Post 180, The American Legion

Department of Virginia said, “This hiring event is the first of its kind for the American Legion Department of Virginia. It’s giving back to our veterans. It is an opportunity to show their skills sets to all these employers; a chance to prove how they will be an asset to the companies.”

**LEAVING THE MILITARY** can be daunting for many, and seeking employment a new venture. Before the hiring fair began, Hiring Our Heroes, U.S. Chamber of Commerce Foundation offered attendees a unique employment workshop, one that concisely covered a variety of topics.

Cara Cooke, USAF Senior Manager, Hiring Our Heroes taught the seminar. Cooke focused the discus-



**Navy Veteran Natalie Wallace of Manassas put her newly learned networking and interview skills she acquired at the Hiring Our Heroes employment workshop to work. Wallace introduced herself to Nela Peterson of Progressive Insurance. Afterward, Wallace said, “I learned online applications might not be as productive as face to face. Networking is key.”**

sion on how best to create three essential personal branding tools: an effective resume, the 20-second elevator pitch, and a digital identity. Cooke acknowledged those in the military have grown accustomed to military jargon, but their resume must translate military experience into civilian language. Using tools on-hand, Cooke said job seekers could create a resume in 20 minutes, print it, and have it ready to distribute to potential employers upstairs.

Next, Cooke described how to build a personal brand statement, the brief 20-second elevator pitch. “State who you are, what your background is, and what you want. Ask what they can offer you, and stop. Stop. Let them talk,” Cooke instructed. She reminded attendees that when they are talking to prospective employers: “Give eye contact and don’t look at the ground. Talk to everybody. Contact is so important.” Cooke added: “Today is your day. They see your value and want to hire you.”

The third tool Cooke stressed was the importance of a profes-

sional digital identity. She discussed how to develop and grow a network using LinkedIn. “Each employer here has a LinkedIn account. They can reach back to you.” Cooke recommended the job seekers take one of each prospective employer’s business cards. She told them to write a note about their meeting, a reminder to themselves what they spoke about with the recruiter, on the back of each one’s business card. “Then send a follow-up email to the people you met today,” Cooke said. “Remind them who you are and ask them to review your resume.” Cooke urged attendees, “Be persistent. Do not end your job search after the fair. Use the tools Hiring Our Heroes provides.”

Bobbi Diviney is a Marine Veteran from Leesburg. After leaving the workshop, she prepared to enter the hiring fair. Asked what she had learned and what type of job she was looking for, Diviney said, “I didn’t know about the Hiring Our Heroes job page [portal]. I’m currently a graduate student in Crime Analysis. This is my first Hiring Our Heroes Job Fair.”

Marcus Bottelcher is District Manager for Fastenal, a Fortune 1000 company. He stood ready to greet prospective employees. Asked if he was hiring that day, Bottelcher said, “Ten to fifteen percent of the people we hire are veterans or National Guard. Their skill set fits our mindset. I’m out to hire today. Take cards. Any good candidates, I’ll send appointments. Fairs like this help the Veterans. When their names show up in the system, they stand out because I’ve already met them.”

According to Dave Wallace, Media and Communications Chair, Dyer-Gunnell Post 180, The American Legion, 235 job seekers had registered for the job fair by early afternoon with 50 participating employers and service organizations present.

**FOR MORE INFORMATION** about Hiring Our Heroes, a program of the U.S. Chamber of Commerce Foundation to help veterans, transitioning service members and military spouses find meaningful employment opportunities, visit [www.uschamberfoundation.org](http://www.uschamberfoundation.org).



**Brian Powers, an Army Veteran from Triangle, Va. (center) is seeking employment. He met with Floyd Cline, a member of The American Legion Post 176 Springfield (left) and Shalene Durham, The American Legion Assistant Director Human Resources (right). The American Legion was one of 50 participating employers and service organization at the Military Hiring Fair.**

PHOTOS BY MERCIA HOBSON  
THE CONNECTION

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## American Legion Post Elects New Officers

BY MERCIA HOBSON  
THE CONNECTION

**M**embers of The American Legion Wayne M. Kidwell, Post 184 elected and installed new officers at their July 19 meeting held in the Herndon Council Chambers located at 765 Lynn St., Herndon. Legionnaires unanimously voted Herndon residents David R. Womack, Commander, Geoffrey Schelhorn, Chaplain, and Jeff Duncan, Adjutant.

William Glenn Yarborough, Jr., 17th District Commander of the Department of Virginia American Legion, served as the Installation Officer. In his remarks, Yarborough addressed Womack, Schelhorn, and Duncan saying that they must vindicate the trust placed in them as the welfare and success of the post, its future and reputation, was in their hands.

“Protect the good name of The American Legion,” Yarborough urged. “Remember the tolerance that animates us as members...Remember too the cardinal principles of The American Legion are the rehabilitation of all disabled veterans, care of the dependents of those who have answered the final call, call of those who now are suffering from wounds, disease, and want, the education of our children, and service to the community, state, and nation.”

Yarborough instructed Womack, the newly installed Commander of Post 184, that although guided by the Constitution of The American Legion and decisions of the post body, “The responsibility of the year’s programs is on your shoulders. You

**David R. Womack, newly installed Commander Herndon/Reston American Legion Wayne M. Kidwell, Post 184 congratulates David Kirby, Past Commander, as Kirby accepts the Commander Award in recognition of his loyalty, dedicated service and leadership as he served as Commander from 2006-2017.**

PHOTO BY  
MERCIA HOBSON  
THE CONNECTION



must initiate programs and carry them through to completion.”

After 11 years of service, David Kirby of Herndon retired as Commander Herndon/

Reston American Legion Wayne M. Kidwell, Post 184. With family, friends, and other Legionnaires looking on, Kirby recalled his service as Commander. “Eleven years as the

Commander of The American Legion Wayne M. Kidwell, Post 184 has been a very trying but rewarding experience. Locating the flag-pole holes at Chestnut Grove Cemetery seems to get more and more difficult each year. However, we always prevail, and the flying of those 64 casket flags of our deceased veterans makes the job well worth it.”

Kirby added, “Having the passion.... and remembering those who have died for their country is what made me continue as Commander.”

Reached for comment after the ceremony, Duncan shared that when he had moved to Herndon last fall, he discovered The American Legion Wayne M. Kidwell, Post 184 was a way to quickly learn not only about the post but the Herndon area as well. Duncan added he looked forward to serving.

Schelhorn said that he too looked forward to serving, as well as continuing to work with the many Herndon area volunteers who help support Veterans in need, his fellow Legion members, Mayor Lisa Merkel, and Town Councilmembers.

Town Councilmember Jeffrey Davidson said, “The American Legion Wayne M. Kidwell, Post 184 is a vital part of the Herndon Community. It serves to remind us of the sacrifices made in the past and those that are still being made today in service to our country, and in service to each one of us... As a member of the Herndon Town Council, I look forward to future joint efforts with Post 184 and congratulate its new leadership.”

For more information about The American Legion, visit [legion.org](http://legion.org).

## Herndon Town Calendar Winners and the People’s Choice Announced

On Sunday, July 23, winners were announced during the reception for the 7th Annual Herndon Town Calendar Competition produced by the Arts Herndon and exhibited at ArtSpace Herndon.

The winners are: Red Bud Path by Katy Betti (January); Winter Moon by Charles Mauro (February); Trout Fishing Derby at Sugarland Run by Mercia Hobson (March); Library by Floyd Wellershaus (April); Colors of Herndon by Laura Readyoff (May); Buckets of Fun by Laura Readyoff (June); Herndon Rocks Reflections by Laura Poindexter (July); Sharing is Caring by Charles Mauro (August); Classic Car Show by Michele Reyzer (September); Haunted Herndon by Katy Betti (October); Raining Leaves by Beth Goldstein (November); Herndon Tree Lighting by Mike Madigan (December). The People’s Choice and Cover award went to Stephen Vides-Sanchez for Just Right.

Over 50 people attended the reception, including many of the finalist photographers. After Exhibits Manager Anna Schoenfeld welcomed guests and

thanked the competition judges, Tammy Morin and Mary Sears; Town Councilmember Grace Wolf Cunningham presented the awards. The exhibit will be on display for another week so that all those interested can experience the photography of Herndon. The works will be on exhibit July 11-Aug. 5, 2017. All art will be available for purchase.

For more information on the exhibit and artists or to purchase sponsorships, visit [ArtSpaceHerndon.org](http://ArtSpaceHerndon.org).

**Herndon Town Councilmember Grace Han Wolf Cunningham (center) was the presenter at the 7th Annual Herndon Town Calendar Competition Reception held at ArtSpace Herndon, 750 Center St. on Sunday, July 28. Cunningham congratulated Beth Goldstein, a Herndon photographer whose image of Melinda Gormley, 8, tossing leaves up in the air on a fall day was chosen as November’s photograph for the 2018 Town of Herndon Calendar.**



PHOTO BY MERCIA HOBSON/THE CONNECTION



# OPINION

## Help End Domestic Violence

There were 1,483 calls to the domestic violence hotline in 2016, averaging 124 calls per month.

BY JOHN C. COOK  
DISTRICT SUPERVISOR (BRADDOCK-R)

Strong families are held together by love, support, and commitment. They are the very foundation of a strong society. If the core of the family is replaced by violence, then all of society is weakened.

Domestic violence affects one in four Fairfax families and causes nearly 1,600 arrests in Fairfax every year. It is almost guaranteed that anyone reading this knows a victim of domestic violence, even if they are unaware of it. These statistics alone paint a dire picture. However, there is a way you can make a positive difference.

### GUEST EDITORIAL

Fairfax County's Domestic Violence Prevention Council, which I chair, rolled out the "Make the Call" campaign earlier this year. Its purpose is to encourage victims and witnesses of domestic violence to call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273. This number is completely safe and confidential. The hotline is staffed by experts always ready to offer information, counsel, and resources to victims and concerned citizens. Callers can receive vital information on where



to find shelter, legal resources, financial aid, and even a safe haven for their animals. Anyone can call to learn about the signs of domestic violence and even confirm possible incidents.

The hotline is proving to be highly effective and even lifesaving. The Fairfax County Office for Women received 1,483 hotline calls with an average of 124 calls per month in 2016. At least 98 percent of those who called for services said the hotline better prepared them to make a safety plan. This call can mean the difference between life and death for those escaping abuse.

Domestic violence is sometimes difficult to identify for bystanders, as well as victims. Abusers will often convince their victims that

they deserve the abuse, which shames victims into hiding the problem instead of speaking out. Many abusers threaten their victims with harsher, deadlier punishments if they look for help. These and other factors make domestic violence more difficult to recognize without the help of a seasoned professional. This is why we need more people to make the call when they have that gut feeling that something is amiss.

For bystanders, it could be a black eye, a passing reference, or even a loud argument overheard next door. You do not have to be sure. If you think domestic violence maybe happening, make the call and let professionals help.

For victims, the hotline is available whenever you need it. If you feel threatened, alone, or unsafe in your own home, please make the call. You do not have to go through this difficult time alone. The staff at the hotline is here for you at any hour of the day and will do everything they can to help secure you and your family's safety.

Again, the number is 703-360-7273. Please, make the call, it could save a life.

Victims and witnesses of domestic violence can call Fairfax County's 24-hour domestic and sexual violence hotline at 703-360-7273.

### LETTERS TO THE EDITOR

## 'Catastrophic Events' Can Happen to Anyone

To the Editor:

I am a senior citizen and I have read about the situation with health care or lack of in this country. Your article mentioned many factors that the general public is ignorant of. I personally believe that a country's strength and greatness is reflected in how they treat the least of their people.

We have failed on an epic level as a people. No person wants to be on welfare, Medicaid, public assistance or food stamps. The prevailing ignorant opinion by the vastly uninformed public is that it is an easy ride and that the individuals on welfare want to live off the state.

The truth of the matter is that "catastrophic events" can happen to anyone and it only takes the loss of employment and devastating medical bills to suddenly be forced to be on state assistance. It is a true nightmare. It is a degrading humiliating process and I honestly cannot think of anyone who truly wanted to be on Medicaid or welfare. It puts a person in a negative life-altering position where the

judgment by people is harsh and unsympathetic. People make assumptions that those on assistance are no good lazy bums getting a "free ride."

The truth is that President Johnson and his "great society" brought about the demise of social security. He opened the doors to the looting of the program for non-related financial projects.

I am an independent voter. I am a senior. I used to be an employee of United Airlines. I lost all my benefits and do not have any retirement. I also was a part time teacher. I have no teacher's pension. I have no savings and no retirement to fall back on and am living on S.S.I. of \$735 a month and that is my sole income. It is impossible to live on this. I have no money by the middle of the month.

I injured myself in a freak accident at Dulles airport. I lost my job. it was a devastating loss for me. I could not find any work. I was forced out of desperation to apply for Medicaid. I do not like Medicaid because the types of cli-

ents I have to associate with and choice of doctors is very limited.

Having grown up in a family where my mother was a Democrat and my father a Republican I have

had two viewpoints. My maternal grandfather was with the Burlington Northern Railroad 30-

SEE LETTERS, PAGE 11



**"Victor the Vulture is our new office pet. While he's not very cuddly, we enjoy his visits to our office balcony, which he uses to 'scope' out the area. From time to time we get to watch him dive bomb from the fifth floor of the Government Center. Although we are unsure of his success rate. Victor is bigger than most cats and I wouldn't want him near mine!"**

— BOARD OF SUPERVISORS CHAIRMAN SHARON BULOVA

## Oak Hill & Herndon CONNECTION

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

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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## NEWS

**Seven-year-old Prisha Neelapala smiles for the camera while attending Lego Club, which gathered at Herndon Fortnightly Library on July 14.**

PHOTOS BY  
CELIA CAUSEY  
THE CONNECTION



# Summer Challenges at Herndon Fortnightly Library

**Summer Reading Adventure, STEAM by Design, Lego Club and Family Game Night promise a great summer at library.**

BY CELIA CAUSEY  
THE CONNECTION

**T**he Herndon Fortnightly Library has multiple educational programs throughout the summer with the goal of educating and engaging, as well as entertaining, our youth community," writes Youth Services Manager Mary Fox.

"We have our annual Summer Reading Adventure program, one of our main activities and geared to engage and reward our youth for making reading a part of their summer activities," Fox continues. The Summer Reading Adventure (June 23-Sept. 2) accepts a wide range of children, from Pre-K through Grade 12. According to a hand-out for the reading program: "Preschoolers through third graders read 15 books. Fourth through sixth graders read 10 books. Children can have books read to them...Students in grades 7-12 read five books." Fox reveals that Herndon Fortnightly Library offers an additional reward: "Once the student or child has completed the log or they complete it online, then they would come back to us and we would give them their coupon booklet...but something that Herndon also does is we give them a free book."

"This summer we have an exciting series, STEAM by Design, which explores STEAM-themed topics for ages 8-14," writes Fox. This program was most recently held on July 13 and it will next take place Aug. 3 and 16. "Other school-aged programs include the ever popular Lego Club and our Read to the Dog program, Dog Tales, where children read for 15 minutes to a real live

therapy dog." Members of Lego Club gathered most recently on July 14 at Herndon Fortnightly Library. The next time Lego Club meets will be Aug. 14, while the first time Dog Tales will be next available is July 22.

Something which might catch the eye of crafty teens (that is, teens who like to make things by hand) are Teen Maker Boxes. Inside each box are materials for a different activity, such as sewing and origami. Teens are free to explore the contents of the boxes and are welcome to keep their handiwork: "Whatever they create, they take with them and then we refill it." One of the few limitations in regards to the boxes are their location, as Fox said: "They have to use it in the library." Still, this is quite a small favor to ask in exchange for the opportunity to make use of materials that would ordinarily require a special trip to the store.

Herndon Fortnightly hasn't forgotten to make sure that parents get their own fill of summer fun. Family Game Night promises to be a fun night out for busy parents who want to spend some quality time with their children and they don't even have to bother making dinner.

Fox explains, "We have food and drink and then we bring out...board games." What better way to spend a summer evening? This program occurs July 27 and Aug. 17.

One important reminder: anyone intrigued by STEAM by Design, Lego Club, Family Game Night or Dog Tales should register two weeks ahead.

For those who plan to try the Teen Maker Boxes, or attend Dog Tales, Lego Club or Family Game Night, these activities will continue after the summer is over.



**Maisaa Abdalla, Mai Abdalla, Malak Abdalla, and Mariam Abdalla attended Lego Club at Herndon Fortnightly on July 14.**

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# PET CONNECTION

PHOTOS BY COLIN STOECKER/THE CONNECTION

Joe Caso, 62, director of presales, Patti Aston, satellite operator, and her daughter Hunter, 8, third grader attempt to pose for a picture with their dogs Dixie and Barry Allan. They are Herndon residents. Barry, the greyhound is 5 years old and is named after the Flash from Marvel's Justice League. Barry is a retired racer. Dixie is also 5 years old and is a rescued blue nosed Pitbull. "They are companions, they love me and they don't talk back," said Patti Aston.



Leashed and ready to start the morning: Bottom — Fergie 10 1/2 years old (mini poodle); middle — a new addition puppy Mimi, 5 months old, (malipoo - maltese and poodle mix); top — Raven, 13 years old (toy poodle).

## Paw-trolling the Sidewalks of Herndon



Ashley Morse of Herndon surrounded by her furry kids: Fergie, Mimi, and Raven. Ashley graduated from Herndon High School (2011), University of Virginia (2015) and currently is employed by Johns Hopkins APL as an engineer. Fergie and Raven are getting use to the new addition to the family, Mimi. Never a dull moment!

## Meet the Best Friends of Herndon

Herndon resident Brian Gagne, 55, fisherman, poses for a picture with his dog Papa. "He's a 4-year-old black lab," he said. "He's my best friend." He was getting some exercise with papa at Herndon dog park. "They have running water and strict rules about picking up after your dog. It's a great place to bring them," said Gagne.



Herndon resident Brian Timmer, 46, was at the Herndon dog park with his black lab Ranger and Chip, white with spots. "When I bring them in Cabela's with me, Chip likes to socialize with people and Ranger likes to do his own thing. I love them both but they have different personalities," said Timmer. "They are great companions. Chip is well trained and Ranger is mediocre on the training but has more personality," he said.



### Remembering Sierra

Our lovable "Sierra" passed away on July 5 this year after giving us 16 years of fun. She was loved in our Franklin Farm neighborhood of Herndon. She won everyone over with her retrieving, her always-wagging tail, and her expressions. We were lucky to have her. She was a mix with a good amount of Jack Russell in her, also border collie and who knows what else?

— MARY ANN, GARY, ERIC AND GREG AMSTUTZ

"Sierra in the snow."





Holly and her “dad” George, her “mom” Margie, holding HJ’s “niece,” Caroline, and HJ’s “sister” Lisa, holding HJ’s “nephew” Ben. Taken at the annual Briggs alumni reunion.

## Celebrating Holly

The pictures I am submitting are to celebrate our neighbor and pack mate for the past 14 years — Holly Jo Dellagiarino. HJ has been a friend to all five of my “kids.” While she has slowed down a bit, she still comes out to walk with us in different parts of Reston at least once a week as well as makes a weekly trip to the Burger King for an ice cream. She now has her own “Holly trolley” for those times when her legs give out. HJ and my five “kids” were all adopted from the Briggs Animal Adoption Center in Charles Town, W.Va.  
— CINDY MORROW, RESTON



HJ with Margie and me and my “kids,” Blu and Dixie at Blandy Farm.

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Tank and Tinkerbell

## Tank and Tinkerbell

Tank (grey male) and his sister Tinkerbell (brown brindle) are Pit Bulls. Pits had received a bad reputation which is decidedly undeserved. I “rescued” these two from Friends of Homeless Animals. They had been surrendered and the hope was that they could stay together. They had not been trained - they are now. They are the sweetest animals and are never more than about two feet away from one another. They are great cuddlers and make sure that I don’t stay on my computer too late in the evenings. They come into my office and nudge me until I head to bed. Pits were know as the “Nanny Dogs.” Betty Boop’s dog was a Pit as was the dog in “Spanky and our Gang.” I considered myself lucky to have these two lovers in my home.

— MOLLY ALLEN, RESTON

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That's how it's done: BridgeStreet CEO Sean Worker gets a few tips from real Jimmy's Old Town Tavern bartender Justin Fedorchak as Worker starts his "shift" as a "celebrity" bartender to help raise funds for non-profit FISH.

## Raise a Glass and Raise Some Funds for FISH

BY ANDREA WORKER  
THE CONNECTION

It was billed as "Celebrity Bartenders" manning the taps at Jimmy's Old Town Tavern in Herndon. The idea was to bring in the crowds and raise some bucks when the celebrities' followers came in and added raffle tickets to their bar and food tabs, all to benefit non-profit Herndon-Reston Friendly Instant Sympathetic Help – FISH.

The two organizers probably stretched the truth a bit on the moniker "celebrity," although they are no doubt well-known within their respective industries.

Tim Kelly is Vice President of Reston-based Macedon Technologies. Sean Worker is the CEO of BridgeStreet Global Hospitality, a leader in serviced apartments and homes for business, also headquartered in Reston. The two have worked as business project partners before, and as partners in support of FISH.

Their most recent "FISHing expedition" was sponsoring the final Bradley Farm Haunted Halloween House last October which pulled in enormous crowds and significant financial donations for FISH. "We've been looking for other activities and events to help replace those lost dollars for FISH," said Kelly, "so here we are tonight."

**KELLY AND WORKER** joined veteran bartenders Roy Crawford, Justin Fedorchak and occasionally tavern proprietor Jimmy Cirrito behind the bar. Both looked a little shaky at the start of their "shift," but helpful Jimmy's staff and good-natured and patient bar patrons saw them quickly getting into the swing of things.

While the two semi-celebrities served, members of FISH worked the crowd with their raffle-tickets and donation buckets.

FISH Executive Director Lisa Groves did guard duty at the raffle table and explained the work of their organization as dozens of Jimmy's customers wandered up to see what was going on.

FISH is a volunteer, non-profit whose mission is to help local residents in short-term crises. Since 1969 they have helped thousands with rent, utilities, medical items and other short-term needs. They operate an Assistance Phone Line at 571-267-2980 and run the Bargain Loft thrift shop in Herndon. The FISH folks also aid the Supplemental Nutrition Assistance Program at the Herndon's Farmer's Market and provide hundreds of holiday food and gift baskets to families in need.

"We are delighted to be associated with FISH" said Worker. "They fill a critical gap need in the community. The work they do actually helps prevent homelessness. That's something worth supporting."

The two corporate sponsors worked tirelessly at their duties, but seemed to enjoy the job – so much so, that when a real celebrity bartender arrived to start her shift, they were reluctant to be replaced.

Who was the second shift celebrity? None other than Virginia State Delegate and Herndon resident Jennifer Boysko (D-86). A familiar face around town, Boysko was greeted by many of the Jimmy's regulars.

"I don't have a clue what I am doing," admitted Boysko with a laugh, "but I am willing to give it a try for FISH. They are such a force for good in our community."

**BEFORE "LAST CALL,"** quite a few raffle prizes were won and more than \$3,000 was added to the funds needed to help FISH continue their good works for so many Herndon-Reston neighbors in need.

Find out more about FISH. Get help or give it. Visit [www.herndonrestonfish.org](http://www.herndonrestonfish.org).



Tim Kelly, VP of Reston-based Macedon Technologies, is ready to fly solo as a celebrity bartender. Kelly and Sean Worker of BridgeStreet Global Hospitality teamed up with Jimmy's proprietor Jimmy Cirrito to organize the fundraiser.



A real celebrity at the Celebrity Bartending event: Herndon resident and Delegate for Virginia's 86<sup>th</sup> district Jennifer Boysko volunteered to take a shift for the worthy cause.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Lisa Groves, Executive Director of Herndon-Reston Friendly Instant Sympathetic Help (FISH), kept the raffle ticket sales under control, and spoke to Jimmy's patrons about FISH's work in the community. "We are always touched by this kind of support and assistance."



# ENTERTAINMENT

Send announcements to [www.connectionnewspapers.com/Calendar/](http://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](http://artspaceherndon.com).

### 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](http://www.restonmuseum.org/cardboard). Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). Contact Elizabeth Didiano at [lacbregatta@gmail.com](mailto:lacbregatta@gmail.com) or 703-709-7700.

**NextStop Theatre.** Various times through Aug. 20 at 269 Sunset Park Drive (Inside the Sunset Business Park on Spring Street), Herndon. "Rodgers & Hammerstein's A Grand Night for Singing" \$17.50-\$55. Call 866-811-4111 or visit [www.nextstoptheatre.org](http://www.nextstoptheatre.org).

**Free Concerts.** Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

### All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**"A Bird in the Hand"** through spring 2017 Reston Town Square Park, 11990 Market St., Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 [restonarts.org](http://restonarts.org)

### Teen and Adult Art Classes

**ArtSpace Herndon** Every Monday from 5:30-8:30 p.m. 750 Center St., Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: [ridingfree2@gmail.com](mailto:ridingfree2@gmail.com). 703-956-9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

## 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](http://www.fairfaxcounty.gov)

**Meet Me at the Movies.** 10 a.m. at Bow Tie Cinemas, 11940 Market St., Reston Town Center. Reston Association presents "Gifted." Refreshments and door prizes provided prior to movie. Free to 55+. Information at [Ashleigh@reston.org](mailto:Ashleigh@reston.org), 703-435-6530, or [reston.org](http://reston.org).

**Dog Days of Summer.** 4-7 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. 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. Every Wednesday through Sept. 27. Free.



PHOTO COURTESY OF ROBERT MAXWELL

**Herndon High School Summer Grand 2017 will present Roald Dahl's Willy Wonka Friday, July 28- Sunday July 30 with a special Chocolate Factory Tour on Sunday, July 30. For more information visit [www.herndondrama.org](http://www.herndondrama.org).**

## Willy Wonka at Herndon High School

Join the Summer Grand cast and crew as they present Willy Wonka, a musical that will unlock the gates of the audience members' imagination and, perhaps, teach a lesson or two. Appropriate for all ages, this celebrated classic offers an optional "chocolate factory" tour before Sunday's performance. Interested families with children ages 3-12 should contact Renee Maxwell, [renmax@gmail.com](mailto:renmax@gmail.com), as tour space is limited.

**Show Times:** Friday, July 28 and Saturday, July 29 at 7:30 p.m. and Sunday, July 30 at 2 p.m. Herndon High School Auditorium, 700 Bennett Street, Herndon (Enter the school through door #6 in back.)

**Tickets:** \$12 at [www.herndondrama.org](http://www.herndondrama.org).

**Chocolate Factory Tour:** \$3 + \$12 show ticket. One adult per family may accompany children on tour at no charge.

Visit [restontowncenter.com](http://restontowncenter.com).

## THURSDAY/JULY 27

**Farmer's Market.** 8-12:30 p.m. on Lynn St. in downtown Herndon. Fresh produce and baked goods, with live entertainment on the Town Hall Square, 730 Elden St. through Aug. 31. Visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation) or call 703-787-7300.

**ZoosDay.** 10-10:45 a.m. at Reston Town Square Park, 11990 Market St., Reston Town Center. Animal and miniature animal petting zoo with hands-on, educational experiences. Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. Visit [restontowncenter.com](http://restontowncenter.com).

**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.

**Jazz History Lecture.** 6-7 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103. Michael J. West is a jazz journalist that delivers a lecture followed by open conversation. Free. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242.

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

**The Spiritual Rez (Reggae/Funk).** 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon.

Thursday Evening Concert Series. Free. Visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

## FRIDAY/JULY 28

**Live Music at Tavern64.** 6-10 p.m. at Tavern64, 1800 Presidents St., Reston Town Center. Live music every Friday night. Call 703-925-8250 or visit [tavern64.com](http://tavern64.com).

**Traveling Players Ensemble.** 8-10 p.m. at Reston Town Center Pavilion, 1818 Discovery St. The Comedy of Errors is a performance of Shakespeare's farce. Free. Rain or shine. Bring a lawn chair for seating. Visit [travelingplayers.org](http://travelingplayers.org).

## JULY 28-30

**Willy Wonka.** Various times at Herndon High School Auditorium, 700 Bennett St. Summer Grand cast presents play and tour of the chocolate factory. \$12, tour is \$3. Visit [www.herndondrama.org](http://www.herndondrama.org).

## SATURDAY/JULY 29

**Family Game Days.** 10:30 a.m.-noon at Town Hall Square, 730 Elden St. Different games each Saturday from corn hole to sack races. Free. Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) or call 703-787-7300.

**Blue Sky Puppet Theatre.** 10-10:45 a.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. A show filled with audience participation and humor. Visit [restoncommunitycenter.com](http://restoncommunitycenter.com) or call 703-476-4500.

**Dollars and Sense Book Club.** 7 p.m. at Reston Regional Library,

11925 Bowman Towne Drive. Topic will be "Things a Little Bird Told Me" by Biz Stone. Free. Call 703-689-2700.

**Love Canon Concert.** 7:30-10 p.m. at Reston Town Center, 11900 Market St. Bluegrass version of hits from the '80s. Call 703-912-4062 or visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**Hillbilly Gypsies Concert.** 7:30 p.m. at Arrowbrook Centre Park, Field Point Road, Herndon. Bluegrass music. Call 703-324-7469 or visit [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances).

## SUNDAY/JULY 30

**Exercise with Athleta.** 11 a.m.-noon at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. Bollywood with Fitness Equation of Ashburn, part of Athleta's free fitness sessions with a variety of fitness instructors every Sunday morning. Call 703-668-0256 or visit [stores.athleta.net/store-4866/](http://stores.athleta.net/store-4866/).

**Sunday Art in the Park.** 3-5 p.m. in the Park Reston Town Square Park, 11900 Market St. See local art and talk to artists. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242.

**Film Screening.** 6 p.m. in Timothy's Episcopal Church, 432 Van Buren St., Herndon. Martin Scorsese's newest film about a 17th century Portuguese Jesuit priest. Email [kkinsolv@yahoo.com](mailto:kkinsolv@yahoo.com) or [tlallen1@fcps.edu](mailto:tlallen1@fcps.edu).

## THURSDAY/AUG. 3

**Farmer's Market.** 8-12:30 p.m. on Lynn St. in downtown Herndon.

Fresh produce and baked goods, with live entertainment on the Town Hall Square, 730 Elden St. through Aug. 31. Visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation) or call 703-787-7300.

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

## SATURDAY/AUG. 5

**Magic of John Dodge.** 10-10:45 a.m. at Reston Town Square Park, 11990 Market St. Dodge does disappearing handkerchiefs, balloon animals and more. Free. Visit [restontowncenter.com](http://restontowncenter.com) or call 703-476-4500.

**Comfort Cuisine.** 10 a.m.-1 p.m. in the Reston Community Center, 2310 Colts Neck Road. This class will teach participants how to prepare tasty, healthy and satisfying meals. Call 703-476-4500.

## THURSDAY/AUG. 10

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

## SATURDAY/AUG. 12

**Kids Wet and Wild Day.** 10:30 a.m.-noon at Town Hall Square, 730 Elden St. Water balloon relays and squirt gun fights. Free. Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) or call 703-787-7300.

**Cardboard Boat Regatta.** 2-6 p.m. at Lake Anne, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For questions or more information on getting involved, contact Elizabeth Didiano at [lacbregatta@gmail.com](mailto:lacbregatta@gmail.com) or 703-709-7700.

### Reston Concerts on the Town.

7:30-10 p.m. at Reston Town Center, 11900 Market St. The weekly summer concert series presents big band jazz with the Navy Band Commodores. Bring lawn chairs or picnic blankets and hear live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants only. Visit [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## SUNDAY/AUG. 13

**Bird Watching.** 7:30-10:30 a.m. at Lake Newport, 1575 Brown's Chapel Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston Association. Call 703-437-3335.

**Meet the Reston Author.** 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Reston: A Revolutionary Idea" – Author and biographer Kristina Alcorn will discuss the history of Reston and sign and sell her book, "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr. Free. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. 703-385-8414.

## TUESDAY/AUG. 15

**Baby and Me Yoga.** 10-11 a.m. in the Reston Community Center, 2310 Colts Neck Road. Baby and Me Yoga class is open to women in all stages of postpartum, as well as fathers, relatives and caregivers. Classes are for babies 4 weeks old to crawling. Call 703-476-4500.



## Employment

Margery Wedderburn Interiors is seeking a PT Administrative Assistant to join busy team in Great Falls, VA office. Candidate to have team mentality, attn to detail & can-do attitude. 25 hrs/wk (9:30-2:30). Send resume to: melanie@margerywedderburninteriors.com

## Announcements

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## Legals

### ABC LICENSE

Herndon Station LLC trading as Herndon Station LLC, 783 Station St, Ste D, Herndon, Fairfax County, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises/ Delivery Permit license to sell or manufacture alcoholic beverages. Steven Mitchell, Managing Member. 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](http://www.abc.virginia.gov) or 800-552-3200.

## Employment

Systems Implementer (Herndon, VA) – Prov ntwrk optim analysis, rec SW configs that max capabilities. Supp solution configs, draft necess docs. Reqs: BS electrical/electronic/telecom eng or rtd field & 1 yr RF deplymnt/config exp; 1 yr exp HP-UX, Bash, Python, SQL, Oracle 9i w SQL\*Plus, in-building/propagation modeling SW, data collec SW; 1 yr exp RF wireless design eng for telecom systms, mobile radio propagation/signal (thru GSM/GPRS, CDMA, UMTS, EVDO, HSPA, LTE), layr 3 messag & protocol stack for mobile telecom, Windows Servr OS admin; 1 yr exp HW admin (physical servers, enclosures), storage/ntwrkng, drive test tools, equip manuf (Ericsson, Nortel, Nokia, Siemens, Alcatel Lucent, Huawei). Res: Amdocs Inc., [careersta@amdocs.com](mailto:careersta@amdocs.com), Ref HR-1056.

## Announcements

## Employment

### Business Development Manager, Americas

Trimble Inc. has an open position for Business Development Manager, Americas in Herndon, VA. Lead key account & project development activities including, but not limited to corporate partners & customers, distribution partners, multilateral agencies, US & foreign gov. entities for the Geospatial, Agriculture, Water, Land Administration, Fleet Tracking, Utilities & Local gov. businesses. Int'l travel req'd. Send resume to [TNLJobs\\_US@trimble.com](mailto:TNLJobs_US@trimble.com). Must reference Job Code #6083.645.

## Employment

Multiple IT Positions in Herndon, VA: Senior Database Administrators: Manage Physical & Logical standby databases & resolve standby site synchronization issues used for DR & DWH Solution. Implementation of maintenance windows for both prod & non-prod environments. Perform database upgrades from lower versions to higher versions. Work with AWR, ADDM, ASH, SQLTRPT. Senior Data Engineers: Design, build, test & deploy data integration solutions to move data from production systems (ERP & non-ERP) to Cargill's data platform using ETL, ELT or Hadoop technologies. Works with business & functional teams to understand the requirements & create technical specifications, as appropriate, to design & implement the data integration solution. Both positions require travel/relocation to various unanticipated locations as req'd. Indicate position & send res to [InnovTech Inc. 43542](mailto:InnovTech Inc. 43542) Bowmantown Bridge Ct., Ashburn, VA 20148.

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## Announcements

# NEWS



PHOTO COURTESY OF THE CONGREGATION BETH EMETH UNITED SYNAGOGUE YOUTH

**Members of Herndon's Congregation Beth Emeth high school youth group show off their eight awards, including the "Chapter of the Year" Award from the United Synagogue Youth, an organization run by the United Synagogue of Conservative Judaism.**

## Jewish Youth Group Recognized For Community Contributions

The high school youth group of the Congregation Beth Emeth (CBE), a Jewish synagogue located on Lawyers Road in Herndon, earned eight awards for its work in the community.

The CBE's high school youth group, a local chapter of the United Synagogue Youth (USY) organization, which is run by the United Synagogue of Conservative Judaism, was recognized at the USY's Seaboard Region Spring Convention in May.

The CBE USY group was recognized at the regional conference for its philanthropic contributions, community outreach and educational programming. The awards the group received included Chapter of the Year, which the USY organization selected out of chapters from Maryland, Washington, D.C., Virginia and parts of North Carolina.

The CBE USY group's executive board is led by high school students, who oversee all aspects of programming—from event planning to curriculum.

The group's initiatives that gained recognition included:

- Its Stress Relief Night to address concerns about mental health and highlight the need for a strong community support base. Teens in attendance were given information about help hotlines and stress relief techniques, and were told real stories about struggles and triumph.

- Its monthly lounge nights, held in cooperation with eighth graders from the congregation's Kadima youth group for sixth, seventh and eighth graders. The youth kicked off their season of lounge nights

with a "Chopped" TV show-themed event in coordination with the congregation of the Sha'are Shalom in Leesburg.

- Its other community contributions, which included writing notes to children at the Reston Hospital Center, donating food to shelters and supporting a multicultural Jewish Sabbath dinner, called a Shabbat.

"Our year of planning events and growing the chapter has always centered on how to be the most welcoming and inclusive, no matter the event," Livia Sauvage, the youth group's president said in a press release.

The group also supports global charitable giving and social justice, inspired by the concept of "Tikun Olam," which translates to "repairing the world." Through donations, gatherings and bake sales, the group collected funds to assist the Jerusalem Rape Crisis Center and the Abayudaya, a Jewish minority group in Uganda.

"They put their heart and soul into every program because USY is their heart and soul," CBE Youth Director Sara Pollack said in a press release. "Over the course of the past year, they have created outstanding programs that have engaged and educated their peers with a passion for inspiring more teens to become involved."

CBE's USY group regularly hosts educational events to teach Jewish history and culture, international politics and current events in Israel. All members of its board contribute to the congregation's monthly newsletter and are responsible for event marketing.

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.*

**St. Timothy's Episcopal Church** needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offer-

ing free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email [shawl@saint-timothys.org](mailto:shawl@saint-timothys.org) or visit the Pastoral Care page at [www.saint-timothys.org](http://www.saint-timothys.org).

**Nondenominational Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays

at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

**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. Call 703-437-5500 or visit [www.trinityherndon.org](http://www.trinityherndon.org).

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## BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/) by noon on Friday.

### THROUGH JULY 28

#### Vendor Application Deadline.

Reston Community Center is seeking arts and crafts vendors, food vendors and civic organizations of all cultures for the 17th Annual Reston Multicultural Festival. The festival will be held Saturday, Sept. 23, 2017 at Lake Anne Plaza in Reston. Interested groups or individuals should fill out the appropriate Vendor Application Form, available at [www.restoncommunitycenter.com/mcf](http://www.restoncommunitycenter.com/mcf).

### 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](http://www.gflutheran.org) or call 703-759-6068.

### TUESDAY/AUG. 15

**Candidate Filing Deadline.** Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, age 18 or older, are eligible to run. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Candidacy Statements will be available at RCC facilities or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) beginning at 9:00 a.m. on Tuesday, Aug. 1. The deadline for candidacy filing is 5 p.m. on Tuesday, Aug. 15.

## LETTER

FROM PAGE 4

plus years and was vice president at one time of the railroad union so my mother was very workers rights oriented and my father's family were bankers. My paternal grandfather was vice president of National Boulevard Bank in Chicago. So I get an interesting perspective.

It does not make sense to me that they are going after this failsafe program for the most disadvantaged of our country. This is a safety net. There are so many other programs that need to be examined. But I cannot understand this assault on the human condition of our citizens. There are black ops programs that get unlimited funding. The waste is in these special interest programs. No one is investigating the \$100 toothpicks. Somehow the health and welfare programs are the target for cutting when in actuality government waste in these other pet projects should be addressed. We have projects that have no accountability.

**Valerie Benson**  
Burke

# BUSINESS DIRECTORY

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## Taking Care Of Business



By KENNETH B. LOURIE

The cats. The car. The dentist. The pancreatic enzymes. It was a week that typically isn't. As often as my credit card was swiped these past few days, I'm amazed its magnetic strip is still magnetized. To quote my deceased mother, Celia: "It's enough already."

Oh well, what's done is done, though it definitely needed doing. And aside from the fact that I didn't have the actual money, fortunately I had the available credit, which I was grateful to have had. I mean, how long can you put off necessary evils/expenditures before they rear their ugly consequences? And though money doesn't grow on trees (linen actually), credit seems to, and so the to-do list now has some cross-outs/"has-dones" finally.

Now the anxiety about neglecting the "to-dos" is replaced by the worry about the cost/need-to-pay the "having-dones." Nevertheless, the cats have had their vaccinations shot current.

The car now has a passenger window that goes down – and back up, a check-engine light that no longer illuminates, a blower that will now provide heat in the winter and a defogger when needed, and as it turns out a bit of unexpected air conditioning.

The dentist has referred me to an oral surgeon (since the teeth were both "unrestorable"/not root canal candidates) who will extract two teeth from my mouth and hundreds more from my bank account/probably credit card – again, but no doubt get me back on a course of dental correction.

The pancreatic enzymes, the most expensive bottle of pills I buy (I consume upwards of 55 pills per day) is an expense I incur every three months and does something to help my immune system keep the lung cancer in-check, a priority if there ever was one.

Paying to keep on playing (so to speak), by maintaining this kind of normalcy enhances the feeling that life is indeed still being played. And not that my attitude/philosophy in such responsibilities is totally affected by yours truly having been diagnosed with a "terminal" form of cancer: non-small cell lung cancer, stage IV, to be specific, but as the old punchline says: "It doesn't hurt." And avoiding hurt is definitely part of the fighting-cancer strategy; along with avoiding stress, eating healthy, exercising and boosting one's immune system.

I guess what I'm realizing that I have two lives, sort of, the usual and customary life: work, play, day-to-day stuff and the cancer life: lab work, chemotherapy, scans, oncologist, pills, lifestyle changes, etc. On some days, they are parallel. On other days, they intersect. And though they may be separate, they are inter-related. What benefits one is likely to positively affect the other.

Additionally, a negative in one life will likewise have an adverse consequence in the other. However, the requirements to maintain their respective lives is different. Yet balance/co-existence must be maintained in order for one to remain "together."

Two separate halves will not make for a responsible whole, but rather lead to an emotional one. And if there's one attribute that a cancer patient/survivor must have, it is emotional wherewithal. Failure to do so in one's cancer life will likely spill over into the non-cancer life (and vice-versa) and cause a kind of an adult version of failure to thrive.

Cancer might win the battle in the end but you can't let it win the battle in the interim. Fulfilling your every-day responsibilities helps give that life the kind of accomplishment that aids and abets in your fight against your cancer life. Moreover, handling your cancer life gives you the confidence and optimism to live your non-cancer life.

Granted, the two lives might not exactly be the best of friends, but they must be partners of a sort. The sort that is independent, appreciative, respectful and considerate.

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



## SPORTS



Scholarship winners from the Herndon Swim League pose for a picture. They will each go on to compete at the college level in swimming.



Bill Liedtke, founder of the Herndon Swim League, is pictured giving a scholarship award to swimmer Natalie Pritz, 18, a South Lakes High School graduate. She will swim for William and Mary this fall.

# Herndon Swimming Tradition: 35 Years and Counting

BY COLIN STOECKER  
THE CONNECTION

**O**n Saturday, July 22, at the Four Seasons Recreation Center in Herndon the Herndon Swim League marked the 35<sup>th</sup> Anniversary. Gathered around the pool, crowds cheered the children all the way to 18 years of age competing in lane races with various strokes.

This was the 25<sup>th</sup> all league meet featuring a championship competition, all-star meet, and an alumni swim.

Bill Liedtke, founder and commissioner of the Herndon Swim League, was at the swim meet to hand out scholarships and watch his life's work.

When the Herndon Swim League started in 1983, there were six teams. "They would compete on an ad-hoc basis. Each week we could have a schedule," said Liedtke.

There were 300 swimmers in the first year of the swim league. Now there are nine

teams with 800 swimmers.

"Northern Virginia is a huge swimming area," said Liedtke.

The purpose of the Herndon Swim League is to promote sportsmanship through friendly competition. "The kids swim more against the clock than against each other," said Liedtke.

Saturday was also the alumni relay. Having started the league in the 1980s most of the alumni are in their 30s. Many of the youth swimmers go on to compete in high school and even college.

Liedtke and the Herndon Swim League decided to build a scholarship fund for swimmers going on to compete at the college level. "We had trouble keeping the kids in the swim league," he said. "If you graduated from college, it was \$500. It has worked."

The Herndon Swim League holds a silent auction to raise money for the fund. This year they handed out 10 scholarships to swimmers going on to compete at the college level.

Many of the older swimmers enjoy giving back to the younger children in the program. "The scholarship winners are not just here to swim, they help everybody else," he said.

Dylan Evans, 38, who works for Parks and Recreation of Loudoun County is one of the coaches at the meet. His team, the Reflection Riptides, competed Saturday. "I just had a coaching moment. One of the kids I coached a few years ago in high school just came up to me and thanked me," he said.

He enjoys coaching because he likes working with the children. "It's a nice change of pace," said Evans.

Two of his swimmers, both wearing Reflection Riptides swim suits, 11-year-old, sixth graders Caitlyn Allain and Grace Dowell were excited about their team's performance.

"What I like about the Reflection Riptides is that the coaches are not mean," said Allain. "I love the coaches and I like the way that they coach us," said Dowell.

PHOTOS BY COLIN STOECKER/THE CONNECTION



Swimmers dive in the pool at the 35<sup>th</sup> Anniversary of the Herndon Swim League at the Four Seasons Recreation Center in Herndon Saturday.



Dylan Evans, 38, works at Parks and Recreation of Loudoun County. He coaches the Reflection Riptides and is pictured here holding 11-year-old swimmers, sixth graders Grace Dowell and Caitlyn Allain.



Jim Cudahy, 39, his son Dylan, 18, and wife Jenny pose for a picture at the 35<sup>th</sup> Anniversary of the Herndon Swim meet. They are Herndon residents.