

# Oak Hill Herndon CONNECTION

WELLBEING  
PAGE 6

Saturday night at the  
2019 Herndon Festival.

## Change Isn't Always Hard

NEWS, PAGE 3

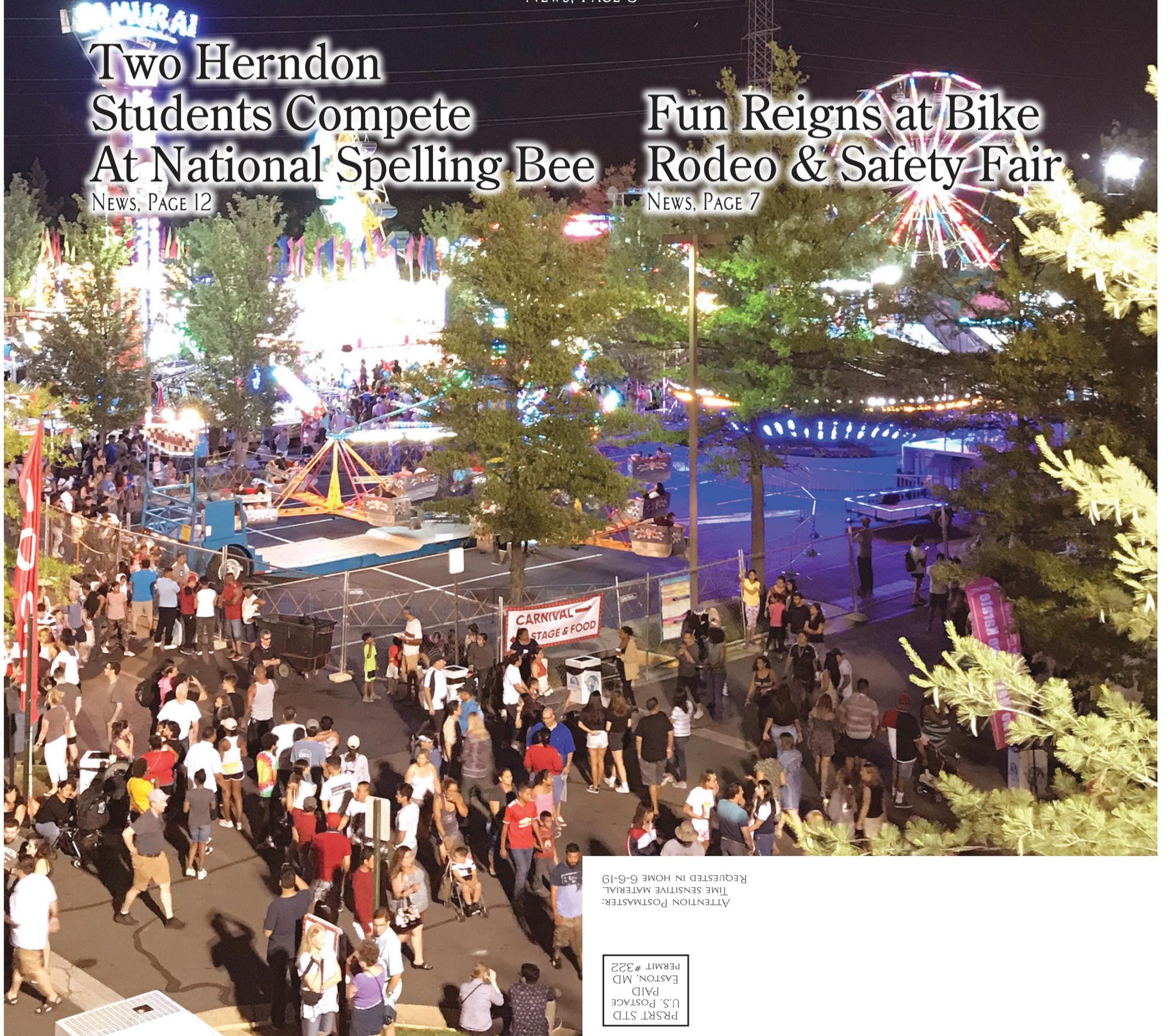
Two Herndon  
Students Compete  
At National Spelling Bee

NEWS, PAGE 12

Fun Reigns at Bike  
Rodeo & Safety Fair

NEWS, PAGE 7

PHOTO BY AL HOBSON  
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10



ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 6-6-19

PRSR STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322

JUNE 5-11, 2019

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



# RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★  
**VOTE JUNE 11**

*We are thankful every day to be raising our family in Fairfax County. I want the same to be true for you.*

*Ryan*

## RYAN'S VISION FOR FAIRFAX COUNTY

Ryan is the **only** candidate with both the **leadership experience representing the entire county** and the vision necessary to **change the status quo**. He will fight for **a community that works for everyone**, including:

- **EDUCATION.** The best school system in the country and universal pre-Kindergarten for all.
- **INNOVATION.** High-speed internet access, sustainable buildings and transportation infrastructure and green space for all.
- **OPPORTUNITY.** Apprenticeships, innovation labs, small-business incubators and affordable housing for all.

## ABOUT RYAN

- Lifelong Fairfax resident, raised in Vienna and lives in McLean with wife, Xuan, and daughter, Sierra
- At-large member, Fairfax County School Board, representing all 1.2 million county residents since 2012
- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

## RYAN'S RECORD

As an at-large School Board member during the past eight years, Ryan has championed:

- Competitive teacher compensation.
- More inclusive policies.
- Gun violence prevention.
- Human trafficking prevention.
- Curriculum internationalization.
- Fresher, healthier food offerings.
- Improved college and career access.
- Student mental health and discipline reform.
- Responsible, transparent budgets and auditing.
- Improved public engagement and legislative advocacy.



Learn more at  
**WWW.MCELVEENFORCHAIRMAN.COM**

Paid for and authorized by Friends of Ryan McElveen



PHOTO BY AL HOBSON

**“Ocho de Bastos,” the Latin pop band ‘unites the people through music’ at the 2019 Herndon Festival.**



**“The only thing I wish is to enhance the chain link fences, maybe some screen murals, art by local youth, artists, anyone. Make it look a little friendlier. Now then, there are no local restaurants for us to compete with here.” - Jasmine Faubert of Optimist Club of Herndon**

PHOTOS BY MERCIA HOBSON/THE CONNECTION

## Change Isn't Always Hard

Rave reviews for the 2019 Herndon Festival.

By MERCIA HOBSON  
THE CONNECTION

The old saying, “Change is Hard” apparently didn’t have a chance at the 2019 Herndon Festival. Moving the festival to a new location due to the pending redevelopment project of downtown Herndon, the festival, now in its 39th year, pulled up roots. Taken in by Northwest Federal Credit Union, the free 4-day festival featured two entertainment stages, carnival, business expo, Kid’s Alley with children’s hands-on art and an eclectic variety of food and craft vendors.

According to patrons, vendors, volunteers and staff at the festival, the new venue, bigger and more spacious with grass and trees, proved to be better than ever.

Yes, it was different, and yes, a whole new set up had been devised and implemented, and of course, some tweaking will be required. However, the added space gave a little breathing room; visitors filled the provided entertainment seating as volunteer Mike McIntyre said.

The midway filled with people out to enjoy the event and time with family and friends; and the 10K/5K races went on as before; courses marked through historic Herndon.

The Connection asked Festival-goers for their reactions to the new site. In the end,



**“It’s easier because of the flat ground. I was surprised about all the open space.” —Michael Kresslein of Sterling as he watches his daughters Lorelei, 9, and Langley, 6, spin round in the teacups**

as Carol Wright, a volunteer said, “Herndon’s heart is still at Festival.”

For 5K/10K Race results, visit <https://wolfcreektrackclub.com/herndon-festival-5k-10k/>.



**“The new site is a whole new operation because like we’re used to just pulling cables out of Town Hall and setting up there. We rented a van for a month; equipped it with a portable AC unit and installed a mobile control room. A lot of our volunteers worked 4-6 months to pull this together.” —Nancy Rose, Executive Director Herndon Cable Television**



**A young runner in the 5K USATF certified race charges through historic Herndon during Herndon Festival weekend 2019.**



**“It’s nice and spacious, and we plan on coming back next year.” —Michael Brass of Reston with his wife Colleen as daughter Molly, 2, rides in the M&M racecar.**



**“It looks awesome. You all did an incredible job.” —James Council of Great Falls with his daughter Olivia, 4, as she enjoys a snow cone.**

## Lessons from the Greatest Generation

### Reflections on the 75<sup>th</sup> Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK  
BRADDOCK DISTRICT

**T**housands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



**At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.**

Western Front and begin a liberation campaign towards Germany.

On the 75<sup>th</sup> anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

#### LETTERS TO THE EDITOR

### Gun Violence As Public Health Crisis

To the Editor:

For almost 20 years I have been fighting for better gun laws in Virginia — laws to prevent the unspeakable horrors that we saw in Virginia Beach on May 31, 2019 when a gunman with two .45 caliber handguns with high-capacity magazines murdered 12 people and injured many others.

At times, I have felt like it was an exercise in futility — that I was simply banging my head against the wall. No matter how sensible the proposal introduced, it would be killed in committee by Republicans and a few rural Democrats and never even make it to the floor for a vote.

We might have 20 people testify in support of bills including victims of gun violence, law enforcement, and the medical community; yet the voice of one gun industry lobbyist opposed to the measures would be the only one that mattered.

After the shooting at Virginia Tech, there was a slow movement towards change — at least among Democrats. It was a movement that accelerated in the aftermath of the shooting at Sandy Hook Elementary School that left 26 little children and educators dead. Ru-

ral Democrats aligned with the majority in their party and started speaking out about the need for stronger laws to curtail the carnage. In fact, many Democratic candidates at even the highest levels of government began to run on the issue vowing to fight for sensible gun violence prevention measures if elected. Those Democrats won including most recently, Governor Northam, Lt. Governor, Fairfax and Attorney General Herring. And it should be no surprise. Polling tells us that as much as 90 percent of the public is in favor of stronger gun laws such as expanding background checks.

So, with the public and a Governor who clearly supports gun violence prevention measures, why can't we affect change? Because the GOP is in control of both chambers of the General Assembly and they continue to kowtow to the gun lobby instead of taking the decisive action that would make the Commonwealth safer for us all. Take the 2019 session for example. Democrats introduced dozens of firearms bills including ones to expand background checks, ban assault weapons, limit high-capacity magazines, cap handgun purchases to one a month, and to keep guns out of the hands of domestic violence abusers. Republicans defeated them all.

Gun violence has become a public health crisis in Virginia and

across the country. But it is an epidemic that we know how to treat. Stronger gun laws won't prevent all senseless acts of violence but they will save lives. To get the stronger laws we deserve, we must vote for candidates who are more afraid of another horrific shooting than they are of the gun lobby and at this juncture, only the Democrats can stake that claim.

The proposals already exist. We

know what needs to be done. And once Democrats are the majority party in both chambers we will finally be able to pass bills to make Virginia safer and Governor Northam will gladly sign them into law.

**Martina Leinz**  
Burke

*President, Northern Virginia Brady Chapter, United Against Gun Violence*

### Why I Celebrate Eid

To the Editor:

Eid-ul-Fitr is an Islamic holiday which marks the end of the month of fasting, Ramadan. Muslims celebrate Eid by spending time with family and friends, eating good food and exchanging gifts.

I like Eid because I get a lot of presents from my family and friends and I get to wear new clothes. The prophet Muhammad (peace be upon him) told us that on Eid we should take a bath, wear

new clothes or our best clothes, and wear perfume.

On Eid day I wear my new clothes and go to the mosque for Eid prayer. After the prayer I meet my friends and wish them "Eid Mubarak," which means blessed Eid. My favorite part of the day is when I open all my Eid presents, play games with my cousins and eat delicious food with my family.

**Hibbatul Bari Iqbal**, Age 9  
Chantilly

#### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314

By email: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

[www.ConnectionNewspapers.com](http://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](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Mercia Hobson**  
Community Reporter  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

**Andrea Worker**  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[dbfunk@connectionnewspapers.com](mailto:dbfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
703-778-9431

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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

**CIRCULATION**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





**RESTON TOWN CENTER**  
ASSOCIATION

# CULTURE & FUN FOR EVERYONE, DOWNTOWN!

# 2019 CALENDAR

All events FREE, open to the public, and hosted at:



RESTON TOWN  
CENTER

For all events at Reston Town Center, visit [restontowncenter.com/events](http://restontowncenter.com/events)

## LUNCHTIME WITH THE ARTS AT MASON\*

**May, June, September, & October**

2nd & 4th Thursdays | 12:30 PM–1:30 PM

*Reston Town Square Park*

## LUNCHTIME WITH THE GREATER RESTON ARTS CENTER\*

**July & August**

2nd & 4th Thursdays | 12:30 PM–1:30 PM

*GRACE Gallery, GRACE at Signature, and Reston Town Square Park*

## RESTON CONCERTS ON THE TOWN\*\*

**June 1–August 24**

Saturdays | 7:30 PM - 10:00 PM

*Pavilion*

## SUNDAY ART IN THE PARK WITH SHENANDOAH CONSERVATORY\*

**June 2–August 18**

Sundays | 7:00 PM–8:00 PM

*Reston Town Square Park*

GRACE art activities leading up to concerts in July

## FAMILY FUN ENTERTAINMENT SERIES\*

**June 15–August 3**

Saturdays | 10:00 AM – 10:45 AM

*Reston Town Square Park*

## PUBLIC ART RESTON'S CHALKFEST

**September 14**

Saturday | 9 AM–4:30 PM (rain date Sep. 15)

*Market St. and Mercury Fountain Plaza*

## WASHINGTON WEST FILM FESTIVAL

**October 24–28**

*Bowtie Cinema and other venues*

## HOLIDAY PARADE AND EVENTS\*\*\*

**November 28**

Friday | All day

*Throughout Reston Town Center*

**FOR COMPLETE DETAILS, VISIT  
[RESTONTC.ORG/CULTURALCALENDAR](http://RESTONTC.ORG/CULTURALCALENDAR)**

*\*Presented with Reston Community Center*

*\*\*Presented with Boston Properties*

*\*\*\*Presented with Reston Community Center and Boston Properties*



## Home-field advantage.

**Kyle Knight Ins Agcy Inc**  
Kyle Knight, Agent  
11736 Bowman Green Drive  
Reston, VA 20190

ACROSS FROM RESTON TOWN CTR.  
WWW.KYLEKNIGHT.ORG  
703-435-2300

I understand you work really hard for your home and car, and I'm here to help protect them  
**STOP IN OR CALL ME TODAY.**



State Farm Mutual Automobile Insurance Company  
State Farm Fire and Casualty Company  
Bloomington, IL

## WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

**Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.**

# PTSD: Recognizing and Healing

## During PTSD Awareness Month, clinicians work to raise awareness, treatment options.

BY MARILYN CAMPBELL

**T**hey took all my clothes and made me walk naked for two days so I couldn't escape," said one woman. "They kill people over nothing," said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, "An Exploratory Study of Latina Immigrant Trauma," she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. "PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It's something that induces profound terror," she said.

"[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don't want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma," said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. "You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships."

Managing and healing even severe symptoms is possible with the right strategies. "There are several

very good treatments for trauma," said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

"There is research which shows EMDR is highly effective in desensitizing the trauma," says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. "[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being," said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). "One of the biggest benefits we see for our riders with PTSD is that riding puts them in the moment, focused on creating a bond with their horse. They're not thinking about past events or being hypervigilant, but feeling peaceful in the moment."

For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. "Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being," she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. "Over several weeks of riding, she has developed a very strong bond with the horse she rides," says Taylor. "They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she'd ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders' lives beyond the farm, helping them to rebuild healthy lives."

**"It's important for people with PTSD to have hope because they can get better."**

— Carol L. Cleaveland, George Mason University

Past issues of **THE CONNECTION** NEWSPAPERS  
back to 2008 are available at  
<http://connectionarchives.com/PDF>

**THE CONNECTION** Newspapers & Online  
**UPCOMING SPECIAL SECTIONS**

**June**  
6/5/19.....Wellbeing  
6/12/19.....Father's Day Dining & Gifts  
6/12/19.....HomeLifeStyle  
6/19/19.....A+ Graduations & Summer Education  
6/26/19.....Senior Living:  
Connection Families: Summer Life

**July**  
7/3/19.....Wellbeing  
7/10/19.....HomeLifeStyle  
7/17/19.....A+ Camps & Schools

Email [SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM) for more specials, digital advertising options and pricing.

**POTOMAC ALMANAC** **Alexandria Gazette Packet** **THE CONNECTION NEWSPAPERS** **Mount Vernon Gazette** **CENTRE VIEW**

Have The Connection emailed directly to you every week!  
[www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

**LOCAL MEDIA CONNECTION** Reaching Suburban Washington's Leading Households  
Newspapers & Online  
703-778-9431  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

- Alexandria Gazette Packet
- Arlington Connection
- Berke Connection
- Centre View
- Charlty Connection
- Fairfax Connection
- Fairfax Station/Oldham/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Dak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



Children take part in “Play It Safe: Bike Rodeo and Safety Fair” held in the Town of Herndon, May 18.

PHOTOS BY  
MERCIA HOBSON/  
THE CONNECTION

# Fun Reigns at ‘Play It Safe: Bike Rodeo & Safety Fair’

Little riders take home free helmets and inspected bikes.

BY MERCIA HOBSON  
THE CONNECTION

The Town of Herndon Parks and Recreation Department held its “Play It Safe: Bike Rodeo and Safety Fair” in front of the Herndon Municipal Center, 777 Lynn Street just off the W&OD Trail on Saturday, May 18.

The event offered safety tips and gave children a chance to practice their biking skills via an obstacle course in a controlled environment.

The event also provided free children’s bike inspections/minor repairs; a bike swap/give away and helmet give away with proper sizing.

Herndon Parks & Recreation Executive Director, Cindy Roeder reported more than 50 child helmets distributed during the 2-hour event. Debbie Spiliotopoulos, Senior Environmental Planner at Northern Virginia Regional Commission, who worked at the event and distributed “share VA roads” booklets describing Virginia law and safety tips for bicyclists, pedestrians and motorcyclists, said, “Green Lizard Cycling and INOVA Trauma Services donated the helmets, and the Lizard is doing the helmet fittings.” The Green Lizard also sized the bikes for proper fit, inspected bikes and made minor repairs at no charge.



Volunteer Dave Meyer, co-owner of Green Lizard Cycling in Herndon, pumps up the tire for Edvin Orellan, 6, of Herndon at “Play It Safe: Bike Rodeo and Safety Fair” presented by Herndon Parks and Recreation.

Edvin Orellan, 6, of Herndon, traded the small bike he outgrew for a bigger one. “This bike fits me better. I swapped my old one, and it will go to a different kid,” he said.

**Unfamiliar terrain requires a surefooted guide.**

When a loved one has memory loss, each step can feel like an uncertain one. *The Artis Way* leads with experience in memory care to help you on your unique journey. As your partner, we'll forge a path that is clear—arriving at a destination where respect, integrity and dignity surround your loved one.

**Caring, dedicated staff**

**Cozy, neighborhood setting**

**Exceptional 24-hour care**

**Join us for this informative event:**

**Understanding Alzheimer’s and Dementia**

*Presented by the Alzheimer’s Association*

Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s; the difference between Alzheimer’s and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer’s Association resources.

**June 27, 2019 at 1:30 p.m.**

**Being Held at:**  
Great Falls Assisted Living  
1121 Reston Ave, Herndon, VA 20170

**Seating is limited, reserve your spot today!**

To RSVP, or for more information, please call 877-351-8067 or visit [www.TheArtisWay.com/HerndonConnection](http://www.TheArtisWay.com/HerndonConnection)

**GREAT FALLS**  
Assisted Living  
A MEMORY CARE COMMUNITY



1121 Reston Avenue | Herndon, VA 20170

Managed by



# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### Art Exhibit: Things That Don't Have Names.

Through June 22, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents a site-specific sculptural installation by DC-based artist Stephanie J. Williams, whose work explores themes of identity through omission and inclusion. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242.

**Golden Age Musical.** Through June 23, at NextStop Theatre, 269 Sunset Park Drive, Herndon. From Artistic Director Evan Hoffmann comes a wildly inventive re-imagining of an American mega-musical as no one has seen it before. Singin' in the Rain has all the magic and glamour of the greatest movie musical ever made. So, when the projector at a super-fan screening of the film goes up in smoke, the hosts save the day... after all, in theatre, the show must always go on. \$40-55. Visit [www.nextstoptheatre.org/shows/singin-in-the-rain](http://www.nextstoptheatre.org/shows/singin-in-the-rain).

### Art Exhibit: A Purposeful Manner Towards a Vague Destination.

Through Aug. 27, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit [restonarts.org](http://restonarts.org) for more.

**Herndon Farmers Market.** Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket)

## THURSDAY/JUNE 6

**Herndon Farmers Market.** Thursdays, through Nov. 14, 8 a.m.-12:30 p.m. in Old Town Herndon, the 700 Block of Lynn St. by the Red Caboose. The Herndon Farmers Market is open for the 2019 season, local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, salsa, and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/herndon](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndon) for more.

## FRIDAY/JUNE 7

**Grand Opening.** 5-8 p.m. at Optimal Motion Physical Therapy, 950 Herndon Parkway, Suite 425, Herndon. Optimal Motion Physical Therapy was created by Secili DeStefano and Matt Barnes. They bring a combined 40 years of experience. The community is invited to join them for a grand opening celebration. RSVP at [www.optimalmotion-pt.com](http://www.optimalmotion-pt.com) or call 703-665-1444.

**Live Music: The Jones.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## FRIDAY-SUNDAY/JUNE 7-9

**Celebrate Fairfax! Festival.** Northern Virginia's largest community-wide event, the 38th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SUNDAY/JUNE 9

**"Love Your Body Yoga Festival."** 10 a.m.-5 p.m. at Reston Town Center. 11th Annual "Love Your Body Yoga Festival" at Reston Town



## Herndon Farmers Market

Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket) for more.

Center. Yoga classes all day, kids yoga tent, Bhakti music tent, YED wellness talks, and over 80 eco-conscious vendors. This year will feature for the first time, DC area non-profit organizations that include Yoga in their offerings. ONE Common UNITY is among the non-profits. Visit [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com).

## WEDNESDAY/JUNE 12

**Author Event: Rachel Louise Snyder.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. In No Visible Bruises, journalist Rachel Louise Snyder gives context for what we don't know we're seeing. Through the stories of victims, perpetrators, law enforcement, and reform movements from across the country, Snyder explores the real roots of private violence, its far-reaching consequences for society, and what it will take to truly address it. Free. Register at [eventbrite.com](http://eventbrite.com), search Scrawl Books.

## FRIDAY/JUNE 14

**Live Music: The Vandelay.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## FRIDAY-SATURDAY/JUNE 14-15

**Taste of Reston.** Friday, 4-11 p.m.; Saturday, 11 a.m.-11 p.m. at Reston Town Center. Taste of Reston features the region's best cuisine, family activities, live entertainment and a Wine 'n Dine section with cooking demonstrations from local chefs, a Family Fun Zone and free garage parking. Live music will fill the air both days with favorites such as Cherry Crush Band, New Blue Soul, Delta Spur, and Vinyl Rhino. Taste of Reston event admission and parking are free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Advance tickets are on sale online, at [www.RestonTaste.com](http://www.RestonTaste.com).

## SATURDAY-SUNDAY/JUNE 15-16

**Father's Day Park Programs.** This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).

❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia

Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these dotting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit [www.fairfaxcounty.gov/parks/hidden-oaks](http://www.fairfaxcounty.gov/parks/hidden-oaks).

❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).

❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## SUNDAY/JUNE 16

**Sully Antique Car Show.** 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Take Dad for a stroll down memory lane this Father's Day with a visit to the Antique Car Show at Sully Historic Site. Relive a time when chrome was king and V-8 engines ruled the land. Car show tickets are \$10 for adults, \$8 for seniors, and \$6 for children, and will be sold at the gates. Call 703-437-1794.

## WEDNESDAY/JUNE 19

**Author Event: Tracey Garvis Graves.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. Tracey Garvis Graves is a bestselling author of contemporary fiction. Her debut novel, *On the Island*, spent nine weeks on the New York Times bestseller list, has been translated into 31 languages, and is in development with MGM and Temple Hill Productions for a feature film. She is coming to Scrawl to discuss her latest novel, *The Girl He Used to Know*. Free. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## SATURDAY/JUNE 22

**Summer Vibes: Tie-Dye.** 9-10:30 a.m. at

Herndon Town Hall Green, 730 Elden St., Herndon. Celebrate the start of Summer. Bring the good vibes and Herndon will supply the shirts (while supplies last) along with all other materials needed to create awesome tie-dye. All ages welcome. Pay on-site day of event, cash or check only. \$5. Call 703-787-7300, ext. 2115 or visit [www.herndon-va.gov/about-us/recreation/special-events](http://www.herndon-va.gov/about-us/recreation/special-events).

## FRIDAY/JUNE 28

**Live Music: Holly Montgomery Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## SATURDAY/JUNE 29

**July 4th in June.** All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Get the nation's birthday party started early. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. There will be live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday, June 30. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

## FRIDAY/JULY 5

**Live Music: Chris Timbers Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## FRIDAY/JULY 12

**Live Music: Sista Pat's One Vibe.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## FRIDAY/JULY 19

**Live Music: Free Soul.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## FRIDAY/JULY 28

**Live Music: Run For Cover.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

## MORE ONGOING

**Trivia Night at Craffthouse.** Tuesdays, 8-10 p.m. at Craffthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit [craffthouseusa.com](http://craffthouseusa.com)

**Karaoke at Craffthouse.** Wednesdays, 8-10 p.m. at Craffthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit [craffthouseusa.com](http://craffthouseusa.com)

**The Elden Street Tea Shop.** Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit [www.eldenstreettea.com](http://www.eldenstreettea.com).

**Small Business Support Sundays.** Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit [SmallBusinessSupportSundays.com](http://SmallBusinessSupportSundays.com).

**All-comers' Group Fun Run.** Thursdays, 6:30-7:30 p.m. at Potomac River Running, 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 or visit [www.potomacriverrunning.com/reston/](http://www.potomacriverrunning.com/reston/).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

# Memorial Day, Jimmy's Way

**Small town restaurant owner vows to keep Memorial Day motorcycle rally and ride going.**

By MERCIA HOBSON  
THE CONNECTION

In a small Northern Virginia town billed as “4.2 square miles of endless possibilities” the town’s living legend and business owner, Jimmy Cirrito of Jimmy’s Old Town Tavern took those possibilities to heart. He sealed a Memorial Day Sunday vow with a toast. Standing in front of a large crowd of bikers packed into his outdoor beer garden, Cirrito promised to keep his long-standing Motorcycle Rally to the nation’s capital going, regardless of Rolling Thunder’s announcement last fall that 2019 would be the ride’s last year.

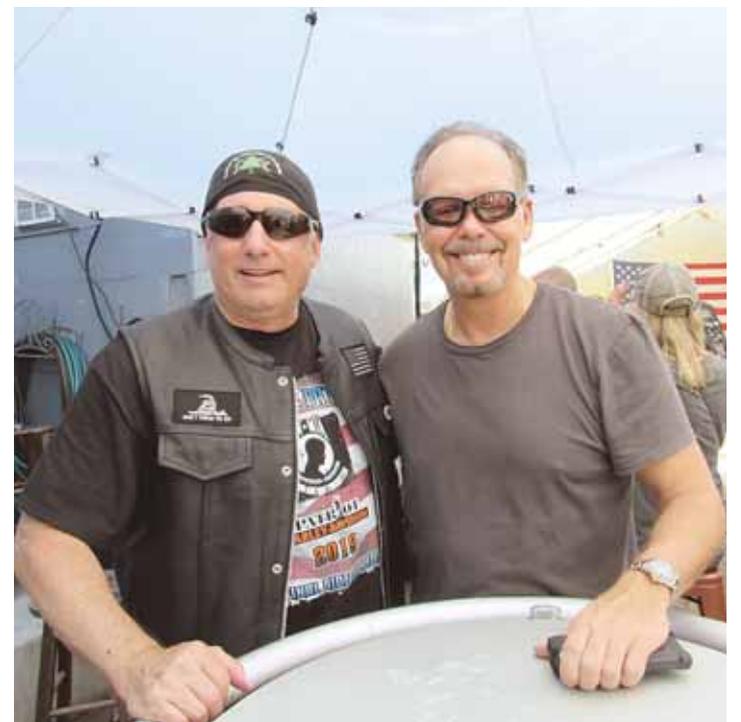
Earlier that morning, bikers roared into the Town of Herndon to attend Jimmy’s Old Town Tavern 22nd Anniversary Party & Memorial Day Bash. They were there for more than the ribs, music and drinks though. Riders had converged in front of the iconic restaurant owned by Cirrito in a patriotic display to demonstrate support of Veterans who died for freedom and those service members listed as prisoners of war and missing in action. Among them were United States Army Veteran Tony Jimenez of Great Falls and Air Force Veteran Barry West of Reston. They sat in “Jimmy’s Alley,” early Sunday morning before the ride. According to Jimenez and West, Memorial Day was a day of remembrance for them, a special day for those service members who fought for freedom and paid the ultimate price. The back of West’s t-shirt read: “Veteran - a person who wrote a blank check payable to the United States of America for an amount up to and including one’s life.” “They should never be forgotten, never,” said Jimenez and West simultaneously.

Cirrito stood on the steps facing the “Alley.” With a history of supporting the military, Cirrito stressed that his rides would never end. “We will find a significant location and keep these rides going.” He stated that funds from merchandise sales, bike washes and general donations during his Weekend Bash would benefit Veterans at the DV Farm in New Hampshire. According to Cirrito, the nonprofit organization is dedicated to helping homeless and addicted Veterans back into civilian life.

Getting down to ride logistics and safety, Cirrito told the bikers the Herndon Police would escort them to the town limits. From there they’d roll through Great Falls, slowly down the George Washington Parkway and end at Bolivar Park in Northwest D.C. They’d regroup later in the afternoon and return to Jimmy’s via White’s Ferry. He’d



**Jimmy Cirrito, owner of Jimmy’s Old Town Tavern vows he will continue his rides to remember fallen United States service members, every Memorial Day, no matter the decision of Rolling Thunder.**



**From left, United States Army Veteran Tony Jimenez of Great Falls and Air Force Veteran Barry West of Reston sit in “Jimmy’s Alley,” in Herndon early Sunday morning before the ride into the District to honor and remember those who fought for freedom and paid the ultimate price.**



**Town of Herndon Mayor Lisa C. Merkel waves good wishes to the bikers as they roar out of Herndon to join what could be Rolling Thunder’s last ride through Washington D.C.**



**The Town of Herndon’s POW-MIA flag flies in the breeze in front of the old Town Hall Memorial Day 2019.**

also foot the bill for White’s Ferry.

Shortly after 9 a.m., hundreds of bikers put their kickstands up. With a police es-

cort, they roared out of Herndon, headed to the nation’s capital in a patriotic tribute to American war heroes who paid the

ultimate price and for a call of recognition of Prisoners of War and those Missing in Action.

**Announcements**

**Announcements**

**AUCTION:**  
**Historic Manteo Home & Gardens**

- 400/404 Uppowoc Ave. Manteo, NC
- Forbes-Nixon House with Stunning Gardens
- Beautifully renovated 3958 sf 4 BR 5 BA Home
- Walking distance to EVERYTHING
- B&B or Event Venue?
- WILL SELL at or above \$325K June 15 on site or online

**Mike Harper (NCAL 8286) 843-729-4996**

HarperAuctionandRealty.com

**Announcements**

**Announcements**

**Spectacular Seaside Lots**  
**\$29,900 - \$79,900**

Build the home of your dreams! 1 to 2 acre lots in an exclusive development on the seaside (high and dry on the mainland) on Virginia's Eastern Shore, 42 miles south of Ocean City. Adjoins NASA and faces Chincoteague and Assateague Island National Seashore, world famous for it's fabulous beaches and wild ponies.

The property features a private entrance, paved roads, underground utilities, dock and community pool. Great climate, low taxes, boating, fishing, restaurants and wide sandy beaches just miles away. Both waterview and waterfront lots available priced at \$29,900 to \$79,900. Financing available with discounts for cash and multiple lot purchases.

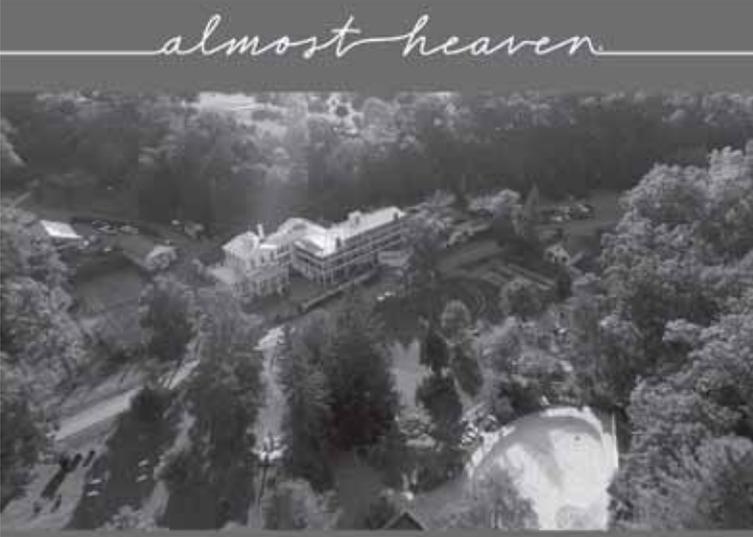
**Tel (757) 824-6289**  
see our website: [oldemillpointe.com](http://oldemillpointe.com)



**Announcements**

**Announcements**

*almost heaven*



Discover picturesque woodlands and healing waters. Experience almost heaven at Capon Springs and Farms.

[WVtourism.com/CaponSprings](http://WVtourism.com/CaponSprings)

**CAPON SPRINGS and farms** / **WEST VIRGINIA**

**NEWS**

**Area Schools Awarded for Educational Excellence**

**C**hesterbrook Elementary School, Carson Middle School, Cooper Middle School, and Longfellow Middle School are among five schools statewide to earn the 2019 Governor's Award for Educational Excellence, the highest recognition in the Virginia Index of Performance (VIP) awards for advanced learning and achievement. The VIP incentive program recognizes schools and divisions that exceed state and federal accountability standards and achieve excellence goals established by Virginia's

governor and the Board of Education.

Recipients of the Award for Educational Excellence must meet all state and federal achievement benchmarks, achieve all applicable excellence goals for elementary reading, enrollment in Algebra I by the eighth grade, enrollment in college-level courses, high school graduation, attainment of advanced diplomas, increased attainment of career and industry certifications and, if applicable, participation in the Virginia Preschool Initiative.

**BULLETIN BOARD**

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

**SATURDAY/JUNE 8**

**Caregiver Workshop.** 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit [insightmcc.org](http://insightmcc.org), to register or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

**THROUGH MONDAY/JUNE 10**

**Food Donation Collection.** 9 a.m.-5 p.m. at the Coldwell Banker Residential Brokerage office, 11911 Freedom Drive, Suite 520, Reston. The Coldwell Banker Residential

Brokerage Reston office is collecting healthy, non-perishable food donations for Cornerstones as part of a companywide initiative, Healthy Food Week. Contact Caitlin Rice Maupin at 703-471-7220 or [caitlin.maupin@cbmove.com](mailto:caitlin.maupin@cbmove.com).

**TUESDAY/JUNE 11**

**Park Authority Summer Jobs.** 10 a.m.-1 p.m. at the Herrity Building, 12055 Government Center Parkway, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/recpac/jobs](http://www.fairfaxcounty.gov/parks/recpac/jobs) or email [Recpac@fairfaxcounty.gov](mailto:Recpac@fairfaxcounty.gov).

**FRIDAY/JUNE 14**

**Application Deadline: Fire**

**Academy.** The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit [www.fairfaxcounty.gov/fire-ems](http://www.fairfaxcounty.gov/fire-ems).

**Artist and Vendor Application Deadline.** RCC seeks entertainers for 2019 Reston Multicultural Festival. Opportunities also available for art and food vendors, civic organizations and artists. The Reston Multicultural Festival is a family-oriented event and material performed shall be suitable for all ages and free of any content that would be inappropriate for a diverse, multicultural and multigenerational audience. All forms and guidelines may be found at [www.restoncommunitycenter.com/mcf](http://www.restoncommunitycenter.com/mcf).

SEE BULLETIN, PAGE 11

**Employment**

**Employment**

**Employment**

**VINSON HALL RETIREMENT COMMUNITY**  
**\$600 Sign On Bonus!!**  
**FULL-TIME CNAS**

Vinson Hall Retirement Community in McLean, VA is currently seeking full-time Certified Nursing Assistants (CNAs) for our Assisted Living and Skill Nursing facilities.

**Schedule**  
7am-3:30pm (off every other weekend)  
3pm-11:30pm (off every other weekend)  
11pm-7:30am (off every other weekend)

**To qualify:**  
Must have Virginia CNA certification  
**No Experience Required**

Vinson Hall Retirement Community offers competitive pay and benefits including health, dental, and 401(k).  
Apply online at [www.vinsonhall.org/careers](http://www.vinsonhall.org/careers)  
Email: [humanresources@vinsonhall.org](mailto:humanresources@vinsonhall.org)  
Vinson Hall is an Equal Opportunity Employer M/F/V/D.

**Forget Daily Commuting**

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home  
Enjoy flexible schedule plus no daily commute  
Help local businesses grow  
Unique opportunity to be a voice in your community  
Competitive compensation

**Call Jerry Vernon**  
**703-549-0004**  
Connection Newspapers & Digital Media  
Trusted Connection to Local Communities

**Announcements**

**Announcements**

**Lifetime METAL ROOFING**  
by VA CAROLINA BUILDINGS, INC

40 YEAR WARRANTY ON THE FINISH - ENERGY EFFICIENT  
SUPERIOR DURABILITY - SENIOR CITIZEN DISCOUNT  
**FACTORY DIRECT - WE FINANCE - CALL NOW!**

[WWW.METALROOFOVER.COM](http://WWW.METALROOFOVER.COM) **1-800-893-1242**

**CALENDAR**

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

**Let us know about an upcoming event**

[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)

FROM PAGE 10

## SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

## ONGOING

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year.

In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551-2488, or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

**Herndon High School Library** needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**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](mailto: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](http://parkinsonfoundation.org). Call Natalie McCall [nmccall@onelifitness.com](mailto:nmccall@onelifitness.com) 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](http://fairfaxgardening.org) or call MG Help Desk at 703-324-8556 for more.

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

**Passages DivorceCare.** 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](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

# BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. -Thomas Fuller	
<b>ELECTRICAL</b> <b>K&amp;D ELECTRIC</b> COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		<b>ELECTRICAL</b> Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 <a href="mailto:lektrkman28@gmail.com">lektrkman28@gmail.com</a>	
<b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email: <a href="mailto:jamie@lawnsandgutters.com">jamie@lawnsandgutters.com</a> web: <a href="http://lawnsandgutters.com">lawnsandgutters.com</a> Friendly Service with a Friendly Price!		<b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Spring Cleanup...</b> Tree removal, topping & pruning, shrubby trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>	
<b>GUTTER</b> <b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED Serving All of N. Virginia		<b>IMPROVEMENTS</b> <b>Power Washing</b> 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: <a href="mailto:jnave@comcast.net">jnave@comcast.net</a> <b>703-987-5096</b>	
<b>LANDSCAPING</b> <b>RN. CONTRACTORS, INC.</b> 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: <a href="mailto:rncontractorsinc@gmail.com">rncontractorsinc@gmail.com</a> <a href="http://www.rncontractors.com">www.rncontractors.com</a>		<b>ATTENTION ADVERTISERS:</b> expand your audience beyond our weekly print edition with <b>THE CONNECTION DIGITAL</b> <ul style="list-style-type: none"> <li>► Email Marketing</li> <li>► Social Media</li> <li>► Sponsored Content</li> </ul> FOR MORE INFORMATION CALL 703.778.9431 OR VISIT <a href="http://CONNECTIONNEWSPAPERS.COM/ADVERTISING">CONNECTIONNEWSPAPERS.COM/ADVERTISING</a>	
<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b> <b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed		<b>CONNECTION</b> Advertising Representatives 703-778-9431 www.ConnectionNewspapers.com	
<b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-772-0500</b> <b>J.E.S. Services</b> Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> All work Guaranteed		Sign up for <b>FREE DIGITAL SUBSCRIPTION</b> to any or all of our 15 papers <a href="http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE">WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE</a>	

## From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis," it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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

# Round-by-Round

## Two Herndon students compete at the 2019 Scripps National Spelling Bee.

BY MERCIA HOBSON  
THE CONNECTION

**W**ith the singular hope of making it to the 92nd year of the Scripps National Spelling Bee in Washington, D.C., two students at Herndon schools, Pranav Elavarthi, 12, a seventh grader at Rachel Carson Middle School and Akshita Balaji, 12, a sixth grader at McNair Elementary School, out-spelled local, county and state competition and moved to national level. On May 27-30, Elavarthi and Balaji joined 560 other champions at the 2019 Scripps National Spelling Bee held at the Gaylord National Resort and Convention Center located at National Harbor, Md.

According to Scripps, its competitions reached more than 11 million students this year who participated in spelling bees held in classrooms, schools and locally sponsored events around the country and other parts of the world.

**THE PURPOSE** of the bee was “to help students improve their spelling, increase their vocabularies, learn concepts, and develop correct English usage that will help them all of their lives,” stated organizers.

The Connection interviewed the local Herndon students, Elavarthi and Balaji, to learn more about their stories of determination and experiences before and during the competition, as well as plans for next year, given both will qualify by age and grade level.

Pranav Elavarthi, 12, of Herndon, a seventh grader at Rachel Carson Middle School:

“I have been to other spelling bees at my elementary school, and I never won there but came close three times. Usually, my mom and I spent about 30 minutes each day studying. We went through The Merriam-Webster Dictionary. At the spelling bee, I did not know the meaning of all the words, but I could spell them. I used context clues, root words, the language of origin and the part of speech.

The vocabulary test during the Preliminaries was probably the most challenging aspect of the spelling bee. They gave you the word and multiple choices of which one was the correct meaning.

I got to Round Two in the bee. I spelled the word “placoderm” wrong... I didn’t know if it was an “o” or an “a” (in the second syllable). I was pretty sad when I misspelled the word. I expected more out of me.

When I write, I do use spell check. It’s a lot faster than going through and checking it myself. I’ll definitely compete next year again.”

Gordon Stokes, Principal Rachel Carson Middle School: “We are very proud of Pranav. It’s always exciting when our students are successful at any level of competition and certainly for students who make their way to a national competition.”

Akshita Balaji, 12, a sixth grader at



**Pranav Elavarthi, 12, a seventh grader at Rachel Carson Middle School in Herndon, waits for his word during the 2019 Scripps National Spelling Bee at the Gaylord National Resort & Convention Center in National Harbor, Md.**



**Akshita Balaji, 12, a sixth grader at McNair Elementary School in Herndon, waits for her word during the 2019 Scripps National Spelling Bee at the Gaylord National Resort & Convention Center in National Harbor, Md.**



**Gordon Stokes, Principal of Rachel Carson Middle School, congratulates Pranav Elavarthi, 12, of Herndon after he participated in the 2019 Scripps National Spelling Bee.**



**Joan Carter, Assistant Principal of McNair Elementary School, congratulates Akshita Balaji, 12, a sixth grader at the school after she came in #51 of the 565 at the 2019 Scripps National Spelling Bee.**

McNair Elementary School:

“My coaches were my parents and my sister, Ankita; they were always quizzing me. There were also games on the Merriam-Webster site, and I liked to use those.

There were two challenging experiences. The first one was the Preliminaries Test. That’s because there were spelling and vocabulary questions ... I didn’t prepare as much for the vocabulary. Round Three was also very hard because when I went onstage some of the words the spellers were getting were easy ... but some were pretty hard. I didn’t know if I’d get an easy or hard word, and the whole time I was sitting wait-

ing for my word, I felt stressed.

After the Prelims, there were Rounds Two and Round Three. I spelled my words for Round Two and Three correctly, and the judges considered me (to be one of the 50 finalists,) but... because I got some wrong on the Vocabulary Prelim, I wasn’t chosen. I was number 51.

Obviously, I felt sad because that was my goal this year. But I take it as a learning experience so that I can do better next time. I think I’m going to expand my vocabulary. When I write, I don’t use spell check because it is in my brain, but I do proofread afterward.

**“THE BEE** was great, and practicing spelling helped me and not just by learning new words. I was pretty scared, but I still did it. I learned other things like courage and sportsmanship... It taught me when I make a mistake not to be bitter about it, and take it as a learning experience to make me a better person, now and in the future.”

Joan Carter, Assistant Principal McNair Elementary School:

“We are very proud of Akshita, and it should be noted that she won our school spelling bee for three years in a row. Akshita was a wonderful representation of McNair School.”