

HealthWorks for Northern Virginia Associate CEO Carol Jameson presents Rep. Gerry Connolly (D-11) with a certificate of appreciation at the opening of their new facility in Herndon Tuesday, June 11.

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PHOTO BY ALEX McVEIGH/THE CONNECTION

# HealthWorks In Herndon

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# Paint the Pub Purple

Come one, come all event at O'Sullivan's Irish Pub in Herndon.

BY JENNIFER BENITZ  
THE CONNECTION

Prepare to "Paint the Pub Purple" when O'Sullivan's Irish Pub in Herndon hosts a happy hour benefiting the Leukemia and Lymphoma Society (LLS) on Thursday, June 27. Taking place from 4-8 p.m., the happy hour will bring together supporters with drink and food specials and live music.

Event organizer and Team in Training participant Stephanie Kurspahic has teamed up with the Irish pub to raise money for the LLS through the Team in Training program. The program gives participants the opportunity to train for endurance events while taking part in fundraising efforts to raise money for the LLS which, in turn, helps fund everything from research to chemotherapy for patients.

"I got involved [with LLS] because my brother had leukemia," said Kurspahic. "I thought it'd be really cool to give back and honor [his] memory."

O'Sullivan's has agreed to donate 15 percent of profits and 100 percent of the raffle sales raised during the happy hour.

"It's for a good cause," said Bar Manager Enda Browne, now in his second time working with Kurspahic to host an event ben-



PHOTO CONTRIBUTED

Event organizer and Team in Training participant Stephanie Kurspahic stands with a sign that reads, "I tri for: Justin Steinberg" at the Honored Teammate Picnic on June 15.

efiting the LLS. "I like helping out local charities and I enjoy seeing new faces in the pub. It will be a good event all around."

Happy hour attendees are asked to wear purple, the Team in Training color, as they show their support. Customers will get to enjoy live music by local musician David Thong throughout the event. In addition,

the raffle prizes will be auctioned off at \$5 a ticket, or \$10 for three and \$20 for 10.

The prizes include a signed print by local artist Harun Mehmedinovic, certificates for one month of free yoga and a one-hour training session at the Pedro Sauer Total Fitness Academy in Sterling, and gift cards for Il Fornaio, Mon Ami Gabi, Midtown Jew-

"I will be forever grateful for the meaningful impact that the LLS and Team in Training in particular had on my family."

—Stephanie Kurspahic, event organizer

elers and Bow Tie Cinemas.

Since starting with Team in Training in 2009, Kurspahic hasn't stopped in her quest with the Leukemia and Lymphoma Society. Currently training for the Beach to Battle-ship Triathlon, a 70.3-mile race, that will take place in North Carolina on Oct. 27, the Reston resident hopes to get closer to her fundraising goal.

"The mission is to find a cure for blood cancers and improve the quality of life for patients and family," Kurspahic said. "I will be forever grateful for the meaningful impact that the LLS and Team in Training in particular had on my family. We had a positive experience [with the LLS] and I want to be a part of the same thing for someone else."

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PHOTO BY ALEX McVEIGH/THE CONNECTION

**Nicole Rappaport, South Lakes High School Class of 2013 president, addresses the student body during graduation Friday, June 14.**

## South Lakes Celebrates Graduation

**Class of 2013 features 104 International Baccalaureate, 119 honor graduates.**

BY ALEX McVEIGH  
THE CONNECTION

**T**he South Lakes High School Class of 2013 gathered for the final time as students at the school, leaving the building that evening, Friday, June 14, as South Lakes alumni. Five hundred and twenty eight seniors graduated, including 104 students who graduated with the International Baccalaureate diploma, 119 honor graduates and 23 who are the first in their family to graduate from high school.

"I had the privilege of being this class's assistant principal for two years," said South Lakes Principal Kimberly Retzer, who was named principal last July. "I remember them coming to this school as freshman, standing outside of the office, looking as if they were wondering if they belonged here. Looking out among them now, I can see they found their way."

The class is already working toward finding their way at the next level, as the members of the class have collectively been awarded more than \$15 million in scholarship dollars.

The class also included two exchange students, one from Germany, one from Japan.

Class President Nicole Rappaport recalled September 2009, when the class came to South Lakes, and said she was proud to watch the group's evolution over their high school careers.

"Sitting in front of me is a group of individuals who can do anything they want in their lives," she said. "They've shown the ability, intellect, drive and passion to accomplish anything."

The Class of 2013 voted English teacher Alison Shreck to give the faculty address.

"Part of becoming an adult is that slowly, over time,



**South Lakes High School graduating senior Tiara Adams receives her diploma Friday, June 14.**

walking the path of the ordinary, you realize that life is not happening somewhere else, at someone else's party, someone else's job, someone else's career. That it's in your everyday choices, and it's full of opportunity," she said. "The world does not need students who want instant success, it does not need students who want accolades simply by pushing buttons on a smartphone. It needs people who can walk the ordinary road and become the person they want to be."

### VIEWPOINTS

## Where are you headed in the fall and where do you see yourself in 10 years?



**Kyle Schuh**

"I'm going to Christopher Newport to study organismal biology. I'd like to turn that into a career in athletic training and physical therapy. In 10 years I want to be a successful physical therapist, ideally with a sports team."



**Stuart McAlpine**

"I'll be attending Northern Virginia Community College in the fall, and I hope to eventually transfer to an art school to study photography. In 10 years, I'd like to see my work on a glossy page somewhere."



**Jake Andich**

"I'm going to Christopher Newport University, and I'm completely undecided about what I'll study. I plan to do some exploring and find out what I'm into. In 10 years I'd like to have a good job somewhere, and be ready to start a family."



**Riley Hart**

"I'm going to George Mason in the fall to study biomedical engineering. My passion is working on prosthetic limbs, and I hope to find a way to make them affordable and high quality for everyone who needs them. In 10 years I'd like to be debt free, done with college and have a job and family."



**Yessenia Montoya, right**

"I'm currently in process of joining the Army. I hope to eventually become an optometry technician with my training. In 10 years, I'd like to still be in the military with a stable, nice home and living my life the way I want to."

**Hikari Sakamoto, left**

"I came to South Lakes as an exchange student, so in the fall I'll be back in Japan. In 10 years I'd like to be a diplomat, living all over the world and seeing as many different cultures as I can."



PHOTO BY ALEX McVEIGH/THE CONNECTION

Local officials and members of HealthWorks for Northern Virginia cut the ribbon on a new facility in Herndon Tuesday, June 11.

# New Healthcare Facility Opens in Herndon

**Clinic is first in Fairfax County to receive Affordable Healthcare Act funding.**

BY ALEX McVEIGH  
THE CONNECTION

**H**ealthWorks for Northern Virginia opened a new healthcare center in Herndon Tuesday, June 11, the first such facility in Fairfax County that will receive funding from the federal government via the Affordable Healthcare Act. The center will provide medical, dental and behavioral healthcare.

"The numbers of those in our county who lack access to healthcare is indeed shockingly high. A year ago the Jeanie Schmidt Free Clinic, which had been serving the area for 10 years, was nearing capacity. We were caring for 1,600 patients and all of our adult patients are suffering from a chronic illness," said Carol Jameson, associate CEO for HealthWorks for Northern Virginia. "The opportunity to join with the Loudoun Community Health Center and form a new community health center presented itself and we moved ahead."

Health Works of Northern Virginia is the result of a merger between the Jeanie Schmidt Free Clinic and the Loudoun County Community Health Center, which took place in October 2012. The merger effectively tripled the amount of low-income patients served.

**HEALTHWORKS CURRENTLY SERVES** more than 8,000 patients in three centers in Fairfax and Loudoun Counties. According to Fairfax County, there are 150,000 residents that do not have health insurance.

Fairfax County contributed funding to build the center, and also provided it with grants to support programs. Three county staff will be permanently onsite to ensure patients can access the services they're eligible for.

This is the first healthcare clinic in Fairfax to be

funded under the provision of the Affordable Healthcare Act. The federal government contributed \$650,000 to the clinic.

Rep. Gerry Connolly (D-11) said that centers like this are why he is such a staunch defender of the Affordable Healthcare act, citing the 30 million people in America, and 300,000 in Virginia alone that will be able to get health insurance.

"It's not OK to have 30 million fellow Americans not covered by some kind of healthcare. It's not OK that millions of families in America actually have to do the calibration when their kid gets sick, 'will he walk it off, or will it develop into something more serious and therefore, more expensive?'" he said. "It's not OK that for million of Americans the primary portal of healthcare is the emergency room because they can't afford to or don't have healthcare coverage."



**Supervisor Cathy Hudgins (D-Hunter Mill) speaks at the opening of the new HealthWorks for Northern Virginia facility in Herndon Tuesday, June 11.**

**THE SPIRIT** of providing healthcare services to those in need was what nurse Jeanie Schmidt had in mind when she started giving free school physicals to underprivileged students in July 2002 at Herndon Middle School.

In 2007, the clinic expanded its services to treat adults with chronic health issues. Jeff Clayton, a board member of HealthWorks, said that the new facility is well-positioned to meet those goals well into the future.

"The organization's goal was to provide healthcare services to people who needed them, regard-

less of their ability to pay. From its origin providing physicals in school gymnasiums to children who needed them, to its first permanent home on Elden Street, to its second home off of Technology Drive, it really did accomplish just that," he said. "It served thousands of patients over a number of years and became the medical home to hundreds of patients who had some very complex problems, a lot of those resulting from diabetes or hypertension."

Given the Jeanie Schmidt Clinic's long relationship with Herndon, Mayor Lisa Merkel said she was "thrilled to have this new facility in the heart of Herndon."

The facility is located 1141 Elden Street, Suite 300. More information on HealthWorks of Northern Virginia can be found at [www.hwnova.org](http://www.hwnova.org).



PHOTO BY ALEX McVEIGH/THE CONNECTION

The side garden of Joe and Aggie Francis, which features a weeping pine, and a dwarf dawn redwood, among other plants. The house will be a stop on this year's Herndon Garden Tour.

## Garden Tour Set for June 23

BY ALEX McVEIGH  
THE CONNECTION

**T**he annual Herndon Garden Tour will be held Sunday, June 23 from noon to 4 p.m. The annual tour will feature four local residences and allow visitors to explore and learn about their gardens.

Joe Francis first got into gardening while still a student. He and his wife Aggie own three acres on Dranesville Road.

The north side of their house is a shade garden, featuring ferns, gardenias and more. The backyard has several unique items, such as a weeping pine, which Aggie Francis calls her "pride and joy."

Despite living in the house for more than 40 years, it was only a year and a half ago that some prime territory opened up for more gardening.

"Our pool broke in the earthquake a few years ago, and we decided to just fill it in and make it more garden space," she said. "It's a garden in progress, it usually takes about five years for one to come into its own. I try out a lot of things just to see if they work. If I like them, it will stay, otherwise it's gone."

She says she prides herself on a garden without "anything you'd find at Home Depot," instead she reads catalogues and orders things she likes.

Another signature piece in the garden is a dwarf dawn redwood, which was originally thought to be extinct until the Smithsonian found some seeds in China.

Joe Francis is a master gardener himself, having received multiple awards for his orchids, as well as recognition for grow-

ing plants for the Town of Herndon. He is currently president of the Fairfax Master Gardeners.

Another stop on the tour is the home of Kevin LeBlanc and Scott Mayhugh. The natives of New Orleans have patterned their yard after the French-style layered look.

"There are sections which have their own character, such as an heirloom rose garden, which we've layered with other things that complement it," LeBlanc said. "The main goal is to have something with color and variety blooming at all times during the year."

One side of the house is a woodland garden, which is shady and features peonies, vines and clematis. Another side is in the style of a rock garden, with alpine flowers. Even the strip of land next to the curb has been transformed into a Virginia wildflower garden.

The tour is self-guided, meaning once a ticket is purchased visitors can visit any garden during the noon to 4 p.m. time period.

The four stops are: Joe and Aggie Francis at 680 Dranesville Road, Deb and Dave Heming, 917 Barker Hill Road, Bill and Janice Biggs, 310 Missouri Avenue and Kevin LeBlanc and Scott Mayhugh, 818 Locust Street.

Tickets are \$10 in advance and can be purchased at the Herndon Community Center, 814 Ferndale Avenue, the Herndon Florist, 716 Lynn Street, and ArtSpace Herndon, 750 Center Street.

The day of the tour, tickets are \$15 and can be purchased at the Herndon Community Center, and all tour stops.

# NEWS

## Dominion Virginia Power, Assistance League Of Northern Virginia Pack Food Bags

As part of their Weekend Food for Kids program, Assistance League of Northern Virginia, in collaboration with Dominion Virginia Power, purchased food and packed over 11,900 individual food bags for hungry children during the 2012-2013 school year. Dominion Virginia Power provided a \$20,000 grant to support this program. In addition, 160 Dominion volunteers donated over 800 hours to help 44 Assistance League volunteers feed 1,500 students who qualify for free and reduced-priced lunches in five schools in Prince William County, Fairfax County, Falls Church and the city of Alexandria. The students received nutritious supplementary food to take home for the weekend on a monthly basis.



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# OPINION

## Talking, Acting To Keep Them Safe

### Reducing drug- and alcohol-related fatalities.

The pages and covers of most of this week's Connection Newspapers show the joy and accomplishment associated with high school graduation. The day celebrates graduates who accomplished much just by finishing, graduates headed to college and more.

Most area high schools also celebrate with an all-night graduation party, an event designed and coordinated by parents to provide graduates with safe and appealing fun, with many schools organizing an annual party for more than 20 years.

It was, for example, the 25th annual All Night Drug and Alcohol-Free Graduation Celebration for T.C. Williams High School when the class of 2013

#### EDITORIAL

held its party on Saturday, June 15. Since 1989, when this tradition began at T.C. Williams, there have been no drug or alcohol-related graduation night fatalities.

Herndon High School parents have been providing a memorable evening for our graduates in an alcohol and drug free atmosphere for more than 20 years, and report that, "since the All Night Grad Celebrations began, we are happy to say there have been no alcohol or drug related fatalities on graduation night."

Summer is the beginning of many celebrations for young people in this area, and many of them, whether underage or over 21, admit that they celebrate with alcohol. Chances are that if your household includes a high school student, that student sometimes consumes alcohol. Graduation night is not the only danger lurking, as everyone knows.

All night graduation parties provide not only a safe place on graduation night, but also many opportunities before and after to talk about drinking and driving. There is no substitute for parents talking to their children about drinking, no matter how awkward, no matter how



PHOTO BY LOUISE KRAFFT/THE CONNECTION

**Grant Leibow is joined by classmates Alex Froliia, Haley Holder, Michael Evans, Alex Robinette and Cole Fleming in celebrating Marshall High School's graduation Friday, June 14.**

many eye-rolls you must endure. Driving while under the influence, or getting into a car as a passenger with someone who is impaired, is not the only danger of drinking, but it is one of the most avoidable.

On graduation day in 2007, West Potomac High School endured the unimaginable tragedy. Two young women who had graduated just hours before died in a car driven by another young woman who had alcohol in her system. The driver and another passenger, a 2005 West Potomac graduate, also died in that

crash.

If you've successfully raised a teenager through high school graduation, it is unbearable to think of losing him or her now. Talk. Tell them you love them. Tell them it's been way too much trouble to get to this point to risk losing them now. Tell them that you will come and get them, without consequences, any time they need a ride to avoid getting in a car with someone who has been drinking and/or otherwise under the influence. Look them in the eyes. Say the words.

### For Adults Who Need a Reminder

Washington Regional Alcohol Program will provide free rides for those over 21 who find themselves out celebrating on the Fourth of July without a safe ride home.

The 2013 Independence Day SoberRide program will be offered from 10 p.m. Thursday, July 4 until 4 a.m. Friday, July 5.

To receive a free cab ride home (up to a \$30.00 fare), please call 800-200-8294 (TAXI). You must be 21 or older to use the

SoberRide service.

WRAP's SoberRide has helped to ensure greater Washington, D.C. residents have a safe way home on high-risk holidays. Since 1993, WRAP has provided over 57,990 safe rides home, keeping impaired drivers off the road.

SoberRide operates during the December/January holiday season, St. Patrick's Day, Independence Day and Halloween.

See <http://wrap.org/soberride>.

#### LETTERS TO THE EDITOR

### Call to Ban Outdoor Smoking

To the Editor:

As a teenager, I really dislike smelling smoke from cigarettes, cigars, etc. I highly agree with Starbucks' ban of smoking on their outdoor patios. The rest of the community should consider banning outdoor smoking also. My family and I want to eat outside, but most times people are smoking. Sometimes, we go outside and nobody is smoking, but after a few minutes, someone lights up. Breathing second-hand smoke is not healthy for anyone, and dining outside is more enjoyable without smoke.

**Alex Cicchetto**  
Reston

### Young Referees Face Verbal Abuse

To the Editor:

Youth recreational basketball has finally ended. These days, children can play in house leagues from November through final playoff games in June. What they need and can't play without however, not counting coaches, league administrators and venues, are the referees.

My 18-year-old son has been a youth basketball referee for the past six years. At 12 he refereed

second grade boys and girls games. Each year he worked his way up, reaching eighth grade games this season. This year, he also spent \$120 of his own money to join the Cardinal Basketball Official's Association; a 10-week program offering a blend of classroom and game-based learning that is intended to get you ready to referee junior varsity high school basketball.

It is a thankless job, and at times can be stressful when dealing with spectators and coaches. What I've never understood over all these years is the verbal abuse these young referees experience from coaches and parents alike. Approximately 75 percent of youth referees quit within two years due to this abuse. There would be no

games or leagues without a cadre of good, dedicated refs. Countless times my son has been called at the last minute to work a game. I've seen him sacrifice personal time to make sure these games can be played.

So think about that, coaches and parents, the next time you yell at the ref. Leave the Bobby Knight antics for the college and pro games. Nobody gets every call right, but it's not for lack of training or effort. In the end, it's not about wins and losses at this level. It's about teaching children the fundamentals of the sport and more importantly, some basic fundamentals of life.

**Bill Byrne**  
Oak Hill

## Oak Hill & Herndon CONNECTION

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## SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by Friday.

The following students received Merit Scholarship Awards by the National Merit Scholarship Corporation (NMSC): **Margaret M. Schaaf** of Herndon High School, National Merit Arizona State University Scholarship; and **Isaac W. Yampolsky** of Herndon High School, National Merit Northwestern University Scholarship.

**Kelsey King Albanese**, daughter of Dr. Jay Albanese and Ms. Leslie King of Herndon, graduated from Dickinson College on May 19 with a BA in psychology. Albanese is a graduate of The Connelly School of the Holy Child.

**Lucia Lee** of Herndon has been appointed to the 10th District's Class of 2017 service academies and will attend the United States Naval Academy.

The following Herndon students are National Merit Scholars, who will receive a \$2,500 scholarship for academic excellence: **Amy J. Chen** and **Yash M. Maniar**, who both aspire to a career in medicine.

**Phillip Grant** and **Rachel Wehlburg** of Herndon are among the students in the 10th District's Class of 2017 who have been appointed to service academies and have been chosen to attend academy prep schools. Grant will attend the United States Military Academy and Wehlburg will attend the United States Merchant Marine Academy.

**Emily Kodat**, daughter of Betsey and Roger Kodat of Herndon, is on the Furman University Dean's List for the spring 2013 semester.

**James C. White**, son of James and Maura White of Oak Hill, and a 2009 graduate of Oakton High School, graduated with a Bachelor of Arts in History from Bucknell University. White was commissioned as a second lieutenant in the U.S. Army, Signal Corps.

The following Oak Hill students are National Merit Scholars, who will receive a \$2,500 scholarship for academic excellence: **Katherine Lee**, aspiring to a career in science/research; and **Jennifer Q. Peng**, aspiring to a career in biochemical engineering.

The following Herndon students are National Merit Scholars, who will receive a \$2,500 scholarship for academic excellence: **Amy J. Chen** and **Yash M. Maniar**, who both aspire to a career in medicine.

Junior **Theresa Naquin**, of Herndon, received the JMU Coaches' Award for her performance on the James Madison University women's soccer team for the 2012 season.

Achievement Scholar awardees are the Finalist candidates judged to have the strongest record of accomplishments and greatest potential for academic success in college. The 2013 National Achievement Scholarship Winners are: **Kenyah T. Calhoun** of South Lakes High School; **Kyannah C. Calhoun** of South Lakes High School; and **Howard A. Small, Jr.**, of Thomas Jefferson High School for Science and Technology.

**Veronica Epley** of Herndon completed a master of arts degree in security studies at the Naval Postgraduate School Center for Homeland Defense and Security in Monterey, Calif. Epley is currently Senior Policy Advisor to the Director of the Contingency Planning and Incident Management Division of the Office of Infrastructure Protection. She holds a bachelor's degree from the University of Rochester.

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Henry Lopez, the Boys & Girls Clubs Youth of the Year for District of Columbia and Commonwealth of Virginia, was selected to speak at the 28th Annual Tim Russert Congressional Dinner presented by the Boys & Girls Clubs of Greater Washington.



Henry Lopez (center) is pictured at home with (from left) with his mother Emerita, his brother William, his sister Yuri and his father Arnoldo. Henry, who was selected as the Boys & Girls Clubs Youth of the Year for District of Columbia and Commonwealth of Virginia, credits his parents and the Boys & Girls Clubs of Fairfax with helping him realize his dreams.

## Rising to Boys & Girls Clubs 'Youth of the Year'

With the help of the Boys & Girls Clubs, a local immigrant student has received a full college scholarship.

BY MARILYN CAMPBELL  
THE CONNECTION

Today, Henry Lopez has a bright future, complete with a full scholarship to college. It wasn't always that way, however, and he remembers being a preschool student in a foreign country, unfamiliar with the language and culture, fighting to learn, to fit in, to avoid falling into a gang.

The Boys & Girls Clubs proved an invaluable help to him in this struggle, and Henry was actually just selected as the Boys & Girls Clubs Youth of the Year for District of Columbia and Commonwealth of Virginia.

"For my family, the American dream when we came here in 1999 was survival," said Henry, who graduated from JEB Stuart High School in Falls Church last week. "In Guatemala, my parents realized that there was no money [or] opportunity to obtain it, so the only way to care for my [family] was to come to the United States."

THAT DREAM has gone far beyond survival, as Henry was accepted into George Mason University's Honors College and awarded a full academic scholarship to the Fairfax school as a University Scholar.

Henry was one of 21 students selected from a pool of 1,500 applicants who were expected to "possess exemplary records of academic achievement ... demonstrate evi-

dence of intellectual vision, a commitment to the obligations of citizenship and the potential to overcome obstacles and solve challenging problems," according to Anthony Dyer Hoefer, Ph.D., the director of Mason's University Scholars Program and an Old Town Alexandria resident.

His college application wasn't the first time he impressed George Mason officials, however. While still in the eighth grade, Henry was accepted into George Mason's Early Identification Program, which supports and enriches students who will be the first in their families to attend college.

"He was an exceptional first generation college student," said Lewis E. Forrester II, the program's executive director. "Recently, I was looking over his eighth grade application and he stated that his number one goal was to go to college. Not only has he met that goal, he has gained a positive reputation before he has even enrolled in classes here at Mason."

Henry graduated with a 4.3 GPA as a member of the National Honor Society, as well as vice president of the JEB Stuart High School's chapter of the Spanish Honor Society.

Among an exhaustive list of academic and extracurricular accomplishments, he also served on his high school's Student Government Association and ran on the varsity cross-country team. While he's proud of his accomplishments, he gives much of the credit to the sup-

port he received from his parents and the Boys & Girls Clubs of Greater Washington (BGGCW), Fairfax region located in Falls Church, Mount Vernon and Herndon.

Henry says his appreciation of hard work came from his parents: Emerita Lopez, who works as a housekeeper, and Arnoldo Lopez, a day laborer. "Witnessing my parents physically push themselves every day had a tremendous impact on me," said Henry. "I saw their situation and they constantly reminded me that they didn't want me to clean houses or mow lawns."

Emerita said she and her husband had loftier goals for Henry, his 21-year-old sister Yuri and his 13-year-old brother William. "I came here with my husband because it meant a much better life for my kids, but I had to work hard every day," she said.

THE LOPEZ FAMILY moved to the Culmore neighborhood of Falls Church 15 years ago. It's an area with affordable housing, but also gang activity, so the Lopezes found protection for their children in the form of the Culmore Chapter of the Boys & Girls Clubs.

"I start working at 8 in the morning and finished at 8 at night," said Emerita. "I work as a housekeeper so we don't have much money for babysitters. I was looking for a safe place for my kids while I worked long hours. When [they were] at

the club, I knew that [they were] safe."

Henry says that at the time, he was unaware of the danger that lurked in Culmore. "I had to grow up at a young age," he said.

The Boys & Girls Clubs not only provided safety, it taught him to dream. "It would have been very easy to be influenced by gang activity because my parents were working all the time," he said. "The Boys & Girls Clubs gave activities, provided me a place to go to learn about college and explore careers. Had it not been for the Boys & Girls Clubs, I would not have had the vision of going to college."

Wonhee Kang, regional director of the Fairfax County Region Boys & Girls Clubs of Greater Washington, has served an important role

watched Lopez evolve from that shy little boy into an eloquent orator and a proficient scholar. "I've been watching him grow year after year. He learned slowly about culture, culture of the club and community," she said. "There were times when he didn't have appropriate clothes for speaking engagements and competitions so we made sure that he had a suit. I took him to our Youth of the Year competition in Newport News, Va., and that was his first time staying a hotel. The kids may not have [much] financially, but these are amazing young people."

Kang said that Henry was always interested in academics. "He enjoyed the power hour, which is time for studying and homework. That made him strong academically and

**"It would have been very easy to be influenced by gang activity because my parents were working all the time. The Boys & Girls Clubs gave activities, provided me [with] a place to go to learn about college and explore careers. Had it not been for the Boys & Girls Clubs, I would not have had the vision of going to college."**

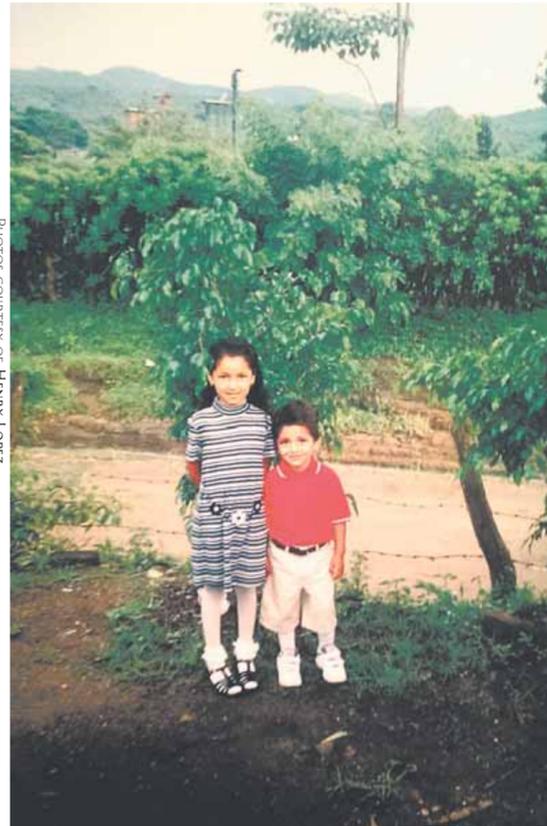
— Henry Lopez

in Henry's life. "When I first met him, he was 4," she said. "It was right after he arrived in this country from Guatemala. When he first came to the club, he didn't speak any English. He was hiding and he was very shy."

Over the past 14 years, Kang has

helped him earn a scholarship to George Mason University. He got into five universities, but he got a full scholarship from George Mason."

Henry was selected to speak at the 28th Annual Tim Russert Congressional Dinner presented by the



Henry Lopez (pictured here in Guatemala with his sister Yuri) moved with his family to Falls Church in search of the American dream. Earlier this month, he graduated from high school with a 4.3 GPA, was awarded a full scholarship to George Mason University and was selected as the Boys & Girls Clubs Youth of the Year for District of Columbia and Commonwealth of Virginia.

Boys & Girls Clubs of Greater Washington last month, an important annual fundraising event for the Boys & Girls Clubs. Kang also invited Henry's entire family "because this is a once-in-a-lifetime event for Henry."

It was the first time in Henry's life his father was able to attend one of his activities. "It is not that doesn't want to," Kang said. "A lot of times his work schedule doesn't allow it, but he is also afraid to go to events where the majority of people speak English and he doesn't."

Kang's effort to ensure that Henry's family attended the dinner proved to be a profound gesture. "I was overwhelmed the whole time because I had never gone to such an elegant event," said Henry's father, Arnoldo, through an interpreter. "Tears could not stay away as [Henry] spoke. It was hard for me to believe that he was talking in front of so many people."

DURING HIS SPEECH, Henry told the crowd about the challenges he faced growing up in Virginia as an immigrant with financial limitations.

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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Crowds line up to try the vendors at the Taste of Reston Saturday, June 15 at Reston Town Center.

## Town Center Gives Taste of Reston

More than 20 vendors show off signature dishes at annual festival.

By ALEX MCVEIGH  
THE CONNECTION

Paul Jones of Reston has one secret to success when it comes to the annual Taste of Reston festival: where there's smoke, there's food.

"I follow the smoke because I'm mainly interested in anything that can be grilled," he said. "Burgers, hot dogs, sausages, seafood, chicken, whatever it is, that's my main goal while I'm here."

Jones found plenty to explore during the event at Reston Town Center, trying each one in turn. Over 20 vendors brought out their signature dishes to the festival, many more exotic than simple grilled meat.

"I like to explore different things, things I wouldn't get at a normal barbecue, or something my friends couldn't prepare," said Jeff Fitzsimmons of Herndon. "This year, my clear number one was the prosciutto-wrapped truffle fries from Paolo's. They were amazing, and unlike anything I'd ever tried before."



Karen Book and Henry Weisiger perform as part of Blue Book Value Saturday, June 15 at the Taste of Reston Festival.

Other visitors tended more toward the dessert items, such as ice cream, smoothies, gelato and more.

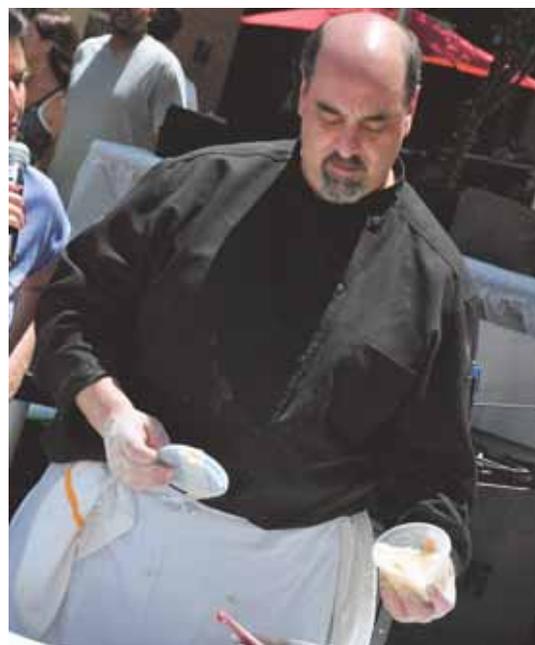
"I'm here strictly for the sweets," said Terri Grace of Herndon. "I'm the kind of person that will stick to funnel cakes and fried Oreos at a carnival so I'm easy to please. I absolutely loved the gelato from Pitango."

George Rodriguez of Sterling has another strategy.

"My first stop is always the biggest line, which drives my wife crazy, but I figure by the afternoon, that's the place that's getting repeat business because they're good," he said. "This year it was the Peruvian charcoal chicken, which I'm well familiar with from different places in the area. And this one didn't disappoint."

While Market Street was lined with food vendors, various entertainment options were available throughout. Stages at each end of Market Street, as well as at the pavilion had live music, dancing and other demonstrations throughout the day.

"I enjoyed some of the cooking demonstrations, particularly the lobster ravioli," said Jean Murnau of Reston, who watched a demonstration by Steve Benincasa, executive chef at Paolo's. "I don't think there are many people who are better qualified to show off a recipe like that, and I can use all the help I can get."



Paolo's Executive Chef Steve Benincasa demonstrates how to make lobster ravioli at the Taste of Reston Saturday, June 15.



"Dawn" by Lori Green, one of Catherine Hillis' watercolor students, whose work will be featured in a class exhibition in the Sapphire Gallery at ArtSpace Herndon. The exhibit is concurrent with Jill Poyerd and Catherine Hillis' exhibition of oils and watercolors, "It's a Matter of Color," up through July.

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/](http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/).

country and patriotic music. [www.armyfieldband.com](http://www.armyfieldband.com).

**Pat McGee.** 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. Singer, songwriter and rock guitarist Pat McGee opens Arrowbrook's concert season Saturday, June 22 with an acoustic evening. [www.patmcgee.net](http://www.patmcgee.net).

**Mingo Fishtrap.** 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Listen to Mingo Fishtrap's soul, funk and horn-fueled pop. <http://www.mingofishtrap.com/>.

### SUNDAY/JUNE 23

**Reston Town Center Grand Prix Bicycle Races.** 7:30 a.m.-5 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Experience the speed and thrills of races through Reston Town Center featuring the Mid-Atlantic's top men and women racers competing for thousands in cash and prizes. [evolutioncycling.org](http://evolutioncycling.org).

### MONDAY/JUNE 24

**NARFE Luncheon Meeting.** 11:30 a.m., at Amphora Diner, 1151 Elden St., Herndon. Guest speaker Mariam Mirkel, pharmacy manager at Walgreens and Reston Hospital, speaks on common mistakes with medications. Reservations by June 20. \$17. 703-435-3523 or [www.vanarfe.org/1241/1241.htm](http://www.vanarfe.org/1241/1241.htm).

### TUESDAY/JUNE 25

**INOVA Blood Drive.** Noon-7 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Donate blood and help support the INOVA Blood Drive. 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood).

**Round Mountain Releases "The Goat."** 7:30 p.m., at Amphora's Deluxe Diner, 1111 Shaker Woods Road, Herndon. After years of global travel and immersion in Appalachian, Celtic, West African, Balkan and Middle-Eastern music, brothers Char and Robby Rothschild bring listeners their music. 703-786-8894 or <https://soundcloud.com/redboot/sets/round-mountain-the-goat/s-bk2SR>.

### WEDNESDAY/JUNE 26

**The Great Zucchini.** 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Great Zucchini, a preschool and kindergarten entertainer, performs a colorful magic show where every child is a star and laughs are guaranteed. [www.thegreatzucchini.com](http://www.thegreatzucchini.com).

### SUNDAY/JUNE 16-TUESDAY/JULY 30

**Summer Vibes.** 9 a.m.-9 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The League of Reston Artists invites painters, mixed media artists, photographers and artists in other two-dimensional media to submit works for the upcoming "Summer Vibes" exhibit. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### THURSDAY/JUNE 20

**Trio Caliente.** 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Trio Caliente performs gypsy rumba and Latin jazz grooves, spiced with Flamenco pop, bossa nova, and salsa. [www.triocaliente.com](http://www.triocaliente.com).

**Casino Night Fundraiser.** 6-10 p.m., Pavilion at Reston Town Center. Enjoy professional Vegas-style gambling, entertainment, music, hors d'oeuvres, wine, silent auction, raffle prizes and more. \$75/person or \$140/couple. 703-467-9797 or [publicatreston.org](http://publicatreston.org).

### FRIDAY/JUNE 21

**Burnt Sienna.** 6:30-10:30 p.m., on the Town Green, 777 Lynn St., Herndon. The band known for covering a wide variety of genres, such as modern and classic rock, '80s, and dance/party tunes. <http://www.herndonrocks.com/>.

### SATURDAY/JUNE 22

**New Balance Fitting Event.** 10 a.m.-1 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Try New Balance shoes and enjoy a running-form clinic, group run and prizes. 703-689-0999.

**Cathy Ponton King.** Noon, on Elden Street, in Downtown Herndon. Cathy Ponton King and three stages of music will perform and entertain crowds at Herndon Fest. 703-435-6866.

**The United States Army Field Band.** 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. Since its inception in 1981, The Volunteers has been telling the Army story through rock, pop,



PHOTO CONTRIBUTED

Asst. Principal Melissa Tochtermann, Jaime Graham, Susie Doak, Principal Ann Gwynn and Asst. Principal Ray Correllus at the Herndon Optimist Awards.

# Optimists Honor Elementary Teachers

**H**erndon Elementary School teachers Jaime Graham and Susie Doak are this year's winners of the Herndon Optimist Award from Herndon Elementary.

Doak works as a lead mentor for new teachers and those transitioning to Herndon. She is a supportive team member and consistently keeps in touch with former students to support them as they go forward. She attends many Herndon events and is a positive member of the community. Graham works in many capacities both

as a teacher and a parent at Herndon. She is the sponsor for Girls on the Run, supports GEMS, and had served as the teacher representative on the PTA executive board this year. Next year she will serve as the VP of volunteers for the PTA, making her the second behind the PTA president.

Both teachers embody what the Optimists stand for "providing hope and positive vision" for youth.

They will be honored at the club's annual Friend of Youth Banquet on Monday, June 20.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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# Experiencing All-American Football Camp

Local players gain exposure to college coaches during camp and develop skills for football and life.

BY ANDREW MINER  
THE CONNECTION

**H**undreds of high school football players took the two fields at Flint Hill Upper School for the All-American Football Camp. There were participants, rising freshman, sophomores, juniors and seniors, from all across the mid-Atlantic region including Delaware, Ohio and the Carolinas. They came and stayed through the varying weather conditions of desert heats and gushing rains to put in the effort and get better.

Over four hours of grueling position workouts, offensive and defensive drills, and one-on-one they commanded the respect of the numerous collegiate coaches in attendance. There were even two representatives from the Washington Redskins who helped coach the offensive and defensive lineman. Over the past two years, over 100 athletes who have attended the camp are playing NCAA football, including 48 who received Division I scholarships in 2012.

Among those who have received a football scholarship is Lake Braddock quarterback Caleb Henderson. The 230 pound, 6-foot-4 North Carolina Tar Heel commit joked about turf toe and always vocally celebrated enthusiastically when anyone made a big catch down the sideline during the one-on-ones, no matter who threw it.

**IT WAS UNCERTAIN** whether or not Henderson would be able to attend the camp; however, he said that it was because of coach Kavanaugh that he came. "This camp is really fun, I'm glad I came out today," said Henderson. "I was debating whether to come because I just came back from the Elite 11 in Ohio yesterday, but I haven't see coach K in a while. He's a great guy and I like him a lot."

Another player who did not escape the attention of Kavanaugh was Centerville's linebacker Chad Wiggins who runs a 4.67 forty, stands 6-foot-1 and weighs 230 pounds and is a top linebacker in the Northern Virginia region. Wiggins' favorite part about being a linebacker is, of course, getting to hit people. Wiggins also loves the "exposure of the camp ... hanging with these guys and ... show[ing] off what you've been working hard for." The Linebacker MVP of the camp, Wiggins is considering Virginia Tech, yet wants to enjoy his senior season at Centerville first, looking forward to "winning a state championship next year."



The cornerbacks practice their footwork during specific position instruction.



The rising Lake Braddock senior Caleb Henderson rockets a pass downfield during an offensive drill.



Centerville linebacker Chad Wiggins (left) defends Clover Hill HS tight end Chase Stanley (right) during a one-on-one drill.



DeMatha offensive lineman Devante Fox (center) lets out a victory yell after successfully protecting his dummy quarterback in a drill.



Jacob Atkinson, from East Christian Academy (DE), holds up motivational speaker Randy Beeman's "Character Bricks." Each brick represented a different value; yet those values are dependent on a solid foundation.

Before the camp ended and the sky opened up there was what the players took as the greatest drill of them all: the trenches. Here defensive and offensive linemen battled mano a mano in a simulation where a tackling dummy is used as the quarterback. The goal is to either protect or attack. DeMatha's offensive lineman Devante Fox dominated this drill and the one time he was beat, sparking impromptu trash talk from his opponent. Fox silently answered with a swirl of his finger and pummeled his overmatched defender to the floor the next time around.

**IN THE FINAL CAMP MEETING** at midfield, Kavanaugh introduced pastor and Kansas University's character coach Randy Beeman to the group. Beeman stressed the importance for young athletes to have their lives in order, to prioritize and become men of character. He focused on the usefulness of a guide, citing the Bible as his, and then asked for a volunteer and for examples of traits that men of character have. The volunteer was Jacob Atkinson and with each trait, integrity, trustworthiness, honesty, respect, and hence forth, Beeman place a brick in Atkinson's hand. The student from East Christian Academy in Delaware and the camp MVP held each five-stacked bricks before it became unstable and they fell to the turf. The moral was to provide a realization that even having these traits of character was meaningless without a solid foundation. A foundation, both Beeman and Kavanaugh hope, that can lead to success long after football.

PHOTOS BY ANDREW MINER/THE CONNECTION

# HOME SALES

In May 2013, 148 homes sold between \$1,330,000-\$150,000 in the Herndon and Oak Hill area. This week's list represents those homes sold in the \$1,330,000-\$581,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
12500 ASHLEIGH OAKS CT	5	4	3	OAK HILL	\$1,330,000	Detached	0.86	20171	WEST OAKS ESTS
11603 CEDAR CHASE RD	5	5	1	HERNDON	\$1,235,000	Detached	0.48	20170	CEDAR CHASE
3401 BLAKESLEY HALL CT	4	4	1	HERNDON	\$1,050,000	Detached	0.91	20171	CAMBERLEY EAST
11902 PROFFITT ESTATES CT	4	4	1	OAK HILL	\$1,000,000	Detached	0.83	20171	OAKTON HILL
3309 WILLOW GLEN DR	4	4	1	OAK HILL	\$924,000	Detached	0.25	20171	FRANKLIN FARM
11626 CEDAR CHASE RD	4	4	1	HERNDON	\$900,000	Detached	0.47	20170	CEDAR CHASE
12926 HARRINGTON CT	4	4	1	OAK HILL	\$900,000	Detached	0.23	20171	HAVERHILL WEST
1157 TAJI CT	4	3	1	HERNDON	\$876,000	Detached	0.78	20170	SUGAR CREEK
12784 OAK FARMS DR	4	4	1	HERNDON	\$870,000	Detached	0.25	20171	OAK FARMS
1121 SUGAR MAPLE LN	5	4	0	HERNDON	\$861,420	Detached	0.58	20170	SUGAR CREEK
3219 SPRING RAIN CT	4	3	1	OAK HILL	\$850,000	Detached	0.32	20171	OAKTON RIDGE
2934 BLUE HOLLY LN	4	3	1	HERNDON	\$841,100	Detached	0.17	20171	MIDDLETON FARM
13312 HORSEPEN WOODS LN	4	3	1	OAK HILL	\$824,900	Detached	0.19	20171	MIDDLETON FARM
12919 OAK LAWN PL	4	2	1	HERNDON	\$802,200	Detached	0.38	20171	FRANKLIN OAKS
13227 STABLE BROOK WAY	6	4	0	HERNDON	\$787,000	Detached	0.21	20171	SYCAMORE RIDGE
13100 WEATHERED OAK CT	5	4	0	OAK HILL	\$784,900	Detached	0.40	20171	SYCAMORE RIDGE
13026 GREY FRIARS PL	5	3	1	OAK HILL	\$758,500	Detached	0.20	20171	ASHBURTON OAKS
12909 OAK LAWN PL	7	4	0	OAK HILL	\$755,000	Detached	0.41	20171	FRANKLIN OAKS
11651 GILMAN LN	4	3	1	HERNDON	\$749,000	Detached	0.57	20170	SHAKER WOODS
1309 PELLOW CIRCLE TRL	4	3	1	HERNDON	\$742,000	Detached	0.59	20170	SHAKER WOODS
2452 DAKOTA LAKES DR	5	3	1	HERNDON	\$733,000	Detached	0.20	20171	SYCAMORE LAKES
3235 BETSY LN	4	3	1	OAK HILL	\$724,900	Detached	0.54	20171	GARNCHAYNE
3008 ASHBURTON MANOR DR	4	3	1	HERNDON	\$720,000	Detached	0.23	20171	ASHBURTON MANORS
106 PEARL ST	4	3	1	HERNDON	\$716,000	Detached	0.16	20170	SOUTH VAN BUREN
2429 DAKOTA LAKES DR	5	3	1	HERNDON	\$705,000	Detached	0.24	20171	SYCAMORE LAKES
3247 BETSY LN	4	3	1	HERNDON	\$705,000	Detached	0.54	20171	GARNCHAYNE
3152 RAMESSES CT	4	3	1	OAK HILL	\$656,300	Detached	0.24	20171	CHANTILLY HIGHLANDS
3309 BYWATER CT	4	3	1	OAK HILL	\$654,200	Detached	0.24	20171	FRANKLIN FARM
676 OLD HUNT WAY	4	3	1	HERNDON	\$652,150	Detached	0.27	20170	OLD DRANESVILLE HUNT CLB
12911 CEDAR GLEN LN	4	3	1	OAK HILL	\$651,000	Detached	0.20	20171	SYCAMORE LAKES
13180 LAZY GLEN LN	4	3	1	OAK HILL	\$650,000	Detached	0.27	20171	BRADLEY ACRES
13205 CAROLINE CT	4	2	2	OAK HILL	\$641,000	Detached	0.21	20171	CHANTILLY HIGHLANDS
13126 PELMIRA RIDGE CT	4	3	1	OAK HILL	\$640,000	Detached	0.25	20171	BRADLEY ACRES
1583 KINGSTREAM CIR	4	3	1	HERNDON	\$638,000	Detached	0.31	20170	KINGSTREAM
13002 HENSON CT	4	2	1	OAK HILL	\$637,000	Detached	0.22	20171	MEADOW HALL
12568 QUINCY ADAMS CT	5	3	1	HERNDON	\$636,500	Detached	0.26	20171	FOX MILL ESTATES
300 SENATE CT	4	3	1	HERNDON	\$630,000	Detached	0.11	20170	PRESIDENTS COURT
13048 GREG ROY LN	4	3	1	HERNDON	\$628,000	Townhouse	0.07	20171	GREAT OAK
1515 SNOWFLAKE CT	4	3	1	HERNDON	\$625,000	Detached	0.26	20170	AUTUMN GLEN
2400 DAKOTA LAKES DR	4	3	1	HERNDON	\$619,000	Detached	0.22	20171	SYCAMORE LAKES
1568 KINGSTREAM CIR	4	2	1	HERNDON	\$611,000	Detached	0.32	20170	KINGSTREAM
12127 WESTWOOD HILLS DR	5	2	1	HERNDON	\$609,000	Detached	0.49	20171	FOLKSTONE
601 NASH ST	3	2	1	HERNDON	\$608,000	Detached	0.27	20170	TOWN OF HERNDON
669 OLD HUNT WAY	5	3	1	HERNDON	\$600,000	Detached	0.34	20170	OLD DRANESVILLE HUNT CLB
3167 KIRKWELL PL	4	3	0	OAK HILL	\$600,000	Detached	0.23	20171	CHANTILLY HIGHLANDS
1364 GRANT ST	5	4	1	HERNDON	\$590,000	Detached	0.23	20170	DOMINION RIDGE
13411 HIDDEN MEADOW CT	4	2	1	HERNDON	\$589,000	Detached	0.35	20171	FRANKLIN FARM
13239 LADYBANK LN	4	3	1	OAK HILL	\$581,000	Detached	0.21	20171	CHANTILLY HIGHLANDS

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## Wolf Announces Appointments to The Nation's Service Academies

Rep. Frank Wolf (R-10) announced the 10th District's Class of 2017 appointments to the nation's service academies, as well as those selected for academy prep schools.

Those appointed to the United States Air Force Academy from our area include:

Katherine Fitzgerald, Great Falls, Langley;

United States Marine Merchant Academy:

Rachel Wehlburg, Herndon, Chantilly;

United States Military Academy:

Phillip Grant, Herndon, Westfield; Patrick Kearney, McLean, Langley;

United States Naval Academy:

Lucia Lee, Herndon, Thomas Jefferson; Catherine Macklin, McLean, Langley;

United States Coast Guard Academy:

Alex LaBelle, Great Falls, Langley; Sierra Webb, Great Falls, Langley.



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## OPEN HOUSES

### SATURDAY/SUNDAY, JUNE 22 & 23

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

#### Burke

9223 Burke Rd.....Call Agent.....Sat 2-5.....Dorota Khan..Samson Props..703-226-9043

#### Centreville

13802 Choptank Ct.....\$545,000....Sun 1-3..Kim & Javen House...Long & Foster..703-201-8660  
13220 Maple Creek Ln.....\$524,900....Sun 1-4.....Beth Marra..Samson Props..703-927-7777

#### Clifton

12025 Seven Hills Ln.....\$1,424,000....Sun 1-4.....Wade Gilley.....National..703-400-4892  
12130 Sangsters Ct.....\$1,380,000....Sat 1-4.....Leslie Thurman...Long & Foster..703-895-6000  
7242 Archlaw Dr.....\$1,075,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365  
6127 Clifton Rd.....\$985,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365  
7513 Tutley Terr.....\$940,000....Sun 12-3.....Sharon Mills.....RE/MAX..703-296-1676

#### Fairfax Station

11501 Lilting Ln.....\$849,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365  
10990 Clara Barton Dr.....\$624,950....Sun 1-4...Kathleen Quintarelli.....Weichert..703-862-8808

#### Herndon

662 Old Hunt Way.....\$724,900....Sun 1-4.....Cathy Lanni...Long & Foster..703-615-4237  
1487 Kingstream Dr.....\$599,000....Sun 2-4.....Margo Sotet...Long & Foster..571-839-6009  
410 Cavendish St.....\$479,900....Sun 1-4.....Debbie Tencza...Long & Foster..703-597-4667

#### Lorton

8179 Paper Birch Dr.....Call Agent....Sun 1-4.....Ellen Ing.....RE/MAX..703-795-0648

#### Vienna

9213 Arabian Ave.....\$1,294,500....Sun 1-4.....Victor Melgar.....Spring Hill..703-577-5393  
9501 Clarks Crossing Dr.....\$675,000....Sun 1-4.....Leslie Thurman...Long & Foster..703-895-6000

**To add your Realtor-represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com) All listings due by Monday at 3 P.M.**

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OAK HILL/HERNDON CONNECTION ❖ JUNE 19-25, 2013 ❖ 13

**Testing, 1, 2, 3;  
Testing, 4, 5, 6;  
Testing 7, 8, 9...**



By **KENNETH B. LOURIE**

Different from last week's column on the testing subject, "Full Circle," this week's column addresses another emotional battleground: the unknown. Other than selling computers out of Frank Costanza's house and reaching a "Serenity Now"-type nirvana with each sale, outlets available to yours truly – one of many terminal cancer patients anticipating results from a CT scan of my lungs/upper torso, and in turn awaiting the electronic exchange from my oncologist advising me of said results – are difficult to come by. And even though I'm experienced at this process, four-plus years and counting, literally; and accustomed as well to the "cycle of loom," familiar it has become; easier however, it has not.

In effect, this testing and waiting for the results is its own test: of patience, self-discipline, endurance, forbearance; so I tell myself: "Serenity Now," and hope there's not insanity later, as there was for Lloyd Braun on this most memorable Seinfeld episode.

However much I want to pretend, deny and minimize the significance of these results, the reality is, my life sort of depends on them. Moreover the digital images that will appear on the computer screen in the doctor's office will indeed tell the tale, hopefully not of woe. Yours truly hemming and hawing and being asymptomatic are all irrelevant once the radiologist hits send and the images/results end up in my oncologist's inbox. That's when the rubber will truly hit the road and I will learn if my future is now or later.

So you bet it's a test, and it's no stinkin' multiple guess/multiple choice test either. It's a test of character, of will; you against yourself. And though you'd like the best man to win and for you to be the best man, the reality is: cancer may be the man and you may not be. As much as you try, there's an inevitability to science and medicine and not always does the best man win. Death and taxes are inevitable, as the old joke goes – for a reason!

Unfortunately, in many patients, cancer kills; it's not a feeling, it's a fact. My job as a cancer patient is to resist and not succumb to its devastating devices. Every day is a test, physically and especially emotionally. One's effects I can attempt to semi control, the other, not so much. As I cycle around to my next scan, I am reminded of how challenging this whole cancer trip has been. And though I've been there and been doing it now for nearly four and one half years post-diagnosis, each scan presents new risks. For cancer patients though, these scans are a necessity of life. Unfortunately – and this is our harsh reality, they may also be a precursor of death. Try studying for that.

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

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