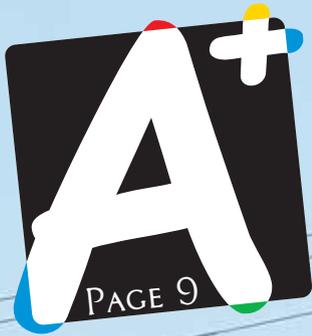


The Herndon Town Council voted to award contracts for the under grounding of utilities along Station Street.



# Town Awards Contracts for Downtown Work

NEWS, PAGE 4

Virginia Voters Get More Choices in 2013

NEWS, PAGE 3

Herndon Olympics Meet Was a Splashing Success

SPORTS, PAGE 12

PHOTO BY ALEX McVEIGH/THE CONNECTION OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 7 ❖ CLASSIFIEDS, PAGE 10 ❖ SPORTS, PAGE 12

## Teen Stabbed in Herndon Area

Officers responded to a report of a stabbing in the 2100 block of Astoria Avenue shortly after 2 a.m. Wednesday, July 10.

Officers determined that there was a party at this location. A 17-year-old boy had suffered a stab wound following an argument that reportedly took place at the party. The teen was transported to a local hospital in life-threatening condition.

Following investigation, detectives arrested a 19-year-old man in connection with the stabbing. Jose Ortiz of 1249 Elden St., Herndon was charged with malicious wounding and is being held at the Fairfax County Adult Detention Center.

The victim remains in the hospital in non-life threatening condition.

Anyone with information is asked to call Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

## Portrait Competition Call for Art

Professional and amateur artists aged 18 or older residing in Virginia, Maryland, the District of Columbia, Delaware and West Virginia are invited to submit entries to ArtSpace Herndon's fifth annual Portrait Competition. The deadline for submissions is Sept. 5 at 2 p.m. A select panel of jurors will evaluate entries submitted and select the finalists. Finalists will exhibit at ArtSpace Herndon from Tuesday, Oct. 1 through Sunday, Nov. 3. Winners of the competition will be announced at the reception and awards ceremony Saturday, Oct. 5, from 7 to 9 p.m. The first place winner will receive a \$500 prize; \$200 will be awarded to the second place winner; and \$100 will be awarded to the third place winner.

This year's judge is Ted Reed, an international award-winning artist who teaches portrait, figure and still-life painting. The jurors for this year's competition are Jordan Xu and Ellen Todd. ArtSpace Herndon's fifth annual Portrait Competition is sponsored by the Council for the Arts of Herndon. Visit [www.ArtSpaceHerndon.com](http://www.ArtSpaceHerndon.com) for more information.



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## Virginia Voters Get More Choices in 2013

Northern Virginia has most two-party races on ballot.

BY VICTORIA ROSS  
THE CONNECTION

**W**hile the Virginia governor's race is the one getting the most attention, both nationally and in the state, Virginia's House of Delegates race is shaping up to be the most competitive in a decade.

According to an official candidate list released last week by the Virginia State Board of Elections, 57 House seats will be contested this November—marking only the second time in the last decade where at least half of the 100 House seats will have more than one name on the ballot.

2013 is the second election cycle since the House Republican leadership redrew district boundaries following the 2010 Census. In 2011, voters in nearly two-thirds of the 100 House districts had no choice on the ballot.

Of the 57 contested races, 44 include races with at least one Republican and one Democrat, and most of the two-party races on the ballot will take place in Northern Virginia (see chart.)

Throughout the state, 43 of the 100 House districts are uncontested, meaning there is only a single candidate on the ballot. Delegates Ken Plum (D-36) and Charniele Herring (D-43) are the only uncontested candidates in Fairfax County.

Republicans enter the election with a commanding 67-32 margin over the Democrats, although there are nearly three times as many Democrats challenging incumbent Republicans from two years ago. In June 2011, according to the Virginia Public Access Project, about 15 percent of the 100 House of Delegates seats were being contested between a Democrat and a Republican.

Each member of the Virginia House of Delegates serves two-year terms, represents approximately 80,000 citizens and receives an annual salary of \$17,640. By contrast, the Virginia Senate consists of 40 members. Each member is elected for a term of four years and receives an annual salary of \$18,000. A senator represents approximately 200,000 citizens of the commonwealth. The Virginia General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic capitol building in Richmond. For more information on the state legislature, go to [virginiaassembly.gov](http://virginiaassembly.gov).



In District 34—Democrat Kathleen Murphy (left) challenges Republican incumbent Barbara Comstock.

### House of Delegates 2013 Elections

#### LOCAL RACES WITH MAJOR PARTY CHALLENGERS

- ❖ **District 34**—Democrat Kathleen Murphy challenges Republican incumbent Barbara Comstock.
- ❖ **District 35**—Republican Leiann Leppin challenges Democratic incumbent Mark Keam.
- ❖ **District 37**—Republican Patrice Winter challenges Democratic incumbent David Bulova.
- ❖ **District 39**—Republican Joe Bury challenges Democratic incumbent Vivian Watts.
- ❖ **District 40**—Democrat Jerrold Foltz challenges Republican incumbent Tim Hugo.
- ❖ **District 41**—Republican Fredy Burgos and Independent Christopher DeCarolo challenge Democratic incumbent Eileen Filler-Corn.
- ❖ **District 42**—Democrat Ed Deitsch challenges Republican incumbent Dave Albo.

#### LOCAL RACES WITH THIRD-PARTY CHALLENGERS

- ❖ **District 38**—Jim Leslie challenges Democratic incumbent Kaye Kory.
- ❖ **District 43**—Glenda Gail Parker challenges Democratic incumbent Mark Sickles.
- ❖ **District 44**—Joe Glean challenges Democratic incumbent Scott Surovell.
- ❖ **District 45**—Jeff Engle challenges Democratic incumbent Rob Krupicka.
- ❖ **District 47**—Laura Delhomme challenges Democratic incumbent Patrick Hope.
- ❖ **District 48**—Lindsey Bolton challenges Democratic incumbent Bob Brink.
- ❖ **District 49**—Terry Modglin challenges Democratic incumbent Alfonso Lopez.

#### LOCAL UNCONTESTED RACES

- ❖ **District 36**—Democratic incumbent Ken Plum
- ❖ **District 46**—Democratic incumbent Charniele Herring

FILE PHOTO



Ralph Greenwood shows his support for gun regulation with a sign.

Donna Auritsh holds a sign for observers to see. Drivers passing the vigil showed their support by honking or waving.

## Gun Control Vigil Continues

BY JASMINE KANG  
THE CONNECTION

**E**very month, supporters of gun regulation hold a vigil outside of the NRA headquarters to honor the victims of shootings, as well as urge Congress to take action. The vigil takes place on the 14th of every month, which is the date of the Sandy Hook Elementary shooting.

"I come to express that we are way past time for gun regulation," Del. Ken Plum (D-36) said. "The vigil is a way to keep it in the public's mind. If it can happen once, it can happen again."

Those attending the vigil hope that Congress will pass legislation regarding gun regulation.

"I'm fed up with the violence and lack of action," Ralph Greenwood said. "A first step is reasonable control—registering weapons, instructions for safety, elimination of semiautomatic weapons and required background checks."

The event is organized by the Reston-Herndon Alliance to End Gun Violence, but local community members and other organizations participate in the vigil. According to Joanne Simon of the Alliance, about 35 people attended the first vigil, but it has now grown to over 100 participants.

"I'm here because I'm sick and tired of the deaths that can be prevented and for me, it's a moral issue," Alex Dixon said. "Guns have their place in our society but the way that they're being regulated does not respect people's inherent dignity and worth."

Alice Englert, a resident of Warrington, attended the vigil



Larry Pullen holds a sign and t-shirts at the vigil. The t-shirts represent the victims of the Sandy Hook Elementary and Virginia Tech shootings.

in honor of her relative Daniel Barden, a victim of the Sandy Hook Elementary shooting.

A display of t-shirts representing the victims of the Sandy Hook Elementary and Virginia Tech shootings was featured.

"It's a way to honor all gun victims, with the focus on Newtown and Virginia Tech," Simon said.

The vigil took place the day after George Zimmerman was found not guilty in shooting of Trayvon Martin.

"Many of us are mourning that verdict, which was a miscarriage of justice," Martina Leinz said. Leinz is the president of the Virginia chapter of Million Mom March, which advocates for gun safety.

The Alliance will continue to hold vigils on the 14th of each month in front of the NRA.

"It's not just about Trayvon Martin," Dixon said. It's about the nameless and faceless that have died and I'm here for them."

SEE VIEWPOINTS, PAGE 6



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Utility poles along Station Street in downtown Herndon will soon be under grounded. The town just awarded contracts for the project.

# Town Awards Contracts For Downtown Work

Improvements will be along Station Street and Pine Street.

BY ALEX McVEIGH

The Herndon Town Council awarded contracts for two major downtown projects at their Tuesday, July 9 meeting. The first project will underground utilities along Station Street.

There are currently nine utility poles on Station Street, starting just north of Pine Street and all are located before Park Avenue.

"I'm all for under grounding, those poles are ugly, and if you're walking into downtown Herndon, the nice buildings are blocked by rows of power cables," said Joe Palesis of Herndon. "On both ends of Station Street, instead of those utility poles there are nice-looking light poles, I'd much rather see that."

The town awarded the contract after rejecting all bids at their May 28 meeting, with none of the three coming in at a price the town found acceptable.

This cycle of bids wrapped up June 20, and Celtek, Inc. was awarded the contract.

"This is the first step in our Station Street Improvement project, which will be a series of projects, until we have a streetscape a new look for the downtown," said Bob Boxer, the town's director of Public Works.

The town of Herndon approved a contract for \$398,950, as well as \$60,000 in contingency. The project is part of the town's Capital Improvement Program.

The town also awarded contracts for waterline improvements along Pine Street and Station Street. The original proposal included Locust Street as well,



The Town of Herndon awarded a contract for waterline improvements along Pine Street.

but it was modified after all bids were rejected and the town's plan was modified.

"We put this out to bid with Pine and Station Streets as the base bid, and Locust Street as an alternate bid," Boxer said. "We feel Pine and Station street are a critical part of our infrastructure that we needed to get done downtown before [we] start streetscapes and give us 40-50 years of not having to do more work on those streets."

After negotiations with the town, E.E. Lyons Construction agreed to a bid of \$341,945 and a contingency of \$50,000.

"We did not award the Locust Street improvements, we are currently looking for alternatives for that work in the near future," Boxer said. "It will most likely be one by a combination of town Public Works staff and a contractor."

Boxer also said a major part of the improvements will include staying in constant contact with the businesses in downtown Herndon.

"We do intend to do outreach to business community," he said. "We will reach out for both of these projects to do what we can to make this as painless as possible and to get out of there as soon as possible."



PHOTO COURTESY OF TOWN OF HERNDON

Above are the materials the Town of Herndon accepts for recycling. The items pictured apply only to the town, other companies accept different materials.

## Herndon Hosts Second Battle of Bottles

Two neighborhoods compete to see who recycles more in July.

BY ALEX McVEIGH  
THE CONNECTION

Herndon residents will battle it out for the second straight year in an attempt to be more environmentally friendly. The second annual Battle of the Bottles will challenge residents of Four Seasons and Hunters Creek to see who can recycle more.

"This contest is one of the ways that the Herndon Environmental Network is trying to make a positive difference in Herndon," said Nancy Myers, co-chair of the network, which started the battle last year. "Increased recycling activity in the town will indirectly save Herndon taxpayers money through a reduction in the fees the town pays to dispose of trash collected each week in the local landfills."

Hunters Creek contains 287 homes, and Four Seasons has 373. The contest will be judged by which neighborhood increases the percentage of the weight against the weight of trash during the month of July.

Robert Gluck, who lives in Hunters Creek, has been a long-time recycler.

"We recycled even before the town offered it, so this contest won't mean much of a change in

our behavior, but I think it's a really cool idea to spread it around," he said. "Even for those folks who already recycle, there's a lot of good information going around now about what can and can't be recycled, and that's a helpful reminder to us all."

The Town of Herndon accepts glass, aluminum, milk and juice cartons, plastic containers, newspapers, clean cardboard, junk mail, magazines and paper bags, among other things.

"The one that I always forget about is the bottle caps, you're not supposed to recycle caps under three inches," Gluck said.

Last year's contest featured two neighborhoods outside of the town limits, and was coordinated with their trash pickup providers, American Disposal Systems. Last year's winners increased their recycling percentage by 18 percent.

This year, the Town of Herndon's Public Works conducted the baseline measurements for the two neighborhoods during June, and will weigh the recycling during July to see which one had the most increase.

The winning neighborhood will receive a \$500 gift card from Meadows Farms Nurseries, which will go toward trees, flowers or other plants for neighborhood beautification.

# BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

## WEDNESDAY/JULY 17

**Herndon Improvements Public Meeting.** 7 p.m., at Ingram Council Chambers, 765 Lynn St., Herndon. Join in a public meeting to discuss the Herndon Parkway/Van Buren Street intersection improvements; plans available for review at 6:30 p.m. [www.herndon-va.gov](http://www.herndon-va.gov).

## SATURDAY/JULY 20

**Opening of Campaign Office.** 11

a.m.-noon. 380 Elden Street, Herndon. Join Delegate Tom Rust with Congressman Frank Wolf for lunch at the opening of the campaign office. RSVP to Luisa Guerra at [lguerra@tomrust.org](mailto:lguerra@tomrust.org) or 703-935-0032.

## MONDAY/JULY 22

**Art Submission Deadline.** Reston Bike Club and ArtSpace Herndon invite artists to enter two-dimensional media for the Century ride T-Shirt, with a theme related to Hamilton, Va., and road cycling; all mediums are acceptable including painting, drawing and photography. \$15. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## TUESDAY/JULY 23

**INOVA Blood Drive.** Noon-7 p.m., beside the pavilion at Reston Town Center, 11940 Market St., Reston. Register online, walk-in or call ahead to schedule an appointment to give blood to backup Virginia's low reserves of blood; A negative and O positive are particularly needed. 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood).

## TUESDAY/JULY 30

**Trinity Presbyterian Church Community Blood Drive.** 3-8 p.m., Trinity Presbyterian Church, 651 Dranesville Road, Herndon; the sponsor code is 05315153. 1-800-RED-CROSS.

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# OPINION

## Share Wisdom With Newcomers and Others

### The Connection's Newcomers and Community Guide publishes in late August.

**O**ur Insider's Edition Newcomers and Community Guide will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What great places and activities do you think newcomers should know about? Events that should not be missed? Organizations that do a great job?

Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insider's Guide to the Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com). Send in your Insider's Tips by Friday, Aug. 16.

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— MARY KIMM,

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#### VIEWPOINTS

### What would you like Congress to do regarding gun violence?



**Bob Hatfield**, retired, Oakton

"Be courageous, think beyond the influence of the NRA and remember that U.S. citizens vote."

*Comments by participants in the Reston-Herndon Alliance to End Gun Violence monthly vigil at NRA Headquarters on Sunday, July 14.*

—JASMINE KANG



**Erin Moran**, student, McLean

"For now, background checks would be the biggest step. For assault weapons, I don't see any reason for someone to be carrying those."



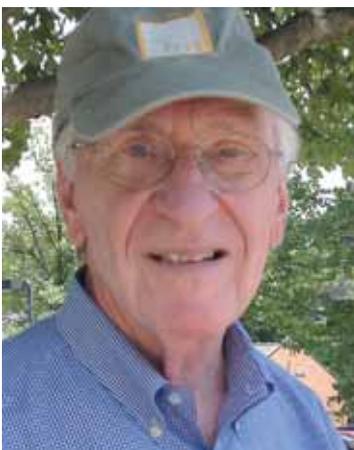
**Sabrina Adleson** (left), student, Burke

"I'd like Congress to pass reasonable laws—not depriving people of guns but having laws that keep people safe."



**Anne Alston**, retired, Herndon

"I would like to see magazine sizes reduced and I don't know if we're going to get around to that so, at the least, some regulation on background checks."



**Del. Ken Plum** (D-36), Reston

"I'd like to see Congress pass legislation regarding universal background checks and outlaw assault weapons, which are weapons of war and don't belong in a civilized society."

#### LETTER TO THE EDITOR

### Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president's bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president's plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president's plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA's efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

**Andre Sauvageot**  
Col., U.S. Army (retired)  
Reston

## Oak Hill & Herndon CONNECTION

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# ENTERTAINMENT

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

## WEDNESDAY/JULY 17

**Rocknoceros.** 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children's songs and much-loved favorites. [www.rocknoceros.com](http://www.rocknoceros.com).

### Complimentary Dessert Tasting.

11:30 a.m.-1 p.m., at Edibles Incredible Desserts, 11917 Freedom Drive, Reston. Taste a variety of award-winning, homemade desserts. 703-709-8200 or [ediblesincredible.com](http://ediblesincredible.com).

## THURSDAY/JULY 18

**The Special Consensus.** 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Bluegrass with an attitude describes The Special Consensus, a four-person acoustic bluegrass band that began performing in the Midwest. [www.specialc.com/index.php](http://www.specialc.com/index.php).

## FRIDAY/JULY 19

**Right on Band.** 6:30-10:30 p.m., at 777 Lynn St., Herndon. Right On Band is an authentic 10-piece show band with a full horn section. They have performed all over the world including Italy, Ethiopia, Canada, Mexico, the Dominican Republic, and the Bahamas. [www.herndonrocks.com/](http://www.herndonrocks.com/).

## SATURDAY/JULY 20

**"Summer Vibes" Exhibit Deadline.** 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



**The Bankesters, an old school bluegrass family band composed of mom, dad, three daughters and one son-in-law, present intricate vocal harmony and complex wood and string work for folks who come out to Holy Cross Lutheran Church in Herndon to behold Friday, Aug. 2, at 8 p.m.**

works for the upcoming "Summer Vibes" exhibit. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Blue Sky Puppet Theater.** 10-11 a.m., Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Pig Tales is one of Blue Sky's most popular shows, filled with audience participation and humor aimed at all ages. [www.blueskypuppets.com](http://www.blueskypuppets.com).

**Leonard, Coleman & Blunt.** 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon.

Three former lead singers from three vocal groups, "The Temptations," "The Platters," and "The Drifters," have come together to create the musical experience, "Leonard, Coleman & Blunt." [www.jscolemantentprises.com](http://www.jscolemantentprises.com).

**The United States Air Force Singing Sergeants.** 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. The Singing Sergeants, the official chorus of the United States Air Force, is one of the world's most versatile and traveled

choral organizations. [www.usafband.af.mil](http://www.usafband.af.mil).

**Deanna Bogart w/ Bruce Ewan.** 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Deanna Bogart plays boogie-woogie and jump blues. [www.restontowncenter.com/events.html](http://www.restontowncenter.com/events.html).

## SUNDAY/JULY 21

**Ninth Annual Charity Dog Wash.** 10 a.m.-2 p.m. at Dogtopia, Lake Anne Plaza, 1609 Washington Plaza, Reston. The dog day care hosts dog baths with giveaways, food, photo booths, games and fun activities for the family; proceeds support programs that train dogs to comfort veterans, assist with therapy, work in facilities and provide assistance, through Veterans Moving Forward. \$15 donation per dog wash suggested. 954-893-9150 or [www.vetsfwd.org](http://www.vetsfwd.org).

**Pop Up Art Picnic.** 4-9 p.m., on the Town Green in Downtown Herndon, 777 Lynn St., Herndon. A picnic kicks off ArtSpace Herndon's and Music Loft's summer dance and music series, which continues with various free street corner Saturday night events from 6-8 p.m. throughout the summer. 703-956-6590.

## MONDAY-MONDAY/

### JULY 22-29 AND AUG. 5-12.

**The Summer Reading Sessions for Reston Community Orchestra.** 7:30-10 p.m., at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. The summer reading sessions under Music Director Dingwall Fleary, for the Reston Community Orchestra will be held on Monday nights. \$10 a night or \$35 for four nights. RSVP.

[www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

## WEDNESDAY/JULY 24

**Seniors Movie Day.** 10 a.m., at Bow Tie Cinemas, Reston Town Center, 11940 Market St., Reston. Reston Association presents "Quartet"; refreshments and door prizes available (free to 55 and older). 703-435-6530 or [www.reston.org](http://www.reston.org).

**Ryan Buckle & Friends.** 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Ryan Buckle & Friends gives the young and the young at heart science they can sing to and enjoy. [www.ryanbuckleandfriends.com](http://www.ryanbuckleandfriends.com).

## THURSDAY/JULY 25

**Capoeira Community Demonstration.** 6-8 p.m., Reston Town Center, 11940 Market St., Reston. See a demonstration of Afro-Brazilian martial and self-defense form that brings together movement and music. [abadadc.org](http://abadadc.org).

**Gonzo's Nose.** 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Gonzo's Nose brings solid musicianship to a massive set list of cover songs, which range from the early 80's up until songs that hit the radio just yesterday. [www.gonzosnose.com/](http://www.gonzosnose.com/).

## FRIDAY-SATURDAY/JULY 26-27

**Bye Bye Birdie.** 7:30 p.m., at Herndon High School, Door 6, 800 Bennett St., Herndon. The Grand Summer Theatre Production features local youth talent in the story of a teen heartthrob surrounded in the girl fanfare of a yesteryear Justin Bieber-type star. \$10. [www.herndondrama.org](http://www.herndondrama.org).

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PHOTOS BY RYAN DUNN/THE CONNECTION

Jimmy's Tavern is located at the intersection of Spring Street and Elden Street in downtown Herndon.

## Jimmy's Tavern in Herndon to Expand

BY RYAN DUNN  
THE CONNECTION

**O**n June 14, Jimmy's Tavern in downtown Herndon had the lease renewed for 10 more years during the intermission at the Herndon Friday Night Live event. "It was Flag Day when we signed the 10 year lease," said restaurant owner Jimmy Cirrito. "In 1996 we signed the original lease form on Veterans Day, we did not open yet. We completed the renovations again and opened on Memorial Day on 1997, May 29. So we issue a thank you to the staff of Friday Night Live to share with the public this moment of keeping Jimmy's alive all these years."



Herndon Mayor Lisa Merkel (left) witnesses the signing of the document for the extension of the lease for Jimmy's Old Town Tavern in Herndon.

Along with an extended lease, the restaurant and tavern is looking to expand the restaurant property. The expansion project includes building a new kitchen, dining area, beer garden and restrooms.

"The space became available March 1, 2013. We had to decide if we wanted to take it or not," said Cirrito. "It was an easy call to make. I had actually been looking at the space since 1996." The restaurant will be expanding into space previously used by the neighboring Tele-fix TV repair store on Spring Street, which recently closed.

The project will cost at least half a million dollars, yet Cirrito and his family believe it's worth the investment. "Right now our kitchen is in two buildings, it is difficult. Our main goal is to have one large kitchen under one roof. When we [the restaurant] are full, we direct people to neighboring restaurants. The extension will let people have private parties, like wedding receptions.

"Most restaurants have names for multiple rooms, and my brother-in-law said the space is like the west wing. We decided to call it the 'Buffalo Wing.' Our existing dining room we are going to call the 'Weck' after our Weck sandwich, a thinly sliced buffalo New York roast beef sandwich served with horseradish.

"The alley behind us forms its own courtyard, so we are going to install brick walkways from Elden Street and Spring Street so patrons can walk into a courtyard from which we will have a bar, seating

and a stage. There will be a brick patio with horticulture, something like a rock garden."

Town of Herndon Mayor Lisa Merkel has been an enthusiast about the restaurant's expansion and was onstage at the Friday Night Live Lease extension. It also means a lot to the landlord, as it shows the support of the town. Merkel signed the lease document as a witness, and later issued a statement:

"Downtown Herndon is on the move, with new businesses arriving and we are thrilled that Jimmy's Old Town Tavern, a well-loved centerpiece in downtown, is expanding. Everyone I've heard from is excited about the opportunity for outdoor dining on the new beer garden deck, and as always we wish Jimmy's Old Town Tavern the best!"

"The original Jimmy's is not changing," said Cirrito. "It is the same menu, and we will have a nightlife and entertainment schedule. We will still have DJs, kids' nights, but in addition we will have a family friendly dining room. ... With one central kitchen, we will be able to serve people more efficiently."

To help cover expenses for the restaurant's expansion project, a fund-raising campaign has begun. "We have been selling merchandise and bricks on which people can have the names engraved, and we are offering corporate sponsorship packages," said Cirrito.

To learn more about the fundraising project at Jimmy's Tavern, visit web page: <http://www.jimmystavern.com>.

PHOTOS BY DAVID SIEGEL/THE CONNECTIONS



Anya Randall Nebel as Caroline Thibodeaux and John Ray as Noah Gellman in rehearsal for the Elden Street Players production of "Caroline, or Change."



Anya Randall Nebel as Caroline Thibodeaux and Aidan White as Noah Gellman.

## A Spirit Tested

Elden Street Players to present "Caroline, or Change."

BY DAVID SIEGEL  
THE CONNECTION

**F**ifty years ago Sam Cooke sang, "It's been a long time coming, but I know a change gon' come. Oh yes it will." It was the time of the civil rights movement and the assassination of President Kennedy.

In 2003 "Caroline, or Change," the multiple Tony Award nominated musical with book and lyrics by Pulitzer award winner Tony Kushner and music by Jeanine Teson, explores 1963 from the perspective of Caroline Thibodeaux, a black maid in the Gellman household in Lake Charles, La.

Caroline spends her days in the basement, doing the Gellman's laundry. She doesn't earn much and struggles as a single mother to support her own family. The Gellman's young son Noah is struggling too; his mother died from cancer and his father remarried. Noah now has a stepmother, Rose.

The core of "Caroline, or Change" swirls about a particular flash point: an unintended humiliation involving money, both coins and paper, and the vastly different meanings that Caroline, Noah and Rose give to money and personal interactions.

According to Evan Hoffman, production director, he "has been very affected by the play and felt a deep connection to its themes" since he first saw

"Caroline, or Change" on Broadway. "Change is so hard, there are so many challenges for any of us," said Hoffman. And he wants the audience "to be incredibly moved by the grand dramatic scale of this musical."

A 10-piece orchestra under the music direction of veterans J. Michael d'Haviland and Elisa Rosman will be powering the wide-ranging song score of spirituals, blues, Motown, the classics, folk music and Jewish klezmer infused tunes. The musical score is "familiar, powerful and honest to the period," said Hoffman.

Caroline is played by Anya Randall Nebel, a professional Broadway road show veteran in musicals such as "Joseph and the Amazing Technicolor Dreamcoat" and "Godspell."

For Nebel, Caroline is "the role of a lifetime, a perfect role about a woman on a journey, with many obstacles to overcome." Nebel wants the audience to delve into her character to "understand and feel that change is good but not always easy."

Rose is played by Shaina L. Murphy, who recently returned to the area after working in New York City off-Broadway musicals. A Robinson High School graduate, Murphy auditioned for the character since Rose "has quite a journey of learning for the audience to witness."

### When and Where

Elden Street Players present "Caroline or Change" at the Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Performances: Aug. 2-24—Thursdays, Aug. 15 and 22, at 8 p.m.; Fridays-Saturdays at 8 p.m.; Sundays, Aug. 4 at 3 p.m., and Aug. 11 and 18 at 7 p.m. Tickets: \$23 general admission. Call 703-481-5930 or visit [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

# Creating Fresh, Healthy Summer Treats

Local chefs offer refreshing, healthy snacks ideas to keep children satisfied all summer.

BY MARILYN CAMPBELL  
THE CONNECTION

Enticing children to forgo strawberry-flavored candy and choose fresh fruit in its natural form can be challenging. After all, lemonade, popsicles and cookies with milk are considered summertime classics.

Some local culinary enthusiasts say there are an abundance of summer treats that can be made at home and keep children fueled and healthy all season long, however. They offer several suggestions that are ideal for after-camp snacks or whenever the munchies hit.

"When I think of healthy eating and kids and summer, the first thing I think of is fruit," said Andrea Nelson of Creative Kids Kitchen in Arlington. "Beyond the natural sugar factor, most fruit has as much vitamins as a vegetable."

One treat that tops Nelson's summer treat menu is fruit gazpacho. "It is made with a medley of fruits like watermelon, blueberries, honeydew melon. If you have a particularly picky eater, you can puree the fruit.



COURTESY OF CREATIVE KIDS KITCHEN

**From left: Katie King, Sasha Fedorchak, Lucy Rogers, Eliza Grace Ulmer, Haley King and Grace Griffin prepare to cook in Arlington, Va. Local culinary enthusiasts say there are an abundance of healthy summer treats that can be made at home.**

You can involve the kids by getting them to help wash and cut the fruit."

Christine Wisnewski, an instructor at Culinaria Cooking School in Vienna, also recommends making use of the bounty of fresh fruit available during summer. "Sliced

peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat. Or sweeten some Greek yogurt with a little bit of honey and use it as a dip for strawberries," she said.

Nelson turns the abundance of blueberries that are now available into blueberry biscuits. "They are super easy to make and blueberries are inexpensive right now," she said. "I also make baked strawberry, banana and quinoa muffins using nonfat Greek yogurt. They are healthy and gluten free."

Nikki Drummond of Tiny Chefs Cooking School in Potomac, Md., and Arlington, Alexandria, McLean, Oakton and Springfield, uses her classroom to offer children alternatives to prepackaged, sugar-laden treats. "We make fun fruit kabobs with a yogurt dip made with plain low-fat yogurt and honey and cinnamon," she said. "The kids cut up the fruit so they are having fun."

Drummond also teaches students to make a healthy dessert using uncooked oatmeal, wheat germ and chocolate chips. "We call them breakfast balls, but you can keep them in a container and kids can snack on them throughout the week," she said.

To cool kids down after a day of playing in the sun, Wisnewski offers homemade frozen bananas and sorbet. "[To make] frozen bananas, halve a banana crosswise, insert a popsicle stick in the cut end, freeze for one

**"Make the most of seasonal fruits: Sliced peaches or nectarines with a dollop of sour cream and a light sprinkle of brown sugar are a sweet, tangy treat."**

— Christine Wisnewski,  
Culinaria Cooking School

hour," she explained. "Dip frozen bananas in melted chocolate. Only dip one side if you want to limit the chocolate, then dip bananas in fun toppings like sprinkles, toasted coconut, chopped nuts, or crushed cookies."

To make sorbet, Wisnewski combines fruit and simple syrup. "To make a simple syrup, [use a] one-to-one ratio of sugar to water and bring to a boil to dissolve sugar," she said. "Reduce heat to very low and simmer 10 minutes. Cool, combine syrup with pureed summer fruit. Try berries, peaches or mangos. Add a pinch of salt, and a squeeze of citrus juice. Chill until the sorbet mixture is very cold."

For those who want culinary simplicity during the summer, Wisnewski said, "Fresh cherries or grapes heaped in a bowl of ice are more refreshing than those served alone. Even the largest watermelon disappears quickly and keeps kids hydrated when left on the counter for snacking. Some people opt for a sprinkle of salt on their watermelon." For a more sophisticated palate, she suggests adding a squeeze of lime, or a small sprinkle of mild chili powder or cumin.

## SCHOOL NOTES

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

**Danielle Landau**, daughter of Melissa and Doug Landau of Oak Hill, delivered the student commencement address before a packed basketball arena in Coral Gables, Fla., at the University of Miami's undergraduate degree ceremony for the Schools of Architecture, Communication, Education and Human Development, Music, and Nursing and Health Studies. Landau was introduced by university President Donna Shalala, former secretary of health & human services, while her parents, grandparents, siblings and friends watched with tremendous pride. After graduating Cum Laude with a Bachelor's degree in human and social development, Landau will teach high school English for the Teach for America program in Las Vegas, Nev., while pursuing her Master's in Education from the University of Nevada, Las Vegas.



Danielle Landau

will study nationalism theory and Balkan history at Sofia University in Bulgaria. He will work with the history department at the university to research the policies of Alexander Stambolinski's government from 1919 to 1923 and will take intensive Bulgarian language courses. He is currently a student at Central European University in Budapest and plans to earn a master's degree in nationalism in June.

**Connor McLernon**, of Herndon, age 17, earned his Private Pilots License Aug. 16. He had his first flight at age 13 as a reward for earning his Eagle Scout (Herndon Troop 51) on an AT6 Texan. Connor had been taking flying lessons at Aviation Adventures in Leesburg for the past three years under the tutelage of Chief Flight Instructor Ray De Haan.

**Peter Wingrove** of Herndon has been selected to receive U.S. Fulbright grant for 2012-2013. Wingrove plans to study and conduct research for nine months at the Pozna University in Pozna, Poland. His research will explore the relationship between the euro and the zloty, Poland's national currency, with a focus on the impact of the global recession. Wingrove, who graduated from the University of Mary Washington in 2011 with an economics degree, is a volunteer at Moss Free Clinic and a member of Phi Beta Kappa, a national scholastic honor society. During his time at Mary Washington, he served as treasurer of Students Helping Honduras, co-president of the Economics Club and was a member of Omicron Delta Epsilon, the economics honor society. Wingrove is currently an intern with the Potomac Health Foundation, and hopes to begin medical school in fall 2013. He is the son of Earl Wingrove and Andrea Scholl.

Freshman **Josh Schow of Herndon** recently completed the 2012 football season at Guilford College. **Schow**, a 5-8, 180-pound running back, played in eight games for the Quakers this season. He accumulated 74 all purpose yards during the season on 13 attempts and also saw significant time on special teams. **Schow's** best game came against Emory & Henry College on Nov. 12, when he rushed for 13 yards on two carries and caught two passes for 48 yards, with a career-long 35-reception.

Herndon native **Eric Halsey** has been selected to receive U.S. Fulbright grant for 2012-2013. Halsey, who graduated from the University of Mary Washington in 2011 with a double major in history and political science,

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## "Focus-Pocus"



By KENNETH B. LOURIE

I imagine most of you readers are familiar with the phrase, "Hocus-Pocus," the magician's nonsensical expression of sleight of hand, as words spoken and arms waved as the rabbit wiggles out of the magician's hat, among other deeds/ extractions of "wow!" The idea being to trick, deceive, obfuscate and ultimately amaze the audience into believing the unbelievable and to not see what they should be able to see.

"Focus-Pocus" is this cancer survivor's sleight of brain – as I refer to it, as I attempt to live longer and prosper without paying too much attention to the undeniable fact that I have a terminal disease: stage IV, non-small cell lung cancer (NSCLC), one that kills way more than it is cured. I have found however, that living in dread – and in acceptance of my presumptive reality/status, is no good for my head (emotionally/mentally speaking) so I try to deviate, whenever possible, from that norm and not conform, and hope that living is indeed its own reward.

Oh sure, I scan the weekly Health & Fitness section in The Washington Post, especially if there's a cancer reference; if sitting and waiting somewhere where reading material is present, if there's a lung cancer-related article, I will read it immediately; and if there's a segment on television concerning cancer, I will watch it or record the program to watch later. I don't exactly live under a metaphorical rock, but nor can I make cancer my life's pursuit, as odd as that may sound; since presumably, I am pursuing life despite the fact that having cancer is definitely having some say in that matter.

Thinking positively and keeping my sense of humor are the two most effective tools in my anti-cancer arsenal. Employing these weapons of mass (as in tumors) destruction are what I live for: Duh! So doing, and assimilating this figurative weapon array into my attack requires very little, really; this is my personality and my nature, so it's no particular challenge. It's who I've been, it's who I am, it's just me. Still, as many of you know, cancer has a way of intervening, especially physically, but most assuredly, mentally as well. It creates darkness and fear and anxiety and all the less-than-ideal characterizations you can imagine – whose intrusions you are often powerless to stop. Yet somehow, you must.

In the nearly four and a half years since my diagnosis, I have tried to defend against them. Occasionally by embracing them, but more often, as is the subject of this column, by ignoring the reality of them, almost like a magician attempts to do with his audience; that what you see, what you get, is not necessarily what you feel – or so I tell myself repeatedly. And though it might seem difficult to trick oneself as easily as it might be possible, with a wink and a nod, to trick another, a better-than-expected life expectancy might depend on it. And at this juncture, having outlived my original prognosis by more than three years, I don't see any reason to change my focus.

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

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-Werner Heisenberg

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-Thomas A. Edison

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# SPORTS



The Kingston Chase (Sydney Douglas, Scout McClain, Mackenzie Kleczynski, Casey Mills), Hiddenbrook (Maddie Morin, Audrey Ferguson, Alyssa Landrum, Kate Keane) and Herndon Community Center (Sophia Lee, Shreshtha Peter Rai, Rachel Sim, Chloe Thomson) 8 & Under Girls 100 Meter Freestyle Relay teams pose with Josh Davis on the Herndon Olympics podium.



Swimmers in the final heat of the 15-18 Boys 50 Meter Freestyle—Nathan Ouyang, Devin McNulty, Conor Cudahy, Sean McCrone, Michael Maccannon—shake hands after their event.

## Herndon Olympics Swim Meet Was a Splashing Success

Three records broken at this year's meet attended by Olympic gold medalist Josh Davis.

BY SARAH ANDERSON  
THE CONNECTION

The 34th annual Herndon Olympics was held last Tuesday, July 9. Hundreds of swimmers from nine local swim teams competed, allowing the community to come together to encourage young athletes, support local businesses and to meet Olympic gold medalist Josh Davis.

The event began with an elaborate opening ceremony that included the swimming of the Olympic "torch" across the pool, a parade of teams, the playing of the national anthem and short speeches made by important guests. Mayor Lisa Merkel, Del. Tom Rust (R-86), and Olympics gold medalist Josh Davis were all present and gave words of encouragement to the swimmers. Josh Davis expressed that "dreams are made here. Champions are made here," as he reminisced about his early swimming career that he began on a local summer league team. Davis stayed at the meet to take pictures and to hand out medals to the swim-

mers. Del. Rust later gave the swimmers the same advice that he used to give his own when he competed in the Herndon Olympics: "Swim fast, leave no wake!"

Kerstin Severin, the Aquatic Services manager for the Town of Herndon and a coach for the Herndon Community Center swim team, has been in charge of organizing the Herndon Olympics for a number of years and spent many months preparing for this meet. She said that her favorite part of the Herndon Olympics is that for "the past few years we have been able to bring Olympians to this meet, which has been a great way to show the swimmers that even Olympic athletes started their careers in summer leagues. We give the children a chance to reach their goals and be the best that they can be."

Coaches, friends and family all cheered on the children as they competed in individual races and relays. Ignat Miagkov, a swimmer on the Kingstream Kahunas, who won first place in the 11-12 Boys 50 Meter Freestyle, said that he enjoys "having his name announced and getting to swim

against kids on a bunch of different teams at the Herndon Olympics."

Three individual records were broken this year. Josh Zhang set new records in the 11-12 Boys 50 Meter Breaststroke and Freestyle and Christian Ginieczki broke the 13-14 Boys 50 Meter Backstroke record. The Reflection Riptides swim team was given the Sportsmanship Award.

"I like the Herndon Olympics because it

brings the whole community together for fast swimming, sportsmanship and lots of fun!" said Mary Elizabeth Caldwell, 19, who is a coach for Hunters Creek and had swum in the Herndon Olympics many times, herself. Many of the coaches, parents and spectators at the Herndon Olympics have been a part of the Herndon Swim League for years and continue to support it even when they are no longer swimming themselves.

### VIEWPOINTS

#### 'This Is Where the Dreams Begin'

Josh Davis, who won three gold medals at the 1996 Olympics in Atlanta and two silver medals at the Olympics in Sydney in 2000, said about the Herndon event: "This is where dreams begin and champions are made as they take pride representing their neighborhood and their city. ... Of the 4,000 summer league swim championships going on this month, this is one of the best ones in the country."

Swim Team Chairperson for Kingston Chase Pool Kelly Ginieczki assisted in the event's program. She said, "I have been team representative for 10 years, and this is our fourth year hosting the Herndon Olympics. About 350 of the fastest swimmers from nine teams with pools located throughout Herndon attended this year and some records have been set this morning."

"This is our 34th annual Herndon Olympics," said event organizer Kerstin Severin. "It was first created in 1980 by Joe Smith, head coach of the Herndon High swim team at the time. It is a good opportunity for the kids and everybody to get some exercise. It was also a way for the swimmers in different leagues throughout Herndon to come together and compete before entering high school."

—RYAN DUNN

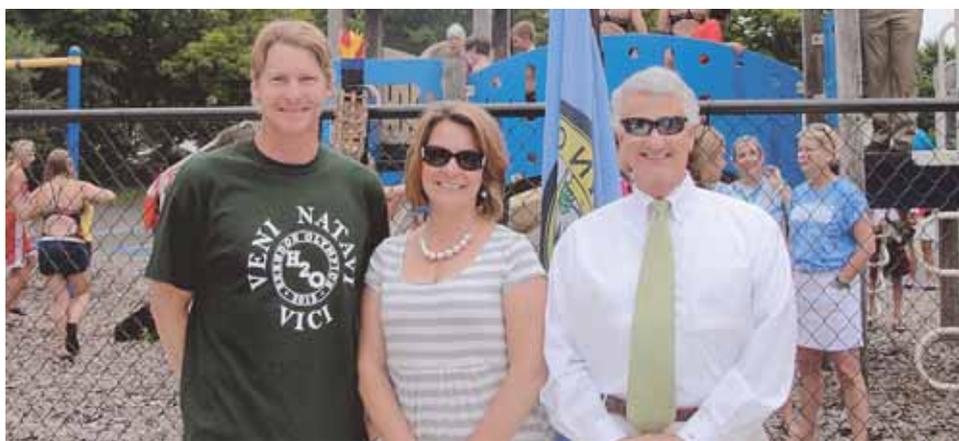


Olympic gold medalist Josh Davis and Kelly Ginieczki.

PHOTOS BY RYAN DUNN/THE CONNECTION



Kerstin Severin, one of the event organizers.



Olympian Josh Davis, Mayor Lisa Merkel, and Del. Tom Rust (R-86) all spoke at the opening ceremony for the Herndon Olympics, urging the youth to do their best.