

Winning Holiday Challenge

NEWS, PAGE 10

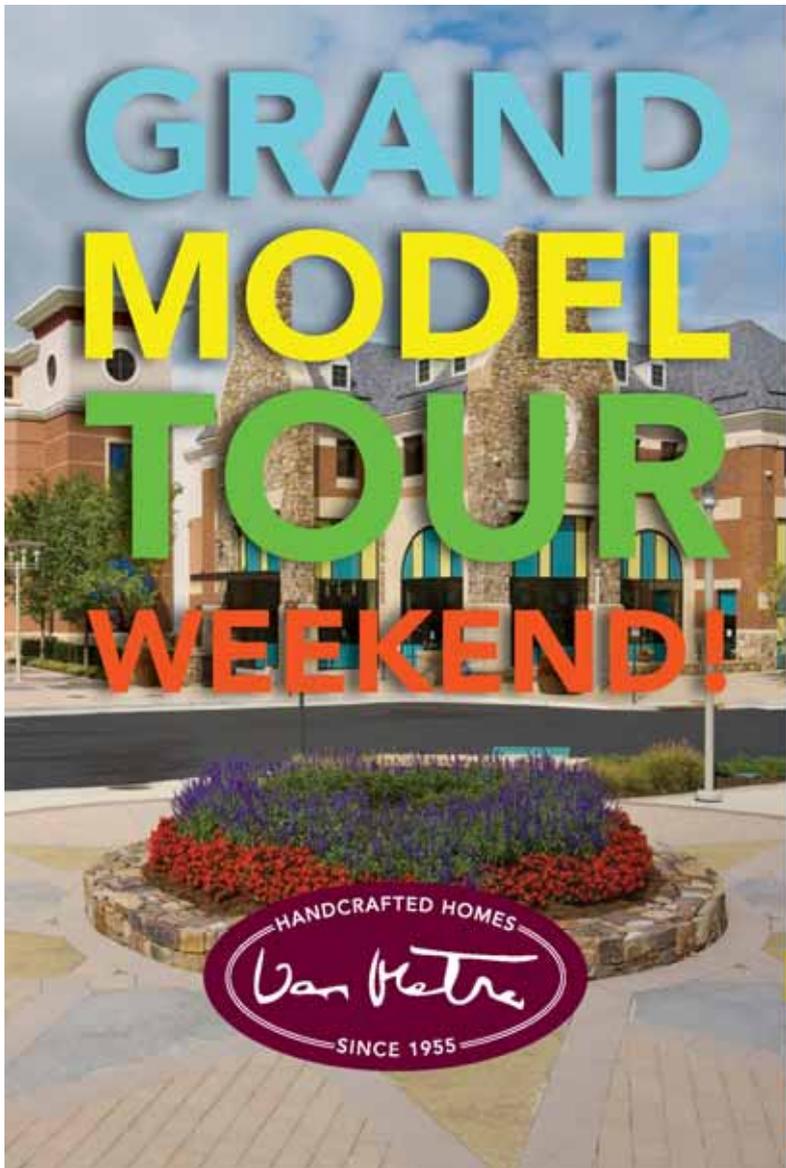
Potter's Fire owner Mike Faul standing near two trophies which were presented on July 7 to winners of the first Potter's Fire Throwdown contest.

You Can Run,
But You
Can't Win?

NEWS, PAGE 4

OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 13 ❖ SPORTS, PAGE 12 ❖ CLASSIFIEDS, PAGE 14

PHOTO BY RYAN DUNN/ THE CONNECTION



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Theresa never imagined she could have half of her lung removed through a tiny incision, be up and walking less than an hour later, and home the very next day.

When tests revealed she had lung cancer, Theresa Ott, 50, underwent a minimally invasive surgery with renowned thoracic surgeon Sandeep Khandhar, MD.

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-Theresa Ott, Springfield, VA

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Local Company Recommended for Silver Line Contract

Hensel Phelps Construction Co., Chantilly, to submit final proposals.

BY REENA SINGH
THE CONNECTION

A local construction company has been recommended to be awarded a Silver Line Phase II contract.

Hensel Phelps Construction Co., Chantilly, submitted the lowest price proposal of four groups to build the maintenance facilities and rail yard for the final six stations, according to Metropolitan Washington Airports Authority.

The official contract will be finalized in August.

"We need to finalize the request for proposal requirements and sent them in to MWAA," said Hensel Phelps Senior Estimator Robert Thompson.

According to a press release, the company estimated Project B - the rail yard and maintenance facilities - that stretches from the Wiehle-Reston East station through Dulles International Airport and into Loudoun County will cost \$252,989,000.

"The Notice of Recommended Award is the latest step in a competitive procurement process," according to a press release from MWAA. "The Airports Authority will not request additional documentation from the team, including insurance certificates, and payment and performance bonds."

Hensel Phelps Construction company rebuilt The Pentagon's wedges two through

five after the Sept. 11, 2011 terrorist attack. More recently, the company is working on a \$250 million project at Fort George G. Meade in Maryland and finished working on the Marriott Marquis in D.C.

"We do anything from \$1 million projects to \$700 to \$800 million projects," said Thompson.

Clark Construction Group and Kiewit Infrastructure South Co. have already been chosen to complete the 11 miles of rail tracks and the Metro stations. According to the press release, construction for Phase II has begun.

"We do anything from \$1 million projects to \$700 to \$800 million projects."

— Hensel Phelps Senior Estimator Robert Thompson

Phase II of the Silver Line is expected to open in 2018. Phase I, which features four stations in Tysons Corner and one in Reston, is expected to open July 26. A ribbon-cutting ceremony for the Wiehle-Reston East Metrorail garage will take place at 10 a.m. on July 19.

For more information on the Silver Line, visit <http://silverlinemetro.com/>.



PHOTO STEPHEN BARNA

Hensel Phelps Construction Co. recommended to build rail yard and maintenance facilities for Phase II, which begins at Reston's station.



PHOTO CHARLES SAMUELSON

Test train leaving Wiehle-Reston East Station traveling to Tysons Corner.

Fees for Reston Metro Garage Announced

**\$4.85 per car daily,
\$75 annually for
bike room.**

BY REENA SINGH
THE CONNECTION

The parking fees for the Wiehle-Reston East Metrorail station garage has been finalized.

At the Fairfax County Board of Supervisors meeting July 1, the board unanimously decided to have the garage charge \$4.85 for patrons to park their vehicles.

The resolution also states that reserved parking will be \$65 per month. Bike locker room fees are \$75 annually.

The board held a public hearing - that no one spoke at - to amend a county traffic code on parking before approving the garage parking fees.



PHOTO BY REENA SINGH/ THE CONNECTION

The county Board of Supervisors approved to have the Wiehle-Reston East parking garage charge \$4.85 per day.

"As a part of the extension of the Silver Line, the county has established parking facilities at the Wiehle-Reston East station,"

said senior assistant county attorney Erin Ward. "State law authorizes the board of ordinance to provide for the regulation of

parking on county owned or leased property."

The parking fee is similar to other garages at Metro stations.

"This is part of the Silver Line metrorail extension, making sure everything is in place to make sure we have in place [a solution for] those parking issues," said Board Chairman Sharon Bulova.

A ribbon-cutting ceremony and open house will take place at the garage, located at 11389 Reston Station Blvd. at 10 a.m. on July 19 - a week before the Silver Line is expected to start service.

The space is a 2,300-vehicle garage, according to silverlinemetro.com, with 253 reserved spaces. An additional 1,000 spaces, operated by Comstock, will be nearby.

The Sunset Hills Interim park and ride will no longer be available for use, however, effective July 26, because it will be replaced with the Metro station's park and ride facility.

You Can Run, But You Can't Win?

Fairfax County fires attorney for winning city council seat.

BY VICTORIA ROSS
THE CONNECTION

Like many lifelong City of Fairfax residents, Nancy Fry Loftus is proud of her hometown's character and charm — a Norman Rockwell postcard of small-town life in the heart of an increasingly urban, diverse and bustling region.

After winning a seat on the six-member City of Fairfax Council in May, Loftus was looking forward to celebrating Independence Day with her family and participating in the city's annual old-fashioned July 4th extravaganza, which includes a colorful hometown parade, firefighter's competition, and the largest fireworks display in the area.

But as she sat in historic Old Town Hall on Friday, July 4 — during the annual meet-and-greet luncheon with city leaders — Loftus started to tear up.

What she thought would be a moment of pure celebration had turned bittersweet.

A week earlier, on June 27, Loftus had been abruptly fired from her job as a Fairfax County assistant attorney by County Attorney David Bobzien.

"My computer was shut down, and I was locked out of the office ... I had worked there for 17 years, and I always had great reviews. This was just humiliating," Loftus said.

So why was Loftus terminated?

According to her attorney, state Sen. Chap Petersen (D-34), winning the non-partisan election — which comes with a \$4,500 salary — cost Loftus her \$85,000-a-year county job.

In fact, her termination followed two warnings from the County Attorney's Office — the first on April 17, just 19 days before Election Day.

THOSE WARNINGS, Petersen said, stated that Loftus would be terminated unless she either withdrew from the election or declined the office.

Petersen released correspondence with the Fairfax County attorney's office, which includes Bobzien's 12-page dismissal letter. In the letter, Bobzien acknowledges that Virginia State Law allows Loftus to be a candidate, but claims the same law does not provide her with the right to actually hold office.

If Loftus accepted the will of the voters in the City of Fairfax — and held the office to which they elected her — it would create a terminal conflict of interest in matters that involve both the city and the county, according to the County Attorney's office.

"I find that distinction to be an absurdity which would nullify the state law which

specifically permits local government employees to be 'candidates' for public office," Petersen said. "Nancy was terminated solely for being elected to the Fairfax City Council while being employed by the county. It's bizarre. I mean, if someone gets too active in their church, are we going to fire them next?"

A former Fairfax City council member, Petersen said he called Bobzien several times to discuss alternatives to firing Loftus, but Bobzien never called him back. Petersen said he took the case for several reasons.

"I've known Nancy since we were elementary school students together in the 1970s. I have great respect for her honesty and integrity," Petersen said. "I also think that the county attorney's actions are wrong, both as a legal matter and as a matter of fairness and consistency."

Petersen said the core issue is one of "free speech."

"Localities in Virginia cannot arbitrarily fire employees who exercise their First Amendment rights of political speech and participation. I am disappointed and frankly surprised that the county attorney's office would ignore the law, especially after the County Attorney himself authorized Nancy's candidacy back in February."

Loftus said she approached her boss when she first thought about running for the seat. "If David had said no, I don't think I would have run... He hired me as a clerk when I was in law school. He would ask me how the campaign was going, and we would joke about it in a friendly way, like 'don't campaign in your county uniform ...' I thought he was totally fine with it."

Loftus said her first inkling that Bobzien might not be completely fine with her campaign came in a Feb. 12 email.

"He said, 'I'm having some thoughts about conflict of interest, maybe we can meet one day next week.' I called the office immediately, but it was during a snowstorm and the offices were closed. I emailed him that this was really, really important, and I said there are ways to deal with (any concerns), and state law was clear ... Even if you work for the county, you don't waive the right to the rest of your life ... I asked him to please call me back," Loftus said Friday, adding that Bobzien emailed her a note that night stating there was "no need to discuss this further. I see and accept your point."

Loftus said her interactions with her boss after that exchange were cordial, and there



PHOTO BY VICTORIA ROSS/THE CONNECTION

Newly-elected Fairfax City council member Nancy Fry Loftus, a former Fairfax County assistant attorney, attended the annual Independence Day luncheon at the city's historic Old Town Hall with her husband, Connell, and two daughters, Anastasia, 9 and Colleen Marie, 12.

was nothing out of the ordinary.

Until April 17 at 8:30 a.m., when she received a 30-page memo from Bobzien informing her that she would be fired if she did not withdraw from the race.

"I was completely blindsided. It was just a few weeks before the election and the campaign had gotten heated ... I thought I would be sick," Loftus said Friday.

Loftus was concerned enough about the ethical questions Bobzien raised to contact the Virginia State Bar's ethics hotline that same day. She received an email reply later that day from James M. McCauley, Ethics Counsel of the Virginia State Bar.

"You have asked '[i]s it unethical for me to be an Assistant County Attorney for Fairfax County and also serve on the Fairfax City Council?'"

"The short answer to this question is 'no' it is not per se unethical for a lawyer to be employed in a law firm or government attorney's office and concurrently hold a public position or office. Many lawyers have served in public office while practicing in a law firm at the same time, especially when the public position is only a part-time endeavor. To hold otherwise would mean that no lawyers could ever hold public office and practice law in a law firm. Obviously, that is not the position of the Virginia State Bar, Ethics Counsel or the Standing Committee on Legal Ethics.

Loftus also asked if it was unethical for the county attorney to "threaten to fire me if I participate in statutorily protected political activity?"

McCauley wrote that the question was "beyond the purview of the Rules of Professional Conduct and therefore I am not authorized to render an opinion on that issue."

"I was satisfied that I was not violating VSB ethics," Loftus said.

"They threatened her with her job. She had this ax hanging over her head for the rest of the campaign," said Connell, Loftus' husband, who brought Loftus a plate of food Friday at the Old Town Hall luncheon as she sat with well-wishers.

Connell Loftus, who also grew up in the City of Fairfax, said he had just started a new job when his wife was fired from hers.

"It was a catastrophic economic event for our family. We lost our insurance, and 50 percent of our family's income. It's been a stressful time," Connell said.

Bobzien was not available for comment, but several county officials, who asked not to be named, said Bobzien's concerns over a conflict of interest are justified and they supported his move to fire Loftus.

Bobzien's correspondence shows he consulted with the Virginia state bar's ethics counsel who advised that if Loftus won the election, a conflict of interest would be "imputed to every attorney" in the county attorney's office.

For example, if Loftus — as a city council member — could not lobby the state legislature, then no one in his office could lobby in Richmond. He also listed potential legal conflicts between the city and the county, such as tax and zoning disputes.

Bobzien also mentioned the recent epic legal battle known as the "water wars," triggered when Fairfax County enacted an ordinance in 2011 to regulate the city's "high" water rates, and the city — seeing the ordinance as a blatant power grab for water systems the county didn't own — sued the county.

THE SHOWDOWN ultimately embroiled the City of Fairfax, Fairfax County and two other government bodies, the U.S. Army Corps of Engineers and a billion-dollar utility company, who all spent a significant amount of time and money on legal counsel and PR campaigns battling each other for control.

In the end, Fairfax County won.

Loftus acknowledged she publicly talked about the "water wars" during the campaign, and she said she wonders if those statements — on such a prickly subject — caused her job to be in jeopardy. But Loftus said that if that's true, then Fairfax County should be pleased, since she stated she did not think the city should have sued the county.

As Loftus finished her Independence Day lunch, one well-wisher, Steve Caruso, a part-time City of Fairfax employee, came up to Loftus and said he wanted to shake her hand. "I just read about your plight in the paper. I think it's totally unfair," he said.

"That makes me feel good to know there are people supporting me in this," Loftus said.

NEWS

Bready Park Playground Dedicated

Bready Park's playground had a busy grand opening. As families waited for the fireworks show at Herndon Community Center, parents brought their children to play on the brand new playground facility.



PHOTOS BY REENA SINGH/ THE CONNECTION
Eric Wallace, 12, of Great Falls, climbs to the top of the rope web at the Bready Park playground dedication.



Children enjoy the playground for its dedication on July 4.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Emily Schaal, a student at Herndon High School, is the winner of the 2014 National Peace Essay contest for Virginia and has earned a \$1,000 academic scholarship – US Institute of Peace announced. Emily's essay examined how security sector reform contributes to sustainable peace.

Douglas Graney, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions. Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently completed the renewal process for board certification from the National Board for Professional Teaching Standards.

Herndon area students **Michael H. Chen, Emily Schaal, Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang, Sreenath Are, Rohan Banerjee, Ashwin Basana, Arjun Iyer, Aseem Jain, Anne Li, Soumya Mishra, Christin Park, Rohan Punnoose, Sarah Quettawala, Simran Rohatgi, Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

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OPINION

Hurray for Full Day Mondays

Hoping that later start times for high schoolers follows quickly.

For decades, Fairfax County schools have sent elementary school students home after half a day on Mondays. This was never a good idea, and it has been more damaging to family schedules and student learning with the increase over the years of two-income households and greater economic diversity.

That is about to change.

Karen Garza, superintendent of Fairfax County Public Schools, has demonstrated in several ways that she understands tackling the challenges of educating all of Fairfax County's students will require deviation from the status quo.

Not only will half day Mondays come to an end, but it will come to an end in two months, in September, 2014, a remarkable accomplishment for a bureaucracy the size of Fairfax County Public Schools.

The change will also come with 20 minutes of recess a day. Research shows (and common sense confirms) that recess and physical activity benefit student learning.

It's an important step showing responsiveness to the needs of families and students. Nearly one third of the county's kindergarteners are poor. How do we think those parents are managing the need for child care on Monday afternoons? FCPS has resisted meeting the needs of the whole child, but cannot expect to successfully educate its 186,785 students without this kind of change. Programs to identify gifted and talented students among poor and minority students, summer school, year-round modified calendars for some schools, and many other changes will need to be considered and fast tracked for the county school system to succeed.

Consider: About 50,000 of the county's public school students are poor enough to receive subsidized meals. About 30,000 of the county's public school students are receiving specialized instruction to better learn English. More than 25,000 of the county's public schools students are receiving spe-

cial education services. White students make up 42 percent of the student body; 23 percent are Latino; 19 percent are Asian American; 10 percent are African American. Fairfax County is by some measures the wealthiest county in the nation, or at least in the top five. If success educating this population of students is possible anywhere, it should be here, but there is nothing simple about it and will require much more change.

More Sleep for Teens

Later start times for high school is slated as another top priority for change in FCPS, and we agree.

New research continues to pile up about sleep deprivation and the damage it does to teens. A rigorous study published in February demonstrates that reduced quantity of sleep in adolescents increases risk for major depression, according to research at the University of Texas School of Public Health.

The Centers for Disease Control: "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to mo-

tor vehicle crashes, industrial disasters, and medical and other occupational errors. ... Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity."

According to Judith Owens, M.D., director of Sleep Medicine at Children's National Medical Center: "The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks. We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Later Start Times Can Benefit Community

To the Editor:

To set the record straight, there is nothing worse for traffic than a car crash, and sleepy teen drivers are like drunk drivers in terms of performance behind the wheel. Later high school start times are safer for teens and also for the rest of us as they have been shown to significantly decrease car crashes in young drivers.

When you read letters opposing this effort, please ask yourself whether the letter-writer has a personal vested interest in retaining the status quo. Last week's letter, "Later Start Times Affect Commuters," was filled with misinformation and scare tactics.

The letter made it sound as if there are only a small number of children impacted by the morning start times that are among the earliest in the nation. Fairfax high schools start classes at 7:20 a.m. Only 10 percent of schools in the nation start before 7:30 in the morning. Seventy-two of 95 counties in Virginia start high schools at 8 a.m. or later. Perhaps the letter writer would prefer that FCPS start school at 5 a.m. to ensure that our children are all out of the way before his morning commute? The

reality is that Fairfax County Public Schools are a massive part of the traffic flow for the entire morning commute. It will remain that way with any of the new schedules as well.

The majority of FCPS high school students are sleep deficient. Only 15.5 percent of seniors get 8 hours of sleep per night on school nights and medical experts recommend about 9 hours for adolescents. In 10th grade, only 25 percent are getting at least 8 hours of sleep per night.

The letter writer seems to be suggesting that 75 percent or more of our students pay for unnecessary medical tests and ask doctors to write medical excuses for a problem that is the norm, not the exception to the rule. Perhaps he is unaware that there is compelling medical and educational evidence that very early school start times are a problem and that the Virginia Chapter of the American Academy of Pediatrics has a position in favor of later high school start times for students in Virginia as does the Medical Society of Virginia and the Medical Society of Northern Vir-

ginia.

For more than a year, FCPS has partnered with Children's National Medical Center and has met with stakeholder leaders from more than 45 different organizations, agencies, and community groups. Transportation experts and stakeholder leaders studied about 20 scenarios before the school board selected four potential scenarios to bring to the community for input. The School Board has been extremely slow and deliberate in this

process. Children's National Medical Center has been working to include input from all stakeholders, including principals, social workers, leaders from the teacher organizations, PTA's, the athletic council, the Park Authority, School Aged Child Care providers, the middle school after school program, Safe Routes to School, and others. In July, there will be a work session with a report to the board. School board members have suggested that the Blueprint for Change may be one of the four options or it may be a hybrid based on the community input.

Montgomery County's Superin-

tendent delayed implementation of any high school start time changes, but he will not be able to close the door on the need for later morning schedules because it is critical to his desire to close the achievement gap. Seventy-eight percent of the parents polled in Montgomery County supported the change despite what seems to be an inflated cost estimate.

Abundant research on this topic is clear: When schools have delayed the start of the school day, students have shown improved physical and mental health, less depression, reduced car crashes and improved performance in the classroom and on the field.

Multiple organizations have studied and support this change and community members who care about child health and safety as well as their own commutes should support this change as well by signing the petition at sleepinfairfax.org.

As Dr. Owens from Children's National Medical Center says, "To do nothing is to do harm." I firmly believe that.

Phyllis Payne
Fairfax

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NEWS



PHOTO CONTRIBUTED

Four mobile shredding trucks were on hand to safely dispose of members' discarded materials.

Shred Day Helps Prevent Identity Theft

For more than a decade, identity theft has been the number one consumer complaint to the Federal Trade Commission.

To better protect members and help keep their personal information safe, Northwest Federal Credit Union hosted its annual Shred Day on May 31 at its Herndon branch. During the event, members could bring up to three boxes of paperwork to be shredded.

"We highly encourage our members to shred any financial documents or paperwork with personal information, rather than throwing them in the trash," said Chris McDonald, President/CEO of Northwest Federal. "Shred Day offers an easy way to securely dispose of these unwanted items so members can best protect themselves."

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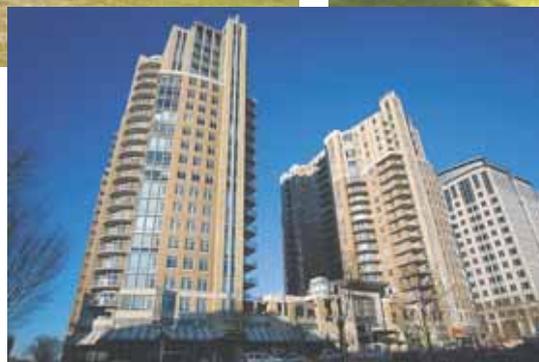
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6 509 Mashie Drive SE, Vienna — \$1,528,065



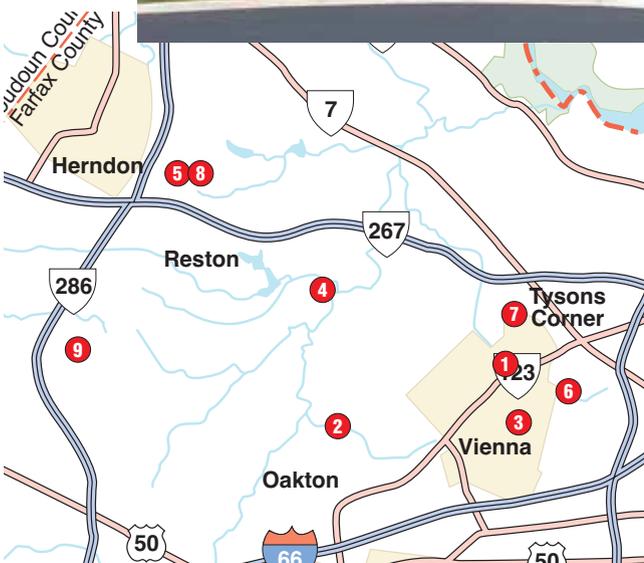
7 1679 Drewlaine Drive #4, Vienna — \$1,508,740



1190 Market Street, Reston
5 #912 — \$1,575,000
8 #812 — \$1,385,000



9 12159 Richland Lane, Oak Hill — \$1,300,000



| Address | BR | FB | HB | Postal | City | Sold Price | Type | Lot AC | PostalCode | Subdivision | Date Sold |
|---------------------------------|----|----|----|----------|------|-------------|-------------------|--------|------------|------------------------|-----------|
| 1 501 NELSON DR NE | 5 | 5 | 1 | VIENNA | | \$1,711,811 | Detached | 0.50 | 22180 | BEULAH HEIGHTS | 05/19/14 |
| 2 2633 SLEDDING HILL RD | 6 | 5 | 1 | OAKTON | | \$1,679,000 | Detached | 1.35 | 22124 | OAKTON RETREAT | 05/16/14 |
| 3 507 PARK ST SE | 6 | 5 | 2 | VIENNA | | \$1,650,000 | Detached | 0.50 | 22180 | ONONDIO | 05/12/14 |
| 4 2078 HUNTERS CREST WAY | 5 | 5 | 2 | VIENNA | | \$1,590,000 | Detached | 1.76 | 22181 | HUNTERS CREST | 05/30/14 |
| 5 1190 MARKET ST #912 | 3 | 3 | 0 | RESTON | | \$1,575,000 | Hi-Rise 9+ Floors | | 20190 | MIDTOWN AT RESTON TOWN | 05/01/14 |
| 6 509 MASHIE DR SE | 6 | 6 | 0 | VIENNA | | \$1,528,065 | Detached | 0.46 | 22180 | WESTBRIAR COUNTRY CLUB | 05/13/14 |
| 7 1679 DREWLAINE DR #4 | 5 | 3 | 1 | VIENNA | | \$1,508,740 | Detached | 0.52 | 22182 | WOLF TRAP DOWNS | 05/08/14 |
| 8 1190 MARKET ST #812 | 3 | 3 | 0 | RESTON | | \$1,385,000 | Hi-Rise 9+ Floors | | 20190 | MIDTOWN AT RESTON TOWN | 05/20/14 |
| 9 12159 RICHLAND LN | 4 | 4 | 1 | OAK HILL | | \$1,300,000 | Detached | 0.91 | 20171 | WHITE PROPERTY | 05/28/14 |

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A New Work Order

Local designers help create organized and stylish home offices.

BY MARILYN CAMPBELL
THE CONNECTION

Whether it's a nook, in the kitchen or a designated room, a home office is the place where ideas come to life. Local designers dish about the secrets to creating a workspace that is organized and functional yet stylish.

"You're going to spend a lot of time in it so aesthetics do matter," said Patricia Tetro of BOWA Builders Inc., in McLean.

Thinking about how a space will be used is the first step in the design process. "An office is as unique as a person," said interior designer Julie Sproules of the Art Institute of Washington in Arlington. "Each person has a different way of working and therefore a different

set of needs. If you are working from home, you'll be spending a lot more time there than if you are using it to keep the household paperwork in order."

There are a series of questions that one might consider: "How will you use the office? Is it just for you? Do others come in and meet with you? Do you tend to do most of your work on the computer?" asks Tetro. "Do you do things by Skype? If so, the placement of the computer becomes more critical."

Storage and the placement of it is one of the most important home office design decisions. "Where do you want to keep things?" asks Tetro. "When sitting in a chair, do you need to have your entire realm within arm's reach?"

Getting creative with storage supplies is a technique that Sallie Kjos of Grey Hunt Interiors in Chantilly, uses to avoid compromising style for order. "A floating shelf will help to keep a clean look, but have it organized," she said. "You can also get decorative boxes in a variety of colors."

Sproules uses labeled storage bins to create home office space

that has a place for everything. "There are a million different kinds out there, from wood to rattan to linen," she said. "Get a bookshelf that you can fit the bins in. ... Leave some room ... for a filing binder and books, but anything small should go in a bin. This way you can just throw all the markers, yarn, buttons and [other miscellaneous items] into their bin and not have to worry about them being misplaced."

Don't forget to save a space for smart phones and tablets. "You might need charging spaces with electrical outlets that are easily accessible," said Tetro.

To create an orderly appearance, stash files, papers and other office supplies out of sight. "A lot of people use an extra bedroom as a home office. Take the doors off the closet and create a storage area," said Bart Goldstein of Bart Goldstein Interior Design in Potomac, Md. "Add closed storage on the bottom that works as file cabinets, but looks like a piece of furniture" such as a chest or a credenza.

SEE DESIGNING, PAGE 11



PHOTO COPYRIGHT GWIN HUNT PHOTOGRAPHY

The office of this Great Falls home features an abundance of storage and workspace. Designers at BOWA Builders, Inc. combined natural and recessed lighting to bring organization and style to the space.



PHOTO COPYRIGHT GWIN HUNT PHOTOGRAPHY

This Vienna home office designed by BOWA Builders, Inc. features natural and recessed lighting, custom crown molding and wood flooring.

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 17.

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Melissa Landau, Potter's Fire owner Mike Faul, Doug Landau, Green Lizard owner David Meyer, and Herndon Florists owner Anne Harvey pose for photos at the July 7 award ceremony for the first Potter's Fire Throwdown contest.



PHOTOS BY RYAN DUNN / THE CONNECTION

Potter's Fire located in downtown Herndon, held a barbecue in celebration of the first Potter's Fire Throwdown contest.

Potter's Fire Awards Trophies For Holiday Challenge

Businesses show community spirit in downtown Herndon.

BY RYAN DUNN
THE CONNECTION

Herndon ceramics business Potter's Fire awarded trophies for the first Potter's Fire Throwdown contest on July 7 in downtown Herndon. The Potter's Fire Throwdown is a contest developed to challenge other businesses in Herndon to decorate their storefronts for the patriotic holidays from May 10 to the 4th of July. This year there were nine contestants. Donations for the event were divided between The Fisher House Foundation and The Pride of Herndon Marching Band. Approximately \$650 was raised for the Town of Herndon Marching Band.

Potter's Fire owner, Mike Faul, developed the idea of a local community competition. Faul pitched this idea to Town of Herndon Mayor Lisa Merkel and the town council, who complimented his plan and encouraged

other local businesses to participate. "I think it was a great idea for a new business in the community to engage everybody," said Cindy Roeder, director of the Herndon Parks and Recreation Department. Roeder attended the award ceremony along with Town of Herndon Economic Development Manager Dennis Holste, Jr.

"It was good to see community within the local businesses," said Holste. Three local judges evaluated the contestants. One of the judges was Herndon resident and Executive Director of the Council for the Arts of Herndon Signe Friedrichs. "I think [the contest] was a great idea and give my congratulations to all the winners," said Friedrichs. "I look forward to when more businesses will participate." Herndon Florists won third place, Green Lizard Cycling won second place, and first place won by Abrams Landau, Ltd. Law Practice.

"We were proud to be a part of honoring our troops," said Beth R. Meyer, co-owner of Green Lizard Cycling. "It was a blast," said Herndon Florists owner Anne Harvey. "We had a great time. It was a great idea and everyone loved it." The first place prize trophy, The Patriot's Cup, will remain in the possession of the winner for a year until the next competition.



Potter's Fire employees Kacey Boyce, Sarah Betti, and Olivia DiBenigno near the store location at 797 B Center Street in downtown Herndon.

"I think Mike Faul has had a great impact on the downtown Herndon area," said contest winner Doug Landau. "I think it is important for local businesses to show their civic pride."

A member of the bars of Florida, Connecticut, Virginia, New Jersey, and the District of Columbia, and the Federal Circuit Courts, Doug Landau teaches and focuses on the areas of catastrophic personal injury; state workers' compensation; Social Security Disability; occupational disease; and product, airport, and premises liability claims.

The practice office is located at 797 Center Street. "I hope this event will create some synergy for downtown Herndon," said Landau. "Everyone likes a little friendly competition."

Potter's Fire had its grand opening in October 2013, and employs five potters. In addition to handmade dinnerware and houseware collections, the business has been developing a line of garden ware. The garden line was launched in May of this year, and Potters Fire intends to sell its wares to local gardening centers in the northern Virginia and D.C. metro areas. For more information on Potter's Fire, visit pottersfire.com.

Dr. Finley Celebrates 25th Anniversary in Herndon

Dr. Thomas P. Finley has announced the 25th anniversary in historic downtown Herndon, Dr. Finley's Family Eyecare, Optometrists. Finley purchased his office from Dr. Charles Meyer in July 1989. Over the past 25 years, Finley has grown the practice from its original 100 year old Sears' catalogue office building (still standing at 711 Pine Street) to his new office at 709 Pine Street (2.5 times larger, and blending into historic Herndon architecture).

In addition to providing quality eye care services and products, Finley has been active in the community. He is a member of the Herndon Rotary Club (past president), Chamber of Commerce (past board member), Optimist Club

(past youth sports' coach for over 20 years), and Knights of Columbus (past board member). He is a past board member of the Jeanie Schmidt Free clinic and has provided free eye examinations for the clinic since its inception in 2001.

As a tribute to his work and community service he has been the recipient of many awards.

Finley is committed to providing his patients with the highest standards of professional eyecare available. He is originally from Wilkes-Barre, Pa., receiving his Bachelor of Science degree from St. Francis University in Pennsylvania, and his Doctorate of Optometry from the Pennsylvania College of Optometry. Following graduation, he served as an optometry officer in the

United States Air Force where he was awarded the Meritorious Service Medal and the Commendation Medal. Finley has served as an adjunct clinical professor for the Pennsylvania College of Optometry, the University of Alabama School of Optometry, and the Inter American Puerto Rico School of Optometry.

He has been a contact lens clinical investigator and currently serves as Advisory Board Member for TLC Laser Eye Centers. He has published several articles in professional and trade journals and newspapers, and lectured at educational conferences, service organizations, and schools.

Finley is a Fellow of the American Academy of Optometry, a Fellow of the Virginia Academy of Optometry, and a member of

the American Optometric Association, Virginia Optometric Association, Northern Virginia Optometric Society, and Armed Forces Optometric Society.

He is the Regional Administrator for Vision Source, the largest national organization of premier independent optometrists.

To celebrate their 25th anniversary, Dr. Finley's Family Eyecare, Optometrists / Vision Source Herndon will have a series of Customer Appreciation Days during July featuring 50 percent off on top designer eyeglass frames. For more details, visit them on Facebook (like them for a chance to win free prizes) at www.facebook.com/visionsourceherndon.

Designing Stylish Home Offices

FROM PAGE 9

"You can make it look like a built-in," said Goldstein. "Closet companies ... are able to make it look like a real working office with nice furniture."

GET CREATIVE when selecting a desk to add interest and express your personal style. "You can use an old writing table, side table or console table to use with a nice parsons chair," said Kjos. "This makes more inviting space that is decorative but functional."

Choose seating that incorporates style and comfort. "This doesn't have to mean a task chair," said Sproules. "Task chairs are great if you're sitting in them many hours a day, and there are some attractive options, but I prefer ... a small lounge chair to give it more of a homey feel. Just make sure it can be pushed under the desk or table when not in use. ... I have even used small metal side chairs or stools like an old classroom."

A person's occupation and work style should be considered. "Stools are especially great if you get up and move a lot as a part of your working routine," said Sproules. "You can swivel from one side of the table to another and being on a bar-height stool means you're more likely to get up and walk around routinely. If you do choose a bar-height stool, make sure your desk or table is either height-adjustable or standing-height."

Proper lighting is another key component of a well-designed home office. "Consider overhead lighting" said Goldstein. "[It] will not take up space like a lamp. You can run an eight-foot [lighting] track through the middle of the room and turn the lights toward the desk."

Incorporate more than one lighting source into a room's design.

"This helps you modulate the light for the task that you're doing," said Sproules. "You should have one general light: an overhead light or a floor lamp that ... provides general, diffused light and a task light for more focused work," such as a small, adjustable lamp with dimming capabilities.

When it comes to maintaining a sense of home in a home office, designers suggest getting personal. "You can mix interesting accessories like family pictures and a plant here or there to give the office aesthetic appeal as opposed to just function," said Goldstein.



PHOTO COURTESY OF GREY HUNT INTERIORS

Sallie Kjos of Grey Hunt Interiors created a home office for herself in the corner of her kitchen. She personalized it by adding plants and family photos.

ROOM DESIGN should reflect one's profession and personal needs. "Are you dealing with paperwork, mail and working on the computer, or would you be better off with a set up that is more like an artist's studio, with a clean table for 'making' and another area for the 'office' side of things [with a] bookshelf, table and storage?" asked Sproules. "How many hours a day or week to you plan on being in that space?"

Sproules believes that one's occupation can be a source of design inspiration. "As an interior designer, I have an excessive collection of pens and markers that are organized in small boxes along a wall, like an art store," she said. "It's a nice way to personalize the space with your specific type of work without having it get too messy. And there's always a pen

when I need one."

"In my own home office I have my desk against the wall with floating shelves," said Goldstein. "As an interior designer, I have a lot of catalogues that I'm always pulling from."

I have a seating area in my office because people are always coming in. We can have a conversation while I'm working."

"There is one accessory that no home office should be without," said Sproules. "Everyone needs a tack board," she said. "If you're more of the artistic type, use cork board tiles."

They come in all sorts of colors, and you can paint them too. [You can] cover a whole wall or a large section to use as an inspiration board. If not, you should still tack up images that you find inspiring, or at least peaceful."

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SPORTS

World Cup Fever

Area soccer coaches, players share 2014 World Cup viewing experiences.

BY JON ROETMAN
THE CONNECTION

Even on his wedding day, Robinson boys' soccer coach Robert Garza couldn't escape World Cup fever. Garza married his wife, Jennifer, on June 21 at the Hendry House at Fort C.F. Smith in Arlington. During that Saturday in Northern Virginia, Garza and a group that included his best man, West Potomac boys' soccer coach Andrew Peck, watched the Ghana-Germany match in the groom's suite. Later, when the group was taking pictures, Peck had the match streaming on his cell phone.

What was Jennifer's reaction?
"She laughed when she found out," Garza wrote in a twitter message. "She married a soccer coach."

Garza is among the local residents who have closely followed the 2014 World Cup in Brazil. As the competition nears an end, soccer coaches and players from Northern Virginia and Potomac, Md., shared their memorable experiences from the month-long event, and their predictions on who would emerge victorious from the tournament's final four teams: Brazil, Germany, Argentina, and the Netherlands.

"This has been," Churchill girls' head coach Haroot Hakopian wrote in an email, "the most interesting/exciting cup in years."

Garza wasn't the only one making an effort to watch the World Cup. Oakton boys' coach Todd Spitalny, who owns a kitchen and bath company in Manassas, said he had DirecTV installed in his office specifically to watch the World Cup. South Lakes girls' coach Mike Astudillo took in some of the action at Reston Town Center, and Lucas Belanger, a 2013 Mount Vernon High School graduate and rising sophomore goalkeeper at American University, watched the United States matches at National Harbor in Washington. T.C. Williams rising senior Eryk Williamson downloaded an app on his phone to receive live updates if he wasn't able to watch.

Along with following the action at home — and on a cell phone during his wedding day — Garza, a 1991 Hayfield graduate, has watched the World Cup at the Bungalow and Lucky's Sports Theatre in Kingstowne.

"The atmosphere has been phenomenal," Garza wrote, "with so many fans coming out to watch."

MUCH EXCITEMENT centered around the performance of the United States men's national team, which competed against Ghana, Portugal, and Germany in Group G, nicknamed the "Group of Death." The U.S. emerged from group play with a 1-1-1 record, including a 2-1 victory over Ghana on June 16, and advanced by virtue of a goal-differential tiebreaker over Portugal.

The United States' World Cup appearance ended on July 1 with a 2-1 loss to Belgium in extra time in the round of 16.

"Like we all should, I've been supporting the U.S.," Joe McCreary, a 2014 Yorktown graduate and future James Madison University soccer player wrote in an email. "I think soccer in America the next four years is on the rise after team USA advanced from the group of death."

While the USMNT fell short against Belgium in the round of 16, goalkeeper Tim Howard produced a record 16 saves, holding Belgium scoreless until the 93rd minute.

"Sixteen saves in a game is hard to do in high school soccer," Hakopian wrote. "I have never seen that happen at the professional/World Cup level."

It wasn't just the USMNT or its players generating interest, however. Along with rooting for the U.S., Hakopian, who was born in Iran, also followed the Iranian team. Iran finished last in Group F with a 0-1-2 record, scoring their lone goal of the World Cup against Bosnia and Herzegovina in a 3-1 loss on June 25.

Hakopian, who has coached at Churchill High School in Potomac, Md., for 12 years, also said he would like to see Argentina star Lionel Messi win a World Cup. He also cheers for the Netherlands, which has been his favorite team since age 7, thanks to their "cool" orange jerseys — though Hakopian added "[forward Arjen] Robben's consistent flopping annoys the hell out of me ..."

"I think soccer in America the next four years is on the rise after team USA advanced from the group of death."

— Joe McCreary,
a 2014 Yorktown graduate

"I was born in Iran so I am always interested in how they perform, considering their players have difficulty playing outside the Middle East," Hakopian wrote. "My wife was in the Peace Corps and traveled extensively in South America. Although she spent most of her time in Paraguay, she always roots for Costa Rica and Chile, which has made this year's cup even more fun."

Washington-Lee rising junior Maycol Nunez scored 37 goals in 2014 and helped the Generals advance to the Group 6A Virginia state final. Nunez lived in Honduras before moving to the United States four years ago at the age of 12. He cheers for his native country during the World Cup, along with Belgium and Argentina.

Honduras finished last in Group E with a



PHOTO BY LOUISE KRAFFT/THE CONNECTION

T.C. Williams rising senior Eryk Williamson, left, has followed the action closely during the 2014 World Cup.

0-3 record, scoring its lone goal in a 2-1 loss to Ecuador on June 20, but that hasn't stopped Nunez from enjoying the experience.

"Honduras is probably one of worst teams in the World Cup, but the fact that they are there means a lot," Nunez wrote. "... Honduras [scoring] their first and only goal in the World Cup against Ecuador has been definitely one of my favorite moments in this World Cup so far. ... Words cannot describe what watching Honduras in the World Cup means to me. It's just such an amazing feeling that I can't even describe."

Astudillo, who has coached the South Lakes girls' team the last two seasons and used to coach at Chantilly, has extended family from Colombia. Along with cheering for the U.S., Astudillo followed the Colombian team that won Group C with a 3-0 record, and defeated Uruguay 2-0 in the round of 16 before falling to Brazil 2-1 in the quarterfinals.

"Best tournament in our history," Astudillo wrote. "[I'm] so proud and we have so many young players. Look out Russia 2018!"

Williamson, who led T.C. Williams to the 2014 Group 6A Virginia state championship, said he is a passionate supporter of host Brazil, though he also cheers for the U.S. "I'm a huge Brazil fan," Williamson wrote. "I just love the way they play. However, growing up I always used to cheer for France. Now that they've been knocked out, I've been all about Brazil. ... Both of my parents are American so, at heart, I cheer for the U.S."

Belanger was a goalkeeper on Mount Vernon's 2013 state championship team. He made a pair of key saves during the Majors' penalty-kick shootout victory against Cosby in the state final. Belanger said he has enjoyed watching goalkeepers perform during the World Cup.

"I have always been a huge U.S. fan, even though they have been disappointing up until this World Cup, but I've also been rooting for a few individual players (mostly goalkeepers) such as Gianluigi Buffon for Italy and Thibaut Courtois for Belgium," Belanger wrote. "Being a goalkeeper my-

self, I have learned to appreciate the difficulty [of] some of the saves they make, and I always enjoy watching a goalkeeper have a great game.

"... I always love watching penalty-kick shootouts, but I have enjoyed watching all the games where the goalkeepers performed well, like Costa Rica, Nigeria, and especially the United States."

THE SEMIFINALS had yet to be played when coaches and players were interviewed. The first semifinal match, Germany versus Brazil, was played Tuesday. The Netherlands and Argentina faced one another Wednesday. The majority said Germany would win it all. Williamson said Brazil would have a tough time getting past Germany in the semifinals without star forward Neymar (back injury) and captain Thiago Silva (cards).

Nunez picked Argentina to win "because they have Messi and the other teams don't." Astudillo had far less praise for the Argentine star.

"I know I sound like a hater, but I'm not a Lionel Messi fan," Astudillo wrote. "I grew up watching Diego Armando Maradona single-handedly carry [Argentina] to a World Cup championship in Mexico in 1986. Teams would triple team him because he had zero help on that squad, but it didn't matter. He always found a way to make those around him better. If Lio can't deliver a World Cup to his native Argentina, I think we should hold off on considering him one of the greatest ever."

The championship match is scheduled for Sunday, July 13, providing the final opportunity for a memorable World Cup viewing experience.

"This World Cup, we saw so many come together — friends, family, strangers — all to see the world play," Garza wrote. "Compared to previous years, this World Cup has been huge. Every U.S. game I have watched with family and friends and fellow coaching colleagues from the high school ranks. Each time, we easily took up quite a few tables, getting to the pubs quite early to secure space."

CALENDAR

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

TUESDAY/JULY 8 – SUNDAY/JULY 27

Town Calendar Photography Exhibit

(Recurring daily) ArtSpace Herndon, 750 Center Street, Herndon. Photos from professional and amateur high school photographers revolved around the town Herndon gets showcased at the 4th Annual Herndon Town Calendar Exhibit. 703-956-6590

TUESDAY/JULY 8-FRIDAY/AUGUST 15

To the Beach. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Acrylics by Karen A. Pida. 703-476-4500.

THURSDAY/JULY 10

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 1-Nov. 13. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn Street, Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

Butterfly Class: An Introduction.

7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn how to identify Reston's common butterflies, and get a basic introduction to their life history; ages 16 and over. \$0-\$5. Reservations required by July 7 at 703-476-9689 and press 5.

FRIDAY/JULY 11

Christmas in July Sale. 4 - 7 p.m. First Baptist Church of Herndon, 681 Elden St, Herndon. Gently used (some new) items for sale may include wreaths, dishes, stuffed animals, tree skirts, ornaments, lights, figurines, etc. with proceeds to nonprofits and college scholarships. www.theclosetofgreaterherndon.org

Friday Night Live! Blue Label.

6:30 p.m. - 10:30 p.m. Town Green of Herndon, 777 Lynn St., Herndon. Musicians from bands such as Mr. Greengenes, Burnt Sienna, Liquid A and The Reflex gather to perform in Herndon. Free. 703-481-6133.

Fireflies in July.

7:30-9 p.m. Brown's Chapel, 1575 Brown's Chapel Road, Reston. Discover what makes them glow and why they blink their lights on and off; all ages. \$7-\$9. Reservations required by July 8 at 703-476-9689 and press 5.

SATURDAY/JULY 12

5th Annual Ukulele Festival.

11 a.m. - 5:30 p.m. Lake Anne Plaza Waterfront, 1609 Washington Plaza, Reston. Join thousands to enjoy tranquil tunes with featured performances, demonstrations, vendors, and more family-friendly activities. www.lakeanneukulefest.com

Voce Presents "A Sentimental Journey."

7:30 p.m. Art Space Herndon, 750 Center St., Herndon. Join the women of Voce for an evening of some favorite and familiar tunes from the 40s and 50s. Tickets \$10. 703-277-7772, <http://www.voce.org>.

Butterfly Count.

9:30 a.m.-12:45 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Meet fellow butterfly lovers, learn tips on identification and have fun while helping to collect important information on our fluttering friends; ages 16 and over. Reservations required by July 9 at 703-476-9689 and press 5.

Top Reston Chef at Farmers Market.

10 a.m. Lake Anne Village Center. Executive Chef John-Michael Hamlet will visit the Reston Farmers



Don't miss out on this weekend's viewing of The Breakfast Club, as part of Lake Anne's Summer Film Festival Series. Bring family and friends and enjoy the viewing of this free, outdoor movie on Sunday, July 13.

Market to offer a cooking demonstration using fresh products from the Market. Free samples of the offering along with John-Michael's recipe will be provided.

SATURDAY/JULY 12-SUNDAY/JULY 13

Engine #62 Trackless Train Rides at Lake Fairfax. Lake Fairfax Park, 1400 Lake Fairfax Dr., Reston. Take a ride on the Fairfax County Park Authority's trackless train. Tickets \$3 per person. 703-471-5416.

SUNDAY/JULY 13 – AUG. 17

Sunday Exercise Series with Athleta and Reston Town Center. 10 a.m. Enjoy various fitness classes including yoga, pilates, self-defense, cardio, and core strength. 703-668-0256. athleta.com

SUNDAY/JULY 13

Lake Anne Summer Film Festival. 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy The Breakfast Club under the stars. www.lakeanneplaza.com.

MONDAY/JULY 14 – TUESDAY/JULY 15

Hopping Grasshoppers. 10-11 a.m. Hunters Woods Pavilion, 2501 Reston Parkway, Reston, park at Hunters Woods Pool. Find out how far you can hop, if you like to eat what grasshoppers eat, and how these insects hide from predators; ages 18 months to 35 months. \$7-\$9. Reservations required by July 9 at 703-476-9689 and press 5.

MONDAY/JULY 14

Patch Pals. 10 a.m.-12 p.m. The Dandelion Patch, 1810 Library Street, Reston. Children are invited to write letters to our U.S. Military troops, which will be distributed through AMillionThanks.Org. Please RSVP to 703-689-2240.

Writers Group. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. The group reviews works-in-progress from up to three members each month. Adults. 703-437-8855.

WEDNESDAY/JULY 16

Frying Pan Farm Stand. 8 a.m.-12:30 p.m. 2709 West Ox Road, Herndon. The Frying Pan Farm Stand

will be able to offer customers a wider variety of produce such as lettuce, tomatoes, greens, squash, peaches, berries, and baked goods. <http://fryingpanpark.org/2014/05/15/farm-stand/>

Crafty Kids. 1 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Drop in for an afternoon of crafting projects of your choice. You provide the imagination and we will provide the materials. Age 6 to 12. 703-437-8855.

Read Yourself Silly with Flow Circus. 2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Take a trip to the circus with juggling, magic and more. Ages 6 to 12. 703-689-2700.

THURSDAY/JULY 17

Dragonfly Class: An Introduction.

7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Join guest naturalist Kevin Munroe of the Fairfax County Park Authority as he focuses on basic identification, natural history and conservation of local dragonflies; ages 16 and over. \$0-\$5. Reservations required by July 14 at 703-476-9689 and press 5.

SATURDAY/JULY 19

Scent-sational Noses. 11 a.m.-12 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about animal noses through fun activities, and take the Great Smelly Challenge; all ages. \$5-\$7. Reservations required by July 16 at 703-476-9689 and press 5.

Water, Water Everywhere! Tell Us,

Tell Us, Should We Care? 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Students will examine water phases and water quality through hands-on demonstrations and experiments. School-age. 703-689-2700.

Reston Concerts on the Town Series.

7:30 p.m. Reston Town Center. Jump blues and Swing.

MONDAY/JULY 28

Herndon Centennial Junior Open.

8 a.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Open to kids of all skill levels to come and enjoy the thrill of competition. Visit <http://herndon-va.gov> for more.

WEDNESDAY/JULY 30

Children's Science Center.

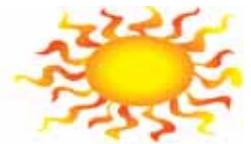
11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Hands-on, science-based activities on animals, aeronautical engineering, creative engineering and forensic science. School age. 703-437-8855.



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Not That I'll Ever Be Out, But...



By **KENNETH B. LOURIE**

"Just when I thought I was out...they pull me back in." Although this quote is from Michael Corleone from "The Godfather: Part III," it very much characterizes my daily struggle being a terminal cancer patient; non small cell lung cancer, NSCLC, is like that, almost always. Even though I don't want to think about the fact that I have cancer, or not let it affect my judgment on life – or perspective; or let it impede my path to a happier existence, more often than not, it does.

Not that I'm morose or depressed or a dismal Jimmy, I am however, as Curly Howard of The Three Stooges so regularly said: "I'm a victim of soycumstance." And not that I dwell on having lung cancer either; it is what it is, and of course, I am extremely happy to still be alive. Nevertheless, having lived post-diagnosis now for five years and nearly four months, (after initially being given a "13 month to two year" prognosis by my oncologist), doesn't necessarily make my circumstances any easier.

I won't bore you with the details, both mentally or physically, facing cancer patients as they/we endure a rather difficult set of challenges. Suffice it to say, there are good days and bad days – and many in the middle, to be honest. I've been fortunate to have many more good days than bad. And it's those good days that we try to hang on to and harness somehow when the inevitable bad days begin to overwhelm. And as often as I try to compartmentalize the cancer effect, it still manages to rear its ugly head: consciously, subconsciously, literally, figuratively, generally, specifically; and/or any other word or phrase you can imagine. As much as I don't want to feel its effect, emotionally I do.

Practically speaking then, how do I forget that I have cancer? How do I control the uncontrollable? Given my daily routine of pills, supplements, special drinks, food choices and lifestyle changes and alone time, how do I not let the fact that I have an incurable form of cancer dominate how I live and breathe; especially when my breathing is often compromised and my life is one continual set of immune-system boosting, anti-cancer activities and behaviors? Believe me, it's not easier written that it is said and certainly neither is its doing. And it certainly beats the alternative, if you know what I mean? However, it is something that I am mostly able to do. I give myself a "B," because I'm able to remain/"B" positive.

But, and it's a huge but, to say the process is not one gigantic emotional ball and chain would be denying the very reality in which I'm immersed 24 hours a day. Still, how much additional good would it serve to focus on it more exclusively than I presently do? However, if I don't focus on it, perhaps I don't consistently do the things that I need to do to stay alive and maintain the reasonably good health with which I've been blessed. As much as I'd like to be "out," I'd just as soon not have the cancer "pull me back in" every single day.

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

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

THURSDAY/JULY 10

Red Cross Blood Drive. 8 a.m.-1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

FRIDAY/JULY 11

Red Cross Blood Drive. 9 a.m.-2 p.m. YMCA Reston, 12196 Sunset Hills Road, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults. 703-689-2700.

Let's Talk - ESL for Intermediate Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group. Adults. 703-689-2700.

VIP Reston. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for visually impaired persons. Adults. 703-689-2700.

MONDAY/JULY 14

ESL for Intermediate Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sharon's Monday conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Candith's Monday conversational group. Adults. 703-689-2700.

TUESDAY/JULY 15

Red Cross Blood Drive. 10 a.m.-2:30 p.m. FM Global, 2100 Reston Parkway, Suite 600, Reston. Donate blood for those in need. Make an appointment at 1-800-733-2767.

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. Adults. 703-689-2700.

ESL for Advanced Students. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bob's Tuesday conversational group. Adults. 703-689-2700.

ESL "Speak and Write" for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's Thursday class. Adults. 703-689-2700.

WEDNESDAY/JULY 16

ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

THURSDAY/JULY 17

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700

FRIDAY/JULY 18

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

MONDAY/JULY 21

ESL for Intermediate Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

TUESDAY/JULY 22

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Advanced Students. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL "Speak and Write" for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

WEDNESDAY/JULY 23

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

THURSDAY/JULY 24

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

FRIDAY/JULY 25

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

MONDAY/JULY 28

ESL for Intermediate Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

NOVA Blood Drive. 12 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Make a lifesaving appointment today. http://www.inova.org. 1-866-BLOODSAVES.

ESL for Intermediate Students. 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

TUESDAY/JULY 29

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Advanced Students. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL "Speak and Write" for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

Social Security Seminar. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Strategies to maximize your Social Security income. Presented by Glen Weaver, NAIFA. Adults. 703-689-2700.

WEDNESDAY/JULY 30

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

THURSDAY/JULY 31

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.



Happy to help, from left, Sanya Baig and Humza Sait. “And I can count to 5, then 6,” announced young Mr. Sait, proudly showing off some of the bags of limes the 5-year-old had filled for the July 3 edition of the Project Food Boost food distribution in Herndon.



Anthony and Alex attended the food distribution with their mothers, who were there as clients, but both young men decided that they wanted to help. “You know, give not just take,” said Anthony.

PHOTOS BY ANDREA WORKER/THE CONNECTION

Sharing with Neighbors During Ramadan

Project Food Boost helps families in need in Herndon area.

BY ANDREA WORKER
THE CONNECTION

For the tenth year in a row, the Foundation for Appropriate and Immediate Temporary Help (FAITH) in Herndon is organizing a food distribution event to correspond with the Muslim holy month of Ramadan. Until now, the annual event has been known as “Herndon Without Hunger,” but FAITH PR Coordinator Saman Quraesh explained that going forward the food share would be called “Project Food Boost.”

“This is more in keeping with our goals,” said Quraesh. “For one thing, we are here to help anyone in need, so we didn’t want our name to make people outside of Herndon feel like they couldn’t get assistance from us. Secondly, the mission of FAITH is to provide assistance, support and resources to give those we serve a ‘boost’ out of poverty. Project Food Boost tells it like it is.”

THE FIRST OF THE FIVE distributions for the 2014 campaign was held on June 26, with dignitaries like Herndon Mayor Lisa Merkel on hand to lend support to the Opening Ceremony and to add her thanks and appreciation to the organization and the staff and volunteers who make it possible. Herndon High School, at 700 Bennett Street, provides the venue. Fundraising Coordinator Somayyah Ghariani reported that following the private ceremony and remarks, more than 300 persons were served when the doors to the public were opened. With the numbers attending climbing each year, “It’s a good thing we can use



Volunteers getting their last minute instructions from Robert Bassam, the owner and CEO of Easterns Automotive Group, the well known used car dealerships. He has provided financial and physical support to the food program for a long time. This year, in addition to supplying his usual manpower and logistical expertise, Bassam’s Easterns also supplied all of the food being distributed.

the high school’s cafeteria,” Ghariani added. “I don’t think we could fit at the library, one of our early distribution sites, anymore.”

Each distribution event officially begins at 4 p.m., with the volunteers showing up beforehand to unload the food, set up the tables, bag a variety of produce and organize everything from the orderly welcoming of the clients to guiding them through the food maze and offering assistance to get their goods – with filled bags that can weigh as much as 60 lbs. - to their vehicles. On the afternoon of July 3, the skies were threatening and the humidity was pushing into the “seriously unpleasant range,” but the line outside the door already stretched to the side parking lot by 3:30. “We’re ready,” said FAITH Executive Director

and making sure that everything proceeded with efficiency and safety. It was up to others to offer their praise of Bassam and his small army of employee-volunteers. “It is truly amazing. Mr. Bassam and Easterns Automotive really stepped up, way beyond anyone’s expectations,” said Quraesh. “I don’t think you will get any quotes from him,” added Ghariani. “He’s not here for that. He just wants to help, to give back and serve.”

Obviously, a lot of others feel the same way as Bassam. Numerous members of FAITH and from the All Dulles Area Muslim Society (ADAMS) turned out to help. Parishioners from other faiths also joined in, as they have throughout the history of the campaign. Also quite noticeable among the volunteers were the large number of youngsters, from pre-schoolers to high schoolers all pitching in. FAITH Executive Director Ahmed pointed to one group of teenaged gentlemen with pride. “They have been fasting all day, yet here they are, doing the good works, working hard,” she said. There were even clients among the volunteers, like “Fatti Degu” (name changed to preserve her privacy), who has attended the Herndon Without Hunger distributions for the past three years, but also volunteers to show her appreciation for the assistance. “I go not only for the food,” said Degu, “but to meet people and when you talk to the people you forget your problems.”

THREE MORE FOOD BOOSTS will be held at Herndon High School on July 10, July 17 and July 24, respectively, all starting at 4 p.m.

The folks at FAITH welcome everyone to check out their new-look website, logo and tagline – Building Stronger and Kinder Communities – at www.faithus.org and the services, volunteer and donation opportunities available. And, of course, if you need a hand, the members of FAITH are there to help.