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PHOTO BY RYAN DUNN / THE CONNECTION

Jazz Festival Returns to Lake Anne

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Tim Stanley playing the trumpet with other members of the Unified Jazz Ensemble at last year's Lake Anne Jazz and Blues Festival.

Heads Up Football Flourishing in Fairfax County

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NEWS



Karen Shoemaker, mural artist Keith Naquin, owner of Dominion Animal Hospital in Herndon Dr. James Boone, and Town of Herndon Mayor Lisa Merkel cut the ceremonial ribbon at the August dedication ceremony.



Amy Skiavo, mural artist Keith Naquin, Anna Bledsoe, Karen Shoemaker, and Signe Friedrichs, executive director of the Council for the Arts of Herndon, near the Dominion Animal Hospital in Herndon.

Mural Dedication Held In Herndon

Art mural by Keith Naquin on view at Station Street in Herndon.

By RYAN DUNN
THE CONNECTION

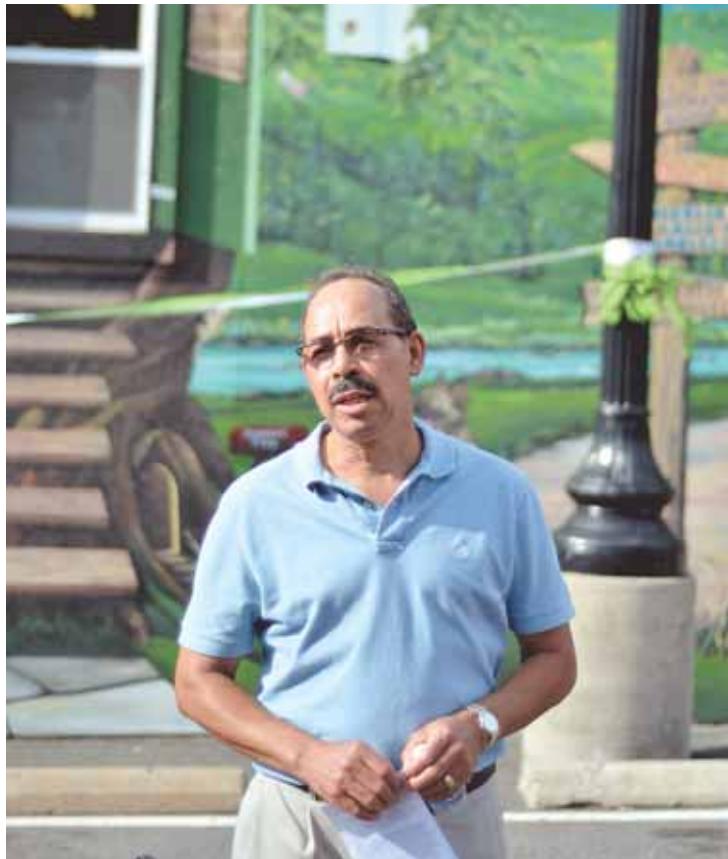
Associates and friends of the Council for the Arts of Herndon (CAH) assembled to celebrate the dedication of a mural at the Dominion Animal Hospital at 795 Station Street in Herndon. The mural, painted by former Herndon High School art teacher Keith Naquin, is a 95-foot long piece of art, and was commissioned by the CAH. Almost 100 persons attended the outdoor dedication ceremony on Sunday, Aug. 17.

"The Council for the Arts of Herndon really outdid themselves this time with their latest public art project," stated Mercia Hobson, a resident of Herndon and Vice President of the Herndon Foundation for the Cultural Arts. "It's bright, invigorating and engaging. How can you not smile at the fairy-tale like scene Keith created for the Town of Herndon?" There are 23 animals depicted on the mural, which includes a variety of cats and dogs.

The purpose of the mural was to produce a tribute to the furry friends of the community as part of a campaign to highlight the town's support for the arts. The mural is on a wall adjacent to a town parking lot used year round as well as daily parking for local shops, offices and restaurants. This is the town's 4th large scale mural. Naquin painted two other outdoors murals in downtown Herndon. One mural is on a wall of the Ice House Café building, and was completed in the fall of 2012. "It is a great accomplishment and a great asset for the town of Herndon," said David Segal, a resident

Owner of Dominion Animal Hospital in Herndon, Dr. James Boone, says a few words at the dedication ceremony held on Aug. 17 for the new mural completed by Keith Naquin.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



of Herndon and member of the CAH.

The mural is directly across the street from the Town of Herndon Municipal Center with a view for the Municipal Center's visitors. "The murals in downtown Herndon add to the ongoing development of our downtown," said Hobson. "Art is the place maker that makes all the difference." Karen Shoemaker, a CAH board member, helped raise funds and campaign for the mural project. The mural dedication ceremony followed one of the most successful CAH fundraisers ever, with \$14,000 raised for scholarships.

Former Herndon mayor Mike O'Reilly, president of the CAH, opened the dedication event. "The latest mural sponsored by the Herndon Council for the Arts brought

the entire community together to celebrate Herndon, Herndon families and Herndon pets," stated O'Reilly. "We partnered with businesses and pet owners to recognize the Dominion Animal Hospital and the many animals that its staff cares for and has cared for over the years. This new mural displays the Herndon that we all know and love, a vibrant, caring community."

Current Mayor Lisa Merkel was welcomed to give some remarks, as was the owner of Dominion Animal Hospital, Dr. James Boone. "We have heard so many compliments about Keith's work... God has given him a gift," said Boone. Reverend Laverne Gill, Treasurer for the CAH, shared some history on the founder of the Dominion Animal Hospital, Dr. Kermit O. Cockrell. In

the mural, there is a red barn with name "Doc Cockrell" painted on it. To finance the mural project, for a limited time the CAH opened sponsorship opportunities. Herndon organizations including the Herndon Woman's Club made donations to have names placed on passageways on the landscape. "We have been overwhelmed at the support this mural has received from the residents of the town," said Signe Friedrichs, executive director of CAH. "The painting of the mural was like a piece of performance art, passing children and adults took every opportunity to speak with the artist as he worked. It was really a pleasure to see this mural become part of the conversation about art, which is what public art is meant to inspire." After a layer of stucco was applied to the wall, Keith Naquin painted for almost three months. Naquin thanked Sherwin Williams for donating the paint used for this project, and thanked the audience and town of Herndon. "I am hoping everybody is pleased with the result," said Naquin.

"I love how vibrant the mural is and how much it means to the community to have their cherished pets represented on it," said Herndon town council member Grace H. Wolf. "This mural was the first mural idea we thought of when we created the outdoor art program several years ago. Myself and then Executive Director Vicki Dorman approached the Animal Hospital to see if they were interested and they were supportive from day one." Work on the mural was delayed until 2014 when sufficient funds were available to cover the expense of the project. "I am so pleased we selected mural artist extraordinaire Keith Naquin to paint this," said Wolf. The CAH is a nonprofit that creates opportunities for local artists to showcase their talents and provides local arts programming to businesses and the public sector in the vicinity of the Town of Herndon. For more information about the Council for the Arts of Herndon, visit herndonarts.org.



Reston singer Beverly Cosham at last year's Jazz and Blues Festival.



PHOTOS CONTRIBUTED

Jazz musicians entertain the crowd at last year's Jazz and Blues Festival.

Lake Anne Jazz Festival on Aug. 30

BY REENA SINGH
THE CONNECTION

Lake Anne's Jazz and Blues festival has grown a lot since it started eight years ago. The free festival, which features D.C.-area world class musicians, local wine and beer as well as temporary public art, will take place Aug. 30 from 2 to 8 p.m.

"We always try to focus on artists in the region," said event organizer Eve Thompson. "We try to highlight really high quality musicians from the D.C. region."

Every year, more and more people show up to listen to the music. In the last few

years, anywhere from 800 to 1,000 stopped by to enjoy the festival, said Thompson.

The man behind the idea of the festival is Mykle Lyons, a local jazz musician. He said Thompson approached him looking for possible festival ideas to bring more people to Lake Anne Plaza. The Jazz and Blues festival became the plaza's first festival.

"Being a jazz musician, I had this whole idea for a jazz festival," he said.

In part, he wanted to make money for a profession he has been pursuing for 30 years. However, he also wanted to raise awareness about jazz and show residents it does not have to be stuffy - it can also be fun to listen to.

"And a venue like Lake Anne is perfect for a jazz festival," he said. "In the community, a lot more people have been coming out to listen to the music. Year after year, the crowd gets larger."

Two of the musicians, including Lyons, are from Reston. The headliner, The Adrian Duke Project, will play at 7 p.m.

The plaza will transform into a beer and wine garden for visitors to enjoy while they listen to music. Also, for the second time, Initiative for Public Art - Reston will install an interactive art piece on the festival grounds. This year, they will have a chalkboard where visitors could write down a wish for their bucket list.

For Thompson, the festival is a part of Lake Anne's revitalization. The festivals are all funded by the profit from the farmers market held on Saturdays through the summer. Any additional money needed comes from sponsors throughout the community. She said Reston Community Center is the largest contributor for the plaza's festivals.

"Before we knew it was going to get a revitalization, we said we would take charge of our own destiny," she said. "It's just about creating awareness that the village center is a beautiful place to be."

The Reston Jazz and Blues Festival, a free event, will be held from 2 to 8 p.m. on Aug. 30 in the Lake Anne Village Center.

Area Teachers, Programs Honored

Three Fairfax County Public Schools (FCPS) teachers and the Technology and Engineering Education program at Fairfax High School have been recognized for excellence by the Virginia Technology and Engineering Education Association (VTEEA).

Timothy Threlkeld, who has taught technology and engineering education at Langston Hughes Middle School for eight years, was named VTEEA Middle School Teacher of the Year. Threlkeld is known for teaching technological skills to his students while helping them understand the challenges of their use. His students learn problem solving skills; participate in project design, testing, and evaluation; build prototypes; and learn workplace readiness. He was recognized for providing high quality instruction that is learner-centered.



Middle School teacher of the Year: Timothy Threlkeld, Langston Hughes Middle School.



High School Teacher of the Year: Josh Masley, West Springfield High School.



Program of the Year: Fairfax High School's technology education program and its teacher, Emre Ege.

art, design, architecture, engineering, and technology to the classroom, helping students to connect aesthetics, art, science, and math.

He teaches students to consider all aspects of each problem in order to determine the best solution. During the 2013-14 school year, the Fairfax High robotics team—part of the Engineering and Research class—won first place in the nation and region in the Mini-Urban Challenge Competition sponsored by the U.S. Air Force Research Laboratory.

Ege studied architecture in Turkey and earned master's degrees from Indiana University of Pennsylvania and a master's degree in education from the University of Maryland Eastern Shore. Programs are recognized for providing technology and engineering education instruction that is high quality and centered on the student.

to students through the school's chapter of the Technology Student Association (TSA) and student government. Masley also developed and teaches a leadership course at his school.

Fairfax High School's technology education program and its teacher,

Emre Ege, were recognized as the VTEEA Northern Region High School Program of the Year. The Fairfax High program offers seven courses that feature STEM integration; science and math are incorporated into each course and emphasized. Ege brings experience in

Heads Up Football Flourishing in Fairfax County

Program reduces concussion risk by teaching players to take the “head” out of tackling.

BY VICTORIA ROSS
THE CONNECTION

It wasn't that long ago when youth football coaches believed a player's toughness was measured by his ability to play through the pain. Concussions and other serious injuries were just "part of the game."

"When I was playing football for W.T. Woodson in the late 1960s, you had two practices a day in the heat and humidity of August. There were no water breaks except before and after practice," said state Sen. Dave Marsden (D-37). "Coaches thought drinking water would make you sick."

Marsden, a wide receiver for Woodson, said injuries were minimized.

"When someone had disorienting head trauma, we'd say 'you got your bell rung,' or 'he was shaken up by the play.' Coaches clearly expected you to go right back in the game."

During football's heyday, players and coaches alike looked up to legends like Paul "Bear" Bryant who left a legacy of 37 winning seasons and five Associated Press national championships at Alabama.

Bryant was also known as a strict disciplinarian: His first training camp as Texas A&M coach did much to write his legacy as a "tough" coach when Bryant took his "Junction Boys" to a small Texas town and ran a boot camp in which more than two-thirds of his players quit. As a player at Alabama, Bryant demonstrated his own toughness by playing against Tennessee with a broken leg.

"There was this thing that coaches had all been taught, that it took that kind of toughness to win ...," Marsden said. "It was ridiculous, and we know better now."

TWO YEARS AGO, as concussions were getting more attention in the NFL, USA Football — the national governing body for the sport and its youth outreach arm — created a program to teach safe tackling to youngsters called "Heads Up." Heads Up Football is based on a style of tackling that puts emphasis on striking a blow with the shoulders instead of the head.

At the same time, Marsden received a call from his son Connor, who had played football at the University of Richmond. "He asked me to watch a Bryant Gumbel special regarding head injuries in football and said, 'Dad you have to do something,' he told me."

Marsden thought about legislation, but realized there was a more efficient way to get the program off the ground: In 2013 he introduced a bill in the Virginia Senate to



State Sen. Dave Marsden (D-37) attended the VYI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VYI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.



Vienna Youth Football players carry team trophy at last year's FCYFL awards recognition.

Supervisors Honor Those Promoting Heads Up Football

Last January, the Fairfax County Board of Supervisors honored a group of local coaches and residents for their role in promoting Heads Up Football, a program to reduce the number of concussions among players, in Fairfax County Public Schools.

The board recognized Bill Curran, Fairfax County Public Schools; Mark Meanna, USA football board member; Dick Adams, former Annandale High School coach; Mike Lalli, Chantilly High School coach; Chris Haddock, Centreville High School coach; and State Sen. Dave Marsden.

Local coaches were also previously among just three districts in the country to adopt a pilot program. The program aims to improve tackling techniques, and by extension, reduce the number

reduce the amount of full-contact practice allowed in high school football programs in Virginia.

Then he asked that his own legislation be tabled.

Marsden knew the chances of his legislation moving forward during a session that involved a contentious gubernatorial race — and the imminent implosion of popular Republican Gov. Bob McDonnell, who was making national headlines as the target of an FBI probe — were slim to none.

So he introduced his bill, then asked that

of concussions — a topic of increasing concern among parents and on the professional level, in the NFL. "All the polls show that NFL football is the most popular sport in our country today...But there's a bit of a contradiction, as the pro game is so popular there is a growing number of parents who are concerned and won't let their children participate in youth sports or youth football. The concern is long-term impact of head injuries and concussion impacts. So this is just a huge step forward to give parents that one extra level of security," said Supervisor Michael Frey (R-Sully District). Added Supervisor Pat Herrity (R-Springfield): "Every little thing that we do, if we can prevent serious injuries, it's important to our students and our communities."

it be tabled in favor of a letter to the Virginia High School League (VHSL) by the Education and Health Committee chairman asking that the matter be studied.

"A letter signed by the members of the Virginia Senate worked just as well," Marsden said, smiling.

A task force was established and — after a year of meetings — significant reductions in full contact were written into regulations governing high school football in Virginia. VHSL Executive Director Ken Tilley presented the task force's action to the Senate

at the 2014 session. Their actions also made "Heads Up Football" the standard of instruction.

Last year, Fairfax County became the first high school district in the country to adopt Heads Up Football.

Craig Richardson, the vice chair of Communications for the Fairfax County Youth Football League (FCYFL) and former president and commissioner of McLean Youth Football, said Heads Up football has become a key component of all Fairfax County clubs.

FCYFL is the umbrella organization comprising the 22 clubs that serve Arlington, Fairfax, Loudoun, Prince William and the City of Alexandria. Last season, FCYFL fielded more than 300 teams, with 1,200 coaches and more than 6,000 players.

When USA Football created Heads Up in 2012, it hoped to reach a few hundred of the nearly 11,000 leagues in the U.S.

IN ONE YEAR, Heads Up Football was adopted by nearly 2,800 groups.

The NFL noticed.

This year, the NFL provided USA Football with a five-year, \$45 million grant. And USA Football is in the process of hiring more master trainers, expecting to add between 50 and 70 to the first-year roster of about 30.

Heads Up football simplifies many safety techniques into six key components:

- ❖ education and certification
- ❖ equipment fitting
- ❖ concussion education and response
- ❖ heat and hydration
- ❖ the establishment of a player safety coach

❖ and tackling with the head up — and out of contact.

"The FCYFL has been on the forefront of making football the safest it can be for years," Richardson said.

"For example, our age/weight matrix is the model that football programs across the county now follow. Every year, we weigh in every single one of the 6,000 or so players in our league, and they are placed within a particularly weight-class depending on their age and weight. The younger a player is in the weight-class, the more they can weigh," Richardson said.

Richardson also noted that — because there are three skill levels within each weight class — players are matched up appropriately.

"Finally, we require all coaches to be USA Football certified, which requires completion of an extensive online training course including a module on concussions and other safety issues, and they must complete a background check by a professional screening company," he said.

Richardson said there was some initial hesitation from coaches, particularly those who had been around for a while.

"They had their own way of doing things, and they were a bit resistant to making changes to their approach to teaching. Once they saw the Heads-up football program, how it works, its safety benefits, and the

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COMMENTARY

Conservation as a Way of Life

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

For those whose parents lived through the Great Depression, you can skip the next few sentences since you know what I am about to say. For my younger readers, let me explain that life during the Great Depression (1935 to the mid-1940s) was so difficult that it made an indelible mark on the way that people thought and lived. Jobs, money, food and the basic necessities of life were in such short supply that most everyone learned to be very careful in the use of all their resources. The impact of scarce resources diverted for use in the war effort during World War II reinforced their conserving way of living.

By income standards of the time, my family would probably have been considered low-income but not poor.

My dad did maintenance work for the Norfolk and Western Railroad; my mom was a stay-at-home mother. They never forgot their experiences of growing up during the Great Depression or living through



World War II that followed it. We did not have a lot to spend, but we were very frugal. Dad was an excellent gardener who raised all the vegetables that we ate during the summer and that Mom canned or froze for the rest of the year. The potato bin in the cellar was always filled to last us between the harvesting of crops.

I continue to be influenced by the way they thought and lived. I seek to re-use whatever resources I can and feel guilty if I feel that I am being excessive in what I am buying or using. Sometimes I could be referred to as being cheap although I prefer to be called conserving.

The quality of conserving that necessity brought to my parents and their peers is a quality that necessity will once again bring to our society. The depletion of natural resources as well as the degradation of the quality of life that

comes about in the use of some of our energy resources will force us into being more conservation-minded.

While climate change will force major policy changes in the way we secure and utilize our energy resources in the future, there are actions that we can take today as individuals that can make a positive difference for our children and grandchildren. One example I use is energy conservation in our homes. We can save money and energy resources with an energy audit. There are certified persons who can identify energy losses in your home and offer ways to prevent them. Energy counselors like those with LEAP (Local Energy Alliance Program; leap-va.org) can also help save energy and money for you in your home. A recent effort on my part to identify and close air seepage into our home will I believe add to our comfort this winter and save money on heating.

I still get satisfaction when I am able to be conserving. For my parents and others it was a matter of survival. For the future it may well be a matter of survival as well.

Focus on Concussion Prevention

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ease in understanding it from the players perspective, all were converted and are now outspoken advocates for the program," Richardson said.

"The Heads-up program also requires significant parent involvement, so they are included in the training process and are an integral component of its success."

As more than 6,000 local youth began football camps in every area of the county last week, Richardson said the FCYFL reminded players, coaches and parents that Fairfax County is a Heads Up organization.

"We take player safety seriously. Our number one rule stipulates that there's no physical contact for any player during the first three days of practice, and that each player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages."

Vienna Youth football commissioner Todd Casey ran a "Football Moms" camp last week at Oakton High School specifically to give parents the opportunity to experience and understand what their sons encounter during football practice. The camp was organized by VYI Football Moms, and nearly 50 Oakton and Vienna moms at-

tended the Friday evening camp.

Tami Chadwick, whose son plays VYI football and whose daughter is an OHS cheerleader, said she is more concerned about the possibility of injuries in other sports.

"We have a great organization with involved coaches and parents," Chadwick said. "It's clear from day one that coaches are concerned with safety. For example, there is no way they let your son play with a helmet that does not fit properly."

"We coach with safety in mind," Casey said. "Fairfax County youth football is an incredible community that has a ridiculously large impact on the lives of those who play."

Casey said Heads Up has not detracted from staying competitive and continuing to compete in playoffs.

Greg Dunlap, a 15-year-old player from Lake Braddock, said the changes have made playing football "smarter and safer."

"You understand what you're doing more. It's not just blindly running and hitting the guy with the football," Dunlap said.

According to the National Federation of State High School Associations, participation in high school football was down 2.3 percent in the 2012-13 season com-

pared to the 2008-09 season.

Some of that drop-off is attributed to parents' concerns about safety in football. Former NFL running back Merril Hoge, now a member of USA Football's board of directors, said Heads Up Football is having a positive impact on the game and addressing parents' concerns. "The ultimate objective is to educate everyone who needs to know more about the trauma in sport, and when it happens, that the right action takes place," Hoge says.

TO FAIRFAX COUNTY COACHES like Richardson and Casey, Heads Up Football benefits all coaches, whether they are working with pee wees starting out in football, or high schoolers with college scholarships in sight.

Marsden added that Heads Up shifts the emphasis from treatment to prevention. "In the past so much of the focus has been on treating a player after a big hit. This is the first time we saw there was something we could do on the front end that makes the game safer," Marsden said. "At the end of the day, prevention is always the best place to end up, whether it's medicine, crime or sports. Prevention is always better than the cure," Marsden said.

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OPINION

Accountability for Police in Northern Virginia

There is more transparency in the police shooting in Ferguson last week than in police shootings in Northern Virginia.

This is not Ferguson, and tanks do not roll down the streets of Northern Virginia driven by police officers pointing sniper rifles at residents. But police departments here are engaged in serious and significant abuse of power. This is the perfect moment to do something about it.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records "shall be presumed open." But the legislation includes an exception that allows police to withhold "complaints, memoranda, correspondence, case files or reports, witness statements and evidence."

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a "blanket" approach to using their exemption. That

EDITORIAL

means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a "police-involved shooting" or information requested by a family about a homicide victim.

This isn't about race; this is about abuse of power. This is about lack of accountability and denying the public access to information that must be made public.

Consider:

Police shot and killed 46-year-old John Geer standing unarmed in the doorway of his home on Pebble Brook Court in Springfield on Aug. 29, 2013. Unlike in the case in Ferguson last week, the officer who shot him remains unnamed, and we have no official explanation of what happened or why.

In December, 2008, Fairfax County police officers chased 19-year-old Hailu Brook across the county line into Arlington and shot him dead. Brook, a senior at Yorktown High School, had reportedly robbed a BB&T in McLean. The autopsy report, one of the few documents his parents were able to obtain, shows that the teen was shot 20-25 times by three officers with large caliber handguns. Baffled by what happened to their son, the parents sought access to police reports and documents, but even now that the case is closed, their requests have been denied.

Other police-involved shootings include the November 2013 death of James Bryant, 28, a

resident at the Eleanor Kennedy homeless shelter in Mount Vernon, who assaulted other residents at the shelter and then police when they arrived, wrestling away the baton of one police officer; David Masters, an unarmed man with mental illness who was shot and killed by police in 2009 on Route 1 in Mount Vernon; there are many other examples.

Even for family members of crime victims, documents are routinely withheld by police agencies. One example is the 2009 murder of 19-year-old Kossi Djossou, who was shot at his workplace in Alexandria. After the murder, the Djossou family tried to find out what had happened, but their repeated attempts to get documents in the cases were denied. "How can something happen to your son, and you're never going to know the facts?" asked Geoffrey Josseau.

Police wield power unlike any other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, the power to use deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

It's time for a change.

— MARY KIMM.
MKIMM@CONNECTIONNEWSPAPERS.COM

Lessons for Fairfax County from Ferguson, Mo.?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

At first blush, it is hard to imagine much positive coming out of last week's tragic news from Ferguson, Mo., where an unarmed 18-year-old man was shot six times by a police officer. Fairfax County is no stranger to such events. Police killings of unarmed people also occur in Fairfax County.

Let's hope there will be at least one major thing to differentiate Ferguson and Fairfax. Perhaps the shooting death of Michael Brown will be the subject of a transparent investigation with independent review, hopefully resulting in justice being done. Sad to say, we can be certain that would not be the case if it had happened in Fairfax County where for 72 years, police officers have been allowed to kill with impunity — and never face review of their use of lethal force by anyone but their comrades in arms. While the number of officers involved in suspicious shootings represents a small percentage of a generally well trained force of public safety professionals, the use of lethal force takes a terrible toll of lives lost, families devastated by officers not held accountable as any other citizen

would be. In Ferguson, there is an outpouring of public outrage rarely seen in Fairfax except for some cases in time of racial tension. The outrage in Missouri has been sufficient to get the attention of public officials from the county, state and even

the federal level. So much so that the FBI is now on the case. We even hear demands for thorough investigation from many dysfunctional ones on Capitol Hill. Let's hope that the momentum caused by outrage expressed by the brave folks of Ferguson will not be lost if the investigation drags on, the November elections pass and the police and their apologists somehow weather the storm.

In our own area, it has been nearly a year since a Fairfax County SWAT officer shot and killed unarmed John Geer as he stood in his doorway talking with police. Other than a few stories in the Washington Post and the Connection Newspapers and the anguish of the Geer family, there was no public outcry and certainly no call for independent and transparent investigation, much less follow



INDEPENDENT PROGRESSIVE

through, by the responsible government — Fairfax County. In fact, the Board of Supervisors has served as chief enabler of police impunity in using lethal force for 72 years — since the Fairfax County Police Department was established in 1942 by the board. In 2007, following the execution-style killing of Randall Leroy Collins, shot 11 times and left lying in the street by Fairfax County officers, there were calls for creation of a civilian review board to provide independent review of police in-house investigations of the use of lethal force. See if you can find any report of the investigation of that

killing, detailing what happened, who fired the shots and exactly why. The only piece of paper I've seen is the coroner's report labeling Mr. Collins' death a "homicide." The ACLU and NAACP, among others called on the Board of Supervisors for action. I heard Board Chairman Sharon Bulova speak to a breakfast group in Herndon in favor of civilian review. Then, the police said no — and the matter was dropped. People, including supervisors, fear the increasingly militarized police in this region and elsewhere in America. In the localities where there is no civilian review of killings by cops, police have become an autonomous force, accountable to no one. To learn more, contact the Virginia Citizens Coalition for Police Accountability or go to its website: www.virginiaccca.com.

Write

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

Letters to the Editor

The Connection

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Alexandria VA 22314

Call: 703-917-6444.

By e-mail: reston@connectionnewspapers.com

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Removing Barriers to College

Local services help students complete college paperwork, remove barriers.

BY MARILYN CAMPBELL
THE CONNECTION

LaQuita King relocated across the state from Chesapeake, Va., to Alexandria in the summer of 2013, moving into an apartment with her aunt and three cousins. King had just graduated from high school and was looking forward to taking classes at Northern Virginia Community College. So far, that hasn't happened.

"There were a lot of financial aid forms that I needed to fill out," said King, who is one of six children in her family and the first to finish high school. "Everything is online and if you make one mistake you have to start over. There were a ton of registration forms that I had to fill out. It just got to be too much."

Finally, King got a job, although she still hopes to attend college one day. Her plight, say college officials, is not uncommon. In fact, the amount of paperwork that students must complete can overwhelm some students, particularly those with limited financial means and who might be the first in their families to seek higher education. A recent study by researchers at Stanford University showed that the stacks of forms that students must complete in order to enroll in college deter students from lower and working class backgrounds.

"Paperwork can sometimes hinder some students from attending because they may not know how to follow up in regards to what documents to submit, or may be afraid to do it and get discouraged if they do not have someone to help them figure out how to complete paperwork and requirements," said Laydy Reyes, program coordinator, Early Identification Program in George Mason University's Division of University Life.

However, programs, on college campuses and in the community can assist students. "There are counselors and programs available to help them," said Jennifer Gonzalez of the Public Information Office at Northern Virginia Community College (NOVA). "There



COURTESY OF GEORGE MASON UNIVERSITY

Parents and students attend a college readiness presentation at Westover Public Library in Arlington. While completing the necessary paperwork to attend college can overwhelm some, local educators say there are community resources to help.

Where to Go for Help with College Paperwork

Fairfax County

- ❖ George Mason University, <http://ep.gmu.edu/>
- ❖ Department of Family Services, www.fairfaxcounty.gov/dfs/disabilities/transition.htm

are some students who don't know how to fill out forms and our counselors have a full range of tools to help those students."

For example, NOVA's College Pathway Initiatives is a set of four programs that provides support and service to students from underrepresented populations. The initiatives help remove some barriers to higher education while helping increase the number of students who succeed in and graduate from college.

REYES HAS SEEN FIRST-HAND how a simple bit of assistance can mean the difference between attending college and not. "[There is] a Mason student who comes from a single parent household. ... The student was granted a scholarship through the Early Identification Program and Mason's financial aid services that has helped to pay for the student's college education," she said. "The student is currently a senior working on a degree in bioengineering."

Mason's Early Identification Program (EIP) has a long record of helping first generation students from low-income families cross some of the hurdles to a higher education. "Mason's Admissions Office plays an instrumental role in collaborating with EIP regarding the college application process so that it is more simple, and that our students re-

ceive advice and resources to complete the application and successfully transition to Mason," said Reyes.

Some of the services that George Mason University offers are college essay and resume workshops where students have access to a computer lab and assistance completing college entrance essays. Mason also has no-cost Free Application for Federal Student Aid (FAFSA) workshops where students and their families meet in a computer lab and get assistance completing financial aid forms.

Reyes points to other programs on campus that are available to assist students:

- ❖ College Prep — For three weeks during the summer, students are introduced to financial aid advisors, academic advisors, and others who could be a resource to students once they are in college.
- ❖ During Mason's Early Identification Program annual Summer Academy at the Fairfax and Prince William campuses, they begin to work on the Mason admissions application so that it is ready to submit in the fall.

- ❖ During their senior year of high school, Mason officials work to make sure students in the Early Identification Program submit the online application and required documents such as the essay, recommendation letters, secondary school report, SAT/ACT scores.

AT MARYMOUNT UNIVERSITY in Arlington, newly accepted students receive an acceptance package with detailed instructions on completing forms. The university hosts campus visit days where students can learn about the school and get assistance completing necessary paperwork.

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Langley Lax Standout Duenkel Committed to JMU

Junior an all-conference field hockey player, enjoys cooking.

It didn't take long before Halle Duenkel was a two-sport standout at Langley High School. As a freshman, Duenkel, a midfielder on the girls' lacrosse team, received second-team All-Liberty District honors and helped the Saxons reach the state championship game.

In the fall of 2013, Duenkel, then a sophomore forward on the field hockey team, received first-team All-Conference 6 honors. Later in the school year, Duenkel garnered first-team all-conference and second-team all-region accolades in lacrosse.

It also didn't take long for Duenkel to figure out her future.

As a sophomore, Duenkel committed to play lacrosse at James Madison University. Now entering her junior year, Duenkel recently participated in a Q&A via email with The Connection.

❖Connection: You're committed to James Madison University. What made JMU the right fit for you?

Duenkel: James Madison was the right fit for me because it is a top-20 Division I lacrosse program and it has a top-20 business school. I love the coaches and I already feel at home!

❖Connection: At what age did you start playing lacrosse? When did you realize playing college lacrosse was a possibility for you?

Duenkel: I started playing lacrosse when I was in third grade and realized that playing in college was a possibility for me when I was in seventh grade and quit soccer to focus on my lacrosse career. The recruiting process began so early that I committed in November of my sophomore year. I could have committed sooner but I wanted to take my time and find the perfect school for me.

❖Connection: You're a junior. How do you feel about your lacrosse game now compared to when you were a freshman on the



Langley junior Halle Duenkel is committed to James Madison University.

varsity?

Duenkel: I feel that there is more responsibility for me to be a leader on the team because when I was a freshman the upper-classmen were great role models for me. I really want to help the team go to states and win a state title for Langley. I'm excited about this year!

❖Connection: How much time do you spend working on your lacrosse skills in the offseason?

Duenkel: Between wall ball and running I spend a couple hours every day to work on my skills in the offseason. I am also working on strength training at Max with Doug Vasiliadis to get a stronger shot and be bet-

ter on defense.

❖Connection: What is your favorite lacrosse moment from your first two years at Langley?

Duenkel: Beating Westfield my freshman year in a last-second buzzer beater and advancing into the state tournament.

❖Connection: You also play field hockey at Langley. At what age did you start playing?

Duenkel: I started playing field hockey in eighth grade for Potomac Field Hockey. I wanted to understand the game before I played in high school.

❖Connection: Do field hockey skills in any way translate to lacrosse?

PHOTO CONTRIBUTED

Duenkel: Field hockey has taught me better body control and to move my feet on defense.

❖Connection: How would you describe the Langley-McLean rivalry?

Duenkel: The rivalry is awesome! My mom went to McLean so there is always teasing and fun in our household during that time.

❖Connection: What is your favorite food?

Duenkel: My favorite food is a good burger and a milkshake.

❖Connection: Who is your favorite music artist? Why?

Duenkel: Either Maroon 5 or Gavin DeGraw. I just saw Gavin DeGraw in concert last week at Wolf Trap. I love the lyrics to the music.

❖Connection: What is your favorite movie? Why?

Duenkel: 'The Hunger Games,' because I read the books, so it was interesting to see the director's spin on the book, or 'Happy Gilmore,' because any movie with Adam Sandler is hilarious.

❖Connection: What is your favorite hobby outside of lacrosse and field hockey?

Duenkel: I love to cook and bake! I could watch the Food Network 24/7.

❖Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Duenkel: The farthest I have traveled is San Diego, Calif. The San Diego Zoo was incredible and I got a backstage tour with Shamu at Sea World. You can also just walk up to sea lions in La Jolla.

❖Connection: Are you a pro sports fan? If so, who are your favorite teams?

Duenkel: My favorite sports teams are the Pittsburgh Steelers, Washington Nationals, and Washington Capitals.

❖Connection: Do you have a favorite pro athlete(s)?

Duenkel: [Steelers safety] Troy Polamalu, [Nationals third baseman/outfielder] Ryan Zimmerman, and [Capitals right wing] Alex Ovechkin. I love it that Ryan Zimmerman lives in Great Falls now. Maybe someday I can coach his daughter if she wants to play lacrosse.

— JON ROETMAN

SPORTS ROUNDUPS

Reston to Host Charity Tennis Tournament

The 3rd Annual Rally for a Cause tennis tournament dates are set for Sept. 20-21, at Reston's Lake Newport tennis courts. The charity event will feature brackets for 3.0, 3.5 and 4.0 and above players, competing in men's and women's doubles and singles matches. The \$30 entry fee guarantees each player two matches with awards, raffle prizes and participation t-shirts. It is through the generosity of presenting sponsor, Dr.

Hani Thariani, and donations from local businesses that make this tournament possible. Entry is open to all tennis players, regardless of USTA membership. All proceeds will go to the charity organization of each participant's choice: USTA Serves Foundation/Wounded Warriors Program Curriculum, supporting rehabilitation through tennis for wounded, ill and injured military service members and veterans or Cornerstones/Laurel Learning Center, providing comprehensive family services and developmental childcare programs. Last year's event hosted 65 players and raised \$3,100 for charity organizations.

Registration is now open. For more information or to sign up, email

rally4acause@restontennis.org or visit www.restontennis.org.

NVSO 10K, 20K Cycling Events Enter 5th Year

The 2014 NVSO will be held Sept. 13-24 with more than 50 events taking place at 19 venues throughout Northern Virginia. Events include 10K and 20K cycling, with each event entering its fifth year.

In addition to cycling, other events include 5K road race, badminton, volleyball, handball, racquetball, pickleball, tennis,

table tennis, swimming, diving, ten pin bowling, Wii bowling, card games, board games, track and field and more. Registration is available online at www.nvso.us. Registration forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration for any event. Information is available at nvso1982@gmail.com. Participants must be 50 years of age by Dec. 31, 2014 and live in a sponsoring jurisdiction. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax.

CALENDAR

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

WEDNESDAY/AUG. 20-SATURDAY/OCT. 11

"Signs of Summer." Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. www.leagueofrestonartists.org

WEDNESDAY/AUG. 20-FRIDAY/AUG. 29

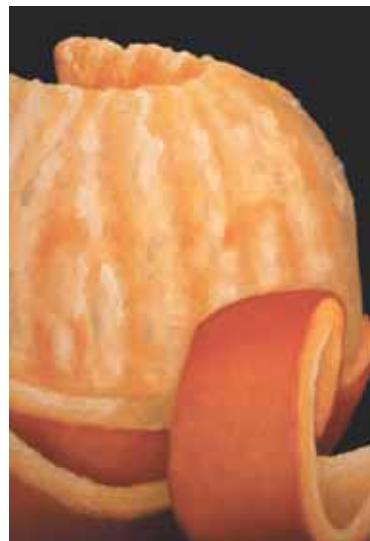
"Open Concepts" Exhibit. Monday through Friday, 8:30 a.m.-4:30 p.m. Reston Corners Two, 12001 and 12005 Sunrise Valley Dr., Reston. Dream-like artwork on display created by Argentinian-born artist Cristina Abbate. Jacobson. www.leagueofrestonartists.org

THURSDAY/AUG. 21-SATURDAY/AUG. 23

Greater Reston Arts Center Artist Member Exhibition. 11 a.m.-5 p.m. Greater Reston Arts Center, 12001 Market Street Suite #103, Reston. Come see the first of what will become a biennial exhibition highlighting the talents of our artist members. 703-471-9242.

THURSDAY/AUG. 21

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m.-8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library will hold sales of gently used books and teaching materials for children, educators and teens, and all proceeds



"Peeling Orange," a luscious application of oils to canvas, won artist Cheryl Parsons an award in the "Signs of Summer" exhibit at the Parkridge 5 Building in Reston, on display until Oct. 11.

go to benefit the Reston Regional Library and the Fairfax County Public Library system. 703-829-5467.

All Comers Group Fun Run. 6:30 p.m. Potomac River Running, 11911 Democracy Drive, Reston. Low key social run. 703-689-0999.

Live Music at M&S Grill. 6:30-9:30 p.m. M&S Grill, 11901 Democracy Drive, Reston. Enjoy live performance by Holly Montgomery. 703-787-7766.

FRIDAY/AUG. 22

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library will hold sales of gently used books and teaching materials for children, educators and teens, and all proceeds

go to benefit the Reston Regional Library and the Fairfax County Public Library system. 703-829-5467.

Stream Slop. 10:30 a.m.-12 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Use a net to search for fish and frogs, and take a peek under rocks to look for insects. \$5-\$7. Reservations required at naturecenter@reston.org or 703-476-9689 and press 5.

Live Music at M&S Grill. 7-10 p.m. M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by Gary Brown. 703-787-7766.

FRIDAY/AUG. 22-AUG. 29

New Solo Exhibits Open at Reston Corners One and Two. 8:30 a.m.-4:30 p.m. 12001 and 12005 Sunrise Valley Drive, Reston. The League of Reston Artists showcases the compositions of Melanie Zucker Stanley and Cristina Abbate Jacobson. www.leagueofrestonartists.org.

SATURDAY/AUG. 23

Reston Concerts on the Town Series - Airmen of Note. 7:30-10 p.m. Reston Town Center Pavilion, 11900 Market Street, Reston. U.S. Air Force Band and big band jazz. 703-579-6720.

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m.-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library will hold sales of gently used books and teaching materials for children, educators and teens, and all proceeds

go to benefit the Reston Regional Library and the Fairfax County Public Library system. 703-829-5467.

Stream Slop. 10:30 a.m.-12 p.m.

Walker Nature Center, 11450 Glade Drive, Reston. Use a net to search for fish and frogs, and take a peek under rocks to look for insects. \$5-\$7. Reservations required at naturecenter@reston.org or 703-476-9689 and press 5.

Summer Snow Day for Dogs. 10 a.m.-1 p.m. Reston Town Center Plaza, 11900 Market Street, Reston. Pet owners can bring their dogs to an off leash dog park filled with snow. www.Unleashedbypetco.com/snowday

Cine Classics- "Niagara." 10 a.m.-1 p.m. Bow Tie Cinemas, 11940 Market Street, Reston. Enjoy the classic film Niagara on the big screen. 703-464-0816.

Concerts on the Town. 7:30-10 p.m.

Reston Town Center Plaza, 11900 Market Street, Reston. Bring lawn chairs and blankets and enjoy music from the U.S. Air Force Band. 703-912-4062.

SUNDAY/AUG. 24

32nd Annual Reston Century Bike Tour. 6 a.m.-5 p.m. Reston Town Center Pavilion and W&OD Trail, 11900 Market Street, Reston. 30, 63 or 100 mile routes. restonbikeclub.org.

Wine Tasting, Wine Dinner, and Cooking Class at Il Fornaio. 6-9 p.m. Il Fornaio, 11990 Market St., Reston. Live jazz with Jaared. 703-437-5544.

Reston Association Trip to see Shear Madness at the Kennedy Center. 1-6 p.m. Join RA for a chartered bus trip to the Kennedy Center to see Shear Madness, the comedy whodunit that lets the

audience solve the crime. \$42-\$49. Contact Ashleigh@reston.org or call 703-435-6577.

Friends of Reston Regional Library Children and Teen Book Sales. 1-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library will hold sales of gently used books and teaching materials for children, educators and teens, and all proceeds

go to benefit the Reston Regional Library and the Fairfax County Public Library system. 703-829-5467.

23rd Annual Reston Century Bike Tour. 6:30 a.m.-5 p.m. Reston Town Center Plaza, 11900 Market St., Reston. Ride 30, 63, or 100 mile bike routes and a post-ride party. www.restonbikeclub.org

Sunday Bourbon and Blues Brunch. 10 a.m.-2 p.m. M&S Grill, 11901 Democracy Dr., Reston. Live blues musical performance by local artists. 703-787-7766.

Cine Classics- "Niagara." 11 a.m. Bow Tie Cinemas, 11940 Market St., Reston. Enjoy the classic film Niagara on the big screen. 703-464-0816.

Saxxy Sundays. 6-9 p.m. Il Fornaio, 11990 Market Street, Suite 106, Reston. Live jazz with Jaared. 703-437-5544.

MONDAY/AUG. 25

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavilion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

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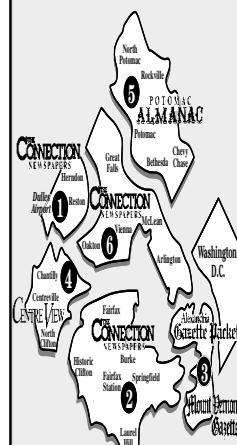
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NEWSPAPERS

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OBITUARY

Stanley I. Richards, age 78, of Reston, VA died at INOVA Fairfax Hospital on Tuesday, July 29 after a brief illness. Mr. Richards was born on May 29, 1936 in Washington D.C. He was the firstborn son of the late Henry I. Richards and Helen Wheeler Richards. He is survived by his wife Jacqueline Bower Berger Richards, his stepchildren Courtney (Richard) Powell, Gregory (Olivia) Berger, Christopher (Deanna) Berger, Joseph (Thea) Berger, his step grandchildren, Austin Rakes, Trevor Rakes, Cecelia Berger, Preston Berger, Seth Berger. He is also survived by his sister Margaret (Alfred) Hayes of Fort Collins, CO, his brothers, Harold (Katherine) Richards of Purcellville, VA, George (Gretchen) Richards of Austin, TX, his many nieces and nephews and his former wife Lilla McCutchen Richards of McLean, VA.

Mr. Richards attended Arlington County elementary schools, graduating from Washington-Lee High School in 1954. After attending Purdue University he transferred to Oberlin College and graduated in 1958 with a BA in Economics. After two years working for Martin Marietta in Littleton, CO in Ground Support Equipment Manufacturing he entered The Littauer School (now Kennedy) at Harvard University graduating with a MPA in 1962. Mr. Richards worked at the US Department of Agriculture Management Services and was a Contracting Officer when he left in 1967 to join the family business. The Richards Corporation was a Designer & Manufacturer of Imagery Interpretations Equipment for the US and Western Intelligence Agencies. Light Tables, Film Handling Equipment and Microscope Mounts. The Richards Corporation was the dominant supplier of this equipment from the 1950's to the early 1990's. The Richards Corporation was established by his father in 1946. An example of the equipment, a Light Table is on display at the Smithsonian American History Museum in Washington, D.C. With the collapse of the USSR, there was no longer any need for this intelligence equipment. Mr. Richards guided the family business in the purchase of a small manufacturer of Galley Inserts Equipment for Corporate Aircraft. The company was moved to Virginia and continues to manufacture Microwaves and Coffee Brewers for Corporate Aircraft. Mr. Richards served in many capacities through the last 50 years, President, Vice President, CEO, and Chairman until the company was sold in 2008 and he retired.

Mr. Richards was a long time resident of McLean, VA and gave his time freely to civic and community affairs having served as member of the Board and President of the following. The McLean Orchestra, McLean Rotary, McLean Business & Professional Association (now Chamber), President of the McLean Community Center, and the Woodside Association. He was appointed to serve on the Board of Trustees of the Science Museum of Virginia in Richmond by three consecutive Governors for a term of fourteen years. Mr. Richards served Oberlin College as Class Agent for many years and led his Class of 1958 in the Capital Campaign in its 25th and 50th reunion years.

Stan loved flying (he received his license at seventeen), tennis, ballroom dancing, and visiting family and friends over good food and wine. His family and friends knew of his enjoyment of a classic gin martini.

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The family requests the gifts to honor Mr. Richards' memory be sent to Our Daily Bread, 4080 Chain Bridge Rd, #2, Fairfax, VA.

Arrangements by Adams-Green Funeral Home, Herndon, VA.

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By KENNETH B. LOURIE

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

THURSDAY/AUG. 21

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/AUG. 22

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.

SATURDAY/AUG. 23

American Red Cross Blood Drive. 8 a.m.-12:30 p.m. St John Neumann Catholic Church, 11900 Lawyers Road, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

MONDAY/AUG. 25

American Red Cross Blood Drive. 3-8 p.m. Reston Sport & Health, 11445 Isaac Newton Square, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

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

TUESDAY/AUG. 26

INOVA Blood Drive. 12-7 p.m. Reston Town Center, beside the Pavilion, 11900 Market Street, Reston. Come donate blood to those in need. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

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. Join Sandy's Thursday class. Adults. 703-689-2700.

American Red Cross Blood Drive. 10 a.m.-3:30 p.m. Apex CoVantage, 198 Van Buren Street, Herndon. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

WEDNESDAY/AUG. 27

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.

American Red Cross Blood Drive. 10 a.m.-3 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

THURSDAY/AUG. 28

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

FRIDAY/AUG. 29

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.

And so it goes, every three months or so; a CT Scan, a week or so of waiting, and then a face-to-face appointment with my oncologist to learn/discuss the results. Thankfully, the results continue to be amazing. My doctor has told me that I'm his third miracle; stage IV, non-small cell lung cancer patients generally don't live beyond two years. I'm in year six. And though this CT cycle never gets easy, it does get familiar, and with that familiarity comes a certain predictability that creates its own peculiar sort of calm (it probably helps that I've been asymptomatic most of the time). Still, from the initial diagnosis/prognosis ("cancer," "13 months to two years") given to me in late February, 2009, I've been characterized as "terminal." As my oncologist said to me at that very first Team Lourie meeting: "I can treat you but I can't cure you." Unsettling and surreal doesn't begin to describe my/our reaction to his words. However, five and a half years later, I've become accustomed to the precarious and indeterminate nature of my future.

It's somewhere (and I'm happy to be anywhere, rather than you know where) between a rock and hard place. Nevertheless, receiving encouraging CT Scan results ("diminution," "stable," "no change") feels like a reprieve on the one hand and a reward for good behavior on the other. Certainly nothing is guaranteed going forward, other than my eventual demise that is, but since nothing else is new, no problem. And though I'm not exactly counting deceased chickens before they've hatched (or after for that matter), I am assessing and considering the unexpected survival of a terminal patient (yours truly) who has far outlived his original prognosis. Ergo my ongoing dilemma: Am I closer to the end of my life or simply further from the beginning?

As much as I don't want to focus (you'll note I didn't say obsess) on my disease and my presumptive, abbreviated life expectancy, given the change in my lifestyle as well as my daily anti-cancer routine (pills, smoothies, alkaline water, apple cider vinegar, etc.), the best I can do is compartmentalize. Put it in the vault, to invoke a Seinfeld reference. And usually, I can manage it. However, "vaulting" it gets a bit more challenging and complicated – and more difficult to ignore/pretend/deny when you're rolling in and out of a CT Scan and being told to "hold your breath," and "breathe out" as the tomography scans your lungs looking for potential trouble.

In spite of it all, my life is going on. My next scan is in three months. For the next two and a half months, I can sort of relax and bask in the glow of these most recent results. A few weeks before the next scan, anxiety will return, however, as the cancer reasserts its figurative control and starts to break down my emotional barriers. It's inevitable but it's nothing I haven't experienced before. No complaints though, just observations and admissions. I may be compromised, but I'm still living and breathing – and lucky as hell.

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

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New Day in Old Dominion

Gay couples eagerly anticipate same-sex marriage in Virginia.

By MICHAEL LEE POPE
THE CONNECTION

Dwayne and Rodney Byrum will be at the Fairfax County Court house long before it opens this Thursday on a civic mission decades in the making — to become one of the first same-sex couples to receive a marriage license in Virginia. The couple has already been married on reality television, appearing in the pilot episode of the TLC show "Wedding Island." The marriage took place on Dec. 12, 2012 at 12:12 p.m. in Vieques, Puerto Rico.

That was reality television. This week, the marriage license will become a real-life reality.

"We're bouncing off the walls happy," said Dwayne Byrum, a native of Lumberton, N.C., who lives in Groveton. "It's come along a lot faster than we ever dreamed than it would."

Just a few short years ago, voters in Virginia approved a constitutional amendment banning same-sex marriage. Since that time, a dramatic shift has happened as public opinion polls have flipped. That has allowed elected officials more latitude to take actions that would have been unthinkable a few short years ago. Democratic Attorney General Mark Herring, for example, voted in favor of the amendment as a member of the General Assembly. But now that he's the commonwealth's chief law-enforcement officer, he says it's unconstitutional. Now the Virginia courts have struck down that law, and same-sex marriage could become legal in the commonwealth as early as this week unless the U.S. Supreme Court inter-

Liane Rozzell, left, and Linda Kaufman exchange wedding vows in a 2010 District of Columbia service.



COURTESY PHOTO

venes.

"This is especially exciting because Virginia had to be dragged kicking and screaming into marriage equality for races," said Liane Rozzell, an Arlington resident whose D.C. marriage to her longtime partner could become legal this week. "So I think it's really exciting to have Virginia be one of the states where marriage equality will be happening and it won't be the last one."

LAST WEEK, the 4th Circuit Court of Appeals declined to issue a stay of its ruling affirming that Virginia's marriage ban is unconstitutional. Unless the U.S. Supreme Court issues its own stay, which it has done in nearly identical pending cases, Virginia's marriage ban will end on Aug. 20. In a written statement outlining his action, the attorney general said he believes the case will prove compelling for the court because of the "stringent, discriminatory nature of Virginia's marriage ban." He also drew at-

tention to Virginia's previous ban on interracial marriage, a legal precedent known as the Loving case.

"Virginia got that case wrong," said Herring. "Now we have a chance to get it right and to help extend to all Americans the right to marry the person they love."

Civil rights advocates across the commonwealth cheered the attorney general's decision.

"There is no doubt that Virginia is ready for the freedom to marry," said James Parrish, executive director of Equality Virginia in a written statement. "Marriage validates the commitment couples make to one another and, if the Supreme Court doesn't intervene, achieving marriage equality in Virginia will be a tremendous step forward."

FOR THOSE who have been fighting for marriage equality for years, recent events seem like a headlong rush into the future. Back in 2006, many advocates for civil

"We're bouncing off the walls happy. It's come along a lot faster than we ever dreamed than it would."

— Dwayne Byrum

rights believed they could beat back the push toward adding a new amendment to the Virginia Constitution excluding gays and lesbians from the institution of marriage. But advocates for the Marshall-Newman amendment won a decisive victory, winning with 57 percent of the vote.

"It was shocking," a native of the Philippines who has lived with his partner in Ballston since 2001 and campaigned against the amendment. "I was surprised very much at how decisive than I thought it was going to be." Herring is the first state attorney general to argue successfully at the federal district and appeals levels that a state marriage ban should be struck down.

Virginia had supported a previous request for a stay because of the uncertainty that families could face if marriages proceed in Virginia and neighboring states and the Supreme Court ultimately rules against marriage equality.

"Throughout this process, we have fought for the principle of equality, moving the case forward in a swift and orderly way," said Herring. "That is why I have asked the Supreme Court to review the case to quickly and definitively resolve the issue for the Commonwealth and all the states."

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m.

Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

Stanley I. Richards, 78, of Reston, Dies

Stanley I. Richards, age 78, of Reston, died at INOVA Fairfax Hospital on Tuesday, July 29 after a brief illness. Mr. Richards was born on May 29, 1936 in Washington D.C. He was the firstborn son of the late Henry I. Richards and Helen Wheeler Richards. He is survived by his wife Jacqueline Bower Berger Richards, his stepchildren Courtney (Richard) Powell, Gregory (Olivia) Berger, Christopher (Deanna) Berger, Joseph (Thea) Berger, his step grandchildren, Austin Rakes, Trevor Rakes, Cecelia Berger, Preston Berger, Seth Berger. He is also survived by his sister Margaret (Alfred) Hayes of Fort Collins, Colo., his brothers, Harold (Katherine) Richards of Purcellville, Va, George (Gretchen) Richards of Austin, Texas, his many nieces and nephews and his former wife Lilla McCutchen Richards of McLean.

Mr. Richards attended Arlington County elementary schools, graduating from Washington-Lee High

School in 1954. After attending Purdue University he transferred to Oberlin College and graduated in 1958 with a BA in Economics. After two years working for Martin Marietta in Littleton, Colo. in Ground Support Equipment Manufacturing he entered The Littauer School (now Kennedy) at Harvard University graduating with a MPA in 1962. Mr. Richards worked at the US Department of Agriculture Management Services and was a Contracting Officer when he left in 1967 to join the family business. The Richards Corporation was a Designer & Manufacturer of Imagery Interpretations Equipment of the US and Western Intelligence Agencies. Light Tables, Film Handling Equipment and Microscope Mounts. The Richards Corporation was the dominant supplier of this equipment from the 1950's to the early 1990's. The Richards Corporation was established by his father in 1946. An example of the equipment, a Light Table is on display at the

Smithsonian American History Museum in Washington, D.C. With the collapse of the USSR, there was no longer any need for this intelligence equipment. Mr. Richards guided the family business in the purchase of a small manufacturer of Galley Inserts Equipment for Corporate Aircraft. The company was moved to Virginia and continues to manufacturer Microwaves and Coffee Brewers for Corporate Aircraft. Mr. Richards served in many capacities through the last 50 years, President, Vice President, CEO, and Chairman until the company was sold in 2008 and he retired.

Mr. Richards was a long time resident of McLean, Va., and gave his time freely to civic and community affairs having served as member of the Board and President of the following. The McLean Orchestra, McLean Rotary, McLean Business & Professional Association (now Chamber), President of the McLean Community Center, and the Woodside Association. He

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The family requests the gifts to honor Mr. Richards' memory be sent to Our Daily Bread, 4080 Chain Bridge Rd, #2, Fairfax, VA.