

# Herndon Summer Theatre Presents 'Anything Goes!'

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Approximately 50 cast members from schools in the area of Herndon were in the summer musical production of "Anything Goes!" at the Herndon High Auditorium. This was the final production for Theatre Director Zoë Dillard, who is retiring.

## Aging Shopping Center Needs a Facelift

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## Now Showing: Sensory-Friendly Films at AMC Theatres

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**NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., TO AMEND AND EXTEND ITS NATURAL GAS CONSERVATION AND RATEMAKING EFFICIENCY PLAN  
CASE NO. PUE-2015-00072**

On July 1, 2015, Columbia Gas of Virginia, Inc. ("CGV" or "Company"), filed with the State Corporation Commission ("Commission") an application ("Application") for authorization to amend and extend its Conservation and Rate-making Efficiency Plan ("CARE Plan") pursuant to Chapter 25 of Title 56 of the Code of Virginia. According to the Company, its current CARE Plan includes a portfolio of programs that promote conservation and energy efficiency among CGV's residential and applicable small general service customer classes and a decoupling mechanism that adjusts actual non-gas distribution revenues per customer to the allowed distribution revenues previously approved by the Commission. In its Application, the Company proposes to extend its CARE Plan, along with certain modifications and amendments, for an additional three-year period, through December 31, 2018 ("Amended CARE Plan").

The proposed Amended CARE Plan includes five conservation and energy efficiency programs, with 38 measures. The Company expects to invest \$6.5 million over the three years of the Amended CARE Plan. According to the Company, the proposed Amended CARE Plan is designed to recover the incremental costs associated with its conservation and energy efficiency programs, as incurred, by means of a surcharge mechanism described in Section 12.4 of the Company's General Terms and Conditions. The Company estimates that the average customer will be charged approximately \$8.70 in 2016 through the cost recovery mechanism of the proposed Amended CARE Plan. In its Application, CGV requests authority to implement the cost recovery mechanism effective with the first billing unit for the Company's January 2016 billing cycle. The Company's proposed Amended CARE Plan also includes a performance-based incentive mechanism and a decoupling mechanism.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before September 23, 2015, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before September 23, 2015, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2015-00072.

On or before August 27, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing shall refer to Case No. PUE-2015-00072 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall be sent to counsel for the Company: Bryan D. Stogdale, Senior Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836.

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The Grand Musical Theatre Experience returned to Herndon High School with a production of the musical "Anything Goes!" which had performances on July 31-Aug. 2.



PHOTOS BY RYAN DUNN/THE CONNECTION.

The summer musical production of "Anything Goes!" brought mistaken identity, romance and comedy to the Herndon High School stage.

## Herndon Summer Theatre Presents 'Anything Goes!'

### Summer vaudeville at Herndon High.

BY RYAN DUNN  
THE CONNECTION

**T**he Grand Musical Theatre Experience returned to Herndon High School with a production of the musical "Anything Goes!" Previous productions have included "Bye Bye Birdie" and "Hello Dolly." This will be the final drama production in Herndon for theatre director Zoë Dillard, who is retiring to North Carolina to pursue editing and writing. Dillard says the change is bittersweet, as she has enjoyed her experience at Herndon High. The popular musical

brought mistaken identity, romance and comedy to the Herndon High School stage.

The musical had performances on July 31-Aug. 2 at the Herndon High School Auditorium. Morganne Davies will take Dillard's position at Herndon after the summer production. "Anything Goes!" features music and lyrics by Cole Porter. The original book was a collaborative effort by Guy Bolton and P.G. Wodehouse, and the story concerns madcap antics on an ocean liner bound from New York to London. "It was an interesting project, to create a ship on the theatre stage," said rising Herndon High senior and tech director Pat Hammes.

"This is really a great show, I think the set is amazing and the acting is spot on," said high school sophomore Isatu Fofanah. Fofanah has the role of an angel in the production. Many parents assisted with the set construction in this production, and Herndon High School Choral Director Dana Van Slyke led the chorus and ensemble.

Assisting the technical production team was Herndon High alumnus Justin Burns, who graduated in 2012. Now completing his studies at JMU, Burns previously worked on the tech team drama productions as a student at HHS. The cast for the production included students from around the area, some of whom attend schools in Reston, Herndon and Loudoun County. The Grand Musical program has students from

schools across the area, ranging from rising seventh graders to recent high school graduates. "I've made a bunch of new friends and I would do this program again," said Jalen Robinson, a rising freshman at South Lakes High School in Reston.

Dillard thanked parents and volunteers for their assistance in this year's Grand Musical Theatre program. Herndon High students in the production included Vaheed Talebian, Victoria Schrag, Becca Wichman, and Matt LaRosa. Playing the role of Moonface Martin was rising eighth grader Ethan Van Slyke. The entire cast and production team included almost 50 persons.

For more information on Herndon High drama and the upcoming productions, visit [www.herndonrama.org](http://www.herndonrama.org).

## Aging Shopping Center Needs a Facelift

### At the heart of Herndon, an aging shopping center.

BY RYAN DUNN  
THE CONNECTION

**S**ince the popular restaurant the Tortilla Factory closed in February 2012, the space has remained vacant at Herndon Pines Shopping Center. The aging Herndon shopping center has numerous vacant storefronts, along with graffiti and a parking lot in need of repavement. The center has nearly as many vacancies as it does tenants. In January, Canine Carousel, a family owned and operated business, moved from the location in Pines Shopping Center to the Herndon K-Mart Shopping Center.

"I would like to see new life in this piece of real estate," said Herndon Vice Mayor Jennifer Baker, who resides about two blocks from Pines Shopping Center. Located near the heart of downtown Herndon, the area could be a prime location for visitors seeking attractions such as the popular summer Friday Night Live concert series, downtown farmers market or art gallery ArtSpace Herndon. "The Pines Shopping Center has tremendous potential, but it has deteriorated over the years," said Ran Farmer, founder and owner of the neighboring Monroe Street Studio in Herndon.

Owned by Maryland-based and privately held Richmond Corp., established in 1959 according to state records, the shopping

center is almost the same age. Richmond Corp. spokesman Skip Kriss has said the center is not up for sale. In the meantime, the few remaining businesses cope with an aging shopping center. "Customers have said improvements could be done with the parking, and the place could use a facelift," said Jason Krupinski, store manager of the Sherwin-Williams Paint Store located at Pines Shopping Center.

The Herndon Town Council has held redevelopment talks on the Pines Shopping Center for more than a decade. Described as a 71,113-square-foot grocery store anchored neighborhood shopping center,

SEE CENTER, PAGE 4



PHOTO BY RYAN DUNN/THE CONNECTION.

**The aging Herndon Pines Shopping Center located at 650 Elden St., is near the heart of downtown Herndon, and both residents and shopkeepers say the location is in need of some renovation.**

# Now Playing: Sensory-Friendly Films at AMC Theatres

Dancing, shouting, singing welcome at special screenings for children, families affected by autism.

BY VICTORIA ROSS  
THE CONNECTION



AMC Sensory Friendly Films Promo

July is the hottest month for Hollywood's cavalcade of blockbuster films, as studios compete for audience dollars and crash into each other to be the first to release their tent pole films, such as Avengers, Jurassic World, Mission: Impossible – Rogue Nation, and Fantastic Four.

Smuggling in snacks, snagging a ticket and finding parking are typically the biggest hurdles for those who clamor to see these blockbusters in a cool, dark theater.

But for children with autism and their families, the summer movie experience can be a daunting array of sights, smells and sounds. And with sensory overload comes the chance for an emotional meltdown.

"My 9-year-old son Jason can't be exposed to overpowering or sudden noises, and he doesn't do well in very dark rooms," said Marjorie Williams of McLean. "When he gets excited, he likes to jump around and flap his arms, so he needs a good amount of personal space."

Fortunately for children like Jason, AMC Theatres (AMC) and the Autism Society of America have teamed up to offer the "Sen-

sory Friendly Films" program - an effort to give special needs children a chance to enjoy their favorite films in a safe and accepting environment.

"As a leading theatrical exhibition company, we are so proud to be making a difference in the estimated 1.5 million Americans living with an autism spectrum disorder by offering families a chance to see a movie together — often for the very first time," said Ryan Noonan, public relations director for AMC.

Noonan said the concept of Sensory Friendly Films began in 2007 at the request of a Maryland mother, who took her young daughter to a matinee of Hairspray, a film her daughter was excited to see.

When her daughter began flapping her hands, dancing and jumping up and down, her family was asked to leave the screening.

The next day, the mother called her local AMC Theatre in Columbia, Md. and asked the manager if he would be willing to set up a special screening for children on the autism spectrum. He readily agreed, and AMC hosted its first sensory-friendly film in Columbia, Md. in 2007. The demand was

so high, the theater sold out all 300 seats.

AMC's corporate office took note of the success of the screenings, and contacted the Autism Society of America to join forces and mobilize affiliates and theatres in towns around the country. AMC now offers monthly sensory-friendly screenings at 152 theaters throughout the U.S. and Canada.

"The lights are turned up, the sound is turned down, and the 'silence is golden' rule is lifted - singing and dancing along is encouraged," said a promotion for "Sensory Saturdays" on the website of The Autism Society of Northern Virginia (ASNV), located in Oakton. ASNV promotes the sensory-friendly films series to their community of more than 5,000 individuals and families affected by autism throughout Northern Virginia.

Currently, AMC Theatres is the only national theater chain that offers these sensory-friendly screenings.

In Northern Virginia, sensory friendly movies are held monthly on Saturday mornings at AMC Tyson's Corner 16 in McLean, AMC Potomac Mills 18 in Woodbridge, and AMC Rio Cinemas 18 in Gaithersburg, AMC Georgetown 14, and AMC Capital Center

## Coming to AMC Tysons Corner 16

The following list of Sensory-Friendly Films is scheduled at AMC Tysons Corner 16. All shows begin at 10 a.m. For more information on the film series, go to [amctheatres.com/programs/sensory-friendly-films](http://amctheatres.com/programs/sensory-friendly-films).

Saturday, Aug. 22, 2015 - Underdogs  
Saturday, Sept. 26, 2015 - Hotel Transylvania  
Saturday, Oct. 17, 2015 - Pan  
Saturday, Nov. 14, 2015 - The Peanuts Movie  
Saturday, Dec. 5, 2015 - The Good Dinosaur

12 in Washington.

Movies are typically rated G or PG, and they start promptly at 10 a.m. Previews and advertisements are eliminated. The lights are dimmed, but not turned off, and the surround sound is muted. Because some children may have strict, special dietary needs, families are permitted to bring their own gluten-free, casein-free snacks from home.

"Being able to relax and enjoy quality family time without worrying if someone will complain or be disturbed by noise of movement is a wonderful experience," said Ken Chan of Fairfax, whose entire family enjoys the screenings, along with his 7-year-old daughter, Emily, who has sensory-integration issues.

Best of all, children are allowed to be themselves.

They can shout out their thoughts, clap whenever they feel like it, dance in the aisles or twirl in their seats. For once, parents of children with autism can sit back, enjoy the show and trade smiles instead of criticism.

"No one complains and no one is thrown out," Chan said. "We never hear a single 'shhh' from other parents. It's such a relief."

# Aging Shopping Center Needs a Facelift

FROM PAGE 3

Pines Shopping Center includes an adjacent one-story vacant building which was once a bank.

In July, Pines Shopping Center obtained a new leasing manager, Vienna-based Renaud Consulting, "It (Pines Shopping Center) has a lot of vacancies, so now they have hired a firm to help them recruit new businesses for the plaza. We look forward to working with them," said Dennis Holste Jr., economic development manager for the Town of Herndon. Holste works with new and existing town businesses as they navigate town processes. Henry Renaud, owner of Renaud Consulting declined to comment on possible developments.

In 2012, while campaigning for the position of mayor, Lisa Merkel expressed hope that the Pines Shopping Center would take advantage of its location. Merkel still hopes the Pines Shopping Center will take action to gain more clientele. "We are excited about the opportunities for the shopping

center because it is a prime location. I have talked with Skip Kriss many times, and I have encouraged him to spruce up the shopping center. A facelift is overdue, and we hope the long range plans are in line with what has been proposed with the Herndon Master Plan," said Merkel.

A contrast to the Pines Shopping Center is the Herndon Worldgate Centre on Centreville Road which offers a movie theatre, a mix of restaurants, and a health club. The Town of Herndon invested under \$5 million, \$2.87 million of which was obtained through federal and state grants, in infrastructure to move utility lines underground and is upgrading streetscapes throughout downtown. The largest of three towns within the county of Fairfax, Herndon is located two miles east of Washington Dulles International Airport and 22 miles west of downtown Washington, D.C. The second phase of the Metro Silver Line is expected to be complete by 2020, stretching up to Dulles Airport with a stop in Herndon.



PHOTO BY RYAN DUNN/THE CONNECTION.

**The Pines Shopping Center located at 650 Elden St., has been the topic of redevelopment talks for more than a decade. The shopping center is located near the heart of Herndon.**





PHOTO BY PETER TOTH

**Staring Contest at Jimmy's by Lawrence Cohen won People's Choice Award.**

## Herndon Town Calendar Winners, People's Choice Announced

On Saturday, July 25, winners were announced during a jam-packed reception for the 5<sup>th</sup> Annual Herndon Town Calendar Competition produced by the Herndon Foundation for the Cultural Arts in collaboration with the Council for the Arts of Herndon.

The winners are: Public Works Clears the Way by Mike Madigan; Red Barn in Winter by Lisa Merkel (February); Egg Hunt by Jean Gibson (March); Staring Contest at Jimmy's by Lawrence Cohen (April); Farewell to Station 404 by Mark Sawatzki (May); Festival by Maude Grace Bertovich (June); Land of the Free by Andrew W. Rhodes (July); Toddler and Herndon Police Officer by Tanya Kendrick (August); Herndon Plein Aire by Dora Ramirez (Septem-

ber); Herndon High Band by Ryan Dunn (October); Shades of Red by Katy Betti (November); Wreath by Gregory Conrad McCracken (December). The People's Choice award went to Lawrence Cohen for Staring Contest at Jimmy's.

Sixty-five people attended the reception, including many of the finalist photographers. After Foundation President Harlon Reece welcomed guests, Town Councilman and CAH Board member Sheila Olem presented honorariums to the competition's judges, Lee Love and Sabina Skulska. Love lauded the high quality of this year's entries stating, "The people tell the story. Herndon is the people." Finally, Vice-Mayor Jennifer Baker presented certificates to the competition finalists and the People's Choice Award.

### WEEK IN HERNDON

## Joining Summer Backpack Drive

For the 4th year, the NWFCU Foundation has joined with Fairfax County Public Schools (FCPS) as a credit union partner in the Collect for Kids program—working to supply the nearly 53,000 FCPS children who qualify for free or reduced-price meals with items they need for a successful school year. Backpacks are needed for children of all ages, and the suggested donation of \$10 will fill a backpack with the supplies necessary to start the school year. Executive Director of the NWFCU Foundation, Linda Rogus, said the Foundation believes that investments in education are investments in communities. The Foundation actively cultivates relationships with local organizations that support its mission and demonstrate a commitment to helping youth on an individual level, knowing that it doesn't always take a large donation to make a substantial impact. The Foundation is accepting donations through Sept. 3 for the 2015 drive. Individual donors and businesses can drop off backpacks and monetary contributions at any Northwest Federal branch or go online to donate through the Foundation's website.

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# OPINION

## Legislation Combats Sex Trafficking

BY TIM HUGO  
STATE DELEGATE (R-40)

### COMMENTARY

**O**n July 1, legislation that I sponsored, HB1964, went into effect. This new law is Virginia's first stand-alone human trafficking statute and creates stricter penalties for traffickers, greater protections for sex trafficking victims, and provides needed tools for prosecutors and law enforcement to stop human trafficking in Virginia.

At a recent forum on human trafficking at George Mason University, Det. Bill Woolf of the Fairfax County Police Department Human Trafficking Unit shared a bit of startling news. Woolf stated that without the passage of HB1964, only 11 of the 120 or so open cases dealing with human trafficking could be pursued. According to Woolf, because of this new law, almost all of these cases can now be pursued.

Until today, Virginia was the only state in

the nation without a dedicated human trafficking law and was one of only two states that did not specifically criminalize sex trafficking. The enactment of this law marks another goal reached for Virginia's many organizations and individuals engaged in stopping this abhorrent crime. Thanks to the efforts of many, the General Assembly has established laws to combat the scourge of sex trafficking in Virginia; as a result of these long-term efforts, Virginia finally has a strong sex trafficking law in place.

This new section of the Virginia Code establishes the new offense of sex trafficking, which provides substantial penalties, including a Class 3 felony when the victim is a minor — regardless of whether the child was forced, intimidated or coerced. This distinction reflects the disturbing reality of how traffickers prey on the vulnerability and trust of young victims and ensures greater protections for Virginia's children. The new law also closes a gap in Vir-

ginia law by criminalizing the recruitment of minors and adults for commercial sex. Further, the law provides for the use of multijurisdictional grand juries and includes sex trafficking as a predicate crime under Virginia's racketeering and criminal street gang statutes — ensuring that prosecutors and law enforcement can use these laws to combat criminal enterprises that engage in sex trafficking across jurisdictional lines.

I would like to thank the many people, elected officials, and community groups that had a hand in crafting this legislation; particularly, the Kids Are Not For Sale in VA Coalition and the Richmond Justice Initiative. The threat of sex trafficking is closer to home than many realize, and in the General Assembly we are committed to eradicating this crime against our young people. This stand alone statute will now send traffickers the message that they are not welcome here and that our kids are not for sale in Virginia. Not now, and not ever.

## Time to Encourage Reading

BY JOHN C. COOK  
SUPERVISOR (R-BRADDOCK DISTRICT)

### COMMENTARY

**F**or many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new material that students are potentially missing out on all together.

We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public library system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encour-

age students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read fifteen books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

Summer can be a fun and exciting time for our children, but while they are exercising their bodies with outdoor sports and activities, it is important that they exercise their minds as well. This is why I would encourage everyone to pick up a book this summer, and join the library programs that make reading fun and rewarding.

### LETTERS TO THE EDITOR

## Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished stu-

dents via the federally funded TANF Block Grant. What is missing is public awareness and support to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly,

and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://viriniageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also counterproductive, ultimately leaving us less competitive in the global community.

**John Horejsi**  
SALT Coordinator  
Vienna

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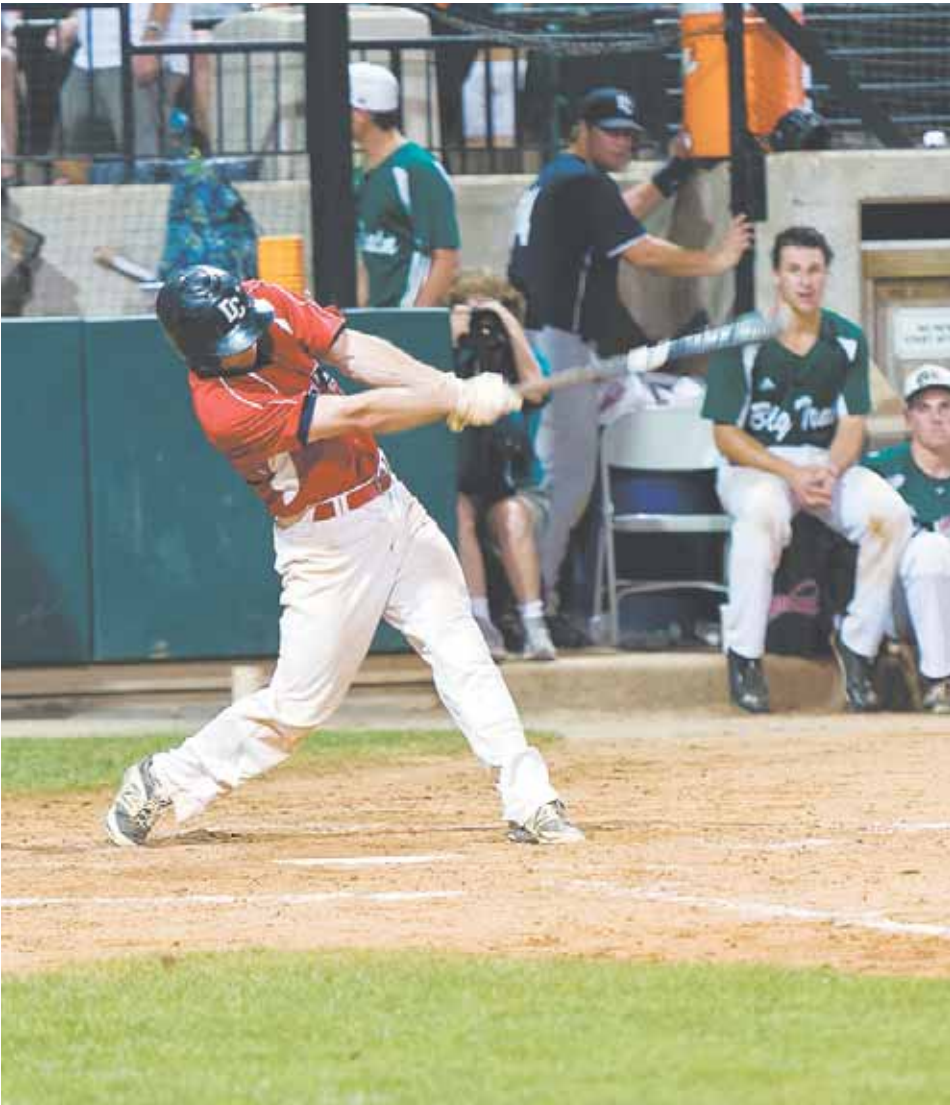


PHOTO BY HARVEY LEVINE/THE CONNECTION

**Alex Lipman, seen during the Cal Ripken Collegiate Baseball League All-Star game, and the Herndon Braves ended their season with an 8-6 loss to the Bethesda Big Train on July 28 in the league playoffs.**

## Herndon Braves Swept by Big Train

The Herndon Braves held a three-run lead after 6 1/2 innings during the second game of their Cal Ripken Collegiate Baseball League best-of-three semifinal matchup with the Bethesda Big Train. But Herndon pitchers issued six walks during the bottom of the seventh inning, leading to five

Bethesda runs and the end of the Braves' season.

Bethesda defeated Herndon 8-6 on July 28 in Bethesda, completing a 2-0 sweep of the Braves. Herndon led 6-3 after scoring a pair of runs in the top of the seventh, but four straight bases-loaded walks in the bot-



PHOTO BY KHY SWEENEY

## Sweeney named a US Lacrosse, Under Armour All-American

**Kierra Sweeney, an Oakton resident and 2015 Madison High School graduate, earned US Lacrosse All-America and Under Armour All-America honors during her senior season. On July 3, Sweeney played in the Under Armour All-America game in Towson, Md., scoring two goals to help the South team defeat the North, 14-12. Sweeney, a four-year starter at Madison, will continue her lacrosse career at Dartmouth.**

tom half gave Bethesda a lead it would not relinquish.

Herndon's Michael Smith (George Mason, South County) went 1-for-4 with two RBIs. Daniel DiMatteo (Westfield State University) had two hits.

The Big Train went on to lose to the Baltimore Redbirds in the championship series

for the fourth consecutive season.

Herndon finished the regular season with a 19-21 record and earned one of the league's six playoff spots. The Braves defeated the Silver Spring-Takoma T-Bolts 5-4 in 12 innings on July 26 in the opening round of the playoffs.

# Young Swimmers Make Splash at Annual All-Star Swim Meet

## Watts, Cruz set NVSL records.

BY BONNIE SCHIPPER  
THE CONNECTION

**H**undreds of swimmers, 94 teams, 50 events, and two broken records.

On Aug. 1, Clifton's Little Rocky Run pool hosted Northern Virginia Swimming League's 59th annual Individual All-Star meet. Commencing at 9 a.m., the 5.5-hour-long meet highlighted the best young swimmers in the area.

The participants in Saturday's meet qualified by swimming in one of the league's 17 divisional meets. At these meets, each of the 102 NVSL teams can enter two swimmers in each event. The swimmers with the top 18 times in the league earn a spot in

the All-Star meet.

"If [one of the swimmers] has a bad divisional meet for some reason, unfortunately they may not make All-Stars even when they've been one of the top swimmers in the event for the entire season," Records Coordinator Linda Klopfenstein said. "Divisionals is like the preliminary meet and All-Stars is the finals."

In her first race of the day, 9-year-old Courtney Watts of Highlands Swim Club set the NVSL record for the 9/10 girls' 50-meter backstroke. Her time of 34.16 beat Janet Hu's 2006 time of 34.32.

"It's cool [to have set the NVSL record] because I've been trying to get [that time] all season," Watts said. "I just felt good. I've been trying to go to as many practices as I

can and work hard at those practices and it helped a lot."

Watts also holds the record for the 8-and-under girls' 25-meter backstroke, with a time of 17.70, which she set during the 2014 All-Star meet.

In the 13/14-year-old boys' 50-meter backstroke, California resident Max Cruz also set his second NVSL record with a time of 27.28, just breaking Jaya Kambhampaty's 2014 time of 27.31. He also holds the record for the 11/12 boys' 50-meter butterfly, which he set during the All-Star meet last year.

"I've focused a lot on my main two strokes, the back and fly, and I've trained a lot harder and worked for long amounts of time to prepare for this meet," Cruz said. "My hard work paid off today, and I'm grateful that I could [set a record]."

Cruz, swimming for the Holmes Run Acres Recreation Association, also took first

place in the 50-meter butterfly.

Other standout performances of the day were those of Lincoln Park's Lukas Wuhrer, who took first place in both the 8-and-under 25-meter butterfly and the 25-meter freestyle, Fair Oaks' Anthony Grimm, who won both the boys' 11/12 50-meter backstroke and the 100-meter medley, and Highlands Swim's Maggie O'Shaughnessy, who won the 8-and-under girls' 25-meter butterfly and the 25-meter backstroke. Wakefield Chapel's Nicholas Parker, Fairfax's Leah Rogers, McLean's Victoria Valko, and Mosby Woods' Leaya Ma also took first place in multiple events.

"[NVSL] is part of the reason this area produces such successful swimmers," Springboard Pool's Sarah Weinstein said. "It's fun but it's also super competitive and I love being a part of a league that teaches kids to love swimming fast."



# CALENDAR

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## THURSDAY/AUG. 6

**Family Game Night.** 7 p.m. Herndon Library, 768 Center Street, Herndon. Celebration of play and learning with board games for the whole family. All ages welcome.

**Food Truck Thursdays.** 11 a.m.- 2 p.m. 11900 Market St., Reston. On the first Thursday of each month, through October, a variety of food truck vendors will provide lunch and dessert options. Cash and credit cards accepted.

**Rock On, Reston! in Reston Town Center Pavilion.** 5:30-8:30 p.m. Bring a lawn chair or blanket and enjoy live music for the decades and drinks in the Pavilion.  
[www.restontowncenter.com](http://www.restontowncenter.com).

**All Join In.** 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for you and your child. Age 2-5 with adult.

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St, Herndon.[www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

## FRIDAY/AUG. 7

**Sheep Dog Detectives.** 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Kaydee presents Dudley Dog and Friends, who solve crimes in a fun and fast-paced show. All ages.



## SATURDAY/AUG. 8

**Special Consensus.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Traditional bluegrass musicians headed by banjoist supreme Greg Cahill. Cahill has headed this band for 30 some years now and they have traveled the world providing audiences with the finest in vocal harmony and absolute mastery of their instruments.

**Family Fun Entertainment Series: Magic By Geo.** 10-10:45 a.m. Reston Town Square Park, 11900 Market St., Reston. Magician Geoffrey "Geo" Weber offers an unparalleled magic act featuring original and innovative magic tricks.  
[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**Reston Concerts on the Town Series: Matuto.** 7:30-10 p.m. 11900 Market St., Reston. Bring your

lawn chairs or picnic blankets to the Pavilion for Brazilian roots-rock and funk with Matuto.  
[www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**Dog Tales.** 10:30-11:15 a.m. Herndon Library, 768 Center Street, Herndon. Bring your own book or chose a book from the library and read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 5-12.

**Reston Farmers Market.** 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston.<http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

## SUNDAY/AUG. 9

**Lake Anne Summer Film Festival: West Side Story.** 8 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free outdoor festival will take place each month on selected Sunday's and will feature some great flicks from classic to comedy. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy flicks under the stars.

## MONDAY/AUG. 10

**Mixed Media Workshop.** 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Mixed media magic. \$40. [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Reston Fit Club at Reston Town Center Pavilion.** 11 a.m. 11900 Market St., Reston. Enjoy various fitness classes including yoga, dance,

self-defense, cardio, and core strength.

**Lego Club.** 2 p.m. Herndon Library, 768 Center Street, Herndon. Come have fun, use your imagination and keep your engineering and problem solving skills flowing with an abundance of LEGO bricks. Age 6-12.

**Writers Group.** 7 p.m. Herndon Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join the writers group to receive and support feedback. Adult Admission.

**All Join In.** 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Fun stories and songs for you and your child. Age 2-5 with adult.

**Magic Book Club.** 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Magic, music and fun with magician Brian Curry. Age 6-12.

**Paddle & Explore.** 8:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Fish & Explore takes campers off-site to paddle kayaks along local waterways, ponds and lakes. Campers learn kayaking skills while getting up close to native wildlife. 703-609-8083.

## TUESDAY/AUG. 11

**Crafty Kids.** 7 p.m. Herndon Library, 768 Center Street, Herndon. Create cool crafts to take home. Age 6-12. School ages.

**Pokemon Club.** 2:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Bring your pokemon trading cards to trade/play the pokemon game. Age 6-12.

**Read to The Dog.** 7-7:45 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Bring your own book or choose from a book from the

SEE CALENDAR, PAGE 12

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## WELLBEING



PHOTO COURTESY OF LYNNE O'BRIEN

**The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver Colo.), Kim Aubuchon and Terry Lineberger.**

# Teams in Training

BY MARILYN CAMPBELL  
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.F.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team of would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a

Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

"It brings you together with other like-minded individuals, people who are into the combination of philanthropy and health and wellness."

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three years ago. Daunted by the challenge, but motivated by the prospect of hope,

she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event.

"They break it down into small parts, and on one day we'll fast run for shorter distance and the next day," she said. "They get pretty specific. They're telling you how to move your arms and hold your head and even how you should step."

The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volunteers as coach for TNT. One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause.

"New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market." Many train for and endure physical feats that seemed unattainable at first thought. "I am not an athlete, I'm a busy, 53-year-old mom of five kids. I'm busy," said Beth O'Shea of McLean. "But the next thing you know I'm getting myself in shape, meeting new people and going on long walks."

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## Back On Track



By KENNETH B. LOURIE

Having reread last week's column a time or two now, I've realized that I neglected to update you regular readers – especially those of you who read my most recent pre- and post-scan columns: "Abyssful" Ignorance and Scant Know For Sure Anymore – on the previous week's scan results. Once again, I have defied the odds – maybe statistics would be a better word? Nevertheless, my tumors remain stable, as do I, and I remain amazingly lucky as well. As to the reasons why I continue to "thrive," perhaps it's due to the marketing campaign of the HMO that is responsible for my care.

Certainly I'm living proof that all is not lost when lost is where you seem to be. Six and a half years ago at my diagnostic ground-zero: 2/27/09, my oncologist offered little hope. Though he was honest and direct in his presentation of the facts, statistics, treatment, etc., he was not particularly encouraging. To invoke a quote from Lt. Col. Henry Blake from a long-ago M\*A\*S\*H episode: my oncologist didn't exactly "blow any sunshine up my skirt." It was quite the opposite, in fact. When we questioned him further about my chances of living beyond two years or even beyond five years (two time frames he cited), he did acquiesce and agree that sure, it's possible I could be the one (almost literally) that could survive beyond the rather grim prognosis of "13 months to two years" that I was given.

Not that I doubted him, but when you're a lifelong non-smoker, asymptomatic with no immediate family history of cancer; being told at age 54 and half that you have late-stage lung cancer and have maybe two years to live, is not simply a hard pill to swallow, it's an impossible pill to swallow and yet swallowing now becomes the least of your problems, especially considering that heavy-duty chemotherapy was scheduled to begin in six days. That's when you realize you're not in Kansas anymore, and when your hair falls out a few weeks later and you start to look ashen gray in the face and hollow in the eyes – and feel even worse than you look, it's easy to start believing the extremely discouraging news given to you by your oncologist.

But somehow you must – not believe, because believing can be very disheartening. And "disheartening" leads to and creates negativity, and negativity is almost as harmful as the chemotherapy itself. Cancer may have a mind of its own (figuratively speaking), but so do you, and using it to "laugh, think and cry" as Jim Valvano encouraged ("a full day" as he called it) in his ESPY speech in 1993 while accepting the first-ever Arthur Ashe Courage and Humanitarian Award, is perhaps what makes one stronger – or possibly strong enough, emotionally. And given the ravaging effects of chemotherapy, you're going to need that emotional strength to compensate for the physical weakness you're likely to experience during your treatment. Cancer is difficult enough on its own; you don't need to make it any worse.

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

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

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

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION  
NEWSPAPERS

## 21 Announcements

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### Obituary

### William (Bill) Porter Short



William (Bill) Porter Short, of Reston, VA., a retired electrical engineer, passed away peacefully Saturday, Aug. 1st, at Reston Hospital. He was 84. He is survived by Helen (Miles) Short, his beloved wife of over 60 years, and by his six sons, Allen (wife Virginia), Vincent (wife Jane), David (wife Jennifer), Kenneth (wife Terri), Gregory (wife Anita) and Bradley (wife Sara). He also is survived by a brother, Harry, of Land O' Lakes, FL, and by 22 grandchildren and 7 great grandchildren. He was preceded in death by his father Porter, mother Margaret and sister Peggy.

He was born in Baltimore, MD on Jan. 10, 1931 and graduated from Baltimore Polytechnic High School. He served as a seaman in the U.S. Navy during the Korean War before attending The Johns Hopkins University, where he earned a Bachelor of Science degree in electrical engineering. He later obtained a Master of Science Degree in Engineering from George Washington University and worked for several major defense engineering firms in the Washington, DC area and for the Voice of America doing field work in Liberia, Africa. In 1965, he moved his family from suburban Baltimore, MD to the new planned community of Reston, VA where they were among the town's earliest residents. He was a devoted father to his six boys, serving as their Little League coach and as an adult volunteer for Boy Scouts of America. He was an avid golfer and dog lover. He loved family vacations at the ocean and enjoyed body surfing at Cape Hatteras and Holden Beach, NC. A private memorial is planned. In lieu of flowers, donations to St. Jude's Children's Research Hospital <https://shop.stjude.org/GiftCatalog/index.do> or Johns Hopkins Medicine <https://secure.jhu.edu/form/fjhm> may be made in memory/tribute of William Short.

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.

-Thomas A. Edison

## 21 Announcements

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-Werner Heisenberg

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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## FAITH NOTES

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 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.

## BULLETIN BOARD

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

### WEDNESDAY/AUG. 5

**ESL for Intermediate Students.** 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Richard's Wednesday conversational group. Adults.

### THURSDAY/AUG. 6

**Dialog & Grammar: ESL For Advanced Beginners and Intermediate Students.** 11:45 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Judy's Thursdays weekly class.

### FRIDAY/AUG. 7

**Blood Donation.** 9 a.m. - 2 p.m. Extended Stay America, 12190 Sunset Hills Road, Reston. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

**Let's Talk- ESL For Intermediate Students.** 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group.

### MONDAY/AUG. 10

**ESL for Intermediate Students.** 4:30 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Juanita's Monday conversational group. Adults.

### TUESDAY/AUG. 11

**Spanchats.** 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join ongoing Spanchats conversation group which meets on Tuesday nights to improve conversational Spanish language skills. Adults.

### WEDNESDAY/AUG. 12

**Blood Donation.** 10 a.m. - 3 p.m., Accenture, 12018 Sunrise Valley Drive, 5th Floor. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.



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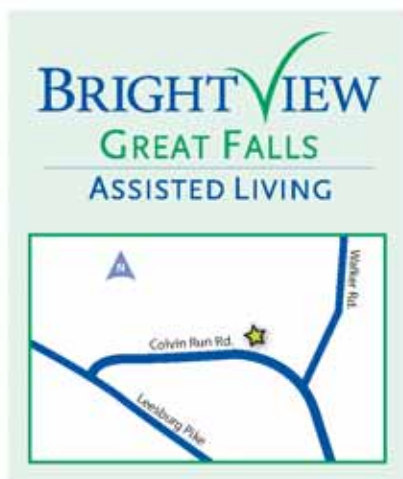
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Carolyn or Joanna to  
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## CALENDAR

FROM PAGE 8

library and read aloud to a trained therapy dog. Call of sign up online for a 15-minute session. Age 5-11.

### WEDNESDAY/AUG. 12

**Precious Preschoolers.** 11 a.m. Herndon Library, 768 Center Street, Herndon. Explore fiction and nonfiction books about fun creatures while singing, playing and dancing. Age 3-5 with adult.

**Wednesday Morning Book Club.** 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Book Discussion Group. Adults.

### THURSDAY/AUG. 13

**Rock On, Reston!** 5:30-8:30 p.m. 11900 Market St., Reston. Bring a lawn chair or blanket and enjoy live music from the decades in the Pavilion.

**Sensory Friendly Storytime.** 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Storytime will provide plenty of time for interactive stories, songs, music and social interaction geared toward children with autism spectrum. Preschool.

**School's Out Book Discussion Group.** 6 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. A book discussion group for boys and girls. Join us for a lively discussion of "The Boggart" by Susan Cooper. School ages.

**Traveling Players Middle School Ensemble.** 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Student actors will perform Moliere's classic comedy "The Learned Ladies."

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St, Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

### FRIDAY/AUG. 14

**Senior Tea.** 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat.

**"Peter Pan."** 6:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Join Reston Association for a chartered bus trip to experience "Peter Pan" at the Threesixty Theatre in Tysons. Fly to Neverland in a whole new way with a spectacular innovative live stage production that combines intimate theater-in-the-round, overhead surround CGI projection, actors in

dazzling flying sequences forty feet in the air, and whimsical puppets that bring J.M. Barrie's classic tale to fantastical life. \$60-\$72.

### SATURDAY/AUGUST 15

**Reston Concerts on the Town Series.** 7:30-10 p.m. 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for reggae, calypso, soca, and more with Jambulay and The Panmasters Steel Orchestra. Free Admission. [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**Reston Farmers Market.** 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

### MONDAY/AUG. 17

**Mixed Media Workshop.** 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Fun with tissue paper, photos and experimenting. \$40. [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Terrific Twos.** 11 a.m. Herndon Library, 768 Center Street, Herndon. Wear your favorite hat to storytime and enjoy stories, songs, games and rhymes about all kinds of hats. Age 2 with adult.

**Catch Some Fun & Sun.** 9 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Outdoor fun in nature through hikes, games and crafts. Explore and observe insects, trees and more on the trails at the park. \$60 activity fee. 703-689-3104.

**Splash and Explore.** 8:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Fish & Explore takes campers off-site to local waterways, rivers and lakes. Campers learn how to safely explore different bodies of water while splashing, floating and swimming.

### WEDNESDAY/AUG. 19

**Wonderful Ones.** 11 a.m. Herndon Library, 768 Center Street, Herndon. Spend time with your child while enjoying rhymes, songs, stories and music. Age 12-23 months with adult.

### THURSDAY/AUG. 20

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

## Ongoing

**Frying Pan Farm Arts in the Parks.** Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

**Herndon Friday Night Live.** Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. [herndonrocks.com/schedule.php](http://herndonrocks.com/schedule.php).

**Take a Break Concert Series.** Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

**Reston Concerts on the Town.** Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062. [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts)

**Summer Reading Program.** Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/r/>.

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