

2016 Virginia Press Association Award-Winning Newspaper

Oak Hill Herndon CONNECTION

CONNECTION FAMILIES

PAGE 6

Officers from the Town of Herndon Police Department participate in a training scenario involving a suspicious vehicle and an active shooter.

Herndon Police Officers Train with Fairfax Fire & Rescue

NEWS, PAGE 12

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PHOTO BY TIM PETERSON/THE CONNECTION

Weighing In: Downtown Reaction

NEWS, PAGE 2

Herndon's Gary Hall Resigns as Boys' Basketball Head Coach

SPORTS, PAGE 8

Weighing In: Downtown Reaction

Residents can view and weigh in on two proposals for the development of downtown Herndon.

BY KEN MOORE
THE CONNECTION

Many Herndon residents are excited. “We look forward to seeing downtown reach its full potential,” said Richard Downer. “I am very excited that we have two really wonderful plans in front of us,” said Signe Friedrichs.

“We are terrifically excited about an 18,000-square-foot arts center right in the heart of our downtown,” said Michael O’Reilly.

Some are concerned.

“What we are doing now is putting high density living in a very congested area. How

are we going to handle the traffic?” said Stephen Mundt.

“With 422 dedicated spots to parking, that is potentially 422 people who are leaving every morning and returning every evening,” said Meghan Gallardo. “We’re going to see a lot of traffic and I want to see how that is going to be managed.”

Some spoke on experience.

“I have serious concern about the the viability of a hotel in downtown Herndon,” said Julia Evans. “With all due respect to the lovely town that I live in, Herndon is not a destination that can support a boutique hotel.”

“The town I grew up in Michigan had a boutique hotel and it was great for a few years,” she said, “but then it went empty and then there were weeds and then random businesses put in. There was no saving our downtown; it took 15 years to recover.”

Some want to ensure the long-term success of Herndon’s future downtown.

“Comstock has a two-year timeline while Stout and Teague has a five-year phased timeline,” said Arthur Nachman. “We’ve just been through the Great Recession,” he said. “Markets can change unexpectedly. ... We could be left with a half finished project.”

“The fact that Stout and Teague will not

Get Involved:
Next Public Hearing

Town Council Public Hearing
Tuesday, July 12, 7 p.m.
Herndon Council Chambers
765 Lynn Street

Mayor Lisa Merkel and the Herndon Town Council continued the June 14 public hearing to July 12 to allow additional time for public comment on the two proposals to redevelop 4.675 acres in the historic downtown.

Members of the public who are unable to attend the public hearing may provide comments via the Herndon Downtown Redevelopment Project Comment Form. Details and presentations of the two proposals are available online, as well as a timeline of the RFP process.

See www.herndon-va.gov, enter Downtown Redevelopment in search line.

purchase the entire parcel of land concerns me,” said Ken Marter. “I would prefer to have 281 apartments managed by Comstock over a bunch of condos owned by individuals as investment properties,” he said. “Comstock will have a vested interest in keeping their apartments, the property, the common areas, the parking garage in good repair because they will have continued ownership interest.”

Some were contrarian.

“I’m going to be the contrarian here,” said Connie Hutchinson, who wasn’t afraid to voice her support for Stout and Teague proposal while many others supported the Comstock proposal. “I think the Stout and

Teague proposal is more in line with downtown Herndon. I think the Comstock proposal belongs out near the Metro Station.”

And some were funny.

“Having been a government contractor for 33 years, I know that I never got to stay in a boutique hotel,” said Troy Trojanowski.

“I have extreme reservations about economic and financial liability of the hotel they are proposing. I counted nine hotels within the Town limits already,” he said.

Residents offered their take on the proposals at the public hearing before the Town Council on Tuesday, June 14.

SEE DOWNTOWN, PAGE 3



Volunteers from Long and Foster McLean who sponsor Childhelp’s annual visit to Roer’s Zoofari.

Childhelp Visits Roer’s Zoofari

On Wednesday, June 15, the children from Childhelp’s Alice C. Tyler Residential Village toured Roer’s Zoofari petting zoo (formerly, The Reston Zoo), and experienced the wonder of interacting with and hand-feeding furry friends.

The late Jack Crippen founded The Reston Zoo in 1975 on the site his family farmed for more than 150 years. Crippen’s passion for children and animals has been carried forward by Sandra Crippen of Great Falls, who has made the zoo visit an annual tradition for the

children of Childhelp.

Crippen is a long-time Childhelp Board and Chapter Volunteer who sold the Zoo five years ago, though still keeps a watchful eye and caring-heart-in-action with the zoo’s newest owners since March 2016, Vanessa Stoffel (co-owner and CEO) and Jacob Roer (co-owner, director of maintenance).

“Jack just loved children and animals, and he and I both care so very deeply for the at-risk children of Childhelp. Connecting with animals keeps love and hope alive in the little hearts of children, which is why I continue this tradition.”

Long and Foster McLean sponsored the annual outing and sent several Volunteers to help guide the children through the zoo and hayride. Volunteers from DPR Construction, Level 3 Communications and Childhelp Washington Area Chapter Members and Staff were also in attendance to provide a picnic buffet, including Caribbean-inspired strawberry lemonade.

The adventurous visit concluded with each child receiving a goody bag donated by Childhelp Volunteer, Alma Benza from Vрге Strategies, and was highlighted when



From left — Nina Doherty, “Louie” the 6-year-old Macaw Parrot, Vanessa Stoffel, Alice C. Tyler, Chris Ruble and Sandra Crippen of Great Falls.

PHOTOS CONTRIBUTED



Goats enjoying hand-fed treats.

each child selected a cold ice cream as they left Zoofari, ensuring school is indeed out for summer!

Childhelp’s programs and services include residential treat-

ment services, children’s advocacy centers, therapeutic foster care, group homes and child abuse prevention, education and training. For more information, visit www.childhelp.org.

WWW.CONNECTIONNEWSPAPERS.COM

Downtown Reaction

FROM PAGE 2

HERNDON TOWN COUNCIL wants to hear from everybody in Town.

"We're hoping to get a lot of on comments on the proposals the next couple of months," said Mayor Lisa Merkel. "We want to hear from as many people as possible."

"I don't know if everyone knows what is going on," said Councilmember Steve Mitchell. "If everyone here tells five neighbors I think we will get even more response."

"I'd appreciate that," he said.

"It's a lot to digest. It's 30-plus years in the making we are certainly not going to rush a decision, we're going to give enough time to hear from all of you," said Councilmember Grace Han Wolf.

"We want to make sure everyone gets an opportunity to put in your input," said Councilmember Sheila Olem.

The public comment period has been extended until the end of July, and Councilmembers encourage feedback in writing, on the web, by e-mail or by continued testimony.

Another public hearing is scheduled for July 12, 2016, at Council headquarters at 765 Lynn St. in Herndon.

THE TWO DEVELOPERS presented their proposals for the redevelopment of 4.675 acres in historic downtown before a full Council Chamber audience on June 8.

Stout and Teague envision a hotel on the corner of Center Street and Elden Street to go along with new residential condos in downtown Herndon.

"It is often said that new residences can cost more in services than they generate in taxes," said Neel Teague, principal with Stout and Teague. "We feel this balance of commercial and residential density will generate net positive revenue."

"The hotel will bring many visitors in the heart of downtown and support the other businesses," he said.

Comstock Partners and Torti Gallas Partners envision 281 high-quality apartments and 17,600 square feet of retail with walkways and plazas.

"This site is truly the heart of historic Herndon and is surrounded by wonderful, wonderful assets, buildings like the one we are in today," Comstock and Torti Gallas architects as they described walkways and plazas they want to connect people "to and through the site."

They call the 4.675 acres in historic downtown "dynamic and key," and "a critical piece of your downtown."

"I KNOW that it's been no small task," said Richard Downer. "I have studied the two

proposals and frankly and leaning strongly toward the Comstock proposal."

"They offered unified management of the whole area and their gross architecture more closely follows the design concept of our pattern book," he said.

"Shorter construction period and construction costs make it better for everybody, especially for the existing business community," said Downer. "Comstock promises to maintain and program their whole proposed area while Stout and Teague passes all this responsibility to the Town and also the cost of doing that," Downer said.

Said Nachman: "Time is the killer of all deals. We need to have a plan that can be completed quickly from start to finish."

The aesthetic design of the parking garage and its potential impact on traffic was raised by many.

Plans & Uses



Stout and Teague proposes a mix of condominiums, townhouses, a hotel, and more, as one of the development proposals for Herndon downtown.

SITE CONTEXT



COMSTOCK

TORTI GALLAS AND PARTNERS, INC. 7

Comstock proposes 281 apartments, 18,000 square-foot art space, 17,600 square feet of retail and more, as one of the two development proposals for Herndon downtown.

"In Chattanooga they turned a whole side of their parking garage right in their downtown into a rock climbing wall," said Nicole Wickenheiser.

"A lot of other uses that can be made from a parking garage than just a parking garage. Please consider adding that," she said.

Al Hobson said he was "going to be kind of blunt."

"A parking garage is a parking garage is a parking garage no matter what kind of face you put on it. And if it sticks out in our town center it's going to be ugly," he said. "I think the Comstock proposal handles that much more graciously, by surrounding it with town houses."

Friedrichs agreed.

"Architecture of both is of great concern to me," she said.

"The parking garage is one of the biggest selling points with Comstock because it is surrounded by homes, so it's not really visible, it just looks like a fairly wide home," Friedrichs said.

Alison Baez said Comstock convinced her that their architects "show they understand what Herndon is about."

"I think the Comstock proposal right from the start shows they know what we want here in Herndon," she said.

Christine Vosseller wants the future development to be "something that introduces new and future members of our community at a price point that may be a bit more reasonable and would be supportive of our future arts center."

HERNDON'S COUNCIL voted in May

2015, to purchase 1.67 acres of land in Herndon's historic downtown from Ashwell, LLC for \$3.519 million that added to the three acres of downtown land it already owns.

The purchase clears the way for a comprehensive development project in the downtown, in accordance with the Downtown Master Plan adopted by the Town Council in 2011.

"The Town of Herndon has been envisioning a comprehensive redevelopment in our downtown for decades," said Mayor Lisa Merkel, around the time of the purchase. "We made significant strides toward that vision by adopting our Downtown Master Plan," she said.

"Until this purchase, however, we have been limited in our ability to effectively position downtown Herndon for comprehensive redevelopment, as much of the necessary land was under private ownership," Merkel said.

The Town of Herndon's adopted master plan for the downtown envisions a mix of

retail, office and residential development, to include four-story, mixed-use/residential structures; three-story mixed-use/commercial structures; a jointly-funded public/private parking structure; an arts center and more.

The land is generally described as between Station Street to the east, Center Street to the west, south of the W&OD Trail, and north of Elden Street.

The Council is anticipated to select the top proposal in the summer, said Dennis Holste, the Herndon's economic development manager.

"We appreciate your interest and know that some of you who came to listen will mull it over some more," said Merkel. "We'll hear from you in the future."

Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

But in case those plans go awry, here is an alternative safety net.

EDITORIAL On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

On July 4, historically, more than 40 percent

of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

Visit www.soberride.com for more.

Connection Families, Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about

pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to north@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

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LETTER TO THE EDITOR

Gross Misreading of the Second Amendment

To the Editor:

This is in response to U.S. Rep. Gerry Connolly's opinion piece titled "Stem Gun Violence Epidemic" (The Connection, June 22-28).

It frustrates me that so many anti-gun people, including U.S. Sen. Tim Kaine and, most recently, Representative Connolly in his editorial in the Connection, simply do not understand history. Specifically, they either ignore, are ignorant of, or simply don't grasp the truth behind the Founders' intent when they wrote the Second Amendment (2A). Mr. Connolly's observation that "certainly our Founding Fathers did not envision AR-15 semi-automatic rifles when they drafted the Second Amendment" demonstrates a profound lack of understanding of the intent of the 2A. That the Founders didn't have the AR-15 in mind when they wrote the 2A may be true, but it's also totally not relevant to what they did have in mind.

What Democrats and anti-rights [advocates] want is to ban all effective weapons in American hands. Without realizing it (maybe), they pursue and promote Marxist goals of making the public subservient to the government boot. That is the exact opposite of why the 2A is in the Constitution in the first place: it is there to balance federal power.

Ever since the so-called Gun Control Act of 1968, when officials could get all the machine guns they wanted, but you and I could only get single-shot rifles like the AR-15, we have been sub-armed. The balance of power flipped decisively to government. Ours fire only one shot at a time, and are all we have left. Antis-

think they're assault weapon machine guns, but they took those from us back in 1968.

Then they yell at the NRA for blocking "reasonable common sense bills." They are nothing of the sort. Banning the AR-15 — the finest defensive rifle made in America, the choice of police who are otherwise outgunned against exactly the same criminals common civilians face — would have no effect against jihadis.

If Americans are sub-armed, limited to bolt-action wood guns, or some other total infringement that leaves America in a completely unbalanced state, the shining light of freedom will have been extinguished. The jihadis will have won. With asymmetrical warfare underway, we should be teaching Americans how to shoot, and arming them better, not passing laws to infringe their gun rights.

The founders were not thinking of muskets and blunderbusses when they crafted the 2A. They said the right to bear "arms" shall not be infringed. "Arms" is a very broad term, deliberately used because they felt the citizenry necessarily must be on equal footing with the government when the need to resist tyranny arises. ... Stated simplistically, if the government has howitzers, so, too, should the citizenry have howitzers. ...

Additionally, the founders and framers idea of "well-regulated" had nothing to do with government restrictions on gun ownership (hence the very clear declaration, "Shall Not Be Infringed," at the end of the 2A) or the government's ability to monitor gun owners, but instead had to do with a militia of civilians being well-trained and self-sufficient. (Recall

that George Mason stated, "I ask, sir, what is the militia? It is the whole people except for a few public officials.") The 2A's purpose is to protect a free State from government tyranny. The gross misreading that government is supposed to regulate the Second Amendment is like suggesting a burglar ought to have the security code to one's home alarm system. It's ridiculous. ...

Aside from the government, if a violent armed criminal threatens me, my family, and my home, it stands to reason that I should have at my disposal the same level of defensive means that he/she/they has/have at their disposal for offensive means. (Don't think of flintlock muskets!) Targets of violent criminals are entitled to be on equal arms footing if they are to survive. Now that's "common sense!"

Paul Carlock
Fairfax Station

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
1606 King St. ♦ Alexandria VA 22314
Call 703-917-6444.
Email vienna@connectionnewspapers.com



NEWS

Local Nonprofit Receives \$15,000 Grant from Dominion

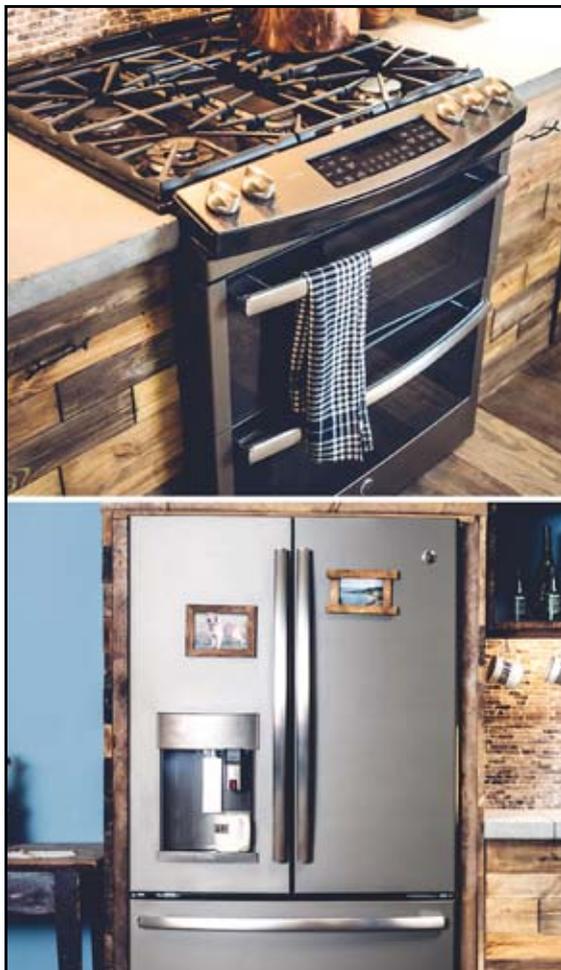
Assistance League of Northern Virginia recognizes Dominion for selecting the 501(c)(3) nonprofit organization to receive a grant of \$15,000 in support of its Weekend Food for Kids program.

This grant will enable the all-volunteer nonprofit to increase food distribution to 1500 children in need at five Title I schools served in Fairfax and Prince William counties and the City of Alexandria. Over the past five

years, the Dominion Foundation, the philanthropic arm of Dominion Resources, has donated more than \$90,000 in grants to Assistance League's philanthropic program. "We are grateful for Dominion's financial and hands-on support which enables us to bring essential food to those who need it most," said Linda Shilts, president of the Northern Virginia chapter.

In 2015, Assistance League presented Dominion Resources with the National Operation School Bell

Award in recognition of Dominion's outstanding philanthropic and volunteer support of the Weekend Food for Kids program. To learn more about this and other Operation School Bell programs, contact VP Philanthropic Programs Jeanne Sclater: Jeanne.sclater@verizon.net or VP Resource Development Karen Craft: crafts4@verizon.net. For more information, visit www.northernvirginia.assistanceleague.org.



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Planning Memorable, Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

By MARILYN CAMPBELL
THE CONNECTION

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advanced planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Gulyn, professor of Psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guide book of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids a voice because it’s their vacation, too.”

Indulging in some screen time on a family vacation is fine, said Gulyn, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said.

“Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Gulyn. “Including a



Allowing children to choose age-appropriate activities from a travel guidebook is one way to include them in the vacation planning process.

friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Gulyn. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify his or her own interests and hear other family members’ ideas, and the family can set realistic plans that keep

everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easy-going families. “It’s

“It’s important to give kids a voice because it’s their vacation too.”

— Karen Prince, psychotherapist.

easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen that

way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.



PHOTO BY WILLIAM ATKINS, COURTESY OF THE GEORGE WASHINGTON UNIVERSITY

Online and professional education courses like this landscape design class offered at The George Washington University’s Arlington campus are growing in popularity.



PHOTO COURTESY OF UNIVERSITY OF VIRGINIA

Students can take continuing and professional education classes at the University of Virginia Academic Center in Falls Church.

Continuing Education

Online classes offer flexible options for earning credentials outside the classroom

By MARILYN CAMPBELL
THE CONNECTION

Interested in learning to landscape your yard using sustainable practices? Want to practice Spanish before traveling to South America? Didn’t take philosophy seriously in college, and want to take a refresher course? Looking to get an advanced degree or certification to secure a job promotion?

Opportunities for continuing and professional education abound for the intellectually curious.

One trend in continuing education that local educators say is on the rise is online learning. A study by the Babson Survey Research Group shows the number of students enrolled in distance learning courses increased each year for the past 13 years.

Driven by advancements in technology, the explosion of online learning is making education — once available only to those with extra time and the funds — accessible to anyone with a tablet or laptop computer.

“Our online courses have increased at about 20 percent a year for about three years,” said Stephen Nodine, Ph.D., associate vice president for E-Learning and director of Distance Education at George Mason University.

One of the reasons for the rapid growth of online courses is the flexibility that they offer working adults. “Students are able to sched-

ule a course that they couldn’t work into their daily schedule,” said Nodine. “People who are looking to advance in their career or change careers can earn a graduate certificate and have a new credential without having to come to campus.”

The demand for courses that enhance professional marketability is another factor behind the popularity of online continuing education. “One example of how this works is in the [information technology] field,” said Jennifer Lerner, associate vice president for e-Learning at Northern Virginia Community College. “One program that is in demand is cyber security if someone needs an additional certificate to prepare them for the new kinds of IT roles, like Cyber Security.”

The flexibility that online courses offer does not mean that they are less challenging than courses taught at a university, said Lerner. In fact, the standards of academic rigor are comparable to those offered in a traditional campus setting.

“Students need to be really organized and really self-motivated,” said Lerner. “Online courses aren’t for those who take an out-of-sight-out-of-mind approach to learning. Students need to just be committed with online courses as they would for an on campus class. “They shouldn’t be the last thing on your priority list that you expect to fit it in without a time commitment.”

Jennifer Webb, senior associate director of Graduate En-

rollment for New Student Graduate Admissions at Marymount University, said that while traditional online programs are best suited for students who have strong time management skills and adequate technology literacy, “many programs now have support and format opportunities which offer additional structure and engagement, and are, therefore, well suited for all types of learners.”

The reasons that some students choose online courses vary, said Nodine. “There are some students who might be in Iowa and want to take a class that we offer and they can’t get to a university near them,” he said. “There are also students who live in Bethesda, for example, and work full-time and get to classes in Virginia.”

Universities tailor their offerings to meet the needs of online and continuing education students by staying current with market research, said Nodine. “One thing we look at is employment trends in new professions, information that we get from the Bureau of Labor and Statistics,” he said.

“We constantly review our programs to ensure the curriculum is current and prepares students to assume appropriate positions in the job market,” said Cathy Anderson, Ph.D., interim associate dean for Academic Programs and Services, School of Continuing and Professional Studies at the University of Virginia. “We recently updated our Leadership and Project Management curriculum based on research, market and competitive analysis.

Universities strive to make their online classes accessible and relevant. For example, The

University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation who oversees the university’s online learning programs. “Because of the success of our current online offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

Anderson said the university reviews the mode of delivery for its classes and programs to assess whether students’ needs are being met. “For example, we recently converted our accounting program to the online ... to allow us to reach a larger audience and provide more flexibility to current students,” she said.

Advances in technology and a desire to meet student requests have altered the way online classes are offered. “In the past, a lot of online courses were set up where there wasn’t a lot interaction between students and teachers. We would put the content up and let students access it,” said Bodine. “We’ve moved away from that to let students engage with each other.”

Anderson said the University of Virginia’s School of Continuing and Professional Studies is launching a new graduate certificate in Health Sciences Management launches this fall. “We are also in the process of developing additional offerings in cyber security and data analytics,” she said. “We are also exploring the option of adding Master’s degree options in the area of some of our graduate certificate programs.”

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

SPECIAL CONNECTIONS CALENDAR
Advertising Deadlines are the previous Thursday unless noted.

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7/27/2016..... Connection Families: Our Pets
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Herndon's Gary Hall Resigns as Boys' Basketball Head Coach

Former players' remember Hornets legend.

BY AARON LUNDMARK
THE CONNECTION

For those around the Herndon Hornet's athletic department, in the next few weeks and months they might feel like something's missing.

They might feel the loss of a teacher, a coach, a friend.

They might feel the loss of a community member, a mentor, and perhaps a family member.

One thing, however, that won't be lost, is the legacy being left behind by Gary Hall at Herndon High School.

LAST WEEK Hall informed the Herndon athletic department that he will be stepping down from his teaching position as well as his spot as the Boys Basketball Head Coach to accept another job at Nacogdoches High School in eastern Texas.

A choice that is a family decision, opposed to a basketball decision, Hall will now be able to be closer to his daughters while living in Texas.

"At this time in his life, being able to teach and coach as well as be a father is huge for him," said Jonathan Frohm, the director of Herndon Student Activities and Athletics. "He's got a window here to make the best of his time and take care of his family."

Hall has been a part of Herndon for nearly his whole life, but he knew this time would come eventually.

"I knew that eventually I'd end up in Texas," said Hall, "I just never thought it would happen this quickly. I got the opportunity [in Nacogdoches] and it was too good to pass up."

To put it into perspective, Herndon just recently celebrated its 100th anniversary as a high school. Hall has been a part of 52 of those years as a Hornet. Hall grew up in the area and attended Herndon High School, and his parents still live in the same house as they did when he was growing up. Hall coached basketball at Herndon from 1989-2007 and then again from 2012-2016.

"There are definitely mixed feelings. It's been difficult," said Hall. "I mean, the same person who gave me my first ever haircut still cuts my hair — walking in there for the last time is going to



Head coach Gary Hall and the Herndon boys' basketball team in December.

"I can remember my senior year any time he wore this specific suit — he meant business," said Johnson. "It was a gray suit with a black shirt and he would put that on for big games and I loved it."

ANOTHER FORMER PLAYER of Hall's, who was just inducted to the Herndon High Athletic Hall of Fame this past week, is Scottie Reynolds. Reynolds graduated in 2006 and was a McDonald's All-American that year. He is Virginia's AAA second all-time leading scorer and went on to play at Villanova in college.

"A lot of things he taught me in high school are things that helped me perform at a high level in college," said Reynolds.

"That's not just basketball either; it was how to be a good person' too."

Reynolds described a story where Hall sat him on the bench after missing two free throws. After being reinserted later in the game, Reynolds scored over 20 straight points and stared right at Hall after every point he scored.

"That's the kind of love-hate re-

PHOTO BY CRAIG STERBUITZEL/THE CONNECTION

Herndon, Reston Swimmer Emily Meilus Competes in Olympic Trials

Reston Swim Team Association (RSTA) and Herndon High swimmers will have their eyes on the U.S. Olympic Swim Trials in Omaha this week, Monday and Friday, where swimmer Emily Meilus is competing for a spot on the team. Meilus, a rising senior at Herndon High

and a previous Washington Post All-Met selection, swims for the Lake Anne Stingrays. Meilus is competing in the 100m backstroke (Monday, June 27) and the 200m backstroke (Friday, July 1). Meilus swam in the Lake Anne vs. Lake Audubon meet in Reston on Saturday before leaving for Omaha.

and say 'Hey, coach,' — it's such a blessing."

Hall also takes pride in his teaching. He has taught health and physical education at Herndon since 1997.

"I loved teaching elementary

nothing but good things to say about him.

Former player Jeremiah Johnson, who graduated from Herndon in 1995 and went on to play college at Division I Niagara College as well as overseas professionally for nine years, is one of those players who became one of his best friends.

"I met Coach Hall 30 or more years ago at a basketball camp when he was the assistant coach at South Lakes," said Johnson. "I played with Coach Hall and I played for Coach Hall. Outside of my father, Coach Hall has without

a doubt had the biggest impact on my life."

Johnson said one of his favorite things he could remember about playing for Hall was the suit he would wear.

be weird. But when I get on that plane [for Texas], there's no question it's going to hit me."

Two things that have stood out about Hall is the longevity and success he's had at Herndon. He coached for 23 years, accumulating a 393-172 record for the Hornets. Hall won eight district championships in his time at Herndon, including their first in 1994 over South Lakes and three straight from 1994-1996. He won a region title in 2006, and appeared in the state tournament three times, including a runner-up finish in 2006.

"He brought passion, consistency and identity to Herndon basketball," said Frohm. "It became a big fraternity and a family between generations here at Herndon. Gary has turned Herndon into a basketball Mecca."

However, Hall will be the first to say he doesn't care about the accolades he has achieved. He'd rather talk about the love he had for his players.

Hall coached seven 1,000 point scorers in his time at Herndon. Aside from that, he coached 13 players that went on to play college basketball at a Division I level.

"Some of my best friends today are players that I've coached," said Hall. "You know, to hear one of your former players call you up

"One of my most favorite things to do was to come into school early and open up the gym and just sit in there when it's dark and quiet. I loved that."

— Gary Hall, Former Herndon Boys' Basketball Head Coach

school, I mean, many of my players I taught in kindergarten, at 6 and 7 years old," said Hall. "I don't think there are many places where you can do that."

Many of his former players had

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Sixth Annual Herndon Town Calendar Photography Exhibit.

June 29-July 10. ArtSpace Herndon, 750 Center St. Herndon. 703-956-9560. artspaceherndon.com

"The Way I See It" Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

"Paint and Beyond." July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. www.leagueofrestonartists.org.

Yoga on the Plaza. 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

Herndon Friday Night Live. 6:30 p.m. Through Aug. 26. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to herndonrocks.com.

Take a Break Concert Series. Thursdays. 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanneplaza.com.

Summer Entertainment Series. June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies



PHOTOS CONTRIBUTED

The Ukulele Festival at Lake Anne Plaza will be on Saturday, July 9.

appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performances/>.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com. 703-579-6720.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Patrick Dougherty Public Art Installation. Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

THURSDAY/JUNE 30

Swing Sisters Cathy Fink and Marcy Marxer. 7-9 p.m. Lake Anne Plaza, Reston. Acoustic swing. Free. <http://www.restoncommunitycenter.com/take-a-break>.

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Blue Sky Puppet show "Bananas," a show

about good nutrition and exercise. Free. herndon-va.gov.

FRIDAY/JULY 1

Summer Stage at Reston Station. 6:30-8:30 p.m. Wiehle-Reston East Metro. Featuring Elikeh — AfroPop. Free. All ages. restoncommunitycenter.com.

Turtle Recall and Southbay Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear Turtle Recall, a DC area band specializing in alternative pop folk rock. Free. info@herndonrocks.com.

SATURDAY/JULY 2

America's Composers. 8 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Featuring Jen Lambert, Ariana Kruszewski, and Ryan Burke. \$25. nextstoptheatre.org.

SUNDAY/JULY 3

The Robert Larson Trio. 6:30-7:30 p.m. Reston Town Square Park (Corner of Market and Explorer streets). Music of the swing era. Free. restoncommunitycenter.com.

TUESDAY-SATURDAY/JULY 5-9

Coco-Cola Collectors Convention. 10 a.m.-9 p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. Bring Coca Cola collectibles and have them appraised. Swap with other collectors. Live auction. The convention's Saturday swap meet on July 9 is open to the general public. Free. cococolaclub.org. 214-929-0555.

THURSDAY/JULY 7

Amphibians After Dark. Lake Fairfax



The Town of Herndon's Farmers' Market Fun Day runs from June 30-Aug. 25.

Park, 1400 Lake Fairfax Drive, Reston. Assist park naturalists with a calling amphibian survey. Learn how to identify frogs and toads by their calls as we explore pools and ponds. Children must be accompanied by an adult registered in the program. \$6/\$8. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Milk Shake Duo Live! Great rock music for kids. Free. herndon-va.gov.

FRIDAY/JULY 8

"Ferris Bueller's Day Off." Sundown. 11404 Washington Plaza W, Reston. Part of Lake Anne Summer Film Festival. Free. lakeanneplaza.com.

Guerrilla Theatre Works: At What Cost? 8 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. \$20. One night only events featuring various genres of performance. nextstoptheatre.org.

Kristen and the Noise Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear the band Kristen and the Noise in concert. Free. info@herndonrocks.com.

Senior Tea. 10:30 a.m.-noon. ArtSpace Herndon, 750 Center St. Herndon. All teas are free and open to the public. 703-956-9560. artspaceherndon.com.

SATURDAY/JULY 9

Ukulele Festival. 10-6 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. free festival features performances by several acclaimed ukulele musicians, music demonstrations, a public morning jam session, festival vendors, and other family friendly activities. Free.

lakeanneplaza.com.

Meadow Explorers. 9 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Enjoy a hike to our Wildlife Sanctuary meadow in hopes of seeing various animals the call our meadow home, while learning about the wildlife habitat. Bring footwear suitable for hiking. \$10/\$12. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

Herndon Town Calendar Photography Reception. 7-9 p.m. ArtSpace Herndon, 750 Center St. Herndon. 703-956-9560. artspaceherndon.com.

TUESDAY/JULY 12

Community Cookout. 5-7 p.m. Ridge Heights Pool, 11400 Ridge Heights Road, Reston. Everyone is invited to take the night off from cooking and come to the pool for some food, entertainment, and good times. Bring a towel and an appetite for food and fun! In case of inclement weather, please contact RCC at 703-476-4500 for event status update.

THURSDAY/JULY 14

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Yosie, lively children's sign-along. Free. herndon-va.gov.

FRIDAY/JULY 15

Crazy in Stereo and Six to Midnight Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Crazy in Stereo's five different members sing lead vocals in multiple combinations. Come hear the band known for their versatility and harmonies. Free. info@herndonrocks.com.



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

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**June 27,
2016**



By **KENNETH B. LOURIE**

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity wherever/whenever, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

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VIRGINIA: IN THE CIRCUIT COURT OF ROCKINGHAM COUNTY

MARIAMMA KARINGATIL THOMAS AND SAJAN K. THOMAS, CO ADMINISTRATORS, C.T.A.D.B.N. OF THE ESTATE OF KARINGATIL THOMAS VARGHESE, DECEASED

Petitioners,
v. CL16-1005

BENJAMIN K THOMAS, ets als, Respondents.

ORDER OF PUBLICATION

The object of the above-styled suit is to distribute one-fourth (1/4) portion of Benjamin K. Thomas from the Estate of Karingatil Thomas Varghese, Deceased, into the Court. And, it appearing by affidavit filed according to the law that Benjamin K. Thomas, one of the above-named Respondents, cannot be found, that service was attempted on Respondent's last known mailing address and could not be completed, that certified letters sent to the Respondent's last known mailing address have been returned, and that diligence has been used without effect to ascertain his location, it is therefore ORDERED that the said Benjamin K. Thomas appear on or before the 5th day of July, 2016, in the Clerk's Office of this Court and do what is necessary to protect his interests.

And, it is further ORDERED that this order be published once a week, for four (4) successive weeks in the Herndon Connection, of Alexandria, Virginia, a newspapers of general circulation in Herndon; that a copy of this order be posted on the local government website.

I ASK FOR THIS:
CATHY JACKSON LEITNER (VSB# 44288) ; ASHLEIGH KESTER (VSB #76926)
LEITNER LAW GROUP, 2565 John Wayland Highway, Suite 110 Harrisonburg, Virginia 22801
540-442-7700
540-442-7744 (Facsimile)
Counsel of Petitioners

21 Announcements

21 Announcements

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Lisa C. Merkel, mayor of the Town of Herndon and Beau Schweikert, owner of Cirque Salon Studios cut the ribbon announcing the official opening of the Cirque Salon Studios location at 384 Elden St., Herndon.

Cirque Salon Studios Officially Open in Herndon

On June 14, Lisa C. Merkel, Mayor of the Town of Herndon and Beau Schweikert, owner of Cirque Salon Studios, jointly cut the ribbon announcing the official opening of the company's newest location at 384 Elden St., Herndon.

The Cirque Salon Studios comprise a group of independent spaces which are available for lease to independent aesthetic professionals, hairstylists, skincare professionals, nail techs, makeup artists, barbers, and other professionals that want the independence of their own Studio. The space has been newly renovated to provide the latest in features for the business professional.

These features include high-end styling chair and shampoo station, similar

packages for other aesthetic professionals, your own lockable Salon Studio, electronic entry for 24/7/365 access for you and your clients, break room and laundry facilities, and all utilities and Wifi included.

This autonomous space is ideally suited to new businesses where low overhead is important, and existing businesses that have an established clientele and want to establish their independence. The initial tenants have confirmed that the independent space has enhanced their client relations and provided them with the total features that they would not have had. There are no long term lease concerns. Tenants sign on a weekly basis.

For more information or reservation, call 301-655-3308.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

WEDNESDAY/JUNE 29

Hunter Mill Road Study Community Meeting. 7 p.m. North County Government Center, 1801 Cameron Glen Drive, Reston. Discussion of project status and next steps. <http://www.fairfaxcounty.gov/fcdot/>.

THURSDAY/JULY 21

Introduction to Doing Business with the Intelligence Community. 8 a.m. Leidos Conference Center, Freedom Square One, 11951 Freedom Drive, Reston. Features executives from three of the 17 federal intelligence agencies, including the Office of the Director of National Intelligence, the National Security

Agency and the National Geospatial-Intelligence Agency. \$35/\$50. For more information, please contact Ashleigh Dorfman, CSEP, events and development director at 703-707-9045 or ashleigh@restonchamber.org.

ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.
The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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.

Church of the Holy Comforter offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing. The service occurs on the first Sunday of each month at 5 p.m. in St. Mary's Chapel.

The Healing Ministry is being led by the Rev. Valerie Hayes and Ms. Alexandra MacCracken and

includes a team of lay healers who have gone through intentional training and formation. For more information, contact the Rev. Valerie Hayes at vhayes@holycmforter.com. The church is located at 543 Beulah Road NE, Vienna.

The **LDS Church** at 1515 Poplar Grove Drive in Reston will hold a discussion led by scriptural scholars on "The Book of Mormon: Another Testament of Jesus." The class is from May 31 to Dec. 20. Free. Contact: 703-582-3169 or 7461810@mormon.org.



Lt Bruce Stark (center) with the Fairfax County Fire and Rescue training academy explains lifting, carrying and dragging injured officers, victims or suspects in and around police vehicles at a training exercise with officers from the Town of Herndon police department.



Fairfax County Fire and Rescue Technician Matt Rife demonstrates removing an injured officer (Technician Kerri Bouse) from a vehicle.

PHOTOS BY TIM PETERSON/THE CONNECTION

Herndon Police Officers Train with Fairfax Fire & Rescue

First responders share skills for life-saving in a “hot zone.”

BY TIM PETERSON
THE CONNECTION

Two menacing Dodge Charger sedans come to a stop, a dark silver one in front of the other, all black with gold lettering that reads Herndon Police.

Officers from the cruiser get out, and begin barking commands at the driver of the suspicious car in front. Two men quickly emerge from the silver Charger, turn and begin firing at the officers. The officers return fire, dropping both of the men.

The officers begin to check on the men, bringing over a backpack full of emergency medical supplies including tourniquets and chest dressings. Once the “hot zone” scene is secure, the simulation is over and it’s another group’s turn.

The entire Town of Herndon Police Department has been undergoing emergency medical training from Fairfax County Fire and Rescue, which also serves Herndon.

Overall, officers went through four training sessions, including the May 26 exercises held at the Fairfax County Fire and Rescue Academy in Fairfax which were open to the media.

“Time is life,” Fairfax County Fire and Rescue Lt. Bruce Stark said to a group of Herndon officers. “You’ve got to stop the bleeding.”

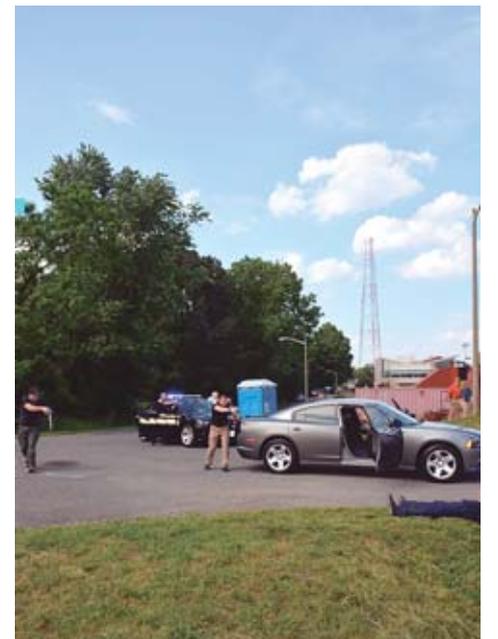
The main goal of the training was to teach officers additional life-saving skills so they can better prevent themselves, victims or suspects from dying from a traumatic injury before emergency medical professionals can get to the scene.

Uncontrolled hemorrhage is a leading cause of death for police officers, Stark said.

Herndon police spokesperson Jane Ross said the department hasn’t lost any officers in the last few years, but did have six officer injuries in 2015.



Officers from the Town of Herndon Police Department participate in a training scenario involving a suspicious vehicle and an active shooter.



Herndon Police Officers practice their first response medical skills during a training session with the Fairfax County Fire & Rescue Department.

Herndon Chief of Police Maggie DeBoard cited national and international events where police were the victims of attacks.

She said she wants her department to “try and stay ahead of this.”

“Officers take it for granted with medical

care so close to us,” DeBoard said. “This allows us to take care more effectively.”

Lt. Steve Thompson with DeBoard’s department agreed with the chief that in the context of people having more access to weapons, “It’s a good thing to do this,” learning more first response techniques for trauma.

“We’re not performing surgery out there,” Thompson said. “You do what we can to stop bleeding. Keep it simple when under stress is the best way to go. Your fine motor skills start to deteriorate.”

Herndon Senior Police Officer Denise Randles appreciated the hands-on aspect of the training, which included life-like mannequins. The 180-pound human figures were controlled by an operator and capable of making sounds, simulating breathing, bleeding and losing appendages.

“It gets us exposed to it,” Randles said, acknowledging that experiencing shock when working with a trauma victim makes it hard to stay focused. One of the goals of the training was to make the scenarios more life-like, so officers would “already have the image,” said Randles.

“Nothing is by the book,” she said.

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