

Sofiya Boroday performs a passionate My Funny Valentine pas de deux with Philip Smith-Cobbs, a graduate of Classical Ballet Theatre and a former professional dancer with Atlanta Ballet. The choreography by Lar Lubovitch highlighted Sofiya's artistry and expression, and it moved audience members to tears.

Herndon Dancer Receives New York Scholarship

NEWS, PAGE 2

Innovation Center Station Debated

NEWS, PAGE 3

Herndon High Robotics Team Brings STEM To Vecinos Unidos

NEWS, PAGE 12

PEOPLE



PHOTOS BY TONY DE LA PAZ

Classical Ballet Theatre dancers perform *A Fast Convergence* by Iquail Shaheed, Founder and Executive Artistic Director of Dance Iquail. Sofiya Boroday (center) was one of three featured soloists in the powerful piece.

Herndon Dancer Receives New York Scholarship

Classical Ballet Theatre has announced that its students have once again been invited to train in prestigious summer intensive programs with schools of renowned ballet companies — American Ballet Theatre, Atlanta Ballet, Boston Ballet, Houston Ballet, Joffrey Ballet, Pittsburgh Ballet Theatre, San Francisco Ballet, and The School of American Ballet. Also on this list is The Ailey School of the Alvin Ailey American Dance Theater, one not often found on a ballet student's audition schedule because the school doesn't focus on, well, ballet. Instead, the school emphasizes contemporary dance, and that's exactly why CBT dancer Sofiya Boroday is so excited about the pro-

gram, to which she received a full scholarship plus stipend in order to train for six weeks in the professional division as well as a special invitation to study and perform year-round afterwards.

Boroday is looking forward to hours of training in multiple dance forms, such as Horton, one of the many physically challenging techniques for which The Alvin Ailey American Dance Theater is known.

A resident of Oak Hill and 2017 graduate of Thomas Jefferson High School for Science and Technology, Boroday credits much of her success to CBT, where she trained for eleven years. Classical Ballet Theatre is located at 320 Victory Dr., Herndon. www.cbtnva.org



Contemporary dance giant Ronen (Roni) Koresh gave his personal stamp of approval for Classical Ballet Theatre to perform his *Standing in Tears and Wet Stones*. Sofiya Boroday (front right) explained that the works made her feel something "deeper than just the movement."



Enjoy FREE weekend performances and many more special events all summer long!

FREE garage parking, 5 pm until 3:30 am, Monday to Friday
 FREE first hour of garage parking, Monday to Friday
 FREE garage parking every weekend (as always)
 Garage parking session activation is not required after 5 pm or on weekends.
restontowncenter.com/parking

Reston Concerts on the Town 27th Season

Saturdays, June 3 through August 26, 7:30 - 10 pm
 Reston Town Center Pavilion

Family Fun Entertainment Series

Saturdays, June 17 through August 5, 10 - 10:45 am
 Reston Town Square Park

Sunday Art in the Park with Shenandoah Conservatory

Sundays, June 18 through August 13, 7 - 8 pm
 Reston Town Square Park



restontowncenter.com/events

Reston Town Center continues its commitment for community events and free entertainment all year long.

RESTONTOWNCENTER.COM

MIDDLEBURG REAL ESTATE ATOKA PROPERTIES
 MIDDLEBURG (540) 687-6321
 PURCELLVILLE (540) 338-7770
 LEESBURG (703) 777-1170
 ASHBURN (703) 436-0077



39984 BRADDOCK RD, ALDIE • \$1,985,000

Custom stone French chateau 6,300+ sf home, 27 acs/2 lots. Gourmet kitchen, granite countertops & commercial grade appliances. First floor BR, 4th lvi au-pair suite, artist studio. Jetted & over-sized bathtubs, vaulted & tray ceilings. 12 stall barn w/ wide center aisle & full 2nd floor, 8 fenced paddocks, run-in shed, 2 paddocks w/ waterers. Equestrian facilities & beautiful home!

Scott Buzzelli • (540) 454-1399
 Peter Pejacevich • (540) 270-3835



PRICE REDUCED

306B MARSHALL ST, MIDDLEBURG • \$679,000

Charming New England style farmhouse tucked away in the village of Middleburg. 9ft ceilings, light airy open floor plan, along w/ private deck easily allows for entertaining & relaxation. Private peaceful location w/in minutes to shops, restaurants & everything that the village has to offer. In-law/au pair suite w/ separate entrance. Cheerful warm country living at its best!

Peter Pejacevich • (540) 270-3835
 Scott Buzzelli • (540) 454-1399



130 26TH ST S, PURCELLVILLE • \$389,000

In town living, in walking distance to ball field, school, community center, playgrounds, shops & restaurants. One level living w/ finished lower level. HW floors, nice size bedrooms, eat-in kitchen, deck & fenced rear yard. Newer roof, windows, & siding; all systems have been routinely maintained, attic is floored w/ pull down stairs for storage and above carport. Wonderful community.

Mary Kakouras • (540) 454-1604



353 WEST VIRGINIA AVE, HAMILTON • \$299,900

This is a great opportunity for a first time home buyer or investor. 3 bedroom detached home, one level ranch-style living, eat in kitchen, wall to wall carpet, wood stove, back deck, patio, and large outbuilding. Large fenced-in back yard. Roof replaced June 2017.

Mary Kakouras • (540) 454-1604

WWW.ATOKAPROPERTIES.COM

Innovation Center Station Debated

Pedestrian path design discussed; parking a concern.

BY FALLON FORBUSH
THE CONNECTION

Feedback is being sought on the design for path that will connect the future Innovation Center Station on the Silver Line of the metrorail to pedestrians in Herndon.

The Fairfax County Department of Transportation held a community meeting about the shared-use path for the station on Thursday, June 29, in the cafeteria of Herndon Middle School.

The Washington Metro Area Transit Authority metrorail station and its kiss-and-ride facility are being built on the north side of the Dulles Toll Road. The path up for debate will connect the structures to the Reflection townhomes community on Apgar Place and the Reflection single-family homes on Farougi Court, as well as the Lake Homes townhomes nearby.

"We're really trying to provide bicycle and pedestrian access to these neighborhoods to the Metro to encourage multimodal use and access to the metro," Lauren Delmare, FCDOT transportation planner, said during the meeting.

ALL OF THE DESIGNS include lighted, 10-foot-wide shared-use paths designed for bicycle and pedestrian use and contend with two creeks on both ends of the path and maneuvering around the Dulles Greene cricket field that sits off Greene Drive in the middle.

"The grades are less steep so that bicycles can use them and the turns are a little wider for bicycles as well," Delmare said.

Alternative A is the preferred option by FCDOT after it conducted scores on each of the designs:

- Alternative A: 199 points
- Alternative B: 193 points
- Alternative C: 188 points

Most of the participants of the meeting concerned with one aspect that the new Metrorail station would bring to their communities: increased competition for street parking.

Members of the Reflection Homes Association and Lake Home Association were present, voicing their anxiety.

"That's the only thing I'm worried about," Jim Pyle said during the meeting. He lives on Maleady Drive, which is adjacent to Farougi Court.

The FCDOT is recommending the homeowners near the new station apply for the county's Residential Permit Parking District, which would prohibit non-residents from parking on public streets near their homes.

"Any district can be established because of proximity to Metro stations, proximity to high schools or low-density housing with proximity to high-density housing,"



PHOTO COURTESY THE FAIRFAX COUNTY DEPARTMENT OF TRANSPORTATION

Alternative A, the preferred option by FCDOT, offers the most direct access to the station and includes two large bridges that span the floodplains. It is an estimated 0.34 miles to Apgar Place and 0.26 miles to Farougi Court. The cost estimate is \$6.6 million.



Jim Pyle and Heather Deerenberg, who both live on Maleady Drive that is adjacent to Farougi Court, talk with Chris Wells of the Fairfax County Department of Transportation about their concern for controlling street parking in the neighborhood when the metrorail station begins operation.



Transportation Planner Lauren Delmare with the Fairfax County Department of Transportation explains the options to Herndon Town Councilmember Sheila Olem.

Delmare said.

However, the Reflection Homes townhomes on Apgar Place and surrounding streets are not eligible for the program, since the streets in these communities are privately owned. Farougi Court and surrounding streets — Whisonant Court, Herman Court, Seaman Court and a portion of Maleady Drive — are public streets, which would meet the residential permit requirements.

The permit process the FCDOT recommended to the affected homeowners was somewhat arduous.

Their homeowners associations must first send a request to their representative on the Fairfax County Board of Supervisors, which is Hunter Mills District Supervisor Cathy Hudgins in this case. If approved, the FCDOT will then provide the applicants with petition forms with a map of the proposed parking district areas.

Signatures must then be gathered to verify that at least 60 percent of the homeowners supports the proposal, with more than 50 percent of support from each block face.

"You all have to agree that this is what you want," Delmare said.

THE PETITIONS then need to be returned to the district supervisor with payment of \$10. The district supervisor then forwards the payment and petition to FCDOT.

The Board of Supervisors then conducts a public hearing and approves the proposed parking district. If all of these steps are successfully completed, the FCDOT then installs signs on the affected roads and provides permits to residents.

The residential permit process usually cannot be initiated until a parking issue manifests in the neighborhood, according to FCDOT. Since the capital project is anticipated to cause a parking problem, the FCDOT is expediting the process by allowing the nearby residents to apply for the parking district prior to the Metrorail station opening and attracting increased traffic.

"Signs are installed, hopefully before you have a problem," Delmare said. "That is the process that we are trying to set up with this expedited process."

Comments from the public about the options for the path are due to the FCDOT by close of business, Thursday, July 13, and can be submitting online at <http://www.fairfaxcounty.gov/fcdot/pedestrian/innovationstationpath.htm> or by mailing written comments to:

Lauren Delmare
Fairfax County Department of Transportation
Capital Projects and Traffic Engineering Division

4050 Legato Road, Suite 400
Fairfax, VA 22033-2895

The FCDOT has a few years to get the pathway constructed, since the six new stations on the Silver Line of the Dulles Corridor Metrorail Project are not anticipated to be operational until 2020.

PHOTOS BY FALLON FORBUSH/THE CONNECTION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

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?

EDITORIAL

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 editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

Timing Is Everything

This week's paper went to press on Monday, July 3, and as a result does not include coverage of Independence Day events from the Fourth of July. Please see next week's paper.

LETTERS TO THE EDITOR

Withholding Funds Hurts WMATA

To the Editor:

The following open letter was addressed to Secretary U.S. Department of Transportation.

Dear Secretary Chao,

As representatives of public transit customers in the Commonwealth of Virginia, we write to express our concerns regarding the Federal Transit Administration's (FTA) Feb. 10, 2017 decision to withhold federal transit grant money in response to incomplete efforts to establish a new State Safety Oversight Program (SSOP) for the Washington Metropolitan Area Transit Authority (WMATA).

On Feb. 8, 2016, the FTA gave notice that the Metropolitan Safety Commission (MSC), a new SSOP to succeed WMATA's Tri-State Oversight Commission, must be in place and certified by the FTA on or before Feb. 9, 2017. On Feb. 10, 2017, with no new SSOP certified, the FTA announced it would exercise its authority to withhold five percent of federal funds authorized in fiscal year 2017 under the Urbanized Area Apportionments Program (49 U.S.C. 5307). The initial withholding equated to \$8.9 million, and is expected to total \$15 million if the withholding continues to the end of the current fiscal year. This withholding will not just impact funding for WMATA, but for broader infrastructure maintenance throughout Virginia, Maryland, and Washington, D.C.

The decision to withhold these federal funds has created significant uncertainty amongst state and local governments in terms of budget planning and stability. Should the withholding of funds continue throughout the remainder of the fiscal year, the governments and their transit systems will be faced with a number of difficult decisions about the manner in which they allocate their limited

resources. Under a worst-case scenario, they would be forced to make cuts to good repair efforts or reduce service to their respective communities, either of which would be harmful to our constituents. We agree safety must be a top priority, but eliminating funding for infrastructure repair would directly contradict a SSOP's stated goal.

Given the FTA must engage in this process with 29 other transit agencies nationwide by 2019, we appreciate the complexity of the issues that were considered in making the decision to withhold these funds. However, we must emphasize — as many of us have expressed previously either directly to you, your predecessor, or the FTA — that the timing of both the notice and the deadline set by FTA were arbitrary in that there seemed to be little or no consideration of the legislative calendars of the Virginia General Assembly or the General Assembly of Maryland.

The FTA timetable effectively gave Virginia and Maryland less than one full legislative session to negotiate amongst each other and the District, draft the proposal, navigate it through the respective lawmaking bodies, and sign it into law. The unreasonable requirements FTA put forth were not simply for the SSOP to have a legal foundation by the February 2017 deadline, but to have the program fully certified by FTA, which necessitates months of work after passing legislation, including, but not limited to, appointing commissioners, hiring staff, and leasing office space. We are therefore led to believe that FTA either set their requirements without providing fair consideration to the unique institutional challenges that exist

within the jurisdictions, or the FTA set them with a deadline so unrealistic that failure was unavoidable.

Given the concerns we have raised in this letter regarding FTA's shortsighted approach to this matter, and in light of the demonstrated progress which has been made, we respectfully request that your office work with the FTA to explore a compromise in which part of these withheld funds can be released as a show of good faith, as the jurisdictions continue their work to construct a stable SSOP. Lending further justification for this request is the real progress that has been made with respect to organizing the MSC. At the time this is written:

- ❖ Virginia, Maryland, and the District (the jurisdictions) have each enacted legislation to enter into an interstate compact to form the MSC;

- ❖ The jurisdictions have submitted a detailed draft certification plan to FTA for review (though FTA has not yet provided formal feedback on the plan);

- ❖ Joint resolutions have been introduced in both the House of Representatives and the Senate to grant Congressional approval to the MSC compact;

- ❖ The Senate has passed its ver-

sion of the joint resolution;

- ❖ The House Judiciary Committee, which has sole jurisdiction over the joint resolution, has ordered the House's parallel version of the resolution to be reported favorably to the full House; and

- ❖ We are requesting that the measure be taken up for consideration as soon as possible.

We appreciate the FTA's important safety work, especially its temporary safety oversight role with respect to WMATA. Without FTA's diligence, more harm may have come to WMATA's customers. But we must find an equitable solution to this matter.

We look forward to partnering with you, Madam Secretary, as well as the FTA to ensure safety remains the top priority in all transit systems and that reforms are made to accomplish a transit agency that provides safe, reliable service to our constituents. We appreciate your thoughtful consideration of this request.

U.S. Rep. Barbara Comstock,
U.S. Rep. Bob Goodlatte,
U.S. Rep. Robert J. Wittman,
U.S. Rep. Scott Taylor,
U.S. Sen. Tim Kaine, and
U.S. Sen. Mark R. Warner

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.

By e-mail: herndon@connectionnewspapers.com

www.ConnectionNewspapers.com

@HerndonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Fallon Forbush
Reporter
fforbush@connectionnewspapers.com

Ryan Dunn
Contributing Writer
[@rdunmedia](https://twitter.com/rdunmedia)

Kyle Kincaid
Editorial Assistant
herndon@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



LETTERS

Remembering Del Cochran

To the Editor:

Del Cochran, who passed away on June 9, according to a Washington Post death notice, was instrumental in developing girls' soccer in the Herndon community. Del served as Herndon Youth Soccer Girls Commissioner in the mid to late 1980s. He helped form all-star

teams to compete in Father's Day tournaments.

He then encouraged the all-star coaches to build travel teams to play in the Washington Area Girls Soccer (WAGS) League. While Herndon had fielded a girls' travel team before, Del established a Herndon Youth Soccer travel pro-

gram for girls that is thriving today. My daughter, Sandy, and many other girls have benefitted from Del's efforts.

Rest in peace, Del.

Bob Ashdown
Herndon

Responsibility for the Flag

To the Editor:

I see that a political party has trespassed on my property and planted a flag, as if to lay claim to the neighborhood, yet placing flags in other people's yards is just plain wrong.

Here are a few facts as to why it is wrong:

When you purchased the flag you also accept responsibility for that flag.

1) Making sure it is not desecrated, for example, by dog pee splashing on the flag as they mark the mailbox post yet again.

2) Properly display, as in illuminate when it is night.

3) Correctly disposing, which is not throwing it in the trash.

All of these things - and more - are explained in the Federal Flag Code.

Please see: [https://](https://www.senate.gov/reference/resources/pdf/RL30243.pdf)

www.senate.gov/reference/resources/pdf/RL30243.pdf

It would be very considerate of those who planted the flags, to take care of properly disposing of them, possibly by arranging a collection point in each neighborhood, and a postcard to each household telling them where the collection point is.

Art Coleman
Herndon

Tasteless Suburban Sprawl

To the Editor:

The amount of high-rise condo construction in Reston is getting to be a bit tedious, but none so tedious as those hideous structures nearing completion next to the International Center. One can only assume that the architect was trying to achieve something along the

lines of "Early Holiday Inn meets Soviet-era Public Housing." And how about that parking garage with the Lincoln logs attached at rakish angles to the side of the structure?

Seriously, was the Reston Architectural Review Board out to lunch when it came time to approve this

eyesore? It's sad to see how Robert Simon's vision of clustered housing, open spaces, and tasteful architecture has given way to tasteless suburban sprawl.

George Ullrich
Reston

WEEK IN HERNDON

Scholarships for High School Graduates

The Closet of Greater Herndon recently awarded \$15,000 in college scholarships to 12 high school graduates in ceremonies at five local high schools. The 2017 scholarship recipients are:

Herndon High School: Zakariyah Bahai Ahmed, Marcus Gabriel Serrano Bengzon, and Laura Elizabeth Saunders

Mountain View High School: Sharon Pamela Chavarria

Oakton High School: Saba Arjmand and Ji-Yoon Kim

Park View High School: Jillian Duong, Vy Thuy

Tran, and Yen Thai Truong

South Lakes High School: Asma Hatim Ibrahim, Amna Kayani, and Zoya Haroon Virk

Since 1974 The Closet has awarded nearly \$500,000 in college scholarships to more than 440 students. In this same 43 year period, The Closet has distributed nearly \$3 million in direct cash grants to local service groups, of which the scholarship program is an important part.

Go to <http://www.theclosetofgreaterherndon.org> for further information about the Closet. The Closet is located at 845 Station Street in Herndon.

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.

St. Timothy's Episcopal Church needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for

prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. Call 703-437-5500 or visit www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available.

Call 703-437-6530 or visit www.stannes-reston.org.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Call 703-941-7000 or visit www.havenofnova.org for schedules and registration information.

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

8th Annual

Dog Days Of Summer Open House

Sunday, July 9th from 10am to 5pm
A great time to see our facility & meet our staff.



- Free Hot Dogs & Soft Drinks
- Free Frosty Paws for the Pups
- Free Swims in the Pool
- Hospital & Resort Tours
- Entire Boutique on Sale



Dog Days Of Summer Open House

www.SenecaHillVet.com
703.450.6760
11415 Georgetown Pike, Great Falls, Virginia

THE CONNECTION

Newspapers & Online

Special Edition



PET Connection

Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

Find more information about submissions online at www.connectionnewspapers.com/pets.

For advertising information, call 703.778.9431 or Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.



Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centreville Connection
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Old Lee/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac/Arlington
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

703-778-9431
www.ConnectionNewspapers.com



Swimmers enjoy the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston on Saturday, July 1.

Staying Cool at Lake Fairfax Park

Fourth of July weekend offers plenty of family-fun activities.

With temperatures soaring in the 90s, the Water Mine Family Swimmin' Hole at Lake Fairfax Park in Reston was the place to be on Saturday, July 1. The pool was packed with families trying to beat the heat. Between 10,000 to 15,000 people were expected for the Fourth of July fireworks celebration later in the evening. Meanwhile, visitors could enjoy themselves boating and fishing on the 18-acre Lake

Fairfax, the camping and cookouts, the carousel, skate park, pump track, puppet show, or watching the entertainment at the county Showmobile.

"It's wonderful to have families of all sizes take over. It's just a great family day here at Lake Fairfax," said Barbara Nugent, Park Services Division Director with Fairfax County Park Authority.

— STEVE HIBBARD



Park attendants and lifeguards at the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Swimmers enjoy the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston on Saturday, July 1.



People cooling off under the showers in the 90 degree heat at the Water Mine at Lake Fairfax in Reston.



Sandy Feulner of Puppets and More offers a children's puppet show.



People try cooling off with snow cones from the Snowballs Concession stand.

WELLBEING

Meditation as Medicine

Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."

Attention Advertisers:
Expand your audience beyond our 15 weekly print editions, with

THE CONNECTION DIGITAL

Email Marketing

Social Media (Facebook & Twitter)

Sponsored Content

visit connectionnewspapers.com/advertising for more information or call 703-778-9431

LOCAL MEDIA CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

Are you looking for Outstanding Customer Service and Lasting Value for your next Remodeling Project?

FOSTER Remodeling Solutions, Inc. DESIGN-BUILD

Call Foster Remodeling Today! 703.672.2249

We understand that you have many choices for home remodeling services, but if you are looking for lasting value over a quick fix, and a company that treats its customers like family, then Foster Remodeling is the company for you. With over 30 years of experience and a proven process, our experienced Design Consultants and our expert craftsman will create a long lasting, top-of-the-line space for you to enjoy for years to come.

For a complimentary in-home consultation, call us at 703.672.2249 or FosterRemodeling.com

"Our Process Makes it Perfect"

Foster Remodeling Solutions • 7211-H Telegraph Square Drive • Lorton, VA 22079

CALENDAR

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

ONGOING

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Cardboard Boat Regatta. Registration now open for race on Aug. 12, 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For more information or to register a team, visit www.restonmuseum.org/cardboard. Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). For more, contact Elizabeth Didiano at lacbregatta@gmail.com or 703-709-7700.

Free Concerts. Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

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. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

Teen and Adult Art Classes
ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

THURSDAY/JULY 6
The Annandale Brass (American Popular Music). 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

FRIDAY/JULY 7
Kendra Scott Shell Home Goods Launch. 5-9 p.m. at Reston Town Center, 11924 Market St. Home Goods Collection. Call 571-599-7792 or visit kendrascott.com.

SATURDAY/JULY 8
Lake Anne Roots Music Festival. noon-8 p.m. at Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Bands include Catchin Toads, noon; Old Town Traditions, 1 p.m.; Snakehead Run Jug Band, 2 p.m.; Split String Soup, 3 p.m.; Eli Pafumi, 4 p.m.; The Woodsheddors, 5 p.m.. Visit www.lakeanneplaza.com for more.

Summer Movie Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. A musical about a Harlem schoolteacher, Dorothy. When she tries to save her dog from a storm, she's whisked



PHOTO CONTRIBUTED

Rocknoceros will be hammering out "kid rock," a free performance on July 8 at Reston Town Square Park, part of the Family Fun Entertainment series presented by Reston Community Center.

away to an urban fantasy land called Oz. Free. Call 703-689-2700 for more.

Reston Concerts on the Town. 7:30-10 p.m. at Reston Town Square Park, 11990 Market St. Chuck Redd and the International Jazz All-Stars. Bring lawn chairs or picnic blankets for live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. Visit restontowncenter.com/concerts

SUNDAY/JULY 9
Bird Watching. 7:30-10:30 a.m. at Buttermilk Creek and Lake Fairfax, 11032 Ring Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston Association. Call 703-437-3335 for more.

Exercise with Athleta. 11 a.m.-noon at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. Jumping Fitness with Kathy from Studo PinkFit, part of Athleta's free fitness sessions with a variety of fitness instructors every Sunday morning. Call 703-668-0256 or visit stores.athleta.net/store-4866/

Sunday Art in the Park. 7-8 p.m. at Reston Town Square Park, 11990 Market St., Reston Town Center. Akemi Takayama and students from the Conservatory present an evening of music, concluding with Somewhere Over the Rainbow. Presented by Reston Community Center and Reston Town Center Association. Free. Call 703-476-4500 or visit restoncommunitycenter.com/sundays.

WEDNESDAY/JULY 12
Rocknoceros (Children's Songs). 10-11 a.m. at the Visitor Center Pavilion 2739 West Ox Road,

Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 13
Rob Ickes & Trey Hensley (Bluegrass). 7:30-8:30 p.m. at Frying Pan Park, Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

FRIDAY/JULY 14
Mac and Cheese Night. 6:30-9 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. July 14 is National Mac and Cheese Day and The Lake House is celebrating with a macaroni craft, noodle games, and food. \$15 in advance, \$20 at the door. Email kelsey@reston.org or call 703-435-7995 for more.

SATURDAY/JULY 15
Comedy and Magic. 10-10:45 a.m. at Reston Town Square Park, 11990 Market St. A fast-paced, side-splitting family vaudeville show filled with audience participation and circus skills with a sprinkling of magic. Presented by Reston Community Center and Reston Town Center Association. Free. Call 703-476-4500 or visit restoncommunitycenter.com.
The Adrian Duke Project Concert. 7:30-10 p.m. at Reston Town Square Park, 11990 Market St., Reston Town Center. The weekly summer concert series presents hits for dancing through the decades with The Adrian Duke Project. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

SUNDAY/JULY 16
Exercise with Athleta. 11 a.m.-noon



PHOTO CONTRIBUTED

Phantom Retracted

Through July 8, Jazz in the City Exhibit on display at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

A New Music Festival Debuts at Lake Anne

Lake Anne Roots Music Festival hits Plaza July 8.

A new music festival featuring modern Americana tunes lakeside will arrive this week at Lake Anne Plaza. The Lake Anne Roots Music Festival will take place on Saturday, July 8, from 12-6 p.m. and will feature a variety of modern roots music performers. The free festival will offer a full day of folk, bluegrass, blues, old time, and everything in between, paired with a pop-up beer and wine garden. Original roots band The Woodsheddors will headline the festival bringing their hard-to-classify Americana shape-shifters sound to Lake Anne. The band has played in several notable festivals including the

Red Wing Roots Music Festival, Deep Roots Mountain Revival, Bristol Rhythm & Roots Festival, Mountain Stage New Song Fest, and the Kingman Island Bluegrass Festival.

The festival lineup also includes:

- 12 Noon - Catchin Toads
- 1 p.m. - Old Town Traditions
- 2 p.m. - Snakehead Run Jug Band
- 3 p.m. - Split String Soup
- 4 p.m. - Eli Pafumi
- 5 p.m. - The Woodsheddors (Headliners)

The festival is sponsored by Lane Anne Merchants and the Reston Community Center. For the full schedule of events/times, visit www.lakeanneplaza.com.

at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. STRONG is the New Beautiful with Gold's Gym; part of Athleta's free fitness sessions with a variety of fitness instructors every Sunday morning. Call 703-668-0256 or visit stores.athleta.net/store-4866/

Le Hotclub de Biglic Concert. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Gypsy Jazz style of music. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Sunday Art in the Park. 7-8 p.m. at Reston Town Square Park, 11990 Market St. Jonathan Snowden, one of Britain's well-known flutists, and his wife Su Snowden (piano) present a selection of favorites. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

WEDNESDAY/JULY 19
Fairfax Symphony Orchestra (Children Music). 10-11 a.m. at the Visitor Center Pavilion, 2739

West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 20
City of Fairfax "Main Street Community Band." 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

SATURDAY/JULY 22
Scythian Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. Play a blend of Celtic and klezmer music. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

Eddie from Ohio Concert. 7:30 p.m. at Arrowbrook Centre Park, Field Point Road, Herndon. Cross between folk and alternative music. Call 703-324-7469 or visit www.fairfaxcounty.gov/parks/

FOODS



PHOTOS CONTRIBUTED

Willard's jewel is their custom hand built "Oyler" hickory wood BBQ pit.

Willard's BBQ Rolls into Reston

BY STEVEN WELTY

After waiting 14 years, owner Chef Chris Janowski just opened his second Willard's restaurant in Reston. His North Carolina vinegar pork BBQ with coleslaw has been a cult favorite of anyone who lived or traveled to North Carolina. The taste of ob- tuse-ly marry- ing cold, wet coleslaw with piping hot vinegar pork BBQ piled high and comingled within a massive bun is a singularly gas- tronomic delight.

Janowski became enthralled with North Carolina BBQ while living in Chapel Hill and when he moved to Boston, his mission was to duplicate it there. Already a UVA grad, he attained a degree from the Cambridge School of Culinary Arts in 1994 and per- fect- ed his meat firing skills with his brother at their two Boston area Blue Ribbon BBQ restaurants. Yet with family here in Fairfax, Janowski moved back to Vienna and in 2003 opened Willard's BBQ on Willard Road in Chantilly. That location just doubled its capacity in 2016 by taking over the space next door.

Willard's jewel is their custom hand built "Oyler" hickory wood BBQ pit which slow cooks 800 pounds of pork overnight-8 p.m. to 7 a.m. By day it roasts chicken,

IN MY OWN WORDS

turkey, ribs and beef producing Willard's exceptional meat choices. Janowski travels the U.S. to perfect his regional recipes as Willard's serves authentic St. Louis ribs, Kansas City burnt ends and Texas style brisket & "hot guts" sausage. He also offers spicy Jamaican jerk chicken. Chef Janowski's pies — pecan, sweet potato, key lime, and peanut butter — are all made from scratch along with his fruit cob- blers —peach, sour cherry (his fav) and blueberry. All his sides, except for green beans, are made fresh in-store.

Here's a Willard's secret eating tip: Order the N.C. pulled pork sandwich with two sides of coleslaw. Cut the sandwich in two and put one half back into the paper wrapper to keep it warm. Open the bun and put one entire side of slaw on it-eat that and repeat with the remaining half bun. You then will be in the exclusive club of people who have fully experienced cold, wet coleslaw comingled with piping hot vinegar pork BBQ. Lucky you.

Steven Welty ate and loved N.C. vinegar BBQ & slaw while he studied at Wake Forest University in the late 1970s. (He couldn't experience it locally for 25 years until he tasted Willard's version.) Welty is the President of Green Clean Air in Reston where he has lived for 25 years.

Learn About Advertising in the Connection and Digital Options!

Advertising in the Connection and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**

It's Never Too Early to schedule your pool opening for 2017

Call Jonathan Ruhe & Team
at Anthony & Sylvan Pools

Opening and Closing Packages
(4th season free if booked before April 1)

Annual Pool Maintenance Contracts 10% off if booked by April 1

703-803-7374 Ext. 3140

FREE!

FAIRFAX COUNTY PARK AUTHORITY
Summer Entertainment Series
Music at Arrowbrook Park

Saturday Evenings • 7:30-8:30 p.m.
Arrowbrook Centre Park • 2351 Field Point Rd., Herndon
Proudly presented by The Ruth and Hal Lauenders Charitable Trust

Held outdoor on the lawn—bring your lawn chairs!

JULY

- 1 Bill Kirchen (Rockabilly)
- 8 City of Fairfax Band "Alte Kameraden German Band" (German)
- 15 The Pietasters (Ska)
- 22 Eddie from Ohio (Folk)
- 29 The Hillbilly Gypsies (Bluegrass)

AUGUST

- 5 The Winstons (Motown)
- 12 Yo Mama's Big Fat Booty Band (Funk)
- 19 Black Masala (Gypsy Fusion)

Bring this ad to qualify for a concert t-shirt giveaway.

Music at Arrowbrook Park is made possible through Arrowbrook Management Corporation and the generous support from the following sponsors:

The summer concert series is made possible through corporate and private donations. To donate, visit fairfaxparkfoundation.org/projects

Subscribe to Concert E-News

Shows are canceled due to inclement weather. Call 703-324-SHOW (7469) one hour prior to the start of the show for updates.

www.fairfaxcounty.gov/parks/performances

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques
703-241-0790
theschefers@cox.net

Legals

ABC LICENSE

S&K Pizza LLC trading as Manhattan Pizza, 12975 Highland Crossing dr Herndon Va 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises license to sell or manufacture alcoholic beverages. Sammy Haddad . NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Announcements

BB&T Bank Ordered AUCTION Tuesday July 18th at 6PM

Sale Site: 620 Chastain Rd, NW, Kennesaw, GA 30144

15 Commercial Properties in AL, FL, GA, NC, PA & VA

9⁺ Bank Branches & 6⁺ Commercial Tracts

JOHN DIXON & ASSOCIATES AUCTIONS - MARKETING
AL:1481, FL:AB-1488, GAL:2034, NCF:6397, PA:6034, VA:2908 000490
10% Buyer's Premium

770.425.1141 • johndixon.com

Bid Live at the Auction & Online!

Many Properties Sell ABSOLUTE! No Reserves!

Announcements

Announcements

Lifetime ROOFING
by VA CAROLINA BUILDINGS, INC

FACTORY DIRECT WE FINANCE

CALL 800-893-1242 SINGLE WIDES DOUBLE WIDES HOUSES

WWW.METALROOFOVER.COM

Announcements

Announcements

100% CASH FOR VINTAGE BASEBALL CARDS (1900-1972)

Private collectors in town paying all cash for vintage baseball, football & basketball card collections from 1900-1972 ONLY. Looking for complete & partial sets, star cards, higher grade commons and all tobacco cards.

\$250,000 to spend & WE PAY ALL CASH and way more than dealers!

www.baseballcardroadshows.com
Call now to schedule a private appointment.
(Paul or Gary)

FRIDAY, JULY 14th ROANOKE

SATURDAY, JULY 15th RICHMOND

804-467-7428

LERoy "Satchel" PAIGE

MICKEY VANTILE

NEWS

Cornerstones' Annual Back-to-School Drive Underway

Cornerstones and its partner Kids R First are already working to equip thousands of K-12 children in the Reston-Herndon area for a successful school beginning with brand new backpacks. Qualifying students include Cornerstones' clients, as well as other local students who receive free or reduced-cost school meals.

Cornerstones invites individuals, corporations, organizations and congregations to play an important part in making the 2017 Back-to-School Drive a success. Groups planning a collection can email volunteer@cornerstonesva.org to request a personalized flyer to distribute and display.

New backpacks will help equip thousands of K-12 children in the Reston-Herndon area for a successful school beginning (no wheels or corporate logos, please):

- a. High School Size 203 H x 143 W x 73 D (the age where our need is greatest)
 - b. Junior High Size 183 H x 133 W x 63 D
 - c. Elementary Age Size 163 H x 123 W x 53 D
- Backpacks can be purchased online through

Walmart or Amazon (free shipping to Cornerstones with Amazon Prime).

In addition to backpacks, Cornerstones' case managers are requesting donations of new underwear for elementary school age children. Payless gift card donations (\$25) are also welcome so that Cornerstones' young clients can get a new pair of shoes.

Pledge online at www.cornerstonesva.org the number of backpacks being donated.

Have backpacks delivered to Cornerstones Administrative Office: 11150 Sunset Hills Road, Suite 210, Reston.

Have backpacks delivered to Cornerstones Administrative Office Aug. 7 - 11 (Monday - Friday), 9 a.m. - 5 p.m.

Virginia Tax Free Weekend for your backpack purchases is Aug. 4 - 6.

Questions about our Back to School Drive? Call 571-323-9569 or volunteer@cornerstonesva.org

Information about Cornerstones, including volunteering, advocating and donating, can be found at www.cornerstonesva.org or by calling 571-323-9555.

Bank of America Names Das as Small Business Banker in Baron Cameron Area

Bank of America today announced that Rumela Das has been appointed Small Business Banker for Baron Cameron and the surrounding areas. Rumela will provide more personalized attention to small business owners by spending time with them at their place of business and learning more about what their companies do. Clients will have convenient access to local small business expertise and a dedicated resource who understands their business. Small business bankers consult with small business owners and assess their companies' deposit, credit and cash management needs.

Rumela comes to Bank of America from M&T Bank

and brings 15 years of experience working with small businesses. Rumela resides in Herndon. She is active in her community and is part of a nonprofit organization, Women Giving Back, whose mission is to support women and children in crisis. The nonprofit builds women and children's confidence and self-esteem by providing clothing at no cost. In her free time, she enjoys traveling with her family, cooking and gardening.



PHOTO CONTRIBUTED
Rumela Das



PHOTOS COURTESY OF MIKE SMITH

Bikeshare Expands in Reston

Nicole Wynands, left, bike transportation specialist, and Mackenzie Jarvis, employer outreach specialist, arrive at Taste of Reston stage last Friday to showcase Capital Bikeshare stations and demonstrate how to rent a bike. Fairfax County Department of Transportation has partnered with Bikeshare to install 50 bike stations around the county. There are 15 Capital Bikeshare locations now in Reston, with Bluemont Way the closest to the Reston Town Center.

BULLETIN

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

INDEPENDENCE DAY

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

TUESDAY/JULY 11

Funds and Stocks Workshop. 3-4 p.m. at Charles Schwab, 11953 Freedom Drive, Reston Town Center. Learn about exchange-traded funds (ETFs). Free. Call 703-668-0482 or visit client.schwab.com/Public/Workshops/Registration.

THURSDAY/JULY 13

DMV To Go. 9 a.m.-4 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. DMV wireless office on wheels – apply or renew an ID card and driver's license; get driving records; obtain vehicle titles, license plates, decals, order disabled plates, and more. Visit re.ston.tc/P9HLkh for more.

THROUGH JULY 31

Backpacks for Students. Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit www.gflutheran.org or call 703-759-6068.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Reston-Herndon area, FEEDS is offered at the following schools:

- ❖ Dogwood Elementary School, 12300 Glade Drive, Reston
- ❖ Hutchison Elementary School, 13209 Parcher Ave., Herndon
- ❖ Herndon High School, 700 Bennett St., Herndon

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS. CALL KAREN AT 703-778-9422

ELECTRICAL	ELECTRICAL	LANDSCAPING	Good is not good, where better is expected. -Thomas Fuller
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465	
GUTTER		LANDSCAPING	
GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		Patios & Drainage Your neighborhood company since 1987 703-912-6886 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed	
IMPROVEMENTS		IMPROVEMENTS	
Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		TILE / MARBLE	
A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		TILE / MARBLE	
 RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com		TILE / MARBLE	
Alfredo's Construction Company, Inc. <ul style="list-style-type: none"> • Concrete Driveways • Patios • Sidewalks • Stone • Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg		 TELL US WHAT YOU THINK SUBMIT YOUR LETTER TO THE EDITOR HERE www.ConnectionNewspapers.com/contact/letter	
Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			

Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that "newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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

Herndon High Robotics Team Brings STEM to Vecinos Unidos

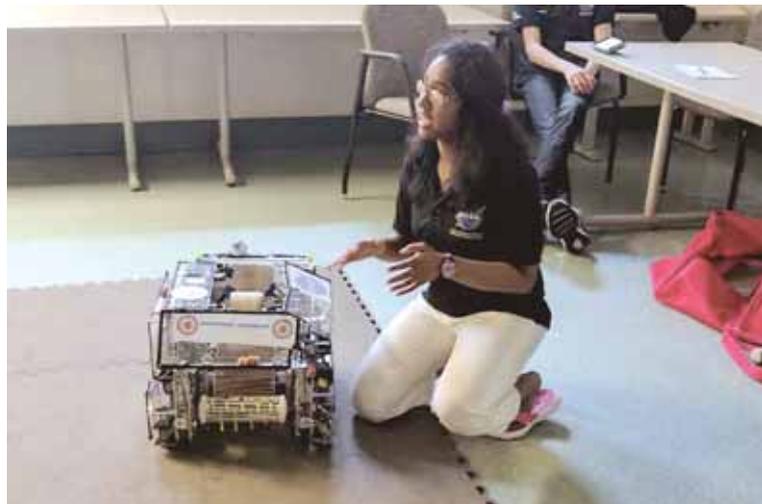
Outside, it was raining and everything looked a bit dull, but nothing was dull inside the Herndon Neighborhood Resource Center. It was Robotics Night, and 12 elementary and middle school students who attend Vecinos Unidos (VU), a nonprofit homework assistance program for underserved children, were getting an up-close encounter with a robot.

VU students learned to drive the robot and position it to shoot balls shot into a basket, with the help of members of the Herndon High School robotics team, Epsilon Delta TOO. Students Carter Allain, John Medvid, and Mansi Suresh, along with their coach, Spencer Allain, shared their robotics experiences from the school year, including their experience at the robotics world championship in St. Louis, Mo. where — although they didn't win — they had an amazing time meeting and working with other teams from around the world, learning about themselves, and strengthening their team camaraderie.

Epsilon Delta TOO is part of an organization called For Inspiration and Recognition of Science and Technology (FIRST), which strives to inspire youth to become future science and technology leaders with well-rounded life skills, such as confidence, leadership, and gracious professionalism. “The most important lessons I have learned from my involvement with FIRST are not the technical skills,” Suresh said, “but rather how we can work together as a team during challenges and how we can compete



Members of the Herndon High School robotics team, Carter Allain, John Medved, and Mansi Suresh demonstrate their robot for students at Vecinos Unidos.



Mansie Suresh.

while respecting each other.” Spencer, the team's coach added, “I was very pleased that all of the [VU] kids eventually chose to drive the robot (even the initially timid ones).”

Team members look forward to

future presentations at Vecinos Unidos. One of their priorities is to expand the mission of FIRST by igniting interest in STEM for children throughout Northern Virginia, specifically children from underserved families.

Town Of Herndon Names Town Manager

Mayor Lisa Merkel and the Herndon Town Council appointed William “Bill” Ashton II as town manager, effective July 1.

Ashton had been serving as acting town manager since February, following the retirement of previous Town Manager Art Anselene.

“The town's search for a new town manager was vigorous and thorough, with applicants from throughout the commonwealth and the nation,” Merkel said in a press release. “Throughout the interview process, and over the past four months as Bill has served as acting town manager, it became clear to me and to my council colleagues that his leadership, experience and expertise are exactly what the town needs at this critical juncture. Redevelopment of our downtown, preparation for Metro and other key projects require a steady hand, keen instincts and knowledge of town



PHOTO COURTESY OF THE TOWN OF HERNDON

Herndon Town Manager William “Bill” Ashton II

policy – all of which Bill has capably demonstrated.” “Most importantly, he has the respect of, and appreciation for, our exceptional staff,” Merkel added. “We are delighted to appoint Bill to the town's top administrative post.”

Ashton joined the town's staff in 1998 as Herndon's first director of Information Technology, responsible for development and implementation of technologies that assist all town departments in providing services to town citizens. During his tenure, the town received national recognition as a public sector technology leader.

Previously, Ashton worked in IT positions of increasing responsibility, both in the private sector and the federal government. He earned a Bachelor of Business Administration degree with a focus in management information systems from James Madison University and a Master of Public Administration from George Mason University.



From left: Anand Advani (Herndon) and Vikram Bala (Great Falls).

Nysmith School Students End Year With Noteworthy Achievement

As the school year winds down, several students at The Nysmith School are finishing on an up note, having accomplished impressive results in a variety of academic competitions. Student achievements include:

Eighth grader Anuraag Kaashyap, of Herndon, finished first in the country in the Math Kangaroo event, recording a perfect score in responding to questions in algebra, geometry and logic. More than six million students in grades 1-12 took part in the annual competition, which was started in the 1980s by an Australian mathematician/teacher, thus the name of the event.

Nysmith eighth grader Vikram Bala, of Great Falls, and seventh grader Anand Advani, of Herndon, received first place honors at the American Computer Science League (ACSL) event in Los Angeles. The two students won the competition for Computer Theory, and Vikram recorded the highest individual score in the annual competition that matches more than 200 teams from the U.S., Canada, Europe, Africa and Asia.

A team of Nysmith fourth graders placed first nationally in the recent WordMasters Challenge, a national vocabulary competition involving more than 150,000 students in the United States.

Competing in the most challenging Gold Division, these students earned a perfect score in the final event:

- ❖ Rishabh Kumaran, of Herndon, the only fourth grader in the country to achieve a perfect score in the Highest Honors division.
- ❖ Rabia Chadha (Sterling)
- ❖ Henry Pan (Reston)



Eighth grader Anuraag Kaashyap of Herndon finished first in the country in the Math Kangaroo event.

A team of Nysmith students reached the finals of the recent National History Bowl Championship (Middle School Division). Competing in the buzzer-based history quiz event, the following students advanced to the final round of the contest:

- ❖ Anuraag Kaashyap, eighth grader from Herndon
- ❖ Justin Ward, eighth grader, from Vienna
- ❖ Elise Bejtlich, sixth grader, from Manassas
- ❖ Aaron Joy, sixth grader, from Herndon
- ❖ Neal Gupta, seventh grader, from Vienna

Nysmith seventh graders Sarang Arun, from Fairfax, and McKenzie Hiek, from Great Falls, have advanced to compete in the National Speech and Debate Association's Middle School Public Form National Tournament to be held June 20-23 in Birmingham, Ala. The debate topic will be “The U.S. Federal Government should substantially increase its economic and/or diplomatic engagement with the People's Republic of China.”