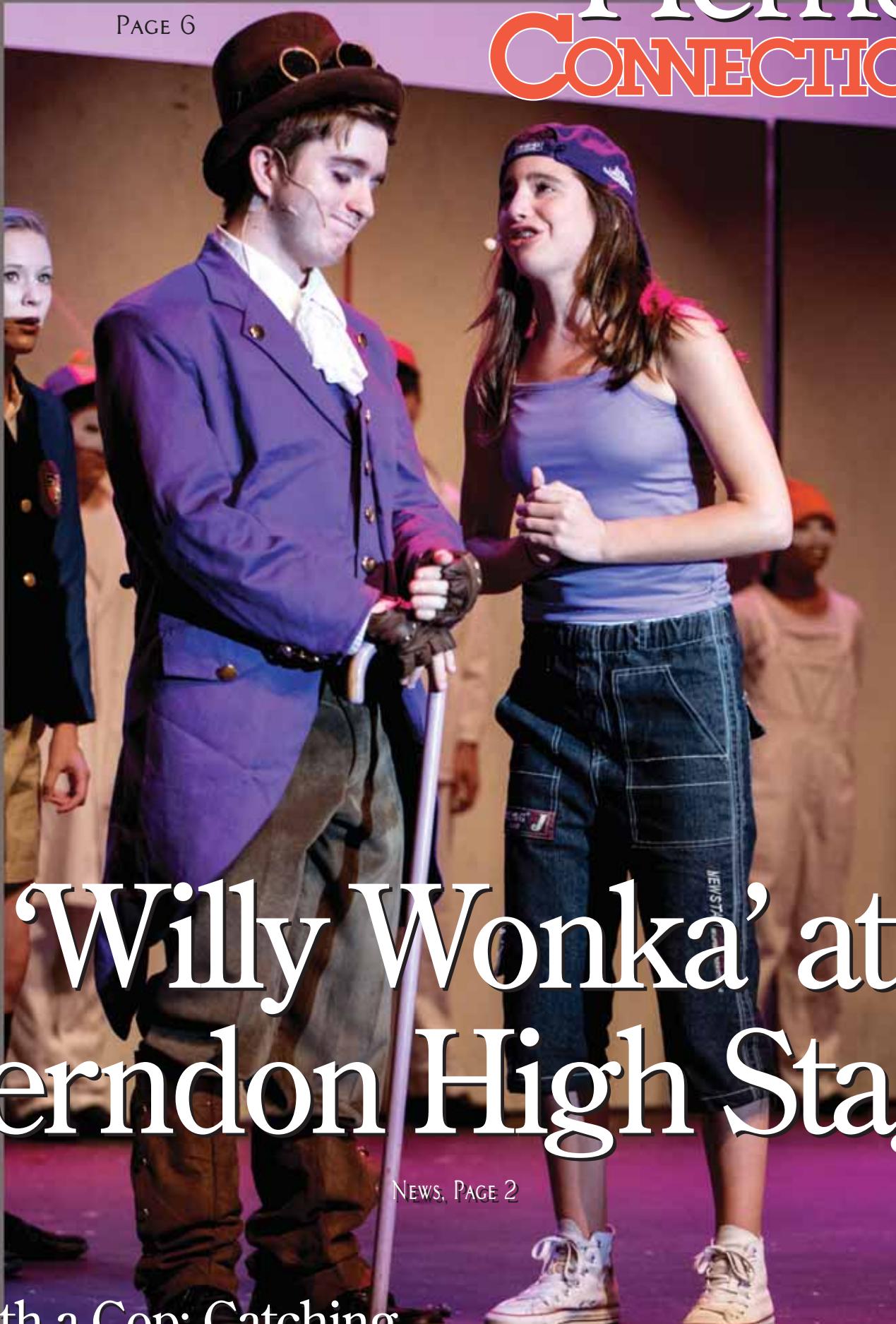


WELLBEING

PAGE 6



Oak Hill Herndon CONNECTION



Joey Rudek appeared as Willy Wonka and Sofia Silvestri as Violet Beauregarde in the Herndon High School Theatre Summer Grand 2017 musical production, "Roald Dahl's Willy Wonka."

'Willy Wonka' at Herndon High Stage

News, PAGE 2

Coffee with a Cop: Catching Up With The Chief

News, PAGE 3

So Many Chances to Vote

OPINION, PAGE 4

PHOTO COURTESY OF ROBERT MAXWELL

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 8-3-17.

U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

AUGUST 2-8, 2017

NEWS

'Willy Wonka' at Herndon High Stage

Cast and crew lead the audience into a world of pure imagination.

By MERCIA HOBSON
THE CONNECTION

If you loved the original 1971 film, "Willy Wonka & the Chocolate Factory," and its remake 2005 movie, "Charlie and the Chocolate Factory," then

you would have surely enjoyed the lively musical stage production of "Roald Dahl's Willy Wonka," with lyrics and music by Leslie Bricusse and Anthony Newley presented by Herndon High School Theatre Summer Grand 2017 Friday, July 28-Sunday, July 30. "Roald Dahl's Willy Wonka" was presented through special arrangement with Music Theatre International.

First year Herndon High School teacher, Raphael Schklowsky directed the performance. Having studied at the Moscow Art Theatre School and directed

SEE WILLY WONKA, PAGE 5



PHOTO COURTESY OF ROBERT MAXWELL

Herndon High School Summer Grand 2017 performs "Roald Dahl's Willy Wonka" taking audiences on a fantasy journey into a land of sweet surprises.

FREE! *Drive-in Movies*

FAIRFAX COUNTY PARK AUTHORITY

Summer Entertainment Series

Starlight Cinema

Saturday Evenings in August • 6:00 p.m.
Trinity Centre 5860 Trinity Pkwy, Centreville

Gates open 6 p.m., movie starts at dark.
Free children's games and rides. Food and drinks available for purchase. Bring your own lawn chairs, blankets and FM radio, if you wish to sit outside. Consumption of alcohol is not permitted.

AUGUST 5 - MOANA
PG | 113 min | Animation

AUGUST 12 - FINDING DORY
PG | 103 min | Animation

AUGUST 19 - ZOOTOPIA
PG | 108 min | Animation

AUGUST 26 - STORKS
PG | 89 min | Animation

Check online for an updated listing of Starlight Cinema drive-in movies!
fairfaxcounty.gov/parks/performances

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

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**

THE
CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 23, 2017

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

Great Marketing for:

- Hospitals, Healthcare, Wellbeing
- New Homes, Realtors, Remodelers
- Schools, Camps, Services for Students
- Malls, Shopping Centers
- Professional Services
- And Much More

Space Reservations Due: Thursday, August 17, 2017
E-mail: sales@connectionnewspapers.com for more information.



LOCAL MEDIA
CONNECTION
Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com/Advertising

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet - Fairfax Connection
- Arlington Connection - Fairfax Station/Cold Spring Connection/Potomac Almanac
- Burke Connection - Great Falls Connection
- Centreville - McLean Connection
- Chantilly Connection - Reston Connection
- Springfield Connection - Mount Vernon Gazette
- Vienna/Cold Spring Connection

Call 703.778.9431
Email sales@connectionnewspapers.com
Visit connectionnewspapers.com/advertising



Beth Meyer (center), who owns Green Lizard Cycling with her husband Dave Meyer, took the opportunity to speak with police officers Sgt. Bobby Galpin and Chief Maggie DeBoard about her concern for cyclist and pedestrian safety in the town.



Lillian Gallardo, 4, of the town of Herndon, meets with Lt. Mike Berg and the department's new spokesperson Lisa Herndon while she enjoys a strawberry smoothie and chocolate cupcake. She came to the shop with her mom Meghan Gallardo and Bane, their family's Cavachon.

Coffee with a Cop: Catching Up With The Chief

BY FALON FORBUSH
THE CONNECTION

Herndon Police Chief Maggie DeBoard and some of her police officers stopped by Green Lizard Cycling on Lynn Street in downtown Herndon for the department's "Coffee with a Cop" event on Thursday morning, July 27.

"We're just meeting people and finding out what's going on," DeBoard said. "The more people we know, the more likely they'll be to pick up the phone and ask for help."

The cycling, coffee and beer shop selected two options from its regular repertoire for the public to sip on for free from 7-10 a.m.: Sumatra Dark Roast and Red Goat Medium Roast from the Kaladi Brothers Coffee Company, which roasts its beans in Alaska. A sampling of chocolate cupcakes from the Amphora Bakery's Herndon location on Sunset Park Drive were also provided.

"We think the police are an important part of the community," said Beth Meyer, who owns the establishment with her husband Dave Meyer. "We want people to feel comfortable with police — a tightknit community in downtown Herndon."

The department hosts the coffee events each quarter and selects different venues around Herndon.

"I'm glad they picked us this time," Meyer said.

Citizens Relay Concerns Over Coffee

Lights were installed along the Washington and Old Dominion Trail, which stretches through the town and runs parallel to Green Lizard Cycling, in September 2014, but Beth Meyer took the opportunity to speak with police officers about her concern for the lack of lighting on some of the other streets and trails in the town.

"I just want to make sure everyone is aware and safer on the streets," she said.

Gov. Terry McAuliffe has proclaimed September as Bicyclist and Pedestrian Awareness Month in Virginia for the past several



Herndon Police Chief Maggie DeBoard speaks to people outside of Green Lizard Cycling during a "Coffee with a Cop" event on Thursday morning, July 27.

years. After their conversation, Meyer and officers came up with an idea: This September, Green Lizard Cycling and the department will partner on a joint social media campaign to spread awareness about sharing roadways with bicyclists, motorists and pedestrians.

Other topics on coffee drinkers' minds included the lack of parking spaces downtown and lack of enforcing the rules for the spots that exist.

Lt. Mike Berg was happy to inform people that the department was in the process of hiring a new parking enforcement officer, who he hopes will start working this summer.

A lot of people asked officers about the new body cameras the department implemented, according to Sgt. Sean Merritt. The bodycams, Panasonic Arbitrator Body Worn Cameras, were unveiled at a public forum by DeBoard on Thursday, March 30.

At the time, the cameras were to be fully deployed by May. However, the bodycams were not fully implemented for all of the department's 53 officers who provide police services to the public until last week.

"The last few officers were trained this

week," Berg said. "We are fully deployed."

DeBoard was trained the day before the coffee event and would be getting her bodycam by the following day at the latest, she said.

"I'll be wearing mine probably by this afternoon," she said.

News From Richmond

McAuliffe's administration appointed DeBoard to the Virginia Forensic Science Board on Friday, July 21. The Department of Forensic Science is a nationally-accredited forensic laboratory system, established by Virginia law, to provide forensic laboratory services to the commonwealth's state and local law enforcement agencies, medical examiners, commonwealth's attorneys, fire departments and state agencies in the investigation of any criminal matter.

"I was asked if I was interested to serve," DeBoard said. "The board requires law enforcement presence on the board."

She said her four-year position would help form policies and lab reviews, but that she had not had her first meeting yet.

"I look forward to serving and learning and representing chiefs throughout the

state," she said. "Forensic science, the whole profession helps everything we do and solve crimes. I hope to bridge the gaps."

New Police Spokesperson

Lisa Herndon, a radio personality with WINC, 92.5 FM, in Leesburg, started working for the department as a public information specialist on Monday, July 17. She replaced Jane Ross, who moved out of the state.

Berg said he looks forward to Herndon helping boost the department's social media activity and presence.

Herndon let her radio listeners know about her career move and next chapter in life on Facebook.

"Over the past seven years, the WINC FM listeners and my coworkers have become family," she wrote in a post on Facebook. "I have my dream job and have the best friends. That's why it is so hard for me to tell you that today is my last day on the WINC Wake Up Show. In an ideal world, I would stay on the WINC Wake Up Show until the day I retire. But it just wasn't realistic for me and my family. It was time to go and a new direction and today is the day I start that journey." "I'm excited about this new chapter in my life, but also so heartbroken to leave you," the post added.

Officers Promoted

The department hosted a promotional ceremony on Monday evening, July 31, at the Herndon Council Chambers Building.

National Night Out

The town of Herndon is scheduled to participate in National Night Out on Tuesday, Aug. 1, after deadline for this paper. The national event is a community police awareness campaign held on the first Tuesday of August. Participating neighbors host outdoor block parties and events for children and families. The police department and its officers, accompanied by members of the Herndon Town Council, circulate throughout the town to help neighbors celebrate and to talk about the importance of safety and community policing.

OPINION

So Many Chances to Vote

Next up, Fairfax County School Board At-Large, Aug. 29.

Do we have election fatigue? Or are we still reeling from last November's election? Every year is an election year in Virginia, and some years offer multiple opportunities.

Either way, every voter in Virginia had a chance to choose a Gubernatorial candidate from one party or the other in the primary election on June 13.

Now in Fairfax County, a countywide special election for School Board at-large will take place on Aug. 29, with absentee in-person voting already underway. Four candidates are on the ballot, Chris S. Grisafe, Sandra D. Allen, Karen A. Keys-Gamarra and Michael H. Owens. To read our story about the candidates, see www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

Absentee voting for the special election is by mail or at the Fairfax County Government Center, 12000 Government Center Pkwy., Suite

LETTER TO THE EDITOR

Renaming to Proceed

To the Editor:

An open letter to the community.

The Fairfax County School Board voted last night [July 28] that the name of J.E.B Stuart High School be changed no later than the start of the 2019 School Year. The School Board further directed staff to start the renaming process this fall and that as part of that process — in the spirit of compromise and in recognition of the need to minimize costs as well as the desire for continuity by alumni — request that the Stuart community consider "Stuart High School" as the new name. The Board further directed staff to create a mechanism for private funding with the expectation that private funding will pay for a substantial portion of the costs.

I've met with both sides on this issue and it has yielded strong feelings and strong passions. Now that the Board has spoken, we will continue to follow the process as outlined by the School Board regulation for name changes. We will execute the renaming process in a fair, transparent, and expedient manner.

After review of the community's recommendations, the Division Superintendent will formulate a recommendation consisting of one or more of the most popular choices according to community input. The Division Superintendent shall then transmit the recommendation to the School Board for consideration and action.

The deadline for the Division Superintendent to submit a formal recommendation to the School Board shall be three weeks prior to the date scheduled for School Board action.

It is clear that this issue has impacted our community and it is my

323, Fairfax, through Aug. 25. Times: Monday, Tuesday, Wednesday and Friday: 8 a.m. - 4:30 p.m.; Thursday, 8 a.m. - 7 p.m.

Then comes the General Election on Nov. 7, with every House of Delegates seat on the ballot along with the race for governor. Lieutenant governor and attorney general are also on the ballot.

To vote in the General Election on Nov. 7, the deadline to register to vote, or update an existing registration, is Monday, Oct. 16. In-person absentee voting begins Sept. 22, with the last day of Nov. 4.

For Fairfax County information: Voter Registration: 703-222-0776, TTY 711; Absentee Fax: 703-324-3725, Email: voting@fairfaxcounty.gov

Virginia Voter ID

You will need to show one acceptable photo identification card (photo ID) whenever you vote in person. This is Virginia law for all voters.

Photo IDs can be used to vote up to one year after the ID has expired.

Acceptable forms of valid identification:

- ❖ Virginia driver's license
- ❖ Virginia DMV-issued photo ID
- ❖ United States passport
- ❖ Employer-issued photo ID

Details

To see what's on your ballot: www.elections.virginia.gov/voter-outreach/whats-on-ballot.html

To check that you are registered to vote at your current address: vote.elections.virginia.gov/VoterInformation

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/PublicContactLookup

To read about candidates for the Aug. 29 special election for Fairfax County School Board: www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

❖ Student photo ID issued by a school, college, or university located in Virginia

❖ Other U.S. or Virginia government-issued photo ID

❖ Tribal enrollment or other tribal photo ID

❖ Virginia Voter Photo ID card

If you don't have an ID, go to a voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

If you get to your polling place without acceptable photo ID, ask to vote a provisional ballot. You will be given instructions on what to do so your vote can count.

— MARY KIMM

mkimm@connectionnewspapers.com

Oak Hill & Herndon CONNECTION

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

Mercia Hobson

Contributing Writer

mhobson@connectionnewspapers.com

Andrea Worker

Reporter

aworker@connectionnewspapers.com

Mike Salmon

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

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.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

CIRCULATION

circulation@connectionnewspapers.com

2015

Virginia

PRESS

Association

Award Winning

Newspaper

PEOPLE & PETS



Emilia and Stella: Storytelling

Arlene Corrado of Great Falls submitted this photo titled Emilia and Stella at story telling.

NEWS



PHOTOS COURTESY OF ROBERT MAXWELL

The entire cast celebrates with Charlie Bucket, played by William McCough, a rising sixth grader at Clearview Elementary School in Herndon. The cast and crew, composed of high school graduates Class 2017 to rising sixth graders, are from various public and private schools in Northern Virginia.

Willy Wonka

FROM PAGE 2

theatre and film productions in New York, Moscow, St. Petersburg, Montreal and more, Schklowsky and Music Director Sarah Milhourn, choral director at Langston Hughes Middle School in Reston, inspired the cast and crew to reach beyond their imagination.

Through Schklowsky and Milhourn's direction, the students delivered high-spirited acting with powerful voices, delighting adults and young children in the audience, apparent by the laughter and mid-scene applause.

THE ACTORS enhanced all that was right in the beloved children's book and the popular films, captivating the audience scene after scene.

Joey Rudex of Centerville played the eccentric and rather mean spirited candy man, Willy Wonka. Dressed in a lavender coat and top hat, Rudex offered an impressive and commendable performance as he tested the character of each of the four insufferable brats who each won one of the five golden tickets that granted a tour of the candy factory. Byron River, an eighth grader at Kilmer Middle School, played Mike Teevee, but a contemporary version of the character, one more interested in his iPad and gaming than taking a tour. Faith Hargadon, an eighth grader at St. Joseph's School, played the temper tantrum terror Veruca Salt, nailing it just right. Sofia Silvestri readily took on the roll of the gum-smacking Violet Beauregarde, attitudes and all, while Aiden Smith, sophomore at South Lakes High School, performed a rollicking interpretation of the obese and gluttonous, Augustus Gloop. After the performance, Rudex summed up well the directors' creative style. Rudex said, "Mr. Schklowsky and Mrs. Milhoan gave us incredible freedom in our acting choices but were there to catch us at every moment if we weren't quite there."

William McCough of Herndon performed the role of the young and good-natured Charlie Bucket. He brought a genuine gentleness to the role. That may be because McCough was the youngest performer in the cast, a rising sixth grader. McCough delivered his lines with confidence and grace.

"We constantly picked each other up," Weiss said. "And we gave each other positivity. I have absolutely adored this experience."



Sean Sullivan, Herndon High School Junior, appeared as Mr. Bucket and William McCough, a Herndon sixth grader as Charlie Bucket, in the Herndon High School Theatre Summer Grand musical production "Roald Dahl's Willy Wonka" presented Friday, July 28-Sunday, July 29 on stage at the school auditorium. "I was amazed at how wonderful and fun it was," McCough said.

AFTER the Saturday evening performance, McCough said he was nervous and commented about his role. "I went into theatre when I was 9 and was obsessed. As soon as I was old enough to join the Summer Grand, I couldn't wait. I was amazed at how wonderful and fun the experience was."

Katherine Weiss, a sophomore at Herndon High School, was a member of the ensemble led by Jeremy Shoop, Pit Orchestra director.

Weiss reaffirmed the positive spirit of the musical production and shared the cast and crew's motto, "You are enough; you are more than enough; you truly don't know how enough you are." Weiss explained that being part of the musical production was more than singing and acting. It was the spirit of giving.

"We constantly picked each other up," Weiss said. "And we gave each other positivity. I have absolutely adored this experience."

We Heard You!

NEW & EASIER TO USE PARK & PAY KIOSKS

- No App required
- Swipe credit card
- Easy to apply validation
- Pay with cash and receive change



Easy-to-use ParkRTC App available

200,000 downloads to date!

restontowncenter.com/parking

FREE garage parking after 5pm, Monday to Friday

FREE first hour of garage parking, Monday to Friday

FREE garage parking every weekend

Garage parking session activation is *not* required after 5 pm or during weekends, holidays and major events.

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

RESTONTOWNCENTER.COM

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



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"

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

Announcements

Lifetime ROOFING
by VA CAROLINA BUILDINGS, INC
FACTORY DIRECT WE FINANCE
CALL 800-893-1242
WWW.METALROOFOVER.COM

SINGLE WIDES
DOUBLE WIDES
HOUSES

Announcements

Announcements

Low Vision Patients with
MACULAR DEGENERATION

DMV offers a special permit allowing low vision patients to drive with biopic telescopic glasses.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030

Announcements

Announcements

ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING **FINAL RELEASE** OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

3 Log Home kits selling for BALANCE OWED, FREE DELIVERY

1) Model #101 Carolina \$40,840...BALANCE OWED \$17,000

2) Model #303 Little Rock \$38,525...BALANCE OWED \$15,000

3) Model #403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW-HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
 - Comes with Complete Building Blueprints & Construction Manual
 - Windows, Doors, and Roofing not included
 - NO TIME LIMIT FOR DELIVERY!
- BBB
A+ Rating

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Find us on Facebook and become a fan!

[www.facebook.com/
connectionnewspapers](http://www.facebook.com/connectionnewspapers)

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

WELLBEING



PHOTO BY MARILYN CAMPBELL

Wearing sunscreen offers the best protection from sun damage.

Saving Your Skin

How to prevent sun damage while enjoying summer vacation.

BY MARILYN CAMPBELL

ABC LICENSE
Herndon Station LLC trading as Herndon Station LLC, 783 Station St, Ste D, Herndon, Fairfax County, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises/ Delivery Permit license to sell or manufacture alcoholic beverages. Steven Mitchell, Managing Member. 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.



For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail:
goinggreen@connectionnewspapers.com

THE CONNECTION
Newspapers

August approaches and many head out for sun-drenched vacations with a skin-baring wardrobe. This much anticipated time of year doesn't come without danger, primarily in the form of sunburn which can lead to skin damage, skin cancer, wrinkles and dark spots. Skincare gurus offer suggestions for protecting skin without sacrificing time outside.

"Sunscreen is the best protection from the sun," said Cheryl A. Oetjen, DNP, FNP-BC, assistant professor of nursing at George Mason University. "This can be from lotions that are SPF 30 or higher or from skin-protective clothing. Wearing a hat can also protect your face to some degree. Sunglasses should also be worn."

To maximize the effectiveness of sunscreen, Oetjen advises being aware of some of the most commonly made application mistakes. " Ideally sunscreen should be applied 30 minutes prior to sun exposure," she said. "This gives it time to soak into the skin. Avoiding the water for this time is also important."

Avoid the sun between 11 a.m. and 3 p.m. when it's most intense and use at least one ounce of sunscreen per application, says Oetjen. "The important part of applying sunscreen is ensuring that you are using enough," she said. "Fair complexions, red hair and blonde hair often are indicators of a higher risk of sunburn, so it's important to reapply often."

Make sunscreen part of one's

"Sunscreen is the best protection from the sun."

— Cheryl A. Oetjen,
George Mason University

areas that people often forget to cover, and where we often find skin cancer, are the tops of ears and the backs of their hands," she said. "These are places where people forget to put sunscreen."

"Make sure the most sensitive areas are covered ... these areas include the top of the ears, lips [and] the nose, added Oetjen. "Zinc oxide can be applied to sensitive areas."

Infants who are younger than six months old should have limited exposure to the sun, says Oetjen.

"The FDA has not approved a sunscreen for infants under 6 months so it is best for them to stay in the shade and wear sun protective clothing and hat," she said. "The skin of infants is thinner and more sensitive to the sun and sunscreen."

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SATURDAY/AUG. 12

Yard Sale and Refreshments. 8 a.m.-1 p.m. at Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Donate new or gently used items to sell. Funds will support a comprehensive emergency response and recovery program to assist the Nigerian families made homeless and suffering by the attacks of Boko Haram. Call 703-430-7872 or email joygoodshepherd@verizon.net.

TUESDAY/AUG. 15

Candidate Filing Deadline. Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, age 18 or older, are eligible to run. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Candidacy Statements will be available at RCC facilities or online at www.restoncommunitycenter.com beginning at 9:00 a.m. on Tuesday, Aug. 1. The deadline for candidacy filing is 5 p.m. on Tuesday, Aug. 15.

THROUGH AUG. 18

Artist Application Deadline. Visual artists who wish to participate in the 17th Annual Reston Multicultural Festival art exhibit “Art Mirrors Culture” should visit www.restoncommunitycenter.com. The festival will be held Saturday, Sept. 23, 2017 at Lake Anne Plaza in Reston. Interested groups or individuals should fill out the appropriate Vendor Application Form, available at www.restoncommunitycenter.com/mcf.

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:

- ❖ 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.

RestonMD@juno.com or 703-994-7600 for more information.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

BUSINESS DIRECTORY

To ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

LANDSCAPING

A&S CONSTRUCTION
SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

LANDSCAPING

GUTTER

GUTTER

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!

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

A&S Landscaping

- 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

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

Alfredo's Construction Company, Inc.

VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

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

Good is not good, where better is expected.
-Thomas Fuller

LANDSCAPING

LANDSCAPING

Patios & Drainage
Your neighborhood company since 1987
703-912-6886

J.E.S. Services

Free Estimates - Fully Licensed & Insured

- 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

TILE / MARBLE

TILE / MARBLE

BATHROOM REMODELING
by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.
www.brennan-tile.com
703-250-2872
Licensed • Bonded • Insured

TILE / MARBLE

TILE / MARBLE

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

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](http://www.Facebook.com/connectionnewspapers)

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Week to Weak



By KENNETH B. LOURIE

And speaking, a few weeks late, of my “whirled,” (see July 5, 2017 column, “Not an Auto-Matic Fix); at least as it relates to my next week or so: 24-hour urine collection on Tuesday, pre-chemotherapy lab work on Wednesday, in the Connection office on Thursday, chemotherapy infusion on Friday, continuing anxiety concerning the previous Wednesday’s CT Scan/awaiting results from my oncologist followed by our usual post-scan appointment with him Friday a week later to discuss my future: status quo or the great unknown; coinciding with the typical eating challenges/post-chemo side effect which lasts a week to 10 days after treatment. If this cycle of gloom doesn’t sound like fun, you’re right, but it’s a living/my life and I’m extraordinarily (I didn’t want to say “damn”) lucky to be able to live it.

And recently having spoken to a new stage IV, non-small cell lung cancer "diagnosee," who's on a 24-hour morphine drip and Percocet every four hours because he's in constant pain, I know how amazingly fortunate I am/have been since being originally diagnosed in late February, 2009. Sure, I've had my share of pain and discomfort, but in the medical-measuring system I'd give it a "1." Hardly the stuff with which nightmares are made (see column in a few weeks, as yet untitled).

I've always been a great believer in context. Not so much comparison because what you see and what you get are not necessarily relevant, comparatively speaking, but more that the circumstances are all relative. It takes me back to Popeye the Sailor Man, who apologizing to no one, always said: "I 'yam what I 'yam." And so am I. When I see other cancer patients at the Infusion Center, when I talk to cancer survivors, when I hear or read of other cancer patient circumstances, I try to live and learn, not take it personally, and count my blessings. Given the hand that I was dealt back on Feb. 27, 2009 I wouldn't say "Wild" Bill Hickok (and his black aces and black eights) came to mind, but my life, according to the "11 month to two-year" prognosis I was given, certainly passed before me – and much sooner than I had anticipated.

In spite of my diagnosis/prognosis, and the miscellaneous ups and downs that I and most cancer patients endure, I've never given in to my oncologist's initial assessment. It was so unbelievable hearing such grim news, especially considering that I was age 54 and a half, that it almost seemed like an out-of-body experience, sort of like Scrooge in Charles Dickens "novella, "A Christmas Carol." Sure we were listening attentively and asked our share of questions, but it didn't seem real or even about me, sort of. I mean at this juncture, I had no pain and no symptoms and no family history of cancer – and I was a life-long non-smoker. Yet here I was, in the bulls eye of a dreaded disease with no known cure receiving a modest life expectancy/two percent chance of living beyond five years.

But eight years and five months later, here I sit, breathe and try to write some wrongs about a life mostly unexpected, and one in which I haven't sweated too many details nor concerned myself with the "nattering nabobs of negativism," to quote former Vice President Spiro T. Agnew, specifically as it relates to lung cancer outcomes. Which are dramatically improving.

New drug approvals and increased funding for lung cancer research has infused hope into lung cancer patient's lives. Routines with which us lung cancer patients/survivors have become accustomed will be less routine and will make our lives more fulfilling. It might not be perfect, but it's definitely a life worth living.

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

ENTERTAINMENT

Submit entertainment announcements at 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.

NextStop Theatre. Various times through Aug. 20 at 269 Sunset Park Drive (Inside the Sunset Business Park on Spring Street), Herndon. "Rodgers & Hammerstein's A Grand Night for Singing" \$17.50-\$55. Call 866-811-4111 or visit www.nextstoptheatre.org.

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center St., 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/AUG. 3

Farmer's Market. 8-12:30 p.m. on Lynn St. in downtown Herndon. Fresh produce and baked goods, with live entertainment on the Town Hall Square, 730 Elden St. through Aug.



Thursdays: Art Crawl

Flutist Gina Sobel will be one of the musicians featured Sunday, Aug. 6 and at the Art Crawl every Thursday evening from 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Call 703-956-9560 or visit artspaceherndon.com.

31. Visit herndon-vva.gov/recreation or call 703-787-7300.

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

SATURDAY/AUG. 5

Magic of John Dodge. 10-10:45 a.m. at Reston Town Square Park, 11990 Market St. Dodge does disappearing handkerchiefs, balloon animals and more. Free. Visit restontowncenter.com or call 703-476-4500.

Comfort Cuisine. 10 a.m.-1 p.m. in the Reston Community Center, 2310

Colts Neck Road. This class will teach participants how to prepare tasty, healthy and satisfying meals. Call 703-476-4500.

SUNDAY/AUG. 6

Gina Sobel in Concert. 6-8 p.m. at ArtSpace Herndon, 750 Center Street. She plays saxophone, guitar, funk and jazz. \$15. Visit www.artspaceherndon.com.

AUG. 8-SEPT. 2

"Elements" Art Exhibit. Various times at ArtSpace Herndon, 750 Center St. Featuring Andrew Black & Mercia Hobson - Mixed Media & Pottery. Visit artspaceherndon.com.

THURSDAY/AUG. 10

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

SATURDAY/AUG. 12

Kids Wet and Wild Day. 10:30 a.m.-noon at Town Hall Square, 730 Elden St. Water balloon relays and squirt gun fights. Free. Email parksandrec@herndon-vva.gov or call 703-787-7300.

Cardboard Boat Regatta. 2-6 p.m. at Lake Anne, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For questions or more information on getting involved, contact Elizabeth Didiano at lacbregatta@gmail.com or 703-709-7700.

Reston Concerts on the Town.

7:30-10 p.m. at Reston Town Center, 11990 Market St. The weekly summer concert series presents big band jazz with the Navy Band Commodores. Bring lawn chairs or picnic blankets and hear live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants only. Visit restontowncenter.com/concerts.

SUNDAY/AUG. 13

Bird Watching. 7:30-10:30 a.m. at Lake Newport, 1575 Brown's Chapel Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston

Association. Call 703-437-3335.

Meet the Reston Author. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Reston: A Revolutionary Idea" - Author and biographer Kristina Alcorn will discuss the history of Reston and sign and sell her book, "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr. Free. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. 703-385-8414.

TUESDAY/AUG. 15

Baby and Me Yoga. 10-11 a.m. in the Reston Community Center, 2310 Colts Neck Road. Baby and Me Yoga class is open to women in all stages of postpartum, as well as fathers, relatives and caregivers. Classes are for babies 4 weeks old to crawling. Call 703-476-4500.

THURSDAY/AUG. 17

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

FRIDAY/AUG. 18

Beach Party Barbeque. 5:45-8 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Join the Congregation Beth Emeth community and friends for beach games and Shabbat BBQ dinner, stay for family-friendly outdoor services at 7:15. Prospective members are our guests. \$14. Visit www.bethemeth.org/bbq.

PROMO ...PROMO ...PROMO

BUY 20 AND GET 20% DISCOUNT

We deal in all kind of brand new mobile phones.
Original factory unlocked with international manufacturer warranty.



Apple iPhone 7 Plus
256GB UNLOCKED
\$800



APPLE IPHONE:

Apple iPhone 7 Plus 256GB UNLOCKED	\$800
Apple iPhone 7 Plus 128GB UNLOCKED	\$700
Apple iPhone 7 256GB UNLOCKED RED	\$700
Apple iPhone 7 128GB UNLOCKED RED	\$600
Apple iPhone 8s plus 128GB UNLOCKED	\$600
Apple iPhone 8s plus 64GB UNLOCKED	\$550
Apple iPhone 8s plus 16GB UNLOCKED	\$500
Apple iPhone 8s 128GB UNLOCKED	\$550
Apple iPhone 8s 64GB UNLOCKED	\$500
Apple iPhone 8s 16GB UNLOCKED	\$450
Apple iPhone 8 plus 128GB UNLOCKED	\$500
Apple iPhone 8 plus 64GB UNLOCKED	\$450
Apple iPhone 8 plus 16GB UNLOCKED	\$400
Apple iPhone 6 128GB UNLOCKED	\$450
Apple iPhone 6 64GB UNLOCKED	\$400
Apple iPhone 6 16GB UNLOCKED	\$350
Apple iPhone 5s 64GB UNLOCKED	\$250
Apple iPhone 5s 32GB UNLOCKED	\$220
Apple iPhone 5s 16GB UNLOCKED	\$200



SAMSUNG PHONES:

Samsung Galaxy S8 Plus cost	\$800
Samsung Galaxy S8 cost	\$700
Samsung Galaxy Note 7 cost	\$600
Samsung Galaxy S7 Edge cost	\$550
Samsung Galaxy S7 cost	\$500

PAYMENT: LARGE ORDER PAYPAL AND CREDIT CARD, 1 TO 10 UNITS CASH PAYMENT

Contact us For Order Place via Email Address in below manners:

Rosemary Bruce | E-mail:ordernow2017@gmail.com | E-mail:centurionconsultllc@accountant.com | SKYPE ID :ordernow2017@outlook.com