



Reston CONNECTION

Home LifeStyle

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The Reston Association provided games for children during the National Night Out kick off event on Tuesday, Aug. 2. Summer camp staff was on hand to get the kids involved. Communities throughout Northern Virginia celebrated annual neighborhood crime prevention parties.

Reston Joins National Night Out

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Playing it Safe

NEWS, PAGE 6

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OBITUARY

'Reston Pioneer' Robert Fulton Hanlon, 81, Dies

On July 25, 2016, Bob Hanlon, 81, died peacefully in his sleep at his home in Reston. Born in Cincinnati, Ohio, the greatest influence on his life were the ideals and ethics instilled in him by his Jesuit teachers at St. Xavier High School. After completing his bachelor's and master's degrees in industrial engineering at Ohio State, Bob worked for Bell Labs in New Jersey, followed by 40 years working as an engineer in Washington [Mitre, TRW, Tandem and Computer Science].

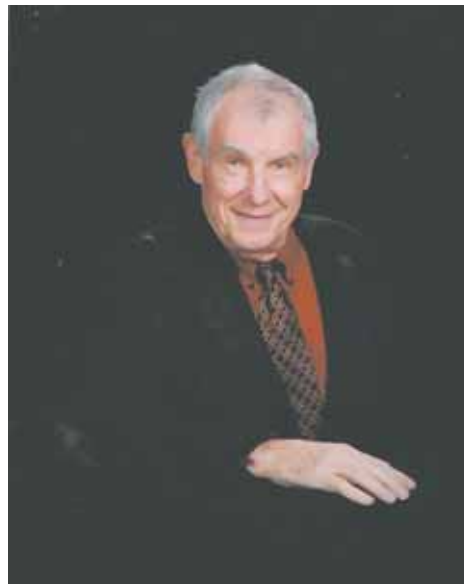
He was a "Reston pioneer," moving to the new town on Aug. 1, 1966 and beginning a career of singing and service for the next 52 years. He served as president of two institutions in their first year of existence—The Reston Chorale in 1966 and the Reston Catholic Community in 1968. In 1970 he represented St. Thomas a' Becket on the board of the Reston Interfaith Housing Corp which successfully brought 200 units of affordable rental housing to Reston in 1974.

The institution changed its name to Reston Interfaith as more congregations joined and social services needed in Reston were added. It continues today under the name of Cornerstones, representing a

unique merger of secular and religious institutions in Northern Virginia.

Bob continued to serve as a representative to Cornerstones for almost 20 years and was board president from 1982 to 1984. In lieu of flowers, contributions may be made to The Reston Chorale for its 50th

Year Celebration; Cornerstones for its charitable endeavors; or St. Thomas a' Becket's Summer Work Camp [high school students repairing homes for indigent elders]. Bob is survived by his wife of 51 years, Harriet Wehner Hanlon, by his son Mark C Hanlon [wife Kristi], by his daughter Marymai H Quaglia [husband Michael], by his grandson Seamus Fulton Hanlon, by his brother James T Hanlon [wife Kathy], by his brother-in-law Robert L Wehner [wife Ellen], by his sister-in-laws Mary Wehner Glazer, Martine Wehner and Joy Wehner and by many nieces, nephews and cousins. His son John Gregory Hanlon predeceased him by 13



Bob Hanlon

months. A Mass of Resurrection will be held on Aug. 12 at 11 a.m. at St. Thomas a' Becket Catholic Church, 1421 Wiehle Ave, Reston, with a reception following the service. Email condolences may be made at WWW.adamsgreen.com.

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One Step To 'One Fairfax'

Agreeing on a policy to create opportunity for all.

BY KEN MOORE
THE CONNECTION

Jeff McKay didn't mince words when discussing racial, social and economic inequity in Fairfax County.

"There are different opportunities in this county depending on where you live and depending on what school you go to," said the Lee District supervisor.

Hybla Valley Elementary in Mount Vernon is by many measures the most equity-challenged elementary school in Fairfax County. Fully 90 percent of students are poor, that is qualify for "free and reduced meals;" 48.7 percent of students are limited English proficient. While 80 percent of students are Latino, just 2.4 percent are white.

Less than four miles away, at Waynewood Elementary School, also in Mount Vernon, the story is different. There are very few poor students; just 2.1 percent qualify for subsidized meals. White students make up 87 percent of the students body; 1.8 percent are Black; 4.46 percent are Latino. Just 3.4 percent of students have limited proficiency in English.

On the other side of the county, many elementary schools in McLean, Great Falls and Vienna have a tiny percentage of poor children; less than one percent in some cases.

At Churchill Road Elementary School in McLean, there are almost no students poor enough to qualify for subsidized meals; 0.82 percent; just 8.8 percent of students are limited English proficient. 51 percent of students are white, 32 percent Asian, 2.47 percent Black and 7 percent Latino.

At Wolftrap Elementary in Vienna, there are also almost no poor students with just 1.22 percent poor enough to qualify for subsidized meals. White students make up 71.25 percent of students; 8.8 percent of students are Latino; 13.2 percent are Asian. Less than one percent are Black.

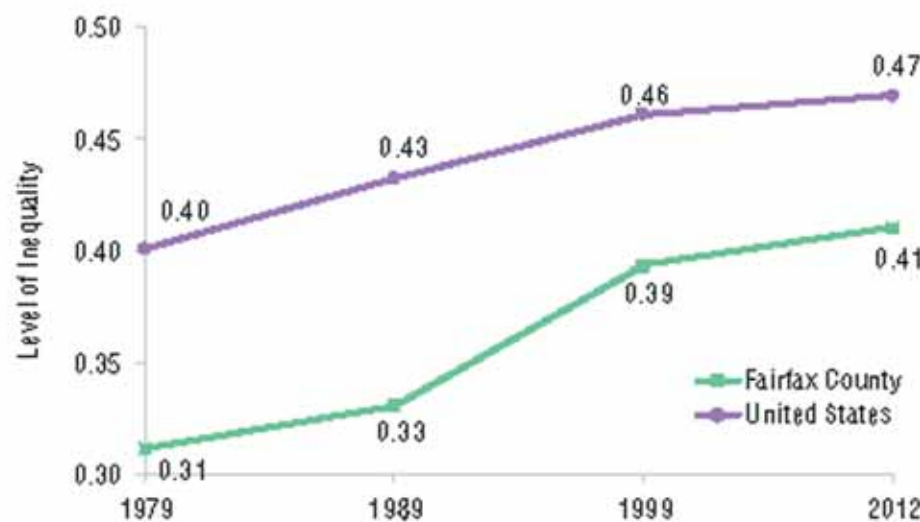
But in Herndon, at Hutchison Elementary, 78 percent of students are poor. The same percentage, 78, of students are poor at Dogwood Elementary in Reston.

THIS MONTH, the Board of Supervisors and the School Board passed a joint resolution called "One Fairfax: a community where everyone can participate and prosper." The idea is to address inequity in opportunities across the county.

"This puts it in writing, makes it deliberate and sends a strong message to our community that our leadership in this county believes strongly in equity, in social justice and in One Fairfax, where no matter where you are born, no matter what neighborhood

Income Inequality, 1979 to 2012

Inequality is measured here by the Gini coefficient, which ranges from 0 (perfect equality) to 1 (perfect inequality: one person has all of the income).

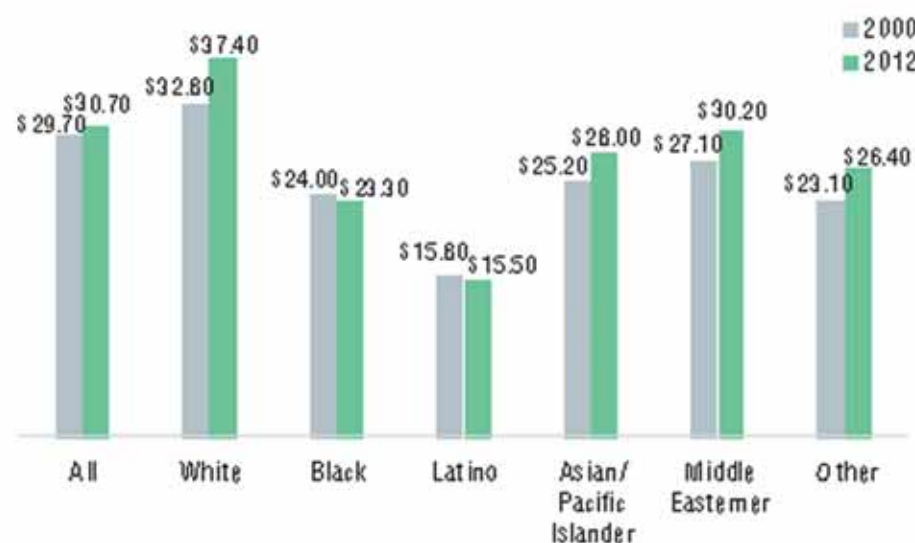


NOTE: DATA FOR 2012 REPRESENT A 2008 THROUGH 2012 AVERAGE.

SOURCE: IPUMS.

Median Hourly Wage by Race/Ethnicity, 2000 and 2012

NOTE: DATA FOR 2012 REPRESENT A 2008 THROUGH 2012 AVERAGE. VALUES ARE IN 2010 DOLLARS.



SOURCE: IPUMS. UNIVERSE INCLUDES CIVILIAN NONINSTITUTIONAL FULL-TIME WAGE AND SALARY WORKERS AGES 25 THROUGH 64.

you happen to grow up in, you have equal opportunity to succeed," said McKay.

The policy passed by the two boards directs the development of a racial and social equity policy and strategic actions to advance opportunities and achieve equity that includes intentional collective leadership, community engagement, equity tools and infrastructure to support and sustain systemic changes, and shared accountability.

"We don't have the opportunities we need for all people in the county. And we talk about that in the context of everything from career and technical education, to preschool," said Braddock Supervisor John Cook.

"We have had community members who have worked for a long time to figure out how to bring this to the forefront of the board," said Hunter Mill Supervisor

Catherine Hudgins.

"It's not only the right thing to do, it's the smart thing to do," said Dranesville Supervisor John W. Foust.

"I can think of no more important statement that we can make at this time, at any time, to our community," said McKay.

"You know if you don't have access to services you're not going to have outcomes for the child or adult," said Deputy County Executive Pat Harrison.

THE BOARD DEBATED the joint resolution at its meeting on July 12.

"If you don't have the right opportunities, you're not going to improve the outcomes. And that's the fundamental question we are asking ourselves here," said McKay.

"This all sounds really good, and the discussion is all really good. The devil really is

"We have had community members who have worked for a long time to figure out how to bring this to the forefront of the board."

— Hunter Mill Supervisor
Catherine M. Hudgins

in the details," said Springfield Supervisor Pat Herry (R).

"I think we need to do a better job at measuring the effectiveness of the programs and services. That's part of what I'm getting at," he said.

"How do you define the lens of equity?" he asked.

The last few years, the county implemented several initiatives to address disparities in a variety of areas including juvenile justice, education, employment, self sufficiency, health and child welfare.

In 2015, the Board of Supervisors adopted the Strategic Plan to Facilitate Economic Success. School leadership and community representatives "identified racial and social equity as an integral component to improving educational and life outcomes for youth," according to county documents.

"Linking people to opportunities including workforce development, education, employment and affordable housing helps ensure lifelong learning, resilience, and economic success," according to county documents.

Lynbrook Elementary and Sangster Elementary are both in Springfield, and are less than 7 miles apart. But the distance in demographics is massive. Lynbrook's students are 85 percent poor enough to qualify for subsidized meals and 72 percent of them are limited in English proficiency; less than 3 percent of students are White; 83 percent are Latino.

At Sangster, only 2.4 percent of students are poor enough to qualify for subsidized meals; only 3.6 percent are limited in English proficiency; two-thirds are White.

"Racial gaps in wages have grown over the past decade. From 2000 to 2012, White workers saw their median hourly wage increase significantly, while Latinos and Blacks experienced slight wage declines," according to county documents. "People of color earn lower wages than Whites at every education level. Wages rise with education, but gaps by race remain."

Hunter Mill Supervisor Hudgins says "it's taken a long time" to get this far.

"Now we have the harder part of putting the policy together and hoping it can work well throughout all of our agencies and all of our communities and in a way that the community can understand what we are trying to do."

OPINION

Laser Focus on Safety

While Metro lapses can't be excused, it's much safer than driving; maintenance-related safety issues also plague area bridges and roads.

Intense scrutiny on the safety and maintenance record of the Washington region's Metro system is resulting in continuing revelation of lapses, and ongoing inconvenience with repair schedules shutting down entire lines and the end of late night service.

Reporting on Metro accidents, derailments and incompetent and/or inadequate maintenance might even lead commuters to choose to climb in their cars instead. Wouldn't it be safer to drive, if Metro can't get its act together to even inspect the tracks?

No, not even close.

Riding commuter rail is 10-30 times safer than driving, according to several studies, and even small increases in transit ridership result in significant decreases in overall commuting deaths

Public transit overall has lower crash rates

EDITORIAL

per unit of travel, reports Todd Litman in an analytical research paper, A New Transit Narrative, published in 2014 and cited by the National Center for Transit Research. Intercity and commuter passengers have about 1/20th the traffic fatalities per 100 million passenger-miles as automobile travel, he writes. Urban rail passengers have about 1/30th the fatalities as car travel, and bus passengers about 1/60th the traffic fatalities per 100 million passenger-miles as automobile travel.

"Transit travel has about one-tenth the traffic casualty [injury or death] rate as automobile travel, and residents of transit-oriented communities have about one-fifth the per capita crash casualty rate as in automobile-oriented communities," reports Litman. "People tend to underestimate automobile travel risks and exaggerate public transit risks."

Meanwhile, Virginia has 1,063 structurally

deficient bridges, according to the American Road and Transportation Builders Association, citing data from the U. S. Department of Transportation Federal Highway Administration National Bridge Inventory, 2015. Maryland's number of structurally deficient bridges is 306, and the District of Columbia has 10 structurally deficient bridges, according to the same report.

In fact, a bridge used by 78,000 vehicles a day, including thousands of Northern Virginians commuting daily into D.C., the Memorial Bridge, is so corroded it has major weight restrictions, buses are not allowed to use it, and it would likely have to be closed within a few years, had Congress not recently allocated \$90 million to the National Park Service for emergency action towards a \$250 million rehabilitation project.

Risk and safety are complex issues. You're safer taking Metro than driving, much safer on a commuter bus. And one thing we do know, if you are riding in car, buckling your seatbelt makes you much safer.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Responding to the Zika Threat

BY U.S. REP. GERRY CONNOLLY (D-IL)

Last week, for the first time ever, the Centers for Disease Control and Prevention was forced to issue a domestic travel warning to pregnant women planning to visit Miami, a popular getaway destination. This marks a sad milestone in our country's history. What was once seen as a threat from foreign travel has now reached our communities, jeopardizing our collective health and safety, especially that of newborns. To date, more than a dozen cases of the Zika virus have been traced to local mosquitos in Florida, which reports nearly 400 cases of Zika associated with foreign travel. There have been 50 reported cases of Zika in Virginia, all linked to foreign travel, as of early August.

Countless times, as a nation, we've come together to find cures when faced with similar health crises. American ingenuity eradicated Polio and slowed the Ebola epidemic. So, like many of you, I assumed Congress would meet this crisis head-on like it has done in the past. Surely we would expeditiously provide funding for this global disease. Instead, sadly, Congress adjourned for summer break.

Recognizing the urgent need to respond to the spreading Zika threat, the Obama Administration redirected close to \$600 million in



There have been 50 reported cases of Zika in Virginia, all linked to foreign travel, as of early August.

existing funds as a stopgap measure for initial activities. However, that will not be enough to fully address the threat. I support the President's emergency request for \$1.9 billion in Zika-related funding. Unfortunately, a counter proposal offered by the House majority is insufficient and saddled

with extraneous and divisive policy riders.

The consequences of Congressional inaction could be devastating. States and communities won't have the funding they need to fight Zika. State and local officials manage mosquito control and response operations. Here in Fairfax, we have consistently supported a program to trap and test local mosquitoes for viruses like West Nile and now Zika. Without additional funding from the federal government, we limit the ability of at-risk communities to sustain activities to reduce the spread of Zika once transmission begins.

Vaccine development may also be delayed. Creating a vaccine requires multi-year commitments from the government and private sector to reprioritize and spend money on research and development. The Secretary of Health and Human Services recently warned that, "Lack

of funding will delay or prevent the performance of clinical trials ... limiting the ability of manufacturers to make vaccines at the scale required to protect populations against Zika."

We also need to ensure that there is enough diagnostic testing capacity available across the country. This is especially critical now with confirmed cases of local mosquito transmissions. Swift, accurate diagnostic testing is foundational to our ability to track and respond to this threat.

I was among those calling on Congress to cancel its August break until we addressed this challenge. We cannot simply swat away this threat. With the recent diagnoses of local Zika transmissions in Florida, Congress should reconvene as quickly as possible to partner with our states and local communities in responding to this growing public health crisis.

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

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

Ken Moore
Community Reporter
240-393-2448
kmoore@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

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
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

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



COMMENTARY

Slow but Steady Course of Human Rights

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

Ratification of the Equal Rights Amendment [ERA] was already being hotly debated in the Virginia General Assembly when I became a member of the House of Delegates in 1978. A hearing on ratification ended with twelve of twenty members of the committee voting against ratification; they were dubbed "the dirty dozen" by the primarily women supporters of the amendment. The vote caused such a rowdy protest by advocates that the police actually carried some of the women from the room.

As a new member of the House of Delegates who ran on a platform supporting ratification of the ERA, I decided to take a new approach. I wanted to show that the ERA was in keeping with Virginia's history. If I could show that Thomas Jefferson would support it if he were alive today, the Assembly would likely ratify it or so I reasoned. I wrote to Professor



Dumas Malone, author of the 6-volume definitive biography of Thomas Jefferson, and asked him if Jefferson were alive in today's modern society is it not the case that he would support the ERA. Professor Malone did not take the bait; he refused as a historian to speculate on the future. My plan failed, and Virginia has still not ratified the ERA despite our repeated attempts to have it do so.

While Virginia is home to the greatest spokespersons for human rights with George Mason's Declaration of Rights, Thomas Jefferson's Statute for Religious Freedom and James Madison's Bill of Rights, the Commonwealth has been among the slowest of the states in embracing any expansion of the scope of human rights beyond their limited 18th century definition. Although women secured the right to vote with the passage of the 19th Amendment to the Constitution in 1920, Virginia did not ratify the amendment until 1952. When many

SEE PLUM, PAGE 12

Solar Coming to Reston—At Last?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Do you ever wonder why there seem to be almost no solar panels in Reston? You'd think that this generally progressive planned community inspired by visionary Robert Simon would in fact be a leader in using solar technology. You'd think Restonians would be working hard to cut our fossil fuel guzzling and to reduce our carbon footprint for coming generations, especially now, with ever more efficient and competitively priced solar technology.

So, when a couple of new homeowners in Lake Anne's Washington Plaza Cluster [WPC], Reston's first cluster, asked how to go about checking out solar for their homes, there was a pause. No one knew anyone with solar in our cluster or anywhere in Reston! We checked with the Reston Association, but no luck.

Someone said they had heard that the Design Review Board was the problem. I checked with a neighbor who had served on the DRB. He assured me that



INDEPENDENT PROGRESSIVE

there should be no problem for WPC getting DRB approval for solar panels because our homes have flat roofs. Thus, the panels installed at a very slight angle on our roofs would be invisible from below! The DRB standards published on the RA website did not contradict this, stating only that solar "collectors" must be compatible with the

roofs, presumably as seen from the ground. A leader of the Sierra Club referred us to SOLARIZE, two non-profits working together to promote renewable energy in Northern Virginia. Our cluster team has begun conversations with SOLARIZE, and thus far we are impressed. What they offer is expertise and experience in solar energy and pre-vetted solar installers to engineer solar installations fitted to our individual home circumstances —at prices better than standard market rates.

Three of our homes have been inspected by the

SEE LOVAAS, PAGE 12

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Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) lead excursions around the station so visitors could practice good safety habits while playing the game.



PHOTOS BY TIM PETERSON/THE CONNECTION

(Left) Michelle Vo, a rising sophomore at Paul VI High School, walks with U.S. Army recruiters she met when they realized they played for the same Pokémon Go team in augmented reality.

Playing it Safe

Pokémon Go event hosted at Sully government center.

BY TIM PETERSON
THE CONNECTION

With Fairfax County Police officers blocking traffic, dozens of community members crossed Stonecroft Boulevard in front of the Sully District government center in Chantilly.

Once they reached the other side of the street, the majority of women, children and teenagers whipped out their phones and continued to play Pokémon Go, the smartphone version of the popular video game.

In the game, players are tasked with searching for, capturing, battling with and caring for imaginary animal-esque creatures called Pokémon.

In this latest viral iteration, players engage with “augmented reality,” where elements from the game are overlaid on the physical map, allowing someone to see something on their phone in the same place where nothing exists to the naked eye.

For Pokémon Go, the Pokémon creatures can be found roaming, seemingly randomly, through the individual worlds of players as they move through their day-to-day routines.

But as the game itself became wildly popular in just a short time, the number of crimes and accidents as a result of people walking around outdoors with their heads buried in a handset has also gone up.

IN JUST THE SULLY DISTRICT, Crime Prevention Officers say there have been several “near-misses” between drivers and pedestrians, where they were walking unaware into the road.

Also, they said, there have been regular calls coming in overnight reporting suspicious persons walking around, that have turned out to be people playing the app.

In Springfield, in just the past two weeks, five individuals were arrested for trespassing on school property. They were pursuing Pokémon.

To address the safety and legal issues associated with the game — which everyone admits does a great service by getting play-



Though the Pokémon Go app’s server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid (center) and Public Schools At-Large School Board Member Ryan McElveen (right) joined Supervisor Kathy Smith (D-Sully) at the event as well.

ers out of the house and interacting more with both the world and each other — several elected officials organized a day-long event to engage with community members face-to-face-to-phone.

Lt. Matt Owens, acting commander for Sully Station, encouraged those in the audience to be safe drivers, and to be respectful of memorials or locations where Pokémon may be hiding.

Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) then lead excursions around the station so visitors could practice good safety habits while playing the game.

“This is another example of a police department really getting out there and being proactive in the community,” Herrity said.

Smith received a tutorial in playing the game from William Phan, of Fairfax, who

founded the Facebook Group Pokémon Go. He says he started the page out of a paternal instinct to protect people he saw as putting themselves or others around them in danger by not hydrating, going out by themselves, going out at night, etc.

“It needs good policy,” Phan said. “I’m here to make everyone happy, get them at their optimal level.” Phan’s Facebook page acts as a forum for players to communicate, as well as a message board for posting helpful tips.

OTHERS ALL AGREED one of the successes and attractions of the game is how it requires movement through a very real world, providing very real exercise.

“It’s nice to be out in the community,” said Staff Sgt. Miesha Collins, of Mount Vernon, a U.S. Army recruiter based in Falls Church.

“You find people with the same interests



Left, Mike Man of Centreville and his fiancée Haley Huyah (right) run Poké-Man, a food truck that he claims is unaffiliated with Pokémon or the new app. Man is of Hawaiian descent: Out of the truck they serve a traditional Hawaiian bowl called “poké” that includes raw salmon or tuna over rice, with cucumbers, carrots and either spicy mayo or soy ginger sauce. The food truck was on hand on July 20 for the Sully District Pokémon Go community event.

as you,” Collins said. “This game is bringing a lot of people together. Also, there’s a Jigglypuff in my neighborhood and I’ve been walking around for days trying to find it.” Though the app’s server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid and Public Schools At-Large School Board Member Ryan McElveen spent time at the event as well.

Kincaid arrived with custom-made Pokémon cards for her office, encouraging people to be safe when they play the game in public.

McElveen had promoted the event — which was scheduled to run from 10 a.m. until 10 p.m. — through his Twitter account that’s popular among FCPS students.

A similar event is being scheduled for the West Springfield area at the end of next week.

HomeLifeStyle

Stylish Solutions for Organized Homes

Practical and chic ideas for making a home back-to-school ready.

BY MARILYN CAMPBELL
THE CONNECTION

Before school begins later this month, taking the time to organize home and school supplies can take the stress out of the transition from a laid-back summer to a structured, schedule-driven school year. Local home design and organizational experts share ideas to help parents add practical organizational tools to their home without sacrificing their sense of style.

“Organizing your home to make this transition smooth can make all the difference in the world,” said Chuck Khriel, vice president of FRED Home Improvement in Bethesda. “Giving thoughts to how spaces around your home are used during the school year can help with this organization.”

Using space efficiently and creating designated spaces for items like backpacks, jackets, sports equipment and clothing will keep a home organized and prevent the back-to-school necessities from overtaking a home’s aesthetic. “For example, if you have a mudroom, specifying spaces for backpacks, shoes and sports apparel takes the guesswork out of where the kids should be storing their stuff when they enter your home,” said Khriel. “Consistently storing items in the same place will become a timesaver in the morning as the kids are getting ready for school.”

Small home decor items can add a sense of style and serve a practical purpose. “Get a decorative hook to hang their backpack up when you come in,” said Sallie J. Kjos of Grey Hunt Interiors in Chantilly. “It doesn’t need to look junky or kiddish. Keep in mind, you want it all to be functional for your kids, but flow with your home.”

From tests to homework, a new school year often brings an onslaught of paper, stacks of which can create an unsightly scene in a home. “Storage is key,” said Kjos. “Get some fabric-covered boxes with lids for your children to stack up next to their desk to put school work in that has been graded in case they need to refer back to it.”

A pegboard is another inexpensive accessory that can be used to organize piles of papers. “You can find them at a hardware store,” said Arlington-based personal organizer Bonnie Atwater of Organized for You. “Get them cut to fit



Fabric-covered labeled boxes can hold stacks of paper neatly on a bedroom desk.

into your particular space, like behind a door or over a desk. You can also paint them a bright color to add a touch of whimsy and put them in a spot that’s easily accessible.

Making items visible but tasteful can boost organization without creating a design emergency. “Dry erase calendars and storage cubes in bright colors can go in your kitchen, mudroom or any room that you want to serve as a command central,” said interior designer Cyndi Ibach of Elegant Interiors by Cyndi in Alexandria. “When school things are organized in a location where everyone can see them, everyone has access to important information.”

For school supply organization, Kjos suggests: “Instead of using pencil holders, get your mason jars out, fill with crayons, markers and pencil to make for a cleaner, more organized look.” Remember to add charging stations to your children’s desk or study area.

Keep school notices, permission slips and other forms of paper in plain sight without creating clutter. Take an old [picture] frame...and staple ribbon across it in whatever your decor colors are and use paper clips for your child to put up homework assignments, certificates, or other reminders,” said Kjos. “You can hang this above the desk.”

Kjos also offers an innovative way to organize lunch supplies for easy access. “One of my favorite organizing for school tricks is inside of my pantry door,” she said. “I use over-the-door shoe holders and put all their dried food for

lunch boxes in there to make packing lunches easier and to reduce all the boxes and clutter in my pantry.”

A neat, streamlined closet can



PHOTOS COURTESY OF SALLIE KJOS

Storing non-perishable food for school lunches in over-the-door shoe holders makes packing lunches easy and reduces clutter, advises Sallie Kjos.

also take some of the stress out of the morning mad dash to find shirts, socks and shoes. “Get a cute

“Organizing your home to make [the back to school] transition smooth can make all the difference in the world.”

— Chuck Khriel

decorative basket and stack their clothes for the week by outfits so you don’t have to do it every evening,” said Kjos.

If constructing new storage space is an option, consider dual-purpose units, advises Eric Tovar, president of Churchill Classics in Poolesville, Md. “Chalkboards and corkboards in other areas of the home provide a place to leave and read notes for each other so everyone is aware of daily activities.”

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SPORTS

Golden Gun

Springfield's Ginny Thrasher wins Olympic gold in air rifle.

BY TIM PETERSON
THE CONNECTION

Before she left for the Río Olympics, 19-year-old sharpshooter Ginny Thrasher of Springfield was just looking to get experience in her first games. "I was looking more towards 2020 as a realistic option," she had said.

That timeline took a sharp turn on Saturday, Aug. 6, when Thrasher advanced to the finals of the women's 10-meter air rifle and went on to capture the gold medal.

It was the first gold for the United States in the Rio Olympics, and the first earned at the games overall.

Her final score of 208 bested Du Li and Yi Siling, the silver and bronze medalists from China.

Thrasher spoke to the media in a teleconference from Brazil, the day after she won gold.

"To have a final that was an honor to be a part of, win and stand on the podium and hear my nation's anthem was a very pride-instilling moment for me," she said.

"I think that the exterior of your life changes, but who I am doesn't change no matter what medals I win or how many medals I win," Thrasher continued. "I am excited that I get to enjoy all the outcomes that come with a successful Olympic Games. It's a really great opportunity for me to positively represent my country and my school."

Thrasher is a West Springfield High School graduate and rising sophomore at West Virginia University. She's competed in shooting at both schools. As a Mountaineer, Thrasher was the first freshman to win both air rifle and small bore individual NCAA titles earlier this year.

Small bore competition — three-position 50-meter — is Thrasher's second event at these Olympic games. She's scheduled to shoot in qualifying rounds on Aug. 11.

Thrasher began shooting five years ago after going on an inspirational hunting trip with her



Ginny Thrasher's 2020 Olympics goal timeline took a sharp turn on Saturday, Aug. 6, when she advanced to the finals of the women's 10-meter air rifle and went on to capture the gold medal.

PHOTOS COURTESY OF USA SHOOTING



Ginny Thrasher of Springfield shows off her Olympic gold medal for Women's 10-meter air rifle with the games mascot.

grandfather in Pennsylvania. She shot for the West Springfield rifle team and took on a grueling training schedule, spending several hours, three-to-four days a week, at the Arlington-Fairfax chapter of the Izaak Walton League facility in

Centreville.

"People see the three percent of your performance which is in the spotlight," Thrasher said. "What they don't see is the 97 percent when you are in the dark, working very hard."

Heidi Fowler, No. 022.32.016, 2016, acrylic and mixed media on panel, at Greater Reston Arts till Aug. 27.



CALENDAR

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

ONGOING

"Golden Moments" by Lassie Corbett. Aug. 4-Sept. 1. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Artist exhibit. RestonArtGallery.com.

Mary B. Howard Artist Member Exhibition. Through Aug. 27. Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston. Regional artists who support GRACE's mission of enriching community life through excellence in contemporary visual arts. restonarts.org

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

Mapping Moments. July 13-Aug. 28. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Jay Young Gerard. 703-956-9560.

Beginners Chair Yoga. July 5-Aug. 30. 6-7 p.m. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$10/\$20. 703-464-6200.

Hutchison Solos at PenFed Realty Aug. through Sept 30 The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. at the office of PenFed Realty, 1886 Metro Center Dr., Reston, VA 20190. Karen Hutchison displays abstract expressions of her thoughts and emotions using color and texture. Visit the LRA web site at www.leagueofrestonartists.org

Artists Display "Eclectic Visions" at Ernst Center Aug through Oct. 7 The League of Reston Artists displays paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging through October 7 at the Richard J. Ernst Community Cultural Center on the Northern Virginia Community College Annandale Campus, Building CE, 8333 Little River Turnpike, Annandale, VA 22003. The exhibit is free and the gallery is open Monday through Friday from 10:00 am – 5:00 pm. Visit the LRA web site at www.leagueofrestonartists.org

"The Way I See It" Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob

Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

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

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

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

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

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

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

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

Summer Entertainment Series. June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.

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

All-comers' Group Fun Run at Potomac River Running.

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverunning.com>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

Straight from San Diego Comic-

Con! — Friday, Aug. 5 – Friday, Sept. 2, ArtInsights. Stop in to see exciting new art releases from Comic-Con International, and hear stories from three exclusive event panels. 703-478-0778 artinsights.com

WEDNESDAY/AUG. 10

Herndon Community Center Preschool Play Dates. From 2:00 - 3:30 p.m. at Herndon Community Center, 814 Ferndale Ave. Children are invited to experience our preschool program by attending one of our free play dates. Parents and child can meet the staff and explore in the preschool room. The Herndon Community Center Preschool has a few openings

for our 3-4 and 4-5 year old preschool programs. The preschool is a state licensed program. The program operates weekdays from 9:00 a.m. – 12:00 p.m., follows the Fairfax County School Calendar, and runs September 2016-June 2017. Children must be potty-trained. Our goals include learning through play and fostering independence in a school setting. The teacher-child ratio is 1 to 7. The program has a theme-based, hands-on curriculum. The curriculum is designed to enhance motor skills, cognitive learning, language skills, social and emotional development and self-help skills. Free and open to the public. Contact Kimmie Alcorn, 703-435-6800, ext. 2119

WEDNESDAY/ AUG. 10

Summer Cinema Series Wednesday 7p.m. Reston Regional Library, 11925 Bowman Towne Drive. Check our online calendar for the title of this month's film, a George Cukor classic thriller starring Ingrid Bergman, Charles Boyer, and Joseph Cotton. Adults and teens welcome. Contact: Reston Regional Library 703 689-2700

THURSDAY/AUG. 11

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Mr. Skip, young children's musical artist. Free.

herndon-va.gov.

FRIDAY/AUG. 12

Love Seed Mama Jump Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear the guitar-driven pop rock band from Delaware in concert as they perform a blend of modern beats and melodic hooks. Free. info@herndonrocks.com

Senior Tea. 10:30 a.m.-noon. ArtSpace Herndon, 750 Center St., Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. artspaceherndon.com.



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I Can't Worry About It



By KENNETH B. LOURIE

'It' not being "the cancer", as "Forrest, Forrest Gump" described the cause of his mother's death (it was on a Tuesday, I believe). Rather, 'it' being everything else in life. There's a peculiar sense of indifference that comes over you after receiving a diagnosis of cancer. Moreover, the sense of urgency of all things not cancer-related dissipates as well.

I mean, given your diagnosis, how can anything else really matter? And in terms of your survival, there is nothing more important quite frankly, so 'everything else' pales in comparison. This is not to say that you can't be bothered with anything, but I will admit to this: everything (most things) become a bother. Time-sensitive tasks may force your hand (almost literally), but even then, it's often a half-hearted endeavor.

Don't get me wrong, it's not as if I'm so pre-occupied with my survival that I can't function beyond my cancer perimeters; I can. It's more that whatever the task, it becomes challenging; more mentally than physically (thank God), although I do have my deficits. In most instances however, I do finish what I start, but it's that start that stops me.

It's almost as if I need an actual push to get me moving emotionally; not because I'm in pain or lacking red blood cells/fuel from heavy duty chemotherapy; I'm just stuck. And it's not as if I'm unaware of the consequences of my inaction, I certainly am. It's more that the 'consequences' be damned, one-quarter speed ahead. It's as if I'm a ship leaving harbor, I need a tug boat equivalent to get me out to see what I can accomplish.

Invariably, I get it done, not in the time frame that a "normal"/healthy person might, but more so in the time frame in which an extremely reasonable and accommodating person might expect. I make my appointments; I'm mindful of time, day and date; I'm aware of people, places and things; and I'm cognizant of requirements, demands and expectations. But none of it seems to have a hold on me. It sort of brushes by.

I don't mean to be disrespectful or inconsiderate (although I can understand how it might appear or be interpreted as such), it's simply that, at least from this cancer patient's perspective, I can't, nor do I want to, get out of my own way. It's somewhere between inexplicable, inexcusable and unexplainable. Hardly am I suffering, as many cancer patients are — and as I was during those early heavy-duty chemotherapy infusions (six hours-plus per treatment, no appetite, no energy, no motivation, no hair, minimal hope). Nevertheless, this malaise/lack of enthusiasm/lack of concern for the big picture consumes my days and nights. I'm too caught up — consciously and sub-consciously, with the small picture: my life as a stage IV, non-small cell lung cancer patient whose oncologist originally gave a "13 month to two-year" prognosis. Try putting that in your pipe and living normally.

As much as I have in fact lived my life in relative good spirits, a cancer diagnosis puts a sort of governor on the bounce that used to be in your step. How do you ever forget the circumstance that might be killing, or at least abbreviating, your life expectancy? Symptoms that you really feel and any number of which you imagine, constantly tug on your figurative cape. You can try to be Superman, but the reality is, cancer is a hell of an adversary, and pleading with it to stop its insidious effects is time not well spent. Still, giving into it and not living your life as if you weren't afflicted is much easier said than done, and it's pretty difficult even saying it.

The accumulation of all these things constantly weighing on you is the toll that it takes. The result is for me, oddly enough, even if I don't worry about one thing, I worry about the other — and vice-versa. And that's the recurring problem: you're damned if you do and damned if you don't.

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

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

INOVA Blood Drive, Tuesday, Aug. 23, 12 - 7
p.m., beside Pavilion at Reston Town Center.
Schedule appointments at 1-866-256-6372 or
inova.org/donateblood. On-site registration.

THURSDAY/AUG. 18

**Alzheimer's Association Walk To End
Alzheimer's in Northern Virginia.** Raffle
Fundraiser 6-9:30 p.m. Jimmy's Old Town
Tavern, 697 Spring Street, Herndon. [http://
www.alz.org/walk](http://www.alz.org/walk).

ONGOING

School Supply Drive — Through Friday, Aug.
12, Reston Town Center building lobbies.
Teaming up with Kids R First and Cornerstones,
Reston Town Center is collecting Back to School
items to benefit the local community. Much
needed items include: backpacks, scissors, glue,
paper, crayons, markers, pencil cases, lunch
boxes, notebooks, erasers, pens, tissues, and
underwear (new, in original package). Donation
boxes are located in building lobbies.

The **Herndon Adult Day Health Care Center**
needs volunteers to assist with fitness activities,
arts and crafts, mealtime, entertainment and
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FAITH NOTES

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

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. 703-437-5500 or
www.trinityherndon.org.

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

Fairfax County needs volunteers to drive older
adults to medical appointments and wellness
programs. For these and other volunteer
opportunities, call 703-324-5406, TTY 711 or
visit www.fairfaxcounty.gov/olderadults and
click on Volunteer Solutions.

Respite Care volunteers give family caregivers of
a frail older adult a well-deserved break so they
can go shopping, attend a doctor's appointment
or just have coffee with a friend. Volunteers visit
and oversee the safety of the older adult for a
few hours each month. Support and training are
provided. Contact 703-324-7577, TTY 711, or
Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently
needs drivers in the Annandale, Franconia/
Kingstowne, Reston, Mount Vernon and McLean
areas. 703-324-5406, TTY 711 or
www.fairfaxcounty.gov/olderadults.

Habitat Heroes Project. The fourth Saturday of
each month from 10 a.m. - noon. Join the
Habitat Heroes in protecting Reston's forests
from aggressive plants and restoring them to
their natural state. Wear long sleeves, long
pants, and if possible, gardening gloves to
protect from insects and dangerous plants. R.A.
will provide tools, gloves, snacks, and water. To
volunteer and find more information, contact
habrock@reston.org or 703-435-7986.

Cantonese-speaking Social Visitor is needed
in Falls Church to visit with an older adult
female once or twice a month. 703-324-5406,
TTY 703-449-1186,
VolunteerSolutions@fairfaxcounty.gov or
www.fairfaxcounty.gov/dfs/olderadultservices.

**Shepherds Center McLean-Arlington-Falls
Church Area Needs Volunteers.** Varying
times, 1205 Dolley Madison Boulevard, McLean.
Volunteers who can provide transport to and
from medical appointments, assistance during
grocery and pharmacy trips, make friendly calls
to home-bound individuals, help complete minor
home repairs, and assist in yard work and chores
are needed. 703-506-2199.

2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wain
wright Drive in 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. 703-437-6530 or
www.stannes-reston.org.

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.

HAVEN of Northern Virginia offers a vari
ety of free bereavement support groups, meeting
on a weekly basis. Contact 703-941-7000 or
www.havenofnova.org for schedules and registra
tion information.

Reston Chapter of The Links Awards Scholarships

The Reston Chapter of The Links, In
corporated, a civic organization of
women, awarded scholarships to 11 de
serving students of Herndon and South
Lakes High Schools, and prospective
teacher education majors from Lake
Braddock Secondary School and Hayfield
High School. The awardees will be attend
ing the University of Virginia, VA Tech,
Virginia State, University of Missouri,
Rensselaer Poly Institute, VCU, NOVA,
Cornell, Pratt Institute of Fashion, Mary
Washington and Hampton University.

The scholarships were presented by
the Chapter president, Carla Williams,
and Chapter alumna member, Dr.
Loretta Webb at a Luncheon on Satur
day, June 18, 2016 at the M&S Grill in

Reston. Webb, a retired Fairfax County
superintendent, delivered an inspiring
keynote speech to the scholarship recip
ients, and their families. "I was especially
proud to award the Loretta C. Webb
scholarships to two deserving students
who plan to major in education," said
Webb. She added, "There is no greater
calling than education and these stu
dents are charged with making sure they
make a difference in a life." The Loretta
Webb Scholarship is available to any
students enrolled in Fairfax County
schools who aspire to become a teacher.
In addition, a select group of Reston
Chapter members who are educators,
were assigned to act as mentors to the
two students majoring in education.

News

Reston Celebrates National Night Out

Reston's NNO Kick off event sponsored by the Hunters Woods Neighborhood Coalition was an afternoon event. The Reston Library set up a tent and table to give information to children and adults about the library book sales and events for kids.



PHOTOS COURTESY OF RESTON POLICE

Officers from Reston Police Station Bike Team playing a friendly game of KnockOut basketball at Southgate Community Center on National Night Out, Tuesday, Aug. 2. Communities throughout Northern Virginia celebrated annual neighborhood crime prevention parties.



Ridge Heights and Autumnwood swim coaches.



PHOTO CONTRIBUTED

Swimmers Meet a Shared Service Goal

On Thursday, Aug. 4, the Ridge Heights Sharks and Autumnwood Piranhas combined social responsibility with swimming at their dual meet. Coaches from both teams wanted to have swimmers strive to meet a shared service goal while also competing against each other. Following a "Fish for FISH" theme, they asked families to donate canned fish for residents in need. They collected many colorful cans of tuna, salmon and sardines and offered them to Herndon-Reston FISH, Inc.

for distribution. These protein rich donations will help combat hunger locally. Herndon-Reston FISH, Inc. welcomes other teams and groups to work with FISH on future events. Email FISH@herndonrestonfish.org if you have an idea of how you would like to help others. Herndon-Reston FISH, Inc. FISH is a volunteer, nonsectarian, nonprofit corporation dedicated to providing Friendly Instant Sympathetic Help to local residents in short-term crises.

Plum

FROM PAGE 4

states were moving toward accepting marriage of gay and lesbian couples, Virginia adopted an amendment to its constitution in 2006 prohibiting same-sex marriage. The amendment has been over-ridden by federal court decisions. Social practices and acceptance move much faster than the Virginia legislature, the same has been the case with LGBTQ rights.

For generations Virginians have proclaimed the rights of states. They used that argument to hang onto their slaves leading ultimately to the Civil War. States' rights was used as an argument to discriminate against Black residents and to support Massive Resistance leading to closing schools rather than desegregating

them. Again federal court decisions and the Civil Rights Act forced Virginia and the other southern states to recognize equal protection of the law regardless of race. Virginia voting laws are now under review by a federal court because of a concern that they discriminate against certain classes of voters with the voter identification requirements that have been struck down in four other states.

Virginia and the required number of states may not approve ratification of the ERA, but we have already seen the first woman ever to be nominated for the presidency by a major political party and may in my lifetime have seen not only the first Catholic president and the first Black president but also soon to be the first woman president!

Lovaas

FROM PAGE 4

prospective installer and homeowners are awaiting contract proposals from this firm selected by SOLARIZE. Once we have the detailed proposals, complete with costs, we plan to invite SOLARIZE to make a presentation to all Washington Plaza Cluster homeowners, complete with the examples of the proposed contracts, and see how many owners wish to sign up for solar in their homes.

Our house was one of those inspected for possible installation. The installer interviewed us during the inspection and explained the basics of solar power and engineering challenges they might encounter working on roofs like ours. He explained that the sun's power from the panels would not be stored, but would go directly into providing our electricity as needed. Our Dominion Power

meter would automatically reflect our use of solar power in lieu of Dominion energy and, in the event the panels generated more energy than we consumed, any surplus would also be credited to our account. They did not expect there would be a major surplus. Furthermore, we and the installer will be able to observe energy amounts generated and used, and how the system operates in real time online. In addition, we will be eligible for a 30 percent federal income tax credit for solar.

We are excited and encouraged. If the product and price convince even a dozen WPC homeowners to install solar, it will be major. Who knows? A breakthrough here could be the spark Reston needs to get serious about solar energy. To see for yourselves how SOLARIZE works, go to: www.solarizenova.org.

WEEK IN RESTON

Reston Hospital Center Reduces Energy Consumption

Reston Hospital Center, while on path to become a nationally recognized community hospital, became frustrated with the high electricity bills and constant maintenance of their parking garage lighting. This led them to switch to Cree LEDs lighting – a decision that has positively impacted hospital operations. The installation involved 325 fixtures throughout the parking garage, roofing deck and stairwells. The hospital anticipates an 81 percent reduction in energy consumption, totaling more than \$60,000 in annual energy savings, along with the savings on maintenance.

Making the switch to LED lighting is another important step toward energy reduction and a lifetime of savings for businesses and communities. Reston Hospital Center also received a rebate from Dominion Virginia Power, further demonstrating the community's desire to rally around the benefits of LEDs.