

Reston CONNECTION

Fireworks at the Lake Fairfax Park 'Fireworks, Food and Family Fun' 2018.

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JULY 4-10, 2018

OPINION

Local Newspapers Under Siege

Need to address restraining orders and gun violence.

One member of Connection News papers staff is Kemal Kurspahic, who shares with us his first-hand experience of running a newspaper from a war zone when information was desperately needed by the besieged residents of Sarajevo. Kemal Kurspahic is managing editor for The Connection Newspapers. He was the editor-in-chief of the Bosnian daily Oslobođenje in Sarajevo, Bosnia Herzegovina, 1988-94. Under his leadership the paper published every day from an atomic bomb shelter during the siege of Sarajevo, maintaining high professional standards and Bosnian culture and tradition of ethnic and religious tolerance in the midst of terror. The paper published the names of those killed each day in Sarajevo.

He experienced first hand the horror of having staff members killed while out on assignment. He was critically injured himself when a vehicle taking him to his newsroom crashed as it traveled at high speed down "sniper alley." The International Press Institute named Kurspahic one of its first 50 World Press Freedom Heroes in 2000.

Journalism is a dangerous occupation in many other countries, usually not here in the U.S.

I tell this story now because of the newly minted fear that many journalists feel after the murders of five in the newsroom of the Capital Gazette in Annapolis. Police and survivors say the shooter had long held a grudge against the newspaper, and had sued for defamation. The targeted attack came very close to home.

The dead were Gerald Fischman, 61, editorial page editor; Rob Hiaasen, 59, editor and features columnist; John McNamara, 56, sports reporter and editor for the local weekly papers; Wendi Winters, 65, a local news reporter and community columnist; and Rebecca Smith, a sales assistant.

The shooter had restraining orders against him because of violent threats made in a different situation, but restraining orders apparently do not result in restricting gun purchases. He was still able to buy the gun he used in the attack. This is a loophole that desperately needs to be closed. A person subject to a restraining order of any type or duration for making threats should certainly not be able to buy a gun.

Every newspaper editor knows the experience of talking to a subject, source or reader who is irate over something the paper published. If we aren't making anyone angry, it's probably because we aren't writing about anything important. But my conversations with people who object to something we've reported have always had a subtext of respect. Many complaints have resulted in greater understanding on all sides that can create more lasting connections. Other times have resulted in agreeing to disagree.

Now, we lock the doors at least for now, knowing that there could likely be copy cat attacks, as school shootings began with one high profile attack. But we are not afraid.

We will continue to publish our 15 weekly papers.

The threat to survival for most local papers is the decline in advertising, compounded now by a tariff on newsprint. Don't forget that if you have an advertising or marketing budget, you should spend some of those dollars with local newspapers.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

About This Week's Papers

Our papers go to press a day early due to the July 4th holiday. That means that this week's papers will not contain coverage of July 4th events. Watch for coverage next week.

Submit Your Photos for the Pet Connection Now

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

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

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

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

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The Welcoming Inclusion Network

Making Fairfax County accessible to all abilities.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR



One of Fairfax County's great strengths is in being a home to over a million people from all walks of life. While we have made great strides in bringing the community together, adults with developmental and intellectual disabilities can find it very challenging to participate fully in community life. After they leave school or home, many rely on employment or day services to integrate them into society and allow them to contribute by working or through other activities. This population is growing and deserves a seat at the table. Current services are helpful, but there remains a great deal of work if we want a truly inclusive society.

COMMENTARY

The Fairfax Falls Church Community Services Board established the Welcoming Inclusion Network (WIN) collaborative to address these pressing issues and devise long-term solutions to create an environment where everyone is valued.

I have the honor of chairing WIN, but the real work is done by my operations co-chair Lori Stillman, who is a former CSB official and parent. Joining us on the steering committee are a number of experts who have a great range of experiences with developmental and intellectual disability services. WIN stakeholders include county staff, parents of those with disabilities, special needs services providers, self-advocates, and employers. Together we work to achieve WIN's four key goals:

- ❖ NETWORK: Build opportunities for increased information and resource sharing
- ❖ DESIGN: Ensure service equity and efficiency through community-designed services

ciency through community-designed services

❖ EMPLOYMENT: Boost employment opportunities through existing and new service models

❖ INCLUSION: Identify and address other challenges to full community inclusion

WIN stakeholders meet regularly at the Fairfax County Government Center for presentations and working sessions. Each meeting has a new topic of discussion and breakout sessions to delve deeper into the obstacles for inclusivity and to find effective solutions. The next WIN meeting is on July 9 from 6:30 – 8 p.m. and will be in the Fairfax County Government Center. Anyone interested in learning more about day and employment services for people with developmental and intellectual disabilities is welcome to attend.

It is up to all of us in the end to make the world a more accessible place for those of us with different abilities. I hope you will join me in supporting this important cause and the hardworking stakeholders seeking to make our county a better place for all.

Reston
CONNECTION

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The staircase leading to the edge of Lake Fairfax is a popular vantage point for people to watch and listen to the fireworks.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Whiz! Whoosh! Whistle!

Lake Fairfax Park in Reston shoots off its annual firework spectacular.

BY MERCIA HOBSON
THE CONNECTION

Being right next to the nation's capital, Fairfax County might need more than one day to celebrate Independence Day. Lake Fairfax Park in Reston operated by the Fairfax County Park Authority obliges by holding their annual fireworks display the Saturday immediately preceding July 4th.

Advertised as a day of "Fireworks, Food and Family Fun," the park's campgrounds were packed with families the night before and probably the night after the fireworks too. For the campers and others who arrived Saturday anytime, the 476 acres of parkland and the full range of family-friendly activities kept everyone happy and more than likely knocked off their patriotic socks.

Before the firework show, the star attraction was what Fairfax County calls the Water Mine Swimmin' Hole. Sunshine and temperatures in the high 90s helped. The park also offered fun on the lake with paddle and tour boats, kayaks and fishing. The marina and the Lake Fairfax Carousel attracted hundreds.

The heat did not seem to bother those off the water and ready to begin their 4th of July celebrations at the outdoor plaza-style skatepark, pump track and those on the hiking and biking trails. Food trucks, live music and light stick sales added to the pumped-



Dylan Thoburn of Vienna and Jenny Tran of Leesburg climb on top of their vehicle to get a great view of the Lake Fairfax Park fireworks.

up atmosphere.

As evening began to arrive, so did the cars, thousands of them with people unloading picnic baskets, lawn chairs, blankets and even porta-cribs. Some parked strategically, so the trees would not obscure their line of sight to the fireworks display. Dylan Thoburn of Vienna and Jenny Tran of Leesburg were one of those couples. After parking, they climbed to the roof of their vehicle to get an even clearer vantage point. The Martineau family of Burke settled in on the grassy parking lot with their friends the Merrin family who are moving overseas. The Steel family of Gaithersburg found a spot near the band and enjoyed a picnic with Jane Sheakoski of Vienna.

In one of the large picnic pavilions, Candice Greene of Huntersville, N.C. roasted marshmallows with her nephew Kaleb Foster, 7 of Upper Marlboro, Md. "We come here every year," said, Kaleb's mom, Kia. "Friends, fam-

ily and fellowship. There's fifty plus of us here tonight." Asked how they were able to reserve such a large pavilion, Foster replied that come Jan. 2 of each year, someone in her family calls the park and makes payment to reserve the spot. They will be there next year too she said, adding it's a family tradition.

Fireworks night must be the only night of the year children wait for the darkness. As the final hints of pink faded in the western sky over the lake, crowds walked down the staircase towards the banks of the lake. Shortly after 9:15, an American flag of lights lit up the bank then, the first rocket exploded off the lake. Its plumes whizzed high, coils of light spiraled upwards over the lake, paused and finally exploded into shimmering bursts of red, white and blue.

Babies cried, dogs barked, and the crowd "Ooh-ed" and "Aah-ed" at the Lake Fairfax Park fireworks display that light up the sky from Tysons to Herndon.

VIEWPOINTS

Area Residents Reflect on July 4

What does the 4th of July mean to you?; How do you plan to celebrate the day?

Paul Cohen of Great Falls, United States Navy, retired

"When I get up, I'm going to pull out a copy of the Declaration of Independence and read it. It provides the mission and vision of the United States, and the Constitution provides the framework for how we will live it out. ... Later in the evening, we will go watch the fireworks."



Mark Faust of Oakton, Fairfax County History Teacher, retired

"It helps to be reminded of our shared nationhood, as in E Pluribus Unum, Out of many, one, and the sacrifices that have been made to preserve it, both military and civil. ... I think of the 4th of July as Memorial Day with fireworks."



Richard Shields of Reston

"It gets me to think what our country would be like if King George had only been a little more intelligent in the way he dealt with the colonies. ... As for what we will be doing on the 4th, we will probably go to the fireworks."



Dom Koethe of Herndon

"I'm going to have a cookout with my family."



Armando Gonzalez of Herndon

"The first thing I think about is the War for Independence and that the British wore red jackets. The Americans, to me, were a ragtag group. They were minutemen though, meaning they could shoot accurately within one minute on an arc, not that they would be ready to fight in a minute. ... As for what I'm going to do, I'm going to watch tennis."



Ben Hamblin of Reston

"Usually we go out to Rehoboth Beach; it's only a two-hour drive."

—MERCIA HOBSON



PHOTOS BY
MERCIA HOBSON/THE CONNECTION

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WELLBEING



A lack of swimming skills is one of the top factors increasing the risk of drowning.

PHOTO BY MARILYN CAMPBELL

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Summer Water Safety

Supervision and learning to swim are top ways to prevent drowning.

BY MARILYN CAMPBELL

Blazing heat and sky rocketing temperatures often mean cooling off with a dip in the pool. As the summer is in full swing, safety officials are reminding the public of drowning risks and prevention methods.

"Learning to swim at any early age is all about being safe in and around the water," said Gina Bewersdorf, owner of Goldfish Swim School in Reston, Falls Church and Alexandria. "Undeniably we all will have an opportunity to visit a pool, lake or ocean at some point, and our goal is to equip our swimmers with water safety skills early on."

The Centers for Disease Control and Prevention (CDC) cites a lack of swimming ability, failure to wear life jackets, alcohol use and a lack of close supervision while swimming as some of the top factors that affect drowning risk. According to the CDC, from 2005 to 2014 there was an average of 3,536 unintentional drownings. One in five people who die from drowning are children 14 and younger.

"A person can drown in a matter of seconds," said Aaron Schultz, a lifeguard in Arlington. "When I'm

at the pool, I notice that parents are often texting while trying to watch their children, but even if children look like their playing they could easily go under and be in danger a less than a minute. This is especially important to remember at the beach."

Taking part in formal swimming lessons reduces the risk of drowning among children between one and four years old, but many people lack basic swimming skills, according to the CDC. "Beginning formalized lessons as early as 4 months old has shown benefit in children developing a love for water and foundation upon which to build water safety skills," said Bewersdorf.

American Red Cross swimming safety tips such as always swimming in a designated area attended by lifeguards, avoiding swimming alone, wearing life jackets, securing a pool with barriers and making sure everyone in your family is a strong swimmer, are among those that Mary Anderson of the Montgomery County Office of Health and Human Services says the county is reinforcing.

"There's a website that we put together called 'Summer of Safety', and it's got everything from A to Z with summer safety and swimming pool safety."

Other suggestions include enrolling in courses to learn CPR, having appropriate equipment such as a first aid kit and cell phone to make emergency calls.

"If someone is around water and discovers that their child is missing, it's a good idea to check

the water first because even seconds can make a big difference in stopping a drowning," said Schultz.

"Learning to swim at any early age is all about being safe in and around the water."

— Gina Bewersdorf, Goldfish Swim School

COMMENTARY

You Hit Me First!

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



Every parent of two or more children has experienced this scenario: Two children in the back seat of a vehicle get bored. When no one is looking, the first child pokes or pinches the other. The victim yells or screams with lots of drama as to how they have been hurt or offended. That gives the second child license to strike back just as the parents take note of what is happening. At that moment it looks like the second child is the offender and is given a punishment. The first child is amused, giggles and enjoys that the brother or sister having done nothing is suddenly in trouble.

This little tale is innocent enough as children grow up and learn through experience how to interact and relate to others. Not so innocent and very serious is the situation we have been witnessing for more than a year. The administration uses vile language that is offensive to all but some of its most ardent supporters. The advocates for democracy and a fair and sane governmental framework criticize the administration. Representatives of the administration respond with name calling, falsehoods and extreme claims and criticisms. Any response by those who disagree is received with further name calling and false claims. Who is to blame for this exchange?

The administration has been successful at pointing fingers at their critics putting them on the defensive. These exchanges can be really tough to unravel

especially with an administration that is willing to make up their own reality and tell outright lies to justify their actions. Shouting matches often ensue; in the worst cases threats are made, and in an all-too-frequent occurrence violence takes place.

While I fully understand the desire on the part of some to yell and scream (I do so to myself frequently), the vile language and threats are examples of speaking past each other. I want to express in as strong terms as I can how upset and concerned I am about the actions of the government and this administration over the past months. I view them as a real threat to our democracy, immoral, and the lowest point we have seen as a society.

I will be present at as many vigils and marches as I can to join with those who want major and immediate changes to what is happening to our country. I will not call for nor participate in violence. I will support court actions to stop harmful activities by the administration as much as possible. Most importantly I will work for Senate and Congressional candidates who are committed to stopping the damage of this administration and taking back our country from the special interests that have been allowed to run rampant in using the government for their personal profit. I will be tireless and will work to enlist people to join me and the thousands who are committed to reversing these dangerous directions.

I am not going to let the administration convince anyone else that someone else hit first. We need to stick together, be strategic in our responses, and be smarter than they are to reverse what is happening in our country. We can do that this November at the ballot boxes.

LETTER TO THE EDITOR

Sour and Unpleasant

To the Editor:

U.S. Rep. "Gerry" Connolly (D-11) (Connection, June 20-26, 2018) Opinion column disparaging President Trump's negotiating abilities head-to-head with N. Korea's Kim Jong-un is notable largely for its sour and unpleasant tone. He alleges that the President's "high-risk gambit squandered valuable leverage." President Trump allegedly "got nothing." Hmm. Perhaps Mr. Connolly could as backstory have

detailed the run of successes racked up by our previous colossi of international diplomacy; they "got" us North Korea's long-range missiles, for which it claims to have miniaturized nuclear warheads. Maybe Mr. Connolly was expecting President Trump to bring back ready-dismantled nukes in his luggage. He calls the President "weak and naive." The Japanese thought it an "incredible" summit and are clearly pleased that missiles are no longer zipping over their islands.

He terms the notorious Iran agreement "a model that worked." Hmm, pallets of euros, Swiss

francs, and other currencies flown in an unmarked cargo plane likely helped considerably (Hezbollah is surely appreciative). "Proceed with great caution because this isn't real estate," Mr. Connolly snidely advises. Nor does a seat on the House Foreign Intelligence Committee necessarily confer negotiating skills.

I looked in vain in the comments for any suggestion of a practicable solution. We all hope this will be one more to add to President Trump's proven successes.

Harry Locock
Herndon

AREA ROUNDUPS

Driver in Fatal Pedestrian Crash Charged with Speeding

The driver involved in a fatal pedestrian crash is now facing a speeding charge; 67-year-old Michael Peter Fruitman, of Herndon, was charged with speeding at 60 mph in a 40 mph zone. He was issued a summons pending a future court date. The victim of the fatal pedestrian crash has been identified as Glanetta Miller Nunn, 71, of Reston. She was hit shortly after 11 a.m. on May 21 while attempting to cross Reston Parkway at Bluemont Way. Fruitman, the driver of a 2016 Hyundai Elantra which was traveling northbound on Reston Parkway, stayed at the scene and cooperated with investigators. The pedestrian was pronounced dead at the scene.

Baum to Fill Apartment Owners' Seat on RA Board

Longtime Reston resident, Catherine A. Baum, has been selected to fill the vacant Apartment Owners' Representative seat on the Reston Association Board of Directors, previously held by David Bobzien, who resigned from the board in April after being diagnosed with leukemia. Baum was selected by the apartment owners to fill the open Apartment Owners' Representative seat (Category B Members) on the board until the next RA election period, which is in April 2019.

Baum, who has lived in Reston since 1975, currently resides in the Lake Anne District. She has held several senior level positions with the country's top homebuilders throughout her professional career. She is also a graduate of Leadership Fairfax, Inc., and is a past president of the Reston Chamber of Commerce.

The RA board will officially welcome Baum to the board at its next regular meeting on June 28.

BULLETIN BOARD

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

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of

the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

WEDNESDAY/JULY 4

Free Sober Rides. Wednesday, July 4, 7 p.m. through Thursday, July 5, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo
SEE BULLETIN, PAGE 7

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NEWS

Virginia Sheriffs' Institute Awards Scholarships

Sheriff Stacey Kincaid presents scholarships to local law enforcement and criminal justice majors.

BY MERCIA HOBSON
THE CONNECTION

Sheriff Stacey A. Kincaid awarded four college scholarships to Virginia college students who are residents in her jurisdiction and pursuing an educational curriculum in law enforcement or criminal justice. The Virginia Sheriffs' Institute (VSI) sponsored the scholarships awarded to 71 students across Virginia, \$1,000 for full-time students and \$500 for part-time students. Sheriff Kincaid is a member of the VSI and participated in the fundraising efforts.

Three of the award recipients are from Fairfax County high schools. They are Sesaly Barden, a graduate of South Lakes High School in Reston and a rising junior at Mary Baldwin University, Jessica Miller, a graduate of Mount Vernon High School in Alexandria and a rising junior at Old Dominion University, and Maximillian Kavaljian, a graduate of Fairfax High School and a senior at Christopher Newport University. Jack Katz is the fourth recipient. Katz is a student at George Mason University in Fairfax where he resides.

AS PART OF THE APPLICATION PROCESS, Sheriff Kincaid submitted a letter of recommendation on student's behalf and provide information about their school and extracurricular activities and achievements to VSI. "I spoke with each applicant to learn more about their activities and long-term goals," said Kincaid. "It's wonderful to meet young people who are academically accomplished, participate in extracurricular activities, work part-time, and give back in many ways to their communities."

❖ Sesaly is a member of the Virginia Institute for Leadership, an all-female ROTC program, where she joined the Drill Team, the Conduct Committee and the Color Guard. Through this program, she will



Fairfax County Sheriff Stacey A. Kincaid presents a 2018 Virginia Sheriffs' Institute College Scholarship to Maximillian Kavaljian, a graduate of Fairfax High School and a senior at Christopher Newport University.



Fairfax County Sheriff Stacey A. Kincaid presents a 2018 Virginia Sheriffs' Institute College Scholarship to Sesaly Barden, a graduate of South Lakes High School in Reston and rising junior at Mary Baldwin University.

graduate with a minor in Leadership along with her major in Criminal Justice. Sesaly says her studies give her "the opportunity to be a part of my community and lead change in an era where personal values are changing."

❖ Miller's major is Criminal Justice with a minor in Sociology... [She] wants to pursue a career in law enforcement, following in the footsteps of her father, a retired police officer. She has successfully balanced academics with her athletic pursuits and service to the community. In a letter to Sheriff Kincaid, she wrote, "I aspire to make a difference in the world of law enforcement and set examples in our community just as you did."

❖ Maximillian Kavaljian is majoring in Sociology with a concentration in Criminology. He plans to pursue a career in government security. Max interned for a year with the Newport News Sheriff's Office, assisting in a program that helps inmates with substance use disorders. He played football for Christopher Newport and holds a leadership role in a campus organization. In addition to working during summer breaks, he has "traveled around the world many times and experienced diverse cultures."

❖ Katz is a member of the George Mason Cycling Club and plays Alto Sax in the Green Machine pep band. This year Jack interned with the Sheriff's Office, shadowing deputies and learning about agency operations in the Adult Detention Center, Courthouse and the Merrifield Crisis Response Center. Jack wants to give back to the community and said, "I cannot think of a better way to do so than going into law enforcement."

FOR MORE INFORMATION about 2019-20 Virginia Sheriffs' Institute scholarship application, visit <https://vasheriffsinstitute.org/scholarship-policies/>.

PHOTO COURTESY OF FAIRFAX COUNTY SHERIFF'S OFFICE

BULLETIN

FROM PAGE 5

code will be posted at 5 p.m. on July 4 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

TUESDAY/JULY 10

Story Time: Focus and Self-Control. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support focus and self-control in young children. Focus and self-control is an evidence-based executive functioning skill that involves paying attention, following the rules, thinking flexibly, and exercising self-control. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

WEDNESDAY/JULY 11

Staying Focused and Finishing 2018 Strong. 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. Gretchen Richards of Dynamic Business Capabilities will show participants how to improve productivity and stay focused on what's important to close out 2018 strong. Visit www.restonchamber.org for more.

THURSDAY/JULY 12

Lessons Learned from GovCon Deal

Warriors. 8-10 a.m. at Reston Association Conference Center, 12001 Sunrise Valley Drive, Reston. Join Reston Chamber of Commerce's seasoned panel of "GovCon Deal Warriors" to discuss the current M&A landscape and learn what contractors need to do to ensure successful M&A execution. \$35, members; \$50, future members/guests; free, government agency representative; \$10 more at the door. Visit www.restonchamber.org for more.

Story Time: Perspective Taking. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. This Story Time will highlight books and activities to support perspective taking in young children. Perspective taking is an evidence-based executive functioning skill that forms the basis for children's understanding of their parents', teachers', and friends' intentions. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

TUESDAY/JULY 17

Story Time: Making Connections. 10-11 a.m. at The Parent Resource Center Library, 2334 Gallows Road, Entrance 1 - Room 105, Dunn Loring. Making Connections is at the heart of learning. This Story Time will highlight books and activities to support this evidence-based executive functioning skill in young children. Registration is limited and required for children ages 4-6 and their parents. Visit www.fcps.edu/resources/family-engagement/parent-resource-center for more.

Public Information Hearing. 5-8 p.m. at South Lakes High School Cafeteria, 11400 South Lakes Drive, Reston. The Metropolitan Washington Airports Authority is hosting a public hearing to inform and solicit comments from the community about proposed toll rate increases along the Dulles Toll Road. There will be informational exhibits related to the Dulles Toll Road and planned improvements that may be made, the Dulles Corridor Metrorail Silver Line Extension Project, the revenue projections associated with the proposed toll rate increases and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items. Visit www.mwaa.com for more.

WEDNESDAY/JULY 18

Managing Your Personal Brand Online. 5-7 p.m. at Hilton Dulles, 13869 Park Center Road, Herndon. Learn about social media best practices to develop and protect one's personal brand. Young Professionals program is open to all members and guests, and includes light refreshments including local beer. \$25 for members; \$35 for future members/guests; \$10 more at door. Visit www.restonchamber.org for more.

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Well Blow Me Down



By KENNETH B. LOURIE

Ah. The whirr of chain saws finally cutting their way through the nearly two dozen trees in my front half acre knocked down during the March 2 wind storm. Given what this cut down and clean up will cost, it is not an expense to be paid out of petty cash. In fact, we needed a little help.

And considering the time allowed by Rigo (the man for the job), to come back and do the work; it's been approximately two months since we shook on the deal, it's enabled us to arrange for payment on a mutually beneficial schedule.

He'll the do the work when he can (not a fixed time and date) and we'll pay him what and when we can; sort of a trade and sort of because he's doing some other regular work in our neighborhood (the adjacent property in fact).

Typically in the past, when I've received knocks on my door by other tradesman saying they're doing similar work in the neighborhood to what I've needed – or appeared to need: yard clean up, tree maintenance, driveway repair/repaving, etc., offering me discounts because they're "working on the street," I've always resisted because I've never had the money (cash) or trust to pay them.

Well, I don't exactly have the money now, but neither did Rigo knock on my door. I had been given his name and number months ago by an extremely reliable former neighbor so I had the trust and the time seemed right. When I spoke to Rigo and told him who I was, he said he had been expecting the call, as my neighbor apparently assured him I would.

And so, almost four months since the trees "thudded" to the ground, Rigo and his men have hit the ground sawing. As Dennis Eckersley, a Major League Baseball Hall of Fame inductee and current member of the NESN/Boston Red Sox television broadcast so often says: "It's a beautiful thing."

And what makes this "treatment" a "beautiful thing" is not just the sense of accomplishment for work which most definitely needed to be started – and finished, but specifically work yours truly is incapable of doing.

As the homeowner of a registered historic property built in 1742 ("Belly Acres" I call it) sitting on two acres, constantly in need of something or other both inside and out, to say that I am – and have been overwhelmed since we took ownership in May of 1992, is an understatement.

The overstatement would be: I am in so over my head that to invoke a childhood expression that still doesn't make any sense: "I need to look up to look down."

Hearing multiple chain saws, even starting at 8:30 a.m., as I had been forewarned two days prior would occur, is music to my ears. Any progress I can make – or others can on my behalf – in stemming the tide of my maintenance malfeasance is huge. It's not exactly a sense of pride, it's more a sense of passing homeowner 101, the entry level course I've mostly failed going on 26+ years.

Needing the kind of help I do – in terms of time, money, tools, skillset and inclination – is an unrelenting burden of incompetence which I readily accept. Unfortunately, time does not lessen the responsibility. Nevertheless, I'm lucky to own such a unique and historic property.

If some maintenance suffers, it's not for lack of concern, it's for lack of ability and knowledge. Moreover, I just can't summon up the necessary fortitude. Throw in a stage IV, non-small cell lung cancer diagnosis and the prospects in the future for home-owning improvement are not great.

It's been my nine+ years experience that a cancer diagnosis (especially a "terminal" one) tends to rearrange your priorities/rewire your brain, so to speak. And even though I'm very happy seeing and hearing the trees being tended to, I'm more concerned about the forest.

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

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Art Exhibit – Mike Cloud: Figure Studies. Through July 7, Tuesday-Saturday, 11 a.m.-5 p.m. at GRACE, 12001 Market St., Suite 103, Reston. Mike Cloud: Figure Studies presents a selection of works by Brooklyn-based artist Mike Cloud (b. 1974, Chicago) that consider language, symbolism, metaphor, history, and identity through the examination of the figure. Based around a single monumental painting, Cycle and Stable (2015), the exhibition includes the artist's series of collages based on the work of photographer Annie Leibovitz and new paintings. Call 703-471-9242 or visit restonarts.org.

Art Exhibit: Paris Parks. Through July 14 at ArtSpace Herndon, 750 Center St., Herndon. In his exhibit, Michael Kolster, is partly inspired by the work of Eugene Atget, he photographed in four Parisian Parks: St. Cloud, Parc de Sceaux, Montsouris, and Bois de Boulogne. Visit www.artspaceherndon.org or call 703-956-6590.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays through August. At Reston Town Center Pavilion, 11900 Market St., Reston. Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Alcohol permitted at restaurants only. Visit www.restontowncenter.com/concerts.

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. (No class on Memorial Day, May 28.) Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Center Pavilion. Free performances of heart-centered music for children. No performances on Memorial Day, Labor Day, or Columbus Day. Visit www.restontowncenter.com/events.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

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



Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.
Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com.

SUMMER CAMP

Reston Community Center is gearing up for an exciting 2018 summer camp season, with selections that offer something for everyone. Want to play chess, kick a soccer ball or practice tae kwon do? Want to make jewelry, play paintball or design a video game? Find all that and more through RCC. Registration is ongoing, but camps are filling quickly. Visit www.restoncommunitycenter.com or call 703-476-4500.

WEDNESDAY/JULY 4

Town of Herndon 4th of July Celebration. 6:30-10 p.m. around the Herndon Community Center and Bready Park Softball Field, 814 Ferndale Ave., Herndon. Arts and crafts, bingo, games, and additional activities. At 7:15 p.m., live entertainment featuring E3 begins. Starting at 9:30 p.m., there will be a fireworks display choreographed to music. There will be a variety of food for purchase. Bring a blanket or lawn chair. Leave pets at home. Food will not be allowed on the turf field. Please note traffic will be rerouted. Rain date: July 5th for fireworks display only. Visit herndon-va.gov or call 703-787-7300.

THURSDAY/JULY 5

Play Dough Storytime. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and lots of play dough fun. Age 3-5 with adult. Registration open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Millennials Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is "Reading Lolita in Tehran" by Azar Nafisi. Check out a library copy or buy a copy to own. Adults from early 20s to mid 30s. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Summerbration

Reston Community Center's Summerbration concerts features live entertainment under the stars at Reston's newest outdoor stage. Select concerts also feature professional dance instruction. Fridays through Aug. 31, 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Free. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

PHOTO BY
KEVIN DANAHER

Patrons swing to the sounds of King Teddy at Summerbration in 2017.

Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com.

MONDAY/JULY 9

Stem Challenge: Bristle Bots. 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Make a "bristle bot." Recycling, crafting and robotics all rolled into one. Cosponsored by the FRRL. Age 6-10. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

TUESDAY/JULY 10

Rainbow Rock. 2:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Move, groove, and have fun with the Rainbow Rock Band. Cosponsored by the FRRL. All Ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Read to the Dog. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the Library. Call or sign up online for a 15 minute session. Age 5-11. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/JULY 11

Wednesday Morning Book Club. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is "All the Light We Cannot See" by Anthony Doerr. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Color Me Happy. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, and color your cares away in an adult coloring session. Invite a friend, date or mate to come along. Coloring pages, pens and pencils provided, or bring some along. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

THURSDAY/JULY 12

Baby Lapsit. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes and songs while building early literacy skills for children. Age birth to 11 months with adult. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Origami Workshop. 4 p.m. at Reston

Regional Library, 11925 Bowman Towne Drive, Reston. Create colorful works of art using step-by-step paper folding techniques. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/JULY 13

Hypnotizers. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Create spinning, glowing light machines that hypnotize and amaze. All electrified projects go home. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Reston Community Center's Summerbration featuring Oasis Island Sounds. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

MONDAY/JULY 16

Nose To Toes Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga movement while enjoying books and songs. Bring a towel or yoga mat. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Stress To Success or Teens. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This special yoga workshop helps teens learn tools to distress, boost self-esteem, and to develop strength, emotional balance and self-confidence. Bring a mat or towel. Cosponsored by FRRL. Age 13-18. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

TUESDAY/JULY 17

Sing! Books with Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the FRRL. Age 2-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Stem Challenge. 3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Five engineering challenges with clothespins, binder clips and craft sticks. Age 7-11. Registration now open. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/JULY 18

The Wizard of Reading. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy amazing tricks and reading fun with magician Dean Alan. Cosponsored by the FGMRL. Age 6-12. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/JULY 20

Gymboree Music I. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by the FRRL. Age 6-18 months with adult. Registration open July 6. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Gymboree Music II. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Cosponsored by the FRRL. Age 18-24 months with adult. Registration open July 6. Visit librarycalendar.fairfaxcounty.gov.

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