In-Plant Rug Service SOAK, NEUTRALIZE AND ANTIBACTERIAL TREATMENT

Offer valid with In-Plant Express or Signature Rug Service - Hadeed, a Trusted Resour

Offer expires 8/12/18. Not valid w/any other offers, †Some restrictions apply



РКЅКТ ЅТD





News

Pericles Silva, **GreenFare operations** manager, joins Gwyn L. Whittaker, CEO of **GreenFare Organic** Cafe in Herndon. The cafe is the first **Platinum REAL Certi**fied Restaurant in Virginia. It offers organic, whole plant food dishes, 7-day meal plans, books, classes and lectures.





Greenfare Organic Cafe Wins Platinum

The Town of Herndon Cafe becomes first Platinum REAL Certified restaurant in Virginia.

irginia health-focused restaurant pioneer, Greenfare Organic Cafe, has undergone the Eat REAL Cer tified Audit and became the first in the state to qualify for Platinum level certification. The experience and dishes at Greenfare Organic are not only special and inventive but are designed and crafted to improve your overall health.

"GreenFare was envisioned to be a community-focused environment where local people could come to dine and learn about the life-enhancing benefits of organic, freshly prepared, minimally processed plant food without added salt, oil, or sugar," explains owner Gwyn Whittaker. This certification incorporates responsible food preparation, sustainable produce sourcing, and a tiered (Silver, Gold, and Platinum) system for scoring restaurants that go beyond their operations.

By becoming Platinum certified, Greenfare Organic Café is leading the highest ranking REAL Certified establishments – the goal of which is to represent the top 1 percent of nutrition and sustainability bestpractice nationwide. On top of the REAL Certified audit standards, Platinum restaurants must also meet the following prerequisites: A minimum score of 90 percent on the REAL Certified audit; 100 percent of meat and poultry products are sourced from non-CAFO farms; 100 percent of seafood must be "green" according to the Monterey Bay Aquarium Seafood Watch Consumer Guide; At least 50 percent of all oils used in food preparation are non-GMO; 100 percent of entrees contain at least one serving of vegetables that is not juiced, deep-fried, or sweetened; None of the pre-packaged food items sold include ingredients from Eat REAL's list of unacceptable ingredients.

"The passion and care that Gwyn and the staff at Greenfare show through their careful sourcing, preparation and community education truly sets them apart from others in the restaurant industry," says Nutrition, Standards, and Certification Manager Kristin Zelhart. "We are proud to award and recognize them as an important leader in the movement towards a better food sys-

Greenfare Organic Cafe is also only one of six certified organic restaurants in the country. Additionally, the restaurant is powered by 100 percent renewable energy, with menus dictated by seasonal ingredients available locally.

Greenfare Organic Cafe is located at 408 Elden Street, Herndon. It is open Monday-Saturday, 11 a.m. - 9 p.m. and Sunday 4 p.m.- 8 p.m. The restaurant offers dine-in services, catering, ordered 7-day meal plans at \$80, books, classes, and lectures; 703-689-0506 cafe/ www.greenfare.com.

Area Roundups

Missing Man Found Dead in Herndon Park

was found dead Thursday morning, Aug. 2, in Runnymede Park at 195 Herndon Parkway. Preliminarily, there is no indication of criminal activity. Zhou was originally reported missing by his family after he went for a walk in

Detectives are investigating the death the morning and didn't return home. of 81-year-old Xuanfang Zhou. Zhou Patrol units and a K9 team did an extensive search but they were unable to find him. Reston police are currently working with Herndon Police because Runnymede Park is in their jurisdiction, but Reston department will be the lead agency for this investigation.

NEWS



Fairgoers at the four-day 2018 Fairfax County 70th Annual 4-H Fair enjoy the rides on Saturday, Aug. 4.



Chris Howell, Judge # 632 American Rabbit Breeders Association, scores Juliet, the rabbit. "Nice head, nice and bold...good mid-section ... he's growing his coat out."

4-H Fair & Carnival Draws Thousands

Four-day event showcases Fairfax County's strong 4-H program.

By Mercia Hobson THE CONNECTION

ithin the shadow of our nation's capital and in the middle of one of the largest growing urban communities in the United States, 4-H Clubs thrive as is evident as thousands of visitors descended upon Herndon for the 70th Annual Fairfax County 4-H Fair and Carnival held at Frying Pan Farm Park Thursday, Aug. 2-Sunday, Aug. 5.

The event was the culmination of countless hours by the Virginia Cooperative Extension-Fairfax County 4-H Office and Frying Pan Farm Park.

While the four-day fair and carnival offered patrons old-fashion country fun and offered 4-H members the opportunity for ribbons and awards, perhaps, more importantly, the event showcased what 4-H is really about.

4-H is a youth development program for participants ages 5-19.

In the 4-H Building at Frying Pan Park, fairgoers wowed over the 4-H entries that competed for ribbons in divisions such as craft, woodworking, floriculture, sewing, science and technology and more. Fairgoers held baby chicks at the Falls Church 4-H Club Embryology Booth and watched educational demonstrations such as the one about honeybees by members of 2BA Bee

Pies, vegetables, scrapbooks, literary works and displays held blue, red and green ribbons and a select group held the coveted Grand Champion ribbons. Silent Auction Baskets heaped high with goodies by Fairfax County 4-H were offered for public bidding; funds raised would support 4-H scholarships, camps, Embryology Curriculum, next year's 4-H Fair and more.



Members of Virginia Trotters 4-H Horse Club, Juliette Hainaut, 16 of Falls Church, and Alina Ampeh, 16 of Oakton, serve as Executive Officers of the Fairboard. As Secretary and President respectively, they helped plan this year's 70th **Annual Fairfax County 4-H Fair and** Carnival. "I love how this club runs things," said Hainaut.

If it was animals fairgoers were looking for, there was no lack. In the Indoor Arena. 4-H members competed in Goat, Sheep and Beef/Dairy Cattle Showmanship and Confirmation competitions. Judges rated participants on their ability to safely handle the livestock and knowledge of the animals. In the Confirmation Classes, judges scored the animals on overall condition, musculature, structure and performance. In the Lower Ring, horses and riders performed dressage demonstrations, show jumping and mounted games.

In Barns 1 and 2, groomed livestock stood in clean stalls. Through demonstrations,



Jayden Han, 3, a fairgoer from Fairfax doesn't seem to be so interested in the milking of Sasha, a Jersey cow, by Chelsea Sucherman, 12, a 2018 member of the Hoofers and Heifers 4-H Club Fairfax County. It is the size of Sasha he cannot get over. Brian Han, Jayden's dad, said, "This is Jayden's first time seeing a live cow. He's never seen one before."

fairgoers learned how to hold a rabbit properly — don't squeeze — and tried their hand at milking a cow or goat. For some children like Jayden Han, 3 of Fairfax, this was the first time he had ever seen a real cow. Jayden got up close and personal, crunching down nearly crawling under Sasha the Jersey cow during a milking demonstration by Chelsea Sucherman 12, a member of Hoofers and Heifers 4-H Club.

If rides, games and food were what a fairgoer wanted, the 70th Annual Fairfax County Fair and Carnival delivered. The park's expansive pastures turned to the



Fairfax native and lead singerguitarist and songwriter for the rock band "Cinema Hearts," Caroline Weinroth performed at the 2018 Fairfax County 70th Annual 4-H Fair. Weinroth told the crowd she is a former 4-H Club Member and winner of Miss Northern Virginia 2018. Weinroth has performed at the Kennedy Center, the National Mall, AMP by Strathmore, the Hirshhorn Museum and other venues.

Carnival Site and Midway. The Food Court, located beside the Country Store, presented endless possibilities.

A line-up of nine stage performances for Saturday and Sunday rounded out the fair beginning with Fairfax native and singerguitarist Caroline Weinroth of the band "Cinema Hearts" who delivered her heartfelt songs. She was followed later by the 50s-60s band "Hot Rod Rockers."

Big Truck Night on Friday was a hit as was the Frying Pan Farm Park Tractor Pull on Saturday when Belgian draft horses Jeff

SEE FAIR, PAGE 7

OPINION

An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide, please.

Adapted from a 2016 editorial ...

as your organization been fea tured in the Connection News papers, or the Alexandria Ga zette Packet or the Mount Vernon Gazette or the Centre View or the Potomac

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a mile-EDITORIAL

Are you an elected official whose messages are enhanced by coverage of issues in the Connection?

Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplish-

I have a special favor to ask:

Buy an ad in our 2018 Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 22, 2018 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 16.

We are striving to create a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? Heed the cautionary tale in the closures of many newspapers in the last couple of years.

> But this request is more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 150,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? Lunch place? Spot for coffee? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

tips and photos editors@connectionnewspapers.com or send as a letter to the editor via the website at http:/ /www.connectionnewspapers.com/contact/ letter/ by Wednesday, Aug. 17.

— Mary Kimm

For information on advertising, email sales@connectionnewspapers.com or call 703-778-

Voyage for Susan

rom Aug. 6-11 my brotherin-law, Barry Emberlin, and I will attempt a circumnavigation of the Delmarva Peninsula in our sturdy Ranger Tug 31, Happy Ranger, to honor those affected by Alzheimer's disease and in particular my wife Susan. My sisters Abby and Coletta, and our children Jason and Claire will hold down the various forts and support Susan so that Barry and I can make this voyage. Susan has always loved the water and boating so this will be a fitting tribute. In the past few years she has found peace and happiness riding in Happy Ranger and exploring the Chesapeake and the beautiful rivers that feed into it.

We plan to travel north in the Chesapeake Bay, passing through the C&D Canal, down the Delaware Bay, out into the Atlantic Ocean, down the coast past the famous Delaware, Maryland, and Virginia Beaches. We will re-enter the bay 120 miles later at Cape Charles, Va. and travel north again

BY TOM COX Helping Fight Alzheimer's

Vienna resident Tom Cox and his brother-in-law Barry Emberlin will be attempting to sail the around the Delmarva Peninsula in tugboat "Happy Ranger" to raise funds and awareness for the Alzheimer's Association. Tom's wife Susan has Alzheimer's.

until we reach Galesville, Md. Along the way we will stop to refuel and re-provision at places like Cape May, N.J.; Chincoteague Island, Va.; Cape Charles, Va.; and St. Mary's, Md. before heading back to our home port of Galesville, Md. We might also be tempted to stop at some of the other unique and picturesque towns and villages that line our shores. The entire trip will be around 450 miles and take around six days.

(Our Voyage is an offshoot of The Longest Day, a fundraising event to advance the care, support and research efforts of the

SEE VOYAGE, PAGE 7

LETTERS TO THE EDITOR

Comstock's Bipartisan Accomplishments Worthy of Praise

To the Editor:

While many folks and media outlets across our Commonwealth monitored the returns of the recent primaries while making partisan political predictions, Congresswoman Barbara Comstock was doing something far more important.

She was on the floor of the United States House of Representatives presenting bipartisan legislation to help combat the opioid

The scourge of opioid addiction is afflicting our country and community at an alarming rate. Everyone acknowledges more must be

done. Comstock is leading the charge. Her legislation passed with bipartisan support as part of a major package of opioid-related legislation advancing through

This is just one of Comstock's several bipartisan accomplishments. On human trafficking, gang violence, and human rights, Comstock has proven herself capable of working across the aisle.

In Washington these days, that is an accomplishment in and of itself – worthy of praise.

> **Gary Lennon Great Falls**

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

> Letters to the Editor The Connection 1606 King St., Alexandria VA 22314 Call: 703-917-6444. By e-mail: north@connectionnewspapers.com

Oak Hill & Herndon

www.ConnectionNewspapers.com

@HerndonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses. Published by **Local Media Connection LLC**

1606 King Street Alexandria, Virginia 22314

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

NEWS DEPARTMENT: herndon@connectionnewspapers.com

Kemal Kurspahic

Editor * 703-778-9414 kemal@connectionnewspapers.com

Mercia Hobson

Community Reporter mhobson@connectionnewspapers.com

Andrea Worker

Contributing Writer aworker@connectionnewspapers.com

Jean Card

Production Editor jcard@connectionnewspapers.com

ADVERTISING:

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

Debbie Funk

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

David Griffin

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

Classified & Employment Advertising

703-778-9431

Editor & Publisher Mary Kimm

mkimm@connectionnewspapers.com @MarvKimm

Executive Vice President

Jerry Vernon 703-549-0004 jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren **Managing Editor** Kemal Kurspahic

Art/Design: Laurence Foong, John Heinly, Ali Khaligh

Production Manager: Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



HomeLifeStyle

Preparing for New School Year

Home organizing saves space and time.

BY MARILYN CAMPBELL

he sight of store shelves overflowing with school glue sticks and crayons signals that the beginning of school is just around the corner. While squeezing in one last vacation, the thought of turning an eye to getting one's home in order before the school bell rings might be met with dread.

"It can feel like a daunting task to organize when artwork overflows from school or small trinkets come home from birthday parties, the end of summer is a great time to purge a lot of unnecessary items to make way for new school year ahead," said Allie Mann, designer-senior interiors specialist, Case Design/Remodeling. "And it's always a great time to donate gently used items as well."

"Especially now as families are preparing to get back to school, it's so important to get organized," added Anne M. Walker, Esq., Allied ASID, Owner + Principal Anne Walker Design LLC. "Nothing is more stressful than searching for something when you're already five minutes late, it's pouring down rain, it's picture day at school, and you have a big work meeting in 45 minutes."

Now that organization is often considered a part of interior design, the tools and hacks available are more stylish and innovative than ever, say local designers. "In a kitchen in Old Town, Alexandria I installed four shallow drawers underneath the countertop at the island — one for each family member," said Sarah Glenn, interior designer and project manager, Braswell Design+Build, Alexandria. "I designed the drawers to be just large enough to store school papers and a laptop so that each family member would have a dedicated temporary storage space without creating four individual junk drawers."

A Potomac, Md. family recently enlisted Walker's help in redesigning and reorganizing their home from top to bottom with an eye toward all things chic and stylish. She began in the bedrooms of the family's teenage daughter, creating custom closets.

"After the new closet was installed, I spent the better part of two days helping this teen fill the closet with all of her belongings, putting things where they were visible and readily accessible," she said. "Organization is important primarily because of the time it saves. If you can find what you need to get out the door right away, you can sleep 20 minutes later."



Photo courtesy of Nicely Done Kitchens and Baths

This kitchen by Nicely Done Kitchens and Baths features custom cabinets of painted Maplewood and quartz countertops. An abundance of drawer space helps with organization.



Hooks for backpacks and jackets, like this one by Allie Mann of Case Design/Remodeling, are a must for an organized mudroom.

A similar closet was created for the family's middle school aged son. "Amazing how even young children can keep their rooms tidy as long as there's a system in place that they can understand and is practical enough for them to use," said Walker. "If you know exactly where all of your clothes are, and exactly where to put them back after laundering them, it will seem like you just won the lottery. You won't believe how many things you have, many of which have been long forgotten, stuffed in the back of some drawer or under the bed."

One of the most important tasks on Walker's agenda was organizing a large basement space with abundant shelving to create a home office. "In an office this size, children could easily use it for homework while the parent was working there, also," she said. "Sometimes it's calming and comforting just to be in the same space, even if you aren't actually helping the child with their work."

A home's mudroom is supposed to serve as a gateway into the main house, creating order and keeping clutter from overflowing into the home's interior, but often that isn't the case as clutter overtakes the space. In a recent mudroom project, Mann incorporated elements into the design that addressed the family's lifestyle. "Cubbies and bench storage for sports and after-school activities for older children are a must," she said. "If space allows, allocating a designated cubbie for each child is best to keep things separated and from getting lost."

"With organization, you are constantly trying to strike a balance between carving out enough space for a specific function without over-organizing to the point that you lose flexibility to change what you store as your life evolves," added Glenn.



Photo courtesy of Anne Walker

Interior designer Anne Walker installed a custom closet by Capitol Closet Design in the bedroom of this Potomac. Md. home to create an organized space in time for school.









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

Announcements

We pay top \$ for STERLING,

MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

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

Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers

CONNECTION

Announcements

Employment

GNR Systems. Inc. has mult. openings in their Herndon, VA office. A) Validation Engineer (Pharmaceutical) validate GxP related comp. sys. apps and lab equip. for FDA regulated comps. B) SharePoint Developer Design Microsoft SharePoint solutions, site taxonomy, UX & record storage. C) QA Analyst to lead team members in QA processes, methods & tools; D) ETL Developer create ETL mappings using Informatica power center to extract data. No trvl; no telecom. Job duties are proj-based @ unanticipated sites w/in U.S. Relo may be req'd @ proj. end. Mail resumes to GNR systems. Inc., Attn: HR. 209 Elden St, Ste 306, Herndon, VA 20170

Announcements

ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!! AMERICAN LOG HOMES IS ASSISTING JUST RELEASED ESTATE & ACCOUNT SETTLEMENT ON HOUSES. 4 Log Home kits selling for BALANCE OWED, FREE DELIVERY 1) Model #101 Carolina \$40,840...BALANCE OWED \$17,000 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500 BEFORE CALLING: VIEW at www.loghomedream.com Click on House Plans NEW - HOMES HAVE NOT BEEN MANUFACTURED Make any plan design changes you desire! . Comes with Complete Building Blueprints & Construction Manual · Windows, Doors, and Roofing not included NO TIME LIMIT FOR DELIVERY! OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS'

Announcements

Announcements



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

News

Coming Soon Meows Corner,

Cat Cafe

Hang out with friends, coffee, tea and cats to cuddle or adopt.

By Mercia Hobson The Connection

ne of the hottest animal business trends in the last decade is coming to the heart of historic downtown Herndon, the cat cafe. Although every cat café has its own personality, think traditional coffee and tea shop crossed with a rescue cat adoption center.

Whether one is interested in possibly adopting a cat or needs some kitty cuddle time, Meows Corner is out to improve the lives of rescued cats up for adoption and people who enjoy a kitty-centric environment.

The final build-out for Meows Corner at 702 Elden Street is coming together. The shop is part of a newly constructed mixed-use development built by Tradition Homes and McWilliams Ballard in downtown Herndon. The open house signs are up for the townhomes and the retail spaces are nearing completion. The community has a reported 2,500 square feet of storefronts along Elden and 3000 square feet of office and retail at the corner of Lynn Street.

MEOWS CORNER is due to open this fall and is the brainchild and dream of animal and coffee lover Dina Abdel-Hamid of Herndon. On her Facebook page, Abdel-Hamid posts that she grew up in a house full of animals but her dreams of being a vet never materialized. Instead, she entered the corporate world and married a man who is allergic to cats so no kitties in her home.

Abdel-Hamid first learned of the business concept when visiting Richmond. There she spied a cat lounging in a shop window, and upon going in, Abdel-Hamid learned of the cat cafe model. She fell in love with the idea. On her Facebook page, Abdel-Hamid retells the light-bulb moment: "You mean I can play with cats that are being rescued and drink coffee!" Apparently, these are two of Abdel-Hamid's favorite things under one roof. "A dream come true," she posts.

Abdel-Hamid created a business plan for her cat café. She located the site on Elden Street then partnered with Elden Street Tea Shop two doors down to provide the drinks and snacks. Meows Corner will not prepare the food or drinks in-house. "We will have runners delivering the orders from the tea shop," explained Abdel-Hamid. Next, she partnered with 4 PAWS Animal Rescue, a nonprofit community-based all-volunteer organization that will provide the adoptable cats and kittens.

As for the cafe's name, Meows Corner, in an interview, Abdel-Hamid said she had many names on the table but chose the name Meows Corner with the help of her children. "I let my kids vote, and it just felt right"

Health regulations and restrictions will not impede the cafe's ability to have the cats and food products



(Center) Christine Cozza from 4 Paws Rescue Team brings a couple of kittens to the future site of Meows Corner, a cat cafe in Herndon. Dina Abdel-Hamid of Herndon, owner of Meows Corner, and her daughter Mariam Hawa, 8, are excited as the build-out of Meows Corner nears completion.

Photos by Mercia Hobson/The Connection



Dina Abdel-Hamid of Herndon and her daughter Mariam Hawa, 8, hold a pair of rescued kittens adoptable through 4 Paws Rescue Team. Abdel-Hamid is the owner of Meows Corner, a cat cafe located at 702 Elden Street in Historic Downtown Herndon due to open this fall.

in the same area. Abdel-Hamid learned regulations and restrictions pertain to food and drink preparation, not serving.

"The cafe will charge patrons a cover rate to enter and be with cats." If patrons fall in love with a kitty, application forms to adopt the cat through 4 Paws Rescue Team will be available on-site for them to submit. Abdel-Hamid cautioned that while walkins will be welcomed, space is limited. Patrons are encouraged to reserve visit time to avoid having to

In addition to walk-ins and reserved times for individuals, groups can rent the entire space for private parties. The cafe also plans to have special events such as Kit-TEA, Poetry and Yoga. Books and merchandise will be available for purchase.

TO INQUIRE about the cats pictured in this story, email info@fourpaws.org. To learn more about Meows Corner, visit meowscorner.com.

BULLETIN

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).

THURDAY/AUG. 9

Public Meeting. 7-8 p.m. at North County Government Center - Community Room, 1801 Cameron Glen Drive, Reston. Fairfax County's Police Department will provide an overview of the Deer Management Program. Contact the Fairfax County Wildlife Management Specialist, Dr. Katherine Edwards at 703-246-6868 for

Voyage

From Page 4

Alzheimer's Association.

(Today, more than 35 million people across the world are living with Alzheimer's, including more than 5 million Americans. In the U.S. alone, more than 15 million caregivers generously dedicate themselves to those with Alzheimer's and dementia. It is already the most expensive disease in our country. We must take action now, or these numbers will continue to rise.

Together, we can show those facing Alzheimer's disease that they are not alone. Please make a donation today to help the Alzheimer's Association support all those facing the disease.

For more information on Alheimers and the longest day, see www.alz.org/nca.

Fair

and Charlie showed off their strengths. H Club Member Kate Shank, 10, stood in the 4-H Building. She held two baby chicks at the Embryology Booth. Shank summed up why she preferred 4-H over other clubs and organizations. "It's calmer. We are allowed to make our own decisions, and I thought it would help me with my college entrance papers ... my resume."

For more information about the fair or to learn about the many 4-H clubs across County, visit http:// fairfax4h.weebly.com or follow them at

BUSINESS DIRECTORY

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING

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

703-863-7465

Good is not good, where better is expected.

-Thomas Fuller

ELECTRICAL

COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated

Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling

Service Upgrades Hot Tubs, etc.

GUTTER

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamle@lawnsandgutters.com web: lawnsandgutters.com

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

GUTTER

Power Washing

Go from green to clean, do you have

mold on your siding rotten wood that's a hoa voilation? We do houses, decks,

fences, side walks, etc. Deck and fence repair, deck staining and sealing.

Licensed & Insured • Free Estimate

email: jnave@comcast.net

703-987-5096

A&S Landscaping

703-863-7465

LICENSED

RN. CONTRACTORS. INC

Remodeling Homes, Flooring,

Kitchen & Bath, Windows,

Siding, Roofing, Additions &

Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Find us on Facebook

and become a fan!

www.Facebook.com/ connectionnewspapers

CONNECTION

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

Phone: 703-887-3827

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

All of N. Virginia

All Concrete work

Grading Solutions

Retaining Walls • Patios

French Drains • Sump Pumps

Decks . Porches (incl.

screened) . Erosion &

: • Driveway Asphalt Sealing

LANDSCAPING LANDSCAPING

Patios & Drainage

Your neighborhood company since 1987

703-772-0500

J.E.S. Services

Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
 Concrete Driveways, Replacement or New
 Patios and Walks Masonry Work or Dry Laid
 Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

BATHROOM REMODELING

by Brennan Bath and Tile

Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.

www.brennan-tile.com 703-250-2872

000000000000000000

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates 703-868-5358

> 24 Hour Emergency **Tree Service**

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231

MASONRY

MASONRY

Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks Stone • Brick Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

An expert is someone who knows some of the worst misand how to avoid them.

takes that can be made in his subject -Werner Heisenberg

"Slow Progression"



By KENNETH B. LOURIE

OKAY. It's not exactly what I wanted to read in the email from my oncologist interpreting the results of my July 25 CT Scan.

Since August 2013 when I was hospitalized for a week with fluid in my lungs, "CT stable" has been the recurring message. Now the message is different.

My question, which will be addressed Monday afternoon: can I live with 'slow progression?' I would imagine that there are more aggressive characterizations of 'progression.' Nevertheless, I have to wait three more days to find out.

What has been suggested so far by my oncologist is simple enough: reduce the interval of my infusions or change medications. Sounds reasonable and not particularly drastic. What's distressing (but not at all drastic) however, is the fear of the unknown.

Not having had a reason to change in five years, I've grown awfully comfortable and confident in the ebb and flow of my life vis-à-vis my cancer treatment/side effects, I've known what to expect and when to expect it.

For a terminal cancer patient still undergoing treatment, this kind of regularity/normalcy is as good as it gets. Accordingly, I've been able to live a relatively manageable life.

And by 'manageable' I mean a life worth living and one not consumed by, if I may retrieve a phrase from last week's column: "cancer centricity." Not that I don't have deficits or spiritual, emotional or psychological problems/complications, I do, but I have so much more than that. I not only have a present, I have a future too.

No small caveat when one considers I was given a "13 month to two year" prognosis on Feb. 27, 2009. Over nine years ago and counting. As Maurice Chevalier sang to Hermione Gingold in "Gigi" (1958): "I remember it well."

So life has indeed gone on and I'd like to think that despite this most recent email from my oncologist, life will continue to go on. I have to think positive; I'm my father's son, and deceased though he may be, he wouldn't have it

Besides, as Dr. Mobley said to Augustus McCray in the epic mini series, "Lonesome Dove," (1989) when Gus refused to let him amputate his remaining leg: "I assure the alternative is gloomy."

Well, Gus was rarely gloomy and considering my circumstances, neither have I been gloomy. There's just no future in it.

Right now, it's the present I'm concerned about. Specifically, Monday afternoon when my oncologist and I (we, actually; my wife, Dina will be on the phone as well) will talk.

Having a three participant phone conversation is a little awkward. The questions and answers might not flow as easily as if the three of us were sitting together in an examining room. But since that's what's happening/been scheduled, we'll endeavor to make the best of it.

What probably will help, oddly enough, is the three days Dina and I will have to think about what concerns we have, what questions we'll ask and what answers from the oncologist we anticipate hearing.

Then, with the doctor's encouragement, together we'll be able to make an intelligent decision concerning a prudent course of action/ treatment going forward. A discussion we've had many times before.

And given our respective history over the last nine-plus years, there's no reason to think we can't achieve similar success living forward.

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

From Page 3

Late Saturday afternoon, Falls Church 4-

www.facebook.com/Fairfax4H.

Entertainment

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

ONGOING

Art Exhibit: Herndon Town

Calendar Competition. Through Aug. 8, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. This exhibit features finalists in the 8th Annual Herndon Town Calendar Competition. Jurors evaluated images submitted to the competition by photographers and select finalist photographs for the exhibit. Visitors to the gallery can vote for the People's Choice. The 12 winning photographs and People's Choice will be announced during the Awards Reception on July 29. Visit

www.artspaceherndon.org for more. **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. 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 Square Park. Free
performances of heart-centered
music for children. No performances
on 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

www.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.

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**.

Thursdays, 6:30-7:30 p.m. at Potomac River Running, 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 or visit www.potomacriverrunning.com/

Over-40 Softball League. A Fairfaxbased league is looking for enough players to form another team. Players must be at last 40 years of age to be The Rowboat E.
Simon in a previous regatta at Lake Anne.



Cardboard Boat Regatta

The Reston Historic Trust & Museum holds the second annual Lake Anne Cardboard Boat Regatta. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum. Teams of all ages will construct and decorate their own life-size cardboard boats. Boats will then take to the water in timed heats. Saturday, Aug. 11, noon-6 p.m. at Lake Anne, Reston. Email info@restonmusem.org or call 703-709-7700.

eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more.

AUG. 1-15

Share A Haircut. 10 a.m.-9 p.m. at local Hair Cuttery locations. Give back to those in the community with Hair Cuttery's annual Share-A-Haircut program. For every child's haircut (up to age 18) purchased Aug. 1-15., a free haircut certificate will be donated to a child in need. Email lynnieb517@verizon.net with Assistance League of Northern Virginia with questions.

WEDNESDAY/AUG. 8

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, petfriendly giveaways, and more. Free. Visit restontowncenter.com for more.

THURSDAY/AUG. 9

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association.

Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps for more.

Alzheimer's Association Raffle. 6-

9:30 p.m. at Jimmy's Old Town Tavern, 697 Spring St., Herndon. Raffle fundraiser for Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Free admission. Visit www.alz.org/walk for more.

FRIDAY/AUG. 10

Fractured Nursery Rhymes

Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join local Great Falls author, Judy Politzer for a fun-filled lesson on the alphabet based on her book, *Fractured Nursery Rhymes, Fairy Tales, and Potpourri*. Visit www.scrawlbooks.com or call 703-966-2111.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Don't just watch, get up and learn dance steps from a pro at Reston Community Center's Summerbration featuring Scott Kurt & Memphis 59 with country dancers (dancing and instruction). 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.

WEDNESDAY/AUG. 11

Dog Day. 11:30 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. The K9 Caring Angels, a non-profit group dedicated to helping the community by training Service, Therapy, and Comfort Canines will bring two dogs to share their loving paws and happy tails with people in need to Scrawl Books. The event is free, but guests are asked to help support the organization through donations or by contributing requested items, including Pet Valu Perform Ultra Brown Rice and Lamb Puppy Food, outside toys, dog beds, blankets and shampoo. Visit www.scrawlbooks.com or call 703-966-2111.

Lake Anne Cardboard Boat

Regatta. Noon-6 p.m. at Lake Anne, Reston. The Reston Historic Trust & Museum holds the second annual Lake Anne Cardboard Boat Regatta. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum. Teams of all ages will construct and decorate their own life size cardboard boats. Boats will then take to the water in timed heats. Contact Alexandra Campbell at info@restonmusem.org or 703-709-7700.

Concerts on the Town: U.S. Navy

Sea Chanters. 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com for

MONDAY/AUG. 13

Donation Deadline. During bank hours at Sonabank, 11527 Sunrise Valley Drive, Reston. Sonabank is collecting school supplies at all branches, including: notebook paper, three-ring binders, spiral notebooks, composition notebooks, No. 2 pencils, pencil pouches, colored pencils, calculators, crayons, pencil erasers, dry erase marker, glue sticks, bottle glue, pocket folders, three-prong folders, pocket dictionaries, markers, highlighters, rulers, tissues, hand sanitizers, copy paper, sticky notes, backpacks and blunt-end safety scissors. Visit

Little Hands Have Big Fun. 9:45-10:30 a.m. (ages 2-3); 11-11:45 a.m. (ages 3-5) at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Preschoolers can have big fun in the "Little Hands on the Farm" program. Children, 2-5 years old, are invited to come to the Kidwell Barn classroom

www.sonabank.com for more.

Design and Wine

Felting Critters with Andy Black. Each event is \$40 per person which covers wine, light snacks and supplies. No prior art experience necessary. Tuesday, Aug. 14, 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Registration required at www.artspaceherndon.org.

to learn all about farm animals and farm chores and enjoy a story, craft or game. \$8 per child, and an adult must attend with the child. Pre-paid reservations are required. Call 703-437-9101 or visit

www.fairfaxcounty.gov/parks/frying-pan-park.

Open Orchestra Rehearsals. 7:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Join members of the Reston Community Orchestra for open rehearsals during July and August. For those who have wondered what it would be like to play with the Reston Community Orchestra, looking for a chance to play between seasons or semesters or who have an instrument that's collecting dust but keeps calling them to come back. Music and stands provided. \$20 per session; \$75 for all four. Register at restoncommunityorchestra.org/2017-2018-concert-series/open-rehearsals/

TUESDAY/AUG. 14 Design and Wine: Felting Critters.

7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Each event is \$40 per person which covers wine, light snacks and supplies. No prior art experience necessary. Registration required at

www.artspaceherndon.org.

WEDNESDAY/AUG. 15

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, petfriendly giveaways, and more. Free. Visit restontowncenter.com for more.

Get Woke! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. This progressive book club focuses on reading titles that cover timely political issues. The August meeting will focus on a discussion of housing access and incarceration and how those issues are connected. Attendees are asked to read either "Evicted" by Matthew Desmond or "The New Jim Crow: Mass Incarceration in the Age of Colorblindness" by Michelle Alexander. Free. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/AUG. 16

ALS Association Fundraiser. Not

Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit

webdc.alsa.org/goto/margespeeps for more.

FRIDAY/AUG. 17

Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join teacher Kesha Menefee from Winwood Children's Center for a special story time. 10 percent of the day's profits will be donated to the school. Free. Visit www.scrawlbooks.com or call 703-966-2111.

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 Cristian Perez Band. 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.

SATURDAY/AUG. 18

Concerts on the Town: T Sisters.

7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com for more.

SUNDAY/AUG. 19

Author Patty Pearson. 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join author Patty Pearson for a discussion of her novel, "FLY GIRLS." Recommended reading for ages 10 and up, "FLY GIRLS," introduces a remarkable but, until recently, little-known group of women who answered their country's call in its time of need. Their story is one of patriotism, persistence, love of flying, and the willingness to do good without personal gain. Free. Visit www.scrawlbooks.com or call 703-966-2111.

WEDNESDAY/AUG. 22

The Wednesday Morning Book Club: The Intersection of Past

and Present. 9 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Book Club focusing on biography, memoir and history. In August, the group will discuss, "Americans in Paris: Life and Death Under Nazi Occupation" by Charles Glass. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, petfriendly giveaways, and more. Free. Visit restontowncenter.com for more.

THURSDAY/AUG. 23

ALS Association Fundraiser. Not

Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps for more.

Lunch in the Park at GRACE. Noon-

The Park at GRACE. Noon1 p.m. at GRACE, 12001 Market St.
#103, Reston. Bring a lunch to the
GRACE gallery and enjoy a Creative
Response session about the current
exhibition, Building Worlds.
Produced by Reston Town Center
Association and Reston Community
Center. Free and open to the public.
Visit restonarts.org for more.