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CONNECTION

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It's kickstand down for Sergeant Jim Rider of Herndon Police Department as he pulls up alongside his future replacement during National Night Out 2018 in the Town of Herndon.

PHOTO BY MIKE BERG/HERNDON POLICE DEPARTMENT

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AUGUST 15-21, 2018

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Herndon Celebrates National Farmers Market Week

Farmers Markets benefit economy, communities and environment.

BY MERCIA HOBSON
THE CONNECTION

The Farmers Market in the Town of Herndon, operated by the Fairfax County Park Authority, recognized National Farmers Market Week proclaimed Aug. 5-11. Along with the six other select county markets in Lorton, Oak Marr, Wakefield, McLean, Kingstown and Burke, the Herndon market participated in the 2018 Fairfax County Park Authority Farmers Market Week.

Through games, chef demonstrations, children's activities, raffle gift baskets stuffed with vendor items and more, the markets celebrated local farmers who bring fresh food and products to residents' tables.

"National Farmers Market Week is a great opportunity to celebrate the enormous positive impact farmers markets have on our economy, communities, and environment," said Fairfax County Farmers Market Coordinator Chelsea Roseberry when reached for comment.

According to the Fairfax County Park Authority, all items at their markets are produced or raised within a 125-mile radius. The Herndon Market features seasonal pro-

On Thursday, Aug. 9, during National Farmers Market Week, Emmet Drost, 7, from Herndon and his brother Sawyer, 5, try their skills at 'local fishing' during the Fairfax County Park Authority Farmers Market in Historic Downtown Herndon.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

duce, flowers, meats, eggs, pickles, stone ground flours, salsa, artisan and baked goods, and ready-to-go, plant-based meals, without salt, oil, or sugar. It is open every Thursday, 8 a.m. to 12:30 p.m., from mid-April through mid-November 2018, and located in the Historic Downtown District at 765 Lynn Street.



Patrons to the Fairfax County Park Authority Farmers Market in the Town of Herndon celebrate National Farmers Market Week on Aug. 9. The county's Farmers Markets play an important role in supporting local food options, farmers and business development.

Winning Photos Selected for Herndon Town Calendar

BY MERCIA HOBSON
THE CONNECTION

Each year since 2010, ArtSpace Herndon hosts the Herndon Town Calendar Competition and Exhibit. This year professional and amateur high school through adult aged photographers submitted up to three entries of images taken within the corporate limits of the Town of Herndon.

In accord with the prospectus, jurors Tammy Morin and Les Zidel selected the finalists. They gave special consideration to photos depicting people representative of Herndon's rich diversity and many cultures participating in seasonal and community events in the town.

The photos chosen as finalists by the jurors competed in a second round of judging as the jurors selected 12 of the photographs for the 2019 Herndon Town Calendar and one photograph for its cover. Finalists were also eligible to receive the Herndon Town Calendar People's Choice Award, given to the winning photograph that received the most number of votes by patrons visiting ArtSpace Herndon up until the day before the Awards ceremony.

According to town staff, the town will print approximately 11,000 calendars for 2019 and distribute them to households and businesses throughout the town.

Mayor Lisa C. Merkel and Town Councilmember Sheila Olem announced the winners of the 8th Annual Herndon Town Calendar Photography Competition during the Awards Reception Sunday, July 29. The exhibit closed Saturday, August 4.

Winners for the Town of Herndon 2019 Calendar:

COVER, Michele Reyzer-"Bike Trail"



PHOTO BY MERCIA HOBSON/THE CONNECTION

Trish Sharkey's photo, "Peony Perspective," won the "People's Choice Award" for the "8th Annual Herndon Town Calendar Photography Competition & Exhibit" held Sunday, July 29, 2018. It received the most votes by visitors to the gallery.

PEOPLES CHOICE, Trish Sharkey-"Peony Perspective"

January, Devanshu Saxena-"Street Light in Winter Night"

February, Charles Mauro-"Snow Day!"

March, Trish Sharkey-"Peony Perspective"

June, Laura Poindexter-"Music Up Close"

April, Mike Madigan-"Easter Egg Roll"

May, Gregory Wilson-"Herndon Memorial Rolling Thunder"

July, Michele Reyzer-"Bike Trail"

August, Marsha Kerman-"National Farmers Week"

September, Stephanie Wright-"Herndon Glows"

October, Laura Poindexter-"Municipal Center Half Staff"

November, David Kirby-"Centennial Geese"

December, George Wilson-"Christmas at Herndon Park Avenue"

Herndon Softball Player Plays for USSSA All-American

Mackenzie Swanson, a rising ninth grader at Herndon High School, spent last week in Florida playing softball in USSSA All-American Games, representing the Northeast.

In April 2018, Swanson went to Leesburg to try out for the 13U Northeast team going against softball players from 13 states and Washington, D.C.

"I wanted to see how I compared to the best in the nation," says Swanson. Swanson has been playing softball most of her life and plays on the Sterling-based Baseliners travel softball team.

"Mackenzie finds a way to win — all she needs is the opportunity," says her father and softball coach, Curtis Swanson.

In May, Swanson was told she had made the team and learned she'd be traveling to Florida to play in the tournament against seven other regional teams from across the country. With her gear and a new number 60 on her back (Swanson usually plays as number 34), Swanson joined other softball stars on the field for the week-long tournament.

Although, the team didn't make the finals, Swanson and her family had a great time meeting the other families on the team and playing multiple



PHOTO COURTESY OF THE SWANSON FAMILY

Mackenzie Swanson gets up to bat for the USSSA 13U Northeast team.

games each day. Her mother, father, brother, and grandfather all came to make sure Mackenzie had lots of fans cheering from the bleachers. She was also supported by her Baseliners teammates back home, many watching live online to see Swanson get outs at third.

Swanson will now return to her number 34 and the blue and gold uniform as her team returns to the fields in September, knowing she can hold her own on any field, no matter how big.

Beverly Sullivan of Herndon Harbor House greets Captain Ron Thunman of Herndon Police Department during National Night Out 2018. "We appreciate you more than you will ever know," exclaimed Sullivan.

PHOTOS BY
MERCIA HOBSON/
THE CONNECTION



PHOTO BY SARAH BERG/COURTESY HERNDON POLICE DEPARTMENT

Officer Ricky Musgrove of the Herndon Police Department accepts a thank you card by two young admirers during a block party held for National Night Out 2018 in the Town of Herndon.

Love Comes in All Sizes on National Night Out

Town of Herndon residents host fourteen neighborhoods block parties to thank the town's police force.

BY MERCIA HOBSON
THE CONNECTION

With uniforms pressed and vehicles shined the Town of Herndon Police Department (HPD) kicked off the 35th Anniversary National Night Out 2018. First stop, Herndon Harbor House at 910 Jorss Place located behind the Fairfax County Herndon Senior Center. There, residents greeted local law enforcement. Herndon's finest in blue arrived with the Herndon Police Citizens Support Team and Agents from United States Customs and Border Protection based in Sterling. Little did the department know what was going to happen next and the gift about to be bestowed upon them by the appreciative seniors.

Herndon Police Chief Maggie DeBoard expressed her gratitude to those gathered at Herndon Harbor House after receiving the resident's striking Love Cup; a four-foot high aluminum foil-covered Stanley Cup of Love. "This is amazing. You are our first and best stop. We love your appreciation and support," DeBoard said, and then laughed. "Hey someone is squirting me with their squirt gun," she glared teasingly looking over at the smiling seniors.

According to DeBoard, National Night Out was started to help foster relationships in neighborhoods between a community's residents and law enforcement. It is a way, as DeBoard told in a video taken that evening and later posted to the HPD Facebook page, "A way for us to go to them. It's a great opportunity to meet the kids...and it's a great night for us."



At the Optimist Block Party held at Haley Smith Park in Herndon for National Night Out 2018, SPO Adil Aftab and partner K9 Jude listen to a young boy's questions.

Mayor Lisa C. Merkel, Town Councilmember and Town Manager Bill Ashton accompanied the officers and agents who, after their visit with the seniors, divided into three motorcades, each going to a different set of locations so each group could spend quality time at a portion of the 14 block parties held throughout the 4.2-mile town.

One of the many residents out to enjoy National Night Out 2018 was Beverly Sullivan of Harbor House who gave a welcoming handshake to each law enforcement officer who walked by her. "We appreciate



Appreciation comes in all sizes as officers from Herndon Police Department and Chief Maggie DeBoard accept the Love Cup from the seniors at Herndon Harbor House during National Night Out 2018.

you more than you know," Sullivan exclaimed as she shook as many hands as she could. "We are behind you completely,"

Seven-year-old Tia Tuffour from Reston watched from the sidelines. Eventually, she walked up and spoke with Sergeant Sean Merritt. This was Tuffour first time talking with an officer she said. Asked what she thought about his job, Tuffour replied, "I like your job, and I like what you do. It's a very tough job because every time, there are different criminals, and that's a lot to do."

At the Worldgate Community Clubhouse,



US Customs and Border Patrol Agent Feenstra and Officer Jon Heavner of Herndon Police Department distribute toys to children including to Kundan Vitta, 10, from Herndon during National Night Out 2018 at the Haley Smith Park in Herndon hosted by the Herndon Optimists.

Margo Digbeu sat outside and watched the officers leave. She reflected a moment and said, "To see the police come out and shake my hand. It's a blessing, all the hard work they do for our community."

Digbeu reinforced the second component of National Night Out, one expressed earlier by Sergeant Sean Merritt HPD. The event gets the community out to meet each other, which may be, as Merritt said, even more critical. "To see the community come together from all walks of life...These kids need to see this," said Digbeu.

OPINION

Back to School Safety Tips

BY SUPERVISOR
JOHN C. COOK
BRADDOCK DISTRICT

The sleepy days of summer are coming to an end. In a few weeks children will don their backpacks and step into yellow buses when the Fairfax County Public Schools start on Aug. 28. Back to School season is a hectic time for many Fairfax families.

COMMENTARY This increase in activity means we all must take extra precautions to keep our children and neighbors safe, especially on the road.

Our entire community should be aware during the morning and afternoon school commutes. This time of day will bring a flurry of buses, carpools, cyclists and pedes-

trians all across the county. Morning commutes will be more crowded as more than 1,700 school buses get back on the road. Drivers should leave a few minutes earlier to allow for more time in their commute.

School buses carry thousands of children to school and back every morning and afternoon. Please respect their important role in our community. When a school bus is stopped with red flashing lights, all cars must stop unless they are in another lane divided by a median. So if you are traveling in a two lane roadway that has no median, all cars going both directions have to stop when the bus is loading or unloading. The same goes for a two lane roadway with a center turn lane



and a four lane roadway without a median separation. The only time you can continue driving when a bus is stopped is if you are driving on the other side of the median.

It is important to also keep in mind that many children will be walking to school and to neighborhood bus stops. Make sure to yield to children crossing the streets, especially near schools. Look out for crossing guards and follow their instructions. Keep your car off the cross walk when stopped. Be prepared to stop for children who may make unexpected movements into roadways. And finally, follow the school zone speed limits when the signs are flashing. Most school zones have

a 25 mph speed limit, but they may vary.

Parents, please remind your children about street, pedestrian, and bus safety.

Try to get to the bus stop early so no one gets hurt while rushing to catch the bus. If you are crossing a roadway, make sure that cars are stopped in both directions before crossing. Teach them to use designated crosswalks if they are available and only approach the bus once it has come to a full stop. If you have young drivers in the family, take time to review the rules about school zones and school buses.

Every Fairfax County child has the right to an education. We all must work together to protect that right by making sure students travel safely to and from school. Please help us keep Fairfax County students safe this year.

Back to School

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

Last week I had the opportunity to visit one of my grandsons' schools, and I was genuinely impressed. Parents were invited to come by last week to meet the teachers because his school started on Aug. 15. It was one of the friendliest environments I have experienced — smiles everywhere, genuinely warm greetings for all, and an obvious feeling of caring for all children and parents and grandparents coming into the school. My grandson was clearly eager to get back to school and to see his teachers. He has some special needs that require additional understanding and assistance, and he is clearly getting it in his school setting.

The teachers and administrators wore the school's special tee shirt and were giving high-fives all around.

As one who taught in the classroom for several years, many old memories came back to me. I remember the need to always be "on" in the school day for students who needed help or attention. In most careers we can coast on a bad day and make up for it later; not so with teaching. You are always the center of attention and must be appropriately responsive to student needs whenever they occur. Students can learn as much about life from your body language and attitude as they can from the subject you are teaching them.

While teachers are assigned a grade level or a subject area, ultimately teachers are teaching children more than just content. I am convinced my son who teaches students in automotive technology



is teaching as much about attitude, work habits, developing confidence and being a good citizen as he is about an automobile.

Our daughter who teaches multiply challenged children at the elementary level is demonstrating for parents, the school, and the community the inherent value and potential for every student regardless of the challenges they might face. My wife who was a preschool teacher and director demonstrated how important it is that young children get off to a good start and is now teaching other teachers to do the same.

Increasingly school divisions are getting an exception to the "Kings Dominion Law" requiring that schools begin after Labor Day. Fairfax County Public Schools is

one district now starting before Labor Day.

I have always opposed the current law and have voted to repeal it many times.

A bill carried over from the past session for further consideration would leave the decision of the starting date for schools up to the local school division based on the unique circumstances of the community.

The legislature can do much more to support education of our children than dabble in the starting date for schools. Pay for Virginia teachers lags below the national average by about \$4,000. Clearly teachers do not stay in the profession for the money, but they should not have to suffer with low pay because they chose to educate our children. At least in the community we can express appreciation and offer our thank you to our teachers for the important work they do!

LETTERS TO THE EDITOR

Democracy Threatened

To the Editor:

I remain very concerned about the Supreme Court Nomination, particularly in light of the recently released recording of Representative Nunes revealing the RNC's strategy with regard to ending the Mueller investigation. The American people deserve to know [what] the nominee to the Supreme Court, the highest court in the land, [said] under oath to the

Senate in order to get his last judgeship. Additionally, [the administration of] our current president is under investigation for conspiracy with a foreign government to throw an election. Every day we discover new facts, many of them on tape, which further erode our faith that "checks and balances" are currently in place to prevent the complete destruction of our democracy. Allowing Mr. Trump to the

choose the man who will ultimately be charged with deciding if a sitting president can be indicted is simply not acceptable. I very much appreciate the integrity of my representatives and will work tirelessly to get you re-elected. Please continue the fight on our behalf.
#ReleaseTheRecords

Sue Gleason
Vienna

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:

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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
@MaryKimm

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

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

CIRCULATION
circulation@connectionnewspapers.com





PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College

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**Gina
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Wytold & Gina Sobel

Wytold is a DC-based composer and cellist who has performed his original compositions with the National Symphony Orchestra in collaboration with GRAMMY-nominated Christylez Bacon. Gina Sobel is known for her improvising prowess on flute, and is an accomplished vocalist, saxophonist and composer. Sunday, Aug. 26, 5-7 p.m. at ArtSpace Herndon, 750 Center St., Herndon. \$20. Visit www.artspaceherndon.org for tickets.

Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Call 703-390-6166 or visit restoncommunitycenter.com.

#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.

ONGOING

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.

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.

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.

THURSDAY/AUG. 16

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$7 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

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.

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. Featuring Cristian Perez Band.

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 take place every Saturday night through Aug. 25. Free. Visit restontowncenter.com.

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." Free. Visit www.scrawlbooks.com or call 703-966-2111.

History of the Saxophone. 7-8 p.m. at Reston Town Square Park. Take a musical journey through the history of the saxophone as Professor of Saxophone Timothy Roberts and conservatory students perform a mix of music from the Baroque, Broadway and Belle Epoque. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

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.

Meet Me at the Movies. 10 a.m., doors open 9:15 a.m. at Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents a feature film. Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org, call 703-435-6577, or visit reston.org.

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, pet-friendly giveaways, and more. Free. Visit restontowncenter.com.

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.

Lunch in the Park at GRACE. Noon-1 p.m. at GRACE, 12001 Market St.

FRIDAY/AUG. 24

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Featuring The Swingin' Swamis with swing 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.

SATURDAY/AUG. 25

Family Day. 1-3 p.m. at GRACE, 12001 Market St. #103, Reston. Greater Reston Arts Center opens its doors for a free day of family art making and exploration in the gallery. All ages. Free and open to the public. Visit restonarts.org.

Concerts on the Town: Landau Eugene Murphy, Jr. 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concertstake place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com.

SUNDAY/AUG. 26

Reston Century Bike Tour. 6:30 a.m.-5 p.m. Riders select 33, 66 or 102 mile routes starting and ending at Reston Town Center. Rain or shine. Post-ride party in the Pavillion with food and music for participating cyclists. Register online at restonbikeclub.org.

2018 Reston Youth Splash and Dash. 8:30 a.m. CORE Foundation presents the inaugural Reston Youth Splash and Dash in cooperation with the Reston Association. This fun-filled event offers an introduction to triathlon featuring a swim / run combination for children aged 6-15. Visit corefoundation.racentry.com/race-reviews/reston-splash-and-dash to register.

MONDAY/AUG. 27

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

BULLETIN

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

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

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/AUG. 15

Candidate Filing Deadline. 5 p.m. Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, ages 18 or older, are eligible to run for appointment to the RCC Board of Governors. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Visit www.restoncommunitycenter.com or call 703-476-4500.

THROUGH FRIDAY/AUG. 17

Disaster Preparedness Kits. Community members are invited to visit participating Allstate agencies to receive free Allstate Foundation disaster preparedness kits, while supplies last, and localized information from the American Red Cross. Visit www.allstate.com. The following allstate agents are participating:

- ❖ Robin Hill: 5222 Rolling Road, Burke
- ❖ Denni Cravins: 203 Elden St., Suite 304, Herndon
- ❖ Ray Manfredi: 6506 Loisdale Road, Springfield
- ❖ Joe Nadimi: 8212-C Old Courthouse Road, Suite 1, Vienna

TUESDAY/AUG. 21

Sponsors Wanted. Floris Elementary is hosting a Boosterthon Fun Run, a fun character and fitness-focused fundraiser. Each student receives a customized Boosterthon t-shirt with the school logo on the front. Students' laps will be tallied on the back. Email ghughes@kw.com to sponsor the t-shirt or learn about other sponsorship opportunities.

WEDNESDAY/AUG. 22

2018-2019 Social Media Trends. 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. With 4 billion people around the world now online, new digital behaviors are emerging. To keep up, business owners need to rethink their strategies, create new capabilities, and quickly adapt. Rachel Adler will present her expert analysis of the major trends in digital and social and share how businesses can take advantage of the biggest opportunities in 2018 into 2019. Visit restonchamber.org for more.

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Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos – me, my wife Dina, and my oncologist – discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life – sort of. You become a life-long member of the biggest club in the world. A club, as Grouch Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery – for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence – and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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



Take a Glimpse into a Hollywood Inspired Master Bathroom Remodel

The Master Bathroom is the place where most of us start our day. It sets the tone. A bathroom that is organized and has a calming, spa-like feeling in the design can help you prepare for your day in a pleasant and streamlined fashion that can help you become more successful in your life. Recently, a couple came to Abbey Design Center knowing they needed to upgrade and change their master bathroom. They wanted a more open and organized structure that fit their needs. They commissioned Abbey Design Center to remodel their master bathroom and create a functional bathroom space with ample storage which was warm, inviting and included luxurious hints of Hollywood glamour.

The Northern Virginia homeowner's bathroom renovation wish list included more storage, better accessibility, a larger shower and that "Hollywood"

style. Once Abbey's designers knew what their clients wanted, they also knew exactly what had to be removed and revised from the current space. Abbey's professional redesign of the bathroom floor space made it open and functional. They accomplished this by removing the corner tub and tearing down the wall separating the existing water closet. This opened the room up to bring a more organic flow to the space. These seemingly small changes made a big impact and showed off an enlarged open floor plan for the bathroom.

Abbey Design Center's professional team of craftsman then installed a vanity to replace the corner tub and enhanced the space with a custom-built cabinet bench with a quartz top. This luxurious touch also provided extra functional seating and storage. The shower was then enlarged and took over the space that

was once an enclosed water closet. The smaller, dated bathroom vanities were replaced with two tall cabinets that made a dramatic visual impact as well as giving the homeowners even more storage for bathroom essentials. Lastly, new built-in linen cabinets were installed to accommodate the spa essentials of any Hollywood inspired retreat.

Finishing touches like the natural textured stone tiles and warm desert color palette brought this glamorous California dream to life. The result was an earthy and organic luxury spa-like bathroom that this couple was happy to enter into and start their mornings in each day. Abbey Design Center took their project beyond expectations to deliver this project. Let Abbey help you turn your house into a home that you will be happy to come home to each day.



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