

# Reston CONNECTION

The Reston Chorale directed by Allan Laino, Principal Guest Conductor, and featuring Brass of the Potomac perform during A Star-Spangled Salute 2019 honoring those who served and those who made the ultimate sacrifice.

## Star-Spangled Salute By The Reston Chorale

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Let the Jury  
Decide Race for  
Commonwealth Attorney

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South Lakes Girls  
Win Regional  
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PHOTO BY MERCIA HOBSON/THE CONNECTION

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PHOTO BY NATE KAMP

**Owner, Liz Kamp starting her ride to support CORE Foundation.**

## Riding for a Cause at Lake Anne

New Trail Cycling Studio had a successful Six-Month-Anniversary Party and Ride for a Cause. The studio raised more than \$1200 for local non-profits. Rides supported Mid-Atlantic Off Road Enthusiasts, Cornerstones, Shelter House, CORE Foundation, The Alzheimer's Association and Healing House. Fun was had by all as the studio had giveaways from various local businesses. The

Reston Project and MVB Bank both supported rides with \$1/mile donations. Rider, Melanie Miller-Cvilikas, noted "New Trail is such a special place. It was full of smiling sweaty faces and people happy to support local charities." Owner, Liz Kamp, said she looks forward to many years to come at Lake Anne and plans to continue her frequent charitable rides.

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## Let the Jury Decide

BY ANDREA WORKER  
THE CONNECTION

**C**ommonwealth's Attorney Raymond (Ray) F. Morrogh is the chief law enforcement officer for Fairfax County, serving a population of more than a million residents in the County, the City of Fairfax, and the Towns of Herndon and Vienna. He left

private practice in 1983 to join the Fairfax County criminal justice system as a prosecutor, then became an Assistant Commonwealth's Attorney, then Chief Deputy before being elected to the top slot in 2007. He was re-elected to another four-year term in 2011, and again in 2015, when he ran unopposed.

This year, Morrogh is facing a challenger in Steve Descano – one who is determined

## Incumbent Morrogh and challenger Descano make their cases to serve as Fairfax County Commonwealth Attorney.

to unseat him and vocal in his criticism of an incumbent and an office that he says "lacks transparency and accountability" and that has become distanced from the people that they serve.

The two men have squared off on several occasions to make their cases before the "jury" of Fairfax County voters.

The Connection invited both to respond to an identical questionnaire.

**Note:** Morrogh did not respond despite repeated requests, so information has been summarized from his campaign website. [www.RayMorrogh.com](http://www.RayMorrogh.com).

Name: **Steve Descano**

Age: 38

Education: Bachelor of Science, United States Military Academy (West Point, NY) 1998 - 2002; Juris Doctor, Temple University – Beasley School of Law (Philadelphia, PA) 2006 - 2010

Family: Ryanne, wife of 16 years, daughter Charlotte, 7 years old

Native of: Philadelphia, Pa.

Moved to Fairfax County: 2010

**Professional Experience:**

❖ COO/General Counsel, Paragon Autism Services, 2016 - present

❖ Federal Prosecutor (Trial Attorney), US Dept. of Justice, 2010 - 2016

❖ Aviation Officer, US Army, 2002 - 2004

**Civic/Community involvement:**

❖ Member, Fairfax County Democratic Committee, 2015 - present

❖ Member, Fairfax County Police Civilian Review Panel, 2017 - 2018

❖ Board of Directors member, NARAL Pro-Choice Virginia, 2016 - 2018

❖ Member, Fairfax County NAACP Criminal Justice Committee, 2016 - 2018

**Why are you running?**

"I am running for Commonwealth's Attorney to create a modern criminal justice system so that no one, no matter how powerful, is above the law. I'll work to ensure that systemic discrimination based on race, wealth, status, and zip code is in the past. I'll take a holistic approach to justice that builds up our communities. Reforming our system means that we will break the cycle of decreased opportunity, increased poverty, and increased crime that is the story of far too many of our neighbors."

**Top 3 issues in your district and what solutions do you propose?**

**"Transparency and accountability"** – Currently there is no publicly available data or measures for holding the elected Commonwealth's Attorney accountable during times of crisis. I will invite an outside organizations that will, for no cost to the taxpayer, generate demographic, socioeconomic and geographic data to compare outcomes of cases. This will help identify sources of systemic discrimination. To improve accountability, I will hold regular in-person and electronic town halls to inform constituents about policies and progress towards goals set by the data collected.

**Cash Bail** – Currently in Fairfax County, 45.9 percent who are eligible for pretrial release have cash bail as a stipulation. These are people deemed not dangerous to them-



**Steve Descano**

selves or others, but must sit in jail because they cannot pay a system that unfairly penalizes poor people simply for being poor and increases recidivism.

**Treatment, not incarceration** – People who are addicted to drugs are ill and need our help we need to help them overcome their addiction and come out the other side without the type of criminal record that limits their opportunities in the future. To do this, I will overhaul our diversion programs which currently only address the first part of the equation.

I have written a 20-page plan for reform called "Progressive Justice" that goes further into depth about specific policies and procedures I will implement while in office. (The Plan is available on the candidate's website at [www.stevedescano.com](http://www.stevedescano.com))"

Key ways you differ from your opponent(s)?

"There are many differences, but I will offer two here.

First, I am committed to ending a two-tiered system of justice that disproportionately affects people based on race, wealth, and zip code. My opponent signed on in 2016 to the Republican lawsuit to stop then-Gov. Terry McAuliffe from restoring voting rights of nearly 200,000 people who had finished their sentences. He has since altered his reason, but earlier he noted that he did not want 'those people' on his juries.

Second, I have been a leader on criminal justice system reform as a member of the Fairfax County NAACP's Criminal Justice and Legal Redress Committees, and as a member of the county Police Civilian Review Panel. On the other hand, my opponent, in 2014, as the Executive Director of the conservative National District Attorneys Association testified against the Obama Administration's plan to reduce mandatory minimum sentences and curtail the War on Drugs."



**Ray Morrogh**

Name: **Ray Morrogh**

Age: 61

Education: Juris Doctor, George Mason University School of Law, 1982

Bachelor of Science, George Mason University, 1979

West Springfield High School, 1975

Family: Married

Resident of Fairfax County since 1974

Prior and current professional, political and civic experiences, community involvement:

**Professional Experience:**

❖ Fairfax Commonwealth's Attorney, 2007 - present

❖ Fairfax County Assistant/Chief Deputy Commonwealth's Attorney, 1988 - 2007

❖ Prosecutor, Fairfax County, 1983 - 1988

**Civic/Community involvement:**

❖ Chairman, Fairfax County Alcohol

Safety Action Program

❖ Board of Directors – Fairfax County Bar Association and Bar Foundation

❖ Member – Fairfax Criminal Justice Advisory Board

❖ Faculty – Virginia State Bar's Harry L. Carrico Professionalism Course

❖ Adjunct Professor – George Mason University

❖ Board of Directors & President – Virginia Association of Commonwealth's Attorneys

❖ 2018 & 2004 Robert F. Horan Award – Virginia Association of Commonwealth's Attorneys

❖ 2004 Director's Award – U. S. Bureau of Alcohol, Tobacco, Firearms and Explosives, for the prosecution of sniper Lee Boyd Malvo.

According to his campaign website, Morrogh lists continuing improvement to diversion programs for drug offense individuals, Veterans Treatment in the Fairfax County court system to help veterans get treatment for substance abuse or mental illness rather than be incarcerated, continuing support for the Diversion First Program, support of Supervised Release Programs for pre-trial defendants who are not deemed dangerous, protection of seniors from abuse and crime, and continuation of SafeSpot Children's Advocacy Center of Fairfax County that provides a safe community for child victims of sexual and physical abuse.

**Fairfax Commonwealth's Attorney**

**Candidate Forum.** Monday/June 3, 7 p.m. at the First Baptist Church of Vienna, 450 Orchard St., NW, Vienna. Meet the Fairfax, Va., Democratic candidates for Commonwealth's Attorney and find out where they stand on key criminal justice issues. This is an opportunity to ask the candidates what they will do to reduce mass incarceration, reduce racial disparities, and de-criminalize poverty. The event is co-sponsored by the Virginia Interfaith Center for Public Policy, the League of Women Voters of the Fairfax Area, the ACLU of Virginia, and the Fairfax County NAACP. Free and open to the public. RSVP at [tinyurl.com/fairfaxcandidates](http://tinyurl.com/fairfaxcandidates).

### BULLETIN BOARD

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

#### THURSDAY/MAY 30

**Interfaith Ramadan Dinner.** 7:30 p.m. (registration); 8 p.m. (program starts) at Fairfax County Government Center – Cafeteria, 12000 Government Center Parkway, Fairfax. Join for an Interfaith Ramadan Dinner hosted by Fairfax County Chairwoman Sharon Bulova. Call to prayer and dinner are at 8:30 p.m. Register at [bit.ly/fxcounty2019](http://bit.ly/fxcounty2019).

**Forum for Democratic Candidates for Chairman of the Board of Supervisors.** 7:30-9 p.m. at Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. The Greater McLean Chamber

of Commerce will host a forum for the Democratic candidates. Peggy Fox, of CBS News affiliate WUSA9, will serve as moderator. Each candidate will have the opportunity to make a three-minute opening statement and a two-minute closing statement. Questions will come from the Chamber's Legislative Committee and from among those submitted by attendees. Visit [www.mcleanchamber.org](http://www.mcleanchamber.org) for more.

#### SATURDAY/JUNE 1

**Vienna Quarterly Recycling Day.** 8 a.m.-2

SEE BULLETIN, PAGE 11

# OPINION

## Help the Class of 2019 Celebrate Graduation Safely

BY SUPERVISOR  
JOHN C. COOK  
BRADDOCK DISTRICT



**T**he last month of Senior year in high school is an exciting time for students and their families. Our children are moving on to a new stage in life after four years of hard work and intensive studies. When one considers the caliber of our schools, graduation is an even more impressive milestone. Amidst these great achievements, I urge parents to talk to their teens about the dangers of alcohol and to prohibit teens drinking in their own homes.

The Fairfax County Police Department will arrest parents who knowingly host teen parties with alcohol. This may seem harsh to some, but this is a public safety issue. Teens are not yet ready to make good choices about alcohol. When adults serve it to them they send the wrong message and encourage the wrong choices.

It is no secret that teen drinking is wrought with dangerous consequences. Since teens who drink are more likely to binge drink, they are also more likely to make poor choices, such as drunk driving. In fact, the National Highway Traffic and Safety Administration (NHTSA) reports that every year hundreds of young people get behind the wheel intoxicated and cause deadly accidents: 648 people aged 16-20 were involved in a fatal accident with a BAC higher than .08 in 2017. Furthermore, teen drinking can also lead to sexual assaults and other crimes.

I cannot remember one year without hearing of a tragic local teen death caused by drunk driving. It is up to us as parents to do everything we can to encourage smart choices and safe celebration. That starts with clearly setting the boundary with your children that no alcohol will be served at any parties your family is hosting.

This is a community wide problem and will require community support. If you suspect there is underage drinking happening in your neighborhood, you can call the West Springfield Police Station at 703-644-7377 (or your District station).

Graduation season should be a time of merry making, reveling, and kudos for all the hard work our children have done. It should not include jail cells, ambulances, or coffins. Please join me in promoting a safe environment in our community by keeping alcohol out of teen parties.

## Mental Health Awareness Month

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



**B**efore we tear off the remaining couple of pages on the May calendar, I want to address the important recognition of May as Mental Health Awareness Month. While Virginia is credited with having the first mental health hospital, or asylum as they were called in the eighteenth century, the Commonwealth has had difficulty in recent times coming to grips with the enormity of the need and the provision of funds to respond to those needs. In fact Virginia is ranked 40<sup>th</sup> in the nation in mental health care according to the results of a national study of the issue. It took a state senator's mentally ill son attacking his father with a knife to shock the state to greater action. That father now chairs the Joint Subcommittee on Mental Health Services in the 21<sup>st</sup> Century, or the Deeds Commission, that includes Senator Janet Howell as a member and has made critically important recommendations on which the state has made significant progress.

A special thanks goes to the The Commonwealth Institute ([thecommonwealthinstitute.org](http://thecommonwealthinstitute.org)) for documenting recent progress and remaining opportunities in behavioral health in a recent edition of *The Half Sheet*. The Institute which is a nonprofit organization focusing mostly on human service needs used the term "behavioral health" to be more comprehensive than "mental health" to include mental health services and supports such as substance abuse treatment. The Institute recognized accomplishments this past year to include a 21 percent increase in Medicaid reimbursement to encourage more licensed mental health professionals to accept Medicaid thus increasing access to services for people with low income. Additional funding for emergency opioid kits will expand the access to and availability of Naloxone which is used to reverse the effects of an opioid overdose. The General Assembly also passed and the Governor signed my bill to expand the health care providers authorized to dispense Naloxone to make it more readily available.

Increased funding was provided to increase staffing at state mental health facilities that are struggling to keep up with demand. Funding was also approved to replace the aging mental health facility Central State Hospital. In addition, monies have been made available for transportation of persons needing mental health hospitalization from having to be transported by law enforcement.

The Department of Behavioral Health and Developmental Services indicates that there is a need for 5,000 permanent housing units for those who need supportive housing in the state. This year's funding along with an increase last year will provide 1,300 units of supportive housing. Obviously, there is a severe need to do more in this area with a price tag of about \$47 million.

Challenges remain to be addressed in providing greater access to programs and services for those who live in rural areas and to those who have experienced the trauma of having been exposed to the immigration and refugee system. A task force is looking at ways to increase the number of mental health professionals in the state.

Our awareness of mental health needs cannot end with the month of May. More needs to be done!

## Health Insurance Tax: An Attack on Seniors?

To the Editor:  
Regarding The Connection's recent article on health

disparities in Virginia (March 25, 2019, "Report Shows Geographic Disparities in Health in Virginia,") I want to highlight another threat to care in our region: the Health Insurance Tax.

As a senior who depends on Medicare Advantage for affordable health care to help manage debilitating chronic migraines and back pain, I am appalled by the lack of congressional action on the Health Insurance Tax (HIT).

Medicare Advantage coverage

has helped me get my life and my health back, but the HIT is nothing short of an attack on seniors. It would raise annual costs for more than 22 million Medicare Advantage beneficiaries by as much as \$241 per person annually, imposing a huge

burden for those living on fixed incomes. Seniors on Social Security often live on significantly less than the mean income in Appalachia.

Key legislation before Congress (H.R. 1398 and S. 172) would stop the HIT and protect seniors, but Senators Kaine and Warner and Congressman Connolly have re-

fused to sign on as co-sponsors. It seems like Congress

has forgotten we are here. If Congress allows a tax on my healthcare premiums, I won't be able to afford coverage. If costs go up, I'm out of the game. Senior health isn't a game – and the HIT is a multi-billion-dollar tax on health insurance premiums that will go into effect in 2020 unless Congress acts soon.

It's time for congressional action to stop the HIT and protect our care.

**Carol Frysinger**  
Herndon

### 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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An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

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# Ethics, Leadership and Accomplishment Matter

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

Our Fairfax County Board of Supervisors' races in the June 11 Democratic Primary are wild and wide open, opening doors to genuine change in five of the ten Board seats. The Chairman's race, with four candidates including two first-time office seekers, and our Hunter Mill District race with four newcomers and one experienced political appointee offer voters a challenge just getting to know all the players. A good challenge, I think!

The Chairman's race has been clouded by ethical questions about Democratic establishment favorite, Lee District Supervisor Jeff McKay. After interviewing the candidates and watching them for a couple of months, I've concluded that I cannot support Mr. McKay for two major reasons. He is ethically challenged and has an unimpressive record of accomplishment in his 12 years as a Supervisor. He takes gobs of developer money—over \$70,000 in this cycle alone,

\$50,000 of it from his biggest donor, given through five different corporate disguises. In addition, there are allegations of possible wrongdoing involving a rezoning request by the same donor, which came before the Board in June 2016 and the subsequent acquisition of a house by Mr. McKay. Attorneys hired by Mr. McKay claim the allegations of a possible *quid pro quo* in that matter are baseless. Nothing in his lawyer's response, however, changes the fact that his biggest donor transferred land to McKay's friend (a developer who also does business before the BOS) who built and sold the house to McKay. According to his lawyer's memo, "The property was not listed in the MLS to save the expense of this directly negotiated sale. The property could then be purchased at a price Supervisor McKay and his wife could afford..." Thus, it seems McKay got a discount which could be a troubling ethical violation.



INDEPENDENT PROGRESSIVE

In this election year, the current Commonwealth Attorney is unwilling to investigate the allegations and McKay's response to find the truth. Whether the Commonwealth of

Virginia might look into it and this would lead to a full investigation is still unclear. Chairman candidate Ryan McElveen, after reading the allegations and the memo from McKay's attorney, stated, "The appearance of a conflict of interest is unequivocal. My discomfort with the fact that a supervisor has such a close relationship with a developer is my primary and enduring concern, and that concern is not alleviated by the response." I share McElveen's concern. Furthermore, Jeff McKay is a cog in a Board of Supervisors known for its glacial, lowest common denominator decision process. The outcomes of its process lack inspiration and innovation, often resulting in policies with glitzy names but lacking content

or real world impact. McKay claims he'll solve the pre-K deficit, get rid of school trailers, get body cameras on cops, etc. if elected Chairman, but there has been little or no progress on these matters on his watch. It seems reasonable to expect more of the same if he were elected Chairman.

Meanwhile, the other candidates have records of accomplishment, including my preference, Tim Chapman, who has run a very successful affordable housing firm and served as the Chairman of the Board of the Virginia Housing and Development Corporation, a \$13 billion operation.

Alicia Plerhoples, a Georgetown University law professor and small business advisor, and Ryan McElveen, with a record of impor-

tant accomplishments serving county-wide on the Fairfax County School Board, are fine alternatives. Neither will take developer cash.

Turning briefly to Hunter Mill District. Here we have a different situation. No allegations of ethical lapses yet. However, I worry about Walter Alcorn, who equivocates. His position is that he will take developer money (in any amount?) as long as it is not from a developer with land-use business now in the Hunter Mill District. He seeks election for a first time. If from day one he has this *laissez faire* approach, how might this good man evolve with his hand out to all developers, except those in Hunter Mill. Laurie Dodd is unequivocal.

## Write

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# Star-Spangled Salute by The Reston Chorale

Honoring U.S. military members who made the ultimate sacrifice and those who serve.

BY MERCIA HOBSON  
THE CONNECTION

On Saturday, May 25 of Memorial Day weekend, The Reston Chorale presented, A Star-Spangled Salute, with David B. Lang, Artistic Director and Allan Laino, Principal Guest Conductor. The Chorale partnered with the Brass of the Potomac, led by Stephen Bull, Conductor. According to the evening's emcee, Andy Sigle, a baritone in the Chorale, the event was to honor the men and women of America's Armed Forces and remember those who gave their lives defending freedom.

Before the performance, The Reston Chorale provided opportunities for the public to support an Air Force unit serving in the Middle East through activities such as making 4th of July cards. Noah Delaune, 8, and brother, Luke, 12, participated as mom, Kelly Delaune lent a hand.

On the other side of the Pavilion, Operation Care Package was underway. Susan Meeks-Versteeg, managing director of The Reston Chorale explained the public could donate snack foods, s' more fixings, light sports equipment and the makings of a Fourth of July celebration. Meeks-Versteeg said when the Commander learned the Chorale adopted his unit and would be sending a large shipment of items; he sent them an email expressing his thanks.

The email read, "Thank you so much. I'm always amazed by the outpouring of support we receive from the home front. We are very grateful." Due to security, Meeks-Versteeg said neither the name of the unit nor the Commander's name could be released.

Sigle welcomed guests to the performance. "Today, we honor the men and women of America's Armed Forces, and we remember those who gave their lives defending freedom ... Over the next hour, you'll hear a mixture of patriotic pieces and songs that capture the American spirit, from a great Sousa march to an homage to our home town, Reston," he said.

During the event, the Chorale recognized and thanked service men and women, military families and veterans there that night.

Sigle asked, "As we sing the 'Armed Forces Salute,' please stand or wave your flag when you hear your or a loved one's branch of the service." Brass of the Potomac played "The Washington Post" by John Philip Sousa.

The performance closed with, "a moment to honor and remember all those who gave their lives for our country," Sigle said. The 24 melancholy notes of "Taps" filled the



Wanla Freer volunteers at Mail Call, an art activity to create 4th of July cards for troops. "Artists" (from left) Suhani Thatiparnula, Prashanthi Bejigam, Anshika Pola, Noah Delaune, 8, Kelly Delaune, and Luke Delaune, 12, make cards.



The Zare family of Reston (left) enjoys ice cream with the Soheily family before the start of the music.

pavilion, followed by "America the Beautiful."

On behalf of The Reston Chorale, Sigle thanked Brass of the Potomac and Stephen Bulla for joining them, and Reston Town Center and Northrop Grumman for their support, both for the event and Operation Care Package.

He also thanked volunteers and members

of the Wayne M. Kidwell American Legion Post 184 Herndon/Reston.

For information about joining The Reston Chorale, Operation Care Package now in effect through June 3, and Gardens of Note, a ticketed self-guided tour of Reston gardens with pop-up musical entertainment with The Reston Chorale on June 1, visit [www.RestonChorale.org](http://www.RestonChorale.org).

## VIEWPOINTS

### What Does Memorial Day Mean to You?

PHOTOS BY MERCIA HOBSON  
THE CONNECTION



"It's a time to spend with family, to interact with others in ways I don't get to other times of the year." - Ruthanna Wantz, a new member of The Reston Chorale



"As an artist, Memorial Day is a great time to remember those who serve and sacrifice, allowing me to do the work that I do" - Allan Laino, Principal Guest Conductor



"We commemorate the service men and women who gave their lives for our country." - Ken and Kathy Lanfear, "long-time Restonians"



"Well, it's a time to remember the great sacrifices the troops made over the years. My daddy was a Naval Aviator in World War II." - Jo Marshal, member of The Reston Chorale





Cyclists gather in Reston for bike repairs, refreshments and to enter the raffle on Bike to Work Day 2019.



LaTanja Jones, Collaboration & Outreach Director Reston Community Center gives a collapsible metal straw to Bob Evans, W & OD Trail Patrol member at the Wiehle-Reston pit stop during Bike to Work Day 2019.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

# Bike to Work Day in Reston

Good for the cyclist, traffic and the environment.

BY MERCIA HOBSON  
THE CONNECTION

“There are so many places to cycle in Reston and Reston Community Center is bike-friendly,” said LaTanja Jones, outreach director for Reston Community Center. She handled the RCC table at Wiehle-Reston East Metro Station during Bike to Work Day 2019. Held Friday, May 17, 6:30 a.m.-9:30 a.m. on the Plaza at the Reston Station, cyclists received a free T-shirt, enjoyed light refreshments, could win door prizes every half hour and were entered into a raffle for a free bicycle.

Reston Association hosted the pit stop on behalf of organizers Commuter Connections and the Washington Area Bicyclists Association (WABA). At the Reston stop, riders from surrounding communities arrived to start their day, wheeling to work or to put their bikes on the Connector bus and ride to another Metro Station. Jennifer Douglas of Falls Church Fairfax Connector showed cyclists how to secure their bikes on the bus rack and reminded them always to flip the rack back up when removing their bikes. According to Fairfax County, the annual celebration was meant to increase awareness and expose people to the benefits of bicycling to work or to transit. Indrajit Aich worked in Reston and stopped to pick up his t-shirt “This is my first time cycling to



The Bike Team for Fairfax County Police Department Reston District Station, from left, MPO B. McMahon, Second Lt. Matt Dehler, PFC L. Hopson, PFC D.A. Rocco and PFC M. Duffy stand ready at Wiehle-Reston East Metro Station during Bike to Work Day 2019.

work. I didn’t know biking could be so rewarding. I’m planning on biking every Friday, except in the rain.”

Father/son team Ian Macdonald and Callum, 8, of Herndon, rode into Reston just for the fun of it. “I like to commute with Callum to his school, Lake Anne Elementary as much as possible. It’s about a three-mile ride. Then I go back home. We’ve done 2000 miles of

cycling together,” said dad Ian. “I think it’s fun to ride, said Callum.

The Bike Team for Fairfax County Police Department Reston District Station stood ready, MPO B. McMahon, Second Lt. Matt Dehler, PFC L. Hopson, PFC D.A. Rocco and PFC M. Duffy. “Fitness is an everyday commitment. Look for us on the trails. Reston’s had a bike team for 20 years,” said Second Lt. Matt Dehler.

## VIEWPOINTS

PHOTOS BY MERCIA HOBSON  
THE CONNECTION

## Artists, Art Lovers Reflect on Fine Arts Festival

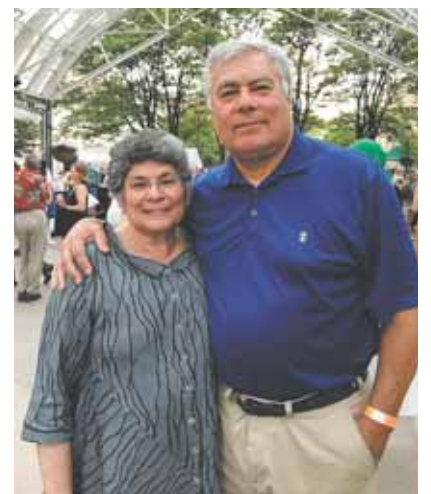
**Board Chair Greater Reston Arts Center Robert Goudie:** “The draw is our artists, some of the best in the country. They are the reason this is a national reviewed (arts festival). We are a content organization, all about celebration.”



**Executive Director and Curator of Greater Reston Arts Center Lily Siegel:** “I think this is one of our strongest festivals yet. It’s because we listen to our artists and continue to make improvements based on their feedback. Thank you to all our artists. It’s great to connect with old friends and new.”



**Reston Community Center Executive Director Leila Gordon, with husband, Robert:** “I think the Fine Arts Festival is remarkable for the caliber of the artists, the enthusiasm of the community and the beauty of the setting.”



**Patron Michelle Johnson of Reston with son, Atlas, 1, and Sanderjn Johnson of Reston** “What I like about this show is all the art is very different. They did a good job curating.”



—MERCIA HOBSON



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### Art Exhibit: Things That Don't Have Names.

Through June 22, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents a site-specific sculptural installation by DC-based artist Stephanie J. Williams, whose work explores themes of identity through omission and inclusion. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242.

**Golden Age Musical.** Through June 23, at NextStop Theatre, 269 Sunset Park Drive, Herndon. From Artistic Director Evan Hoffmann comes a wildly inventive re-imagining of an American mega-musical as no one has seen it before. Singin' in the Rain has all the magic and glamour of the greatest movie musical ever made. So, when the projector at a super-fan screening of the film goes up in smoke, the hosts save the day... after all, in theatre, the show must always go on. \$40-55. Visit [www.nextstoptheatre.org/shows/singin-in-the-rain](http://www.nextstoptheatre.org/shows/singin-in-the-rain).

### Art Exhibit: A Purposeful Manner Towards a Vague Destination.

Through Aug. 27, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit [restonarts.org](http://restonarts.org) for more.

**Mr. Knick Knack!** Mondays through September, 10:30-11:15 a.m. at Reston Town Square Park. Free performances of heart-centered music for children. No performances on Memorial Day or Labor Day. Visit [restontowncenter.com/events](http://restontowncenter.com/events) for more.

**Herndon Farmers Market.** Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket) for more.

## THURSDAY/MAY 30

**Dollars and Sense.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. Discussing "Freakonomics" by Steven Levitt. The event is free and open to the public. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## THURSDAY/MAY 30-SUNDAY/JUNE 2

**Herndon Festival 2019.** At Northwest Federal Credit Union, 200 Spring St, Herndon. The four-day festival, which is produced by the Town of Herndon's Parks and Recreation Department with assistance from area civic organizations and businesses, will feature entertainment on two stages, a carnival, a children's hands-on art area, arts & crafts show, business expo, 10K/5K races and fitness expo, and an eclectic variety of top-quality food vendors. Visit [www.herndonfestival.net](http://www.herndonfestival.net).

## FRIDAY/MAY 31

**Live Music: Something's Brewing.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## SATURDAY/JUNE 1

**Gardens of Note.** 10 a.m.-4 p.m. around Reston. Enjoy the sights and sounds of notable gardens on The Reston Chorale's exclusive tour with pop-up performances, beekeeping talks, and the Hidden Lane garden party. \$22/advance; \$25/tour day. Email [restongardensofnote@gmail.com](mailto:restongardensofnote@gmail.com) or visit



## Gardens of Note

Take a few hours or a full day to enjoy the sights and sounds of notable gardens in Reston on this 3rd annual self-conducted tour, featuring The Reston Chorale's exclusive tour with pop-up performances, beekeeping talks, and the Hidden Lane garden party. Saturday, June 1, 10 a.m.-4 p.m. around Reston. \$22/advance; \$25/tour day. Email [restongardensofnote@gmail.com](mailto:restongardensofnote@gmail.com) or visit [www.restonchorale.org](http://www.restonchorale.org) for more.

[www.restonchorale.org](http://www.restonchorale.org) for more.  
**Reston Pride Festival.** 2-7 p.m. at Lake Anne Plaza. The Second Annual Reston Pride Festival will celebrate and support Greater Reston's LGBTQ+ community. The festival will feature choral groups, dancers, performers, speakers – both political leaders and faith leaders – all coming together to support the LGBTQ+ community. In addition, more than 40 LGBTQ+ friendly exhibitors. This child-friendly event is free and open to the public. Visit [www.facebook.com/RestonPride/](http://www.facebook.com/RestonPride/) for more.

## FRIDAY/JUNE 7

**Grand Opening.** 5-8 p.m. at Optimal Motion Physical Therapy, 950 Herndon Parkway, Suite 425, Herndon. Optimal Motion Physical Therapy was created by Secili DeStefano and Matt Barnes. They bring a combined 40 years of experience. The community is invited to join them for a grand opening celebration. RSVP at [www.optimalmotion-pt.com](http://www.optimalmotion-pt.com) or call 703-665-1444.

**Live Music: The Jones.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY-SUNDAY/JUNE 7-9

**Celebrate Fairfax! Festival.** Northern Virginia's largest community-wide event, the 38 th annual Celebrate Fairfax! Festival, is set to take place on the grounds of the Fairfax County Government Center, 12000 Government Center

Parkway, Fairfax. The Celebrate Fairfax! Festival features 25 acres of concerts, family programs, exhibits, carnival rides and nightly fireworks. Among the festival's highlights are more than 120 performances on seven stages, including Better Than Ezra and Smash Mouth. Call 703-324-3247 or visit [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SUNDAY/JUNE 9

**"Love Your Body Yoga Festival."** 10 a.m.-5 p.m. at Reston Town Center. 11th Annual "Love Your Body Yoga Festival" fat Reston Town Center. Yoga classes all day, kids yoga tent, Bhakti music tent, YED wellness talks, and over 80 eco-conscious vendors. This year will feature for the first time, DC area non-profit organizations that include Yoga in their offerings. ONE Common UNITY is among the non-profits. Visit [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com).

## WEDNESDAY/JUNE 12

**Author Event: Rachel Louise Snyder.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center.

In No Visible Bruises, journalist Rachel Louise Snyder gives context for what we don't know we're seeing.

Through the stories of victims, perpetrators, law enforcement, and reform movements from across the country, Snyder explores the real roots of private violence, its far-reaching consequences for society, and what it will take to truly address it. Free. Register at [eventbrite.com](http://eventbrite.com), search Scrawl Books.

## FRIDAY/JUNE 14

**Live Music: The Vandelay.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY-SATURDAY/JUNE 14-15

**Taste of Reston.** Friday, 4-11 p.m.; Saturday, 11 a.m.-11 p.m. at Reston Town Center. Taste of Reston features the region's best cuisine, family activities, live entertainment and a Wine 'n Dine section with cooking demonstrations from local chefs, a Family Fun Zone and free garage parking. Live music will fill the air both days with favorites such as Cherry Crush Band, New Blue Soul, Delta Spur, and Vinyl Rhino. Taste of Reston event admission and parking are free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Advance tickets are on sale online, at [www.RestonTaste.com](http://www.RestonTaste.com).

## SUNDAY/JUNE 16

**Sully Antique Car Show.** 10 a.m.-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Take Dad for a stroll down memory lane this Father's Day with a visit to the Antique Car Show at Sully Historic Site. Relive a time when chrome was king and V-8 engines ruled the land. Car show tickets are \$10 for adults, \$8 for seniors, and \$6 for children, and will be sold at the gates. Call 703-437-1794.

## WEDNESDAY/JUNE 19

**Author Event: Tracey Garvis Graves.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center. Tracey Garvis Graves is the New York Times, Wall Street Journal, and USA Today bestselling author of contemporary fiction. Her debut novel, On the Island, spent nine weeks on the New York Times bestseller list, has been translated into 31 languages, and is in development with MGM and Temple Hill Productions for a feature film. She is coming to Scrawl to discuss her latest novel, The Girl He Used to Know. Free. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## SATURDAY/JUNE 22

**Summer Vibes: Tie-Dye.** 9-10:30 a.m. at Herndon Town Hall Green, 730 Elden St., Herndon. Celebrate the start of Summer. Bring the good vibes and Herndon will supply the shirts (while supplies last) along with all other materials needed to create awesome tie-dye. All ages welcome. Pay on-site day of event, cash or check only. \$5. Call 703-787-7300, ext. 2115 or visit [www.herndon-va.gov/about-us/recreation/special-events](http://www.herndon-va.gov/about-us/recreation/special-events).

## FRIDAY/JUNE 28

**Live Music: Holly Montgomery Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY/JULY 5

**Live Music: Chris Timbers Band.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY/JULY 12

**Live Music: Sista Pat's One Vibe.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY/JULY 19

**Live Music: Free Soul.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoSPORTstavern.com](http://www.kalypsoSPORTstavern.com).

## FRIDAY/JULY 28

**Live Music: Run For Cover.** 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake

SEE CALENDAR, PAGE 9

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# 'An Evening with Nancy Giles' at Reston CenterStage

BY DAVID SIEGEL  
THE CONNECTION

Open for some good fun. Step back from the 24 hour, 7 day a week news cycle and put away the mobile device for an evening of tongue-in-cheek humor and insight with Nancy Giles, commentator and comedian. It's an evening titled "The Accidental Pundette: Musings, complaints, shrieks & sighs on American politics"

"I want to make people laugh, and I want to entertain them, but I also want to provoke thought and discussion," said Giles. Giles is an Emmy Award-winning, long-time contributor to "CBS News Sunday Morning."

Asked why she is called the "Accidental Pundette" Giles said, "I ended up on 'Hardball with Chris Matthews' after he saw a mildly funny commentary I did on 'CBS Sunday Morning' about politics. It was a piece about how politics had become politicized, and 'Hardball' took it way more seriously than I intended, and they asked me some hard-hitting questions about what I'd written."

"I'm not a political pundit at all, and didn't have facts or figures to backup my opinions - they were merely the opinions of a mouthy lady; hence the 'pun-dette' label. In the end, I think the fact that I wasn't a

**Nancy Giles, performing in "The Accidental Pundette: Musings, complaints, shrieks & sighs on American politics," at CenterStage, Reston Community Center.**



political operative or a policy wonk worked in my favor."

As for show title "Musings, Complaints, Shrieks and Sighs on American Politics"? "Well, I like to muse, complain, shriek and sigh about stuff! Life comes at us so quickly these days, and social media keeps up connected and up-to-the-minute at a dizzying pace. And while millions of people tweet, post, and shoot videos all day long - I prefer to muse, to take a breath, to think a little before reacting. And as a native New Yorker, I'm a big whiner/complainer - our shared complaints to one another are part of our unique way of communicating."

Giles hopes that the CenterStage audience will "know a little more about me and where my ideas and opinions come from, and maybe that will shake up some stereotypes in funny ways."

I hope they'll laugh and think and have questions and share some of their stories with me (we'll have some time for a Q&A afterwards). When we take the time to listen to each other, it's amazing how much we have in common, despite how divided it feels at this moment. Humor helps, and heals."

Be ready to for a memorable time with Nancy Giles at CenterStage.

PHOTO COURTESY  
RESTON COMMUNITY CENTER

## Where and When

Reston Community Center presents "An Evening with Nancy Giles: The Accidental Pundette: Musings, complaints, shrieks & sighs on American politics," at Reston CenterStage, 2310 Colts Neck Road, Reston, Saturday, June 1, 2018 at 8 p.m. Tickets: \$25; for non-Reston Ticket Price: \$35. Call: 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## CALENDAR

FROM PAGE 8

Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

### THURSDAY/AUG. 8

**Curator's Talk: A Purposeful Manner Towards a Vague Destination.** Noon-1 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. Gallery hours at Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Visit [restonarts.org](http://restonarts.org) for more.

### MORE ONGOING

**Trivia Night at Craffthouse.** Tuesdays, 8-10 p.m. at Craffthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit [craffthouseusa.com](http://craffthouseusa.com) for more.

**Karaoke at Craffthouse.** Wednesdays, 8-10 p.m. at Craffthouse, 1888 Explorer St., Reston. Call 571-926-9931 or visit [craffthouseusa.com](http://craffthouseusa.com) for more.

**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](http://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](http://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/reston/](http://www.potomacriverrunning.com/reston/).

**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. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

### IMPROVING ENGLISH

**One-To-One English Conversation.** Mondays, 1 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Multiple one-on-one practice sessions with a volunteer are available each week. Call 703-689-2700 to reserve a spot.

**Pre-Beginners.** Wednesdays 10-11 a.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Beginners.** Tuesdays 10-11 a.m. with Beth; Thursdays 10-11 a.m. with Genie; Fridays 10-11 a.m. with Ivan. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Intermediate.** Mondays 10-11 a.m. with Rick; Wednesdays, 1-2 p.m. with Susan; Wednesdays 2-3 p.m. with Sharoni. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Advanced.** Thursdays 10-11:30 a.m. with Richard; Fridays, 11 a.m.-12:30 p.m. with Mary. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Vocabulary Building.** Mondays 11 a.m.-1:15 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Speak & Write.** Mondays, 1:30-3 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Dialogs & Grammar.** Tuesdays, 11:15-12:30 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

**Pronunciation.** Thursdays, 1-2:30 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

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**News**



PHOTO CONTRIBUTED

**Board members Bo Davis, Carol Ashworth, Jean Ku, Anupam Kumar (LCNV Board President), Gene Durman (Rotary), Paul Byrne, Jan Auerbach (Rotary), John Thomas (in back) and Michael Gavin.**

**McLean Rotary Provides Funding for  
Literacy Council of Northern Virginia**

McLean Rotary President Gene Durman and member Jan Auerbach attended the Literacy Council of Northern Virginia Board Meeting on May 20 to present a check for \$1250 which coupled with another check

for \$1250 earlier in the year was a grant to support a class which is conducted onsite in cooperation with Doubletree Hilton of Tysons to improve the English of the hotel's banquet and housekeeping employees.

**Assistance League of Northern Virginia:  
Fundraising to Support Low-Income Children**

Assistance League® of Northern Virginia, an all-volunteer nonprofit organization, held its annual Spring Fundraiser on April 26 at the Country Club of Fairfax to raise funds for its programs that serve the needs of low-income children in 11 Title I elementary schools in Fairfax and Prince William Counties and the City of Alexandria. During the pre-luncheon reception, the 145 guests in attendance had an opportunity to bid on an array of silent auction items donated by local businesses.

Kathryn Jackson, president of the Northern Virginia chapter of Assistance League, emceed the event and described the positive impact the organization's ongoing programs, including Weekend Food for Kids, New Clothing for Kids, Literacy for Kids and Hugs Pillows, have in the community. Attendees were treated to a slide show that provided a visual portrayal of the nonprofit's programs and activities.

During the current school year, Weekend Food for Kids will deliver 18,000 bags of nonperishable food items to students at risk of hunger to take home on weekends when school meals are not available. The New Clothing for Kids initiative provides essential clothing items, and personal grooming products to improve the well-being of students, and layettes to help new mothers in need. Literacy for Kids delivers individualized tutoring to first graders and supplies books to support summer school reading programs, in addition to providing books to allow individual students to build their home libraries. Hugs Pillows distributes hand-made pillows to comfort children undergoing treatment at a local clinic.

Key sponsors of the charity luncheon were recognized for their support: Quadrant, Inc., Panda Stone-wall, Bob's Discount Furniture Charitable Foundation, Marines Plumbing, and Spine Care of Manassas Chiropractic Center. Several partners that have pro-



PHOTO CONTRIBUTED

**Kathryn Jackson, president of the Northern Virginia chapter of Assistance League, emceed the event.**

vided support for the organization's food program, including Dominion Energy, Allstate, Intelsat and Sandy Spring Bank, also received praise. A special thank-you was extended to principals and other representatives from the schools served.

For the ninth year, Auctioneer Daniel Sanders, with Four Sales Ltd., donated his services to help raise funds during the live auction and special appeal segment of the program. Two luxury South African Photo Safari packages were just some of the items available for bid this year.

Christopher Baity, a veteran Marine Corps dog trainer and Founder and Executive Director of Semper K9 Assistance Dogs, delivered the keynote address.

For further information, visit: [www.alnv.org](http://www.alnv.org).



# BULLETIN

FROM PAGE 3

p.m. at the Northside Property Yard. In addition to the usual auto waste products and electronics accepted at the Town's Quarterly Recycling Day, metal will be accepted at the Town's next recycling event. Metal products, such as steel, copper, and aluminum, may be brought to the Northside Property Yard. No TVs or computer monitors of any kind will be accepted. E-mail christine.horner@viennava.gov or call 703-255-8630.

**Peripheral Neuropathy Support Group.** 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit [www.dcpnsupport.org](http://www.dcpnsupport.org) for more.

## SUNDAY/JUNE 2

**EarthCare Sunday.** 10-11 a.m. at Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. Earlier this year, Lewinsville Presbyterian was certified as an Earth Care Congregation of the Presbyterian Church (USA). On Sunday, June 2, the 10 a.m. worship service will focus on the theme of stewardship of the earth. Free. Call 703-356-7200 or visit [www.lewinsville.org/events/earth-care-sunday/](http://www.lewinsville.org/events/earth-care-sunday/).

**Solar Array - Home Display.** 2-3:30 p.m. A McLean resident is opening his family's solar array to the public to view his solar panels at his home. The homeowner and solar experts from Mountain View Solar, the local solar business which installed his solar array, will be on hand to show his solar power system as well as answer any questions attendees may have. Appetizers and refreshments will be provided. Free and open to the public. RSVP at [bit.ly/mcleansolaropenhouse](http://bit.ly/mcleansolaropenhouse) or 304-886-3389.

**Jefferson Obama Dinner.** VIP reception, 5:30-6:30 p.m.; silent auction, 6-7:15 p.m.; dinner, 7-9 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Confirmed speakers include former Gov. Terry McAuliffe; U.S. Rep. Don Beyer; and U.S. Rep. Jennifer Wexton. Fairfax Democrats will be presenting their award winners and honoring elected officials who are retiring. Visit [rfaxdemocrats.org/2019/02/19/2019-jefferson-obama-dinner](http://rfaxdemocrats.org/2019/02/19/2019-jefferson-obama-dinner).

## MONDAY/JUNE 3

### Fairfax Commonwealth's Attorney

**Candidate Forum.** 7 p.m. at the First Baptist Church of Vienna, 450 Orchard St., NW, Vienna. Meet the Fairfax, Va., Democratic candidates for Commonwealth's Attorney and find out where they stand on key criminal justice issues. This is an opportunity to ask the candidates what they will do to reduce mass incarceration, reduce racial disparities, and de-criminalize poverty. The event is co-sponsored by the Virginia Interfaith Center for Public Policy, the League of Women Voters of the Fairfax Area, the ACLU of Virginia, and the Fairfax County NAACP. Free and open to the public. RSVP at [tinyurl.com/fairfaxcandidates](http://tinyurl.com/fairfaxcandidates).

## SATURDAY/JUNE 4

**SCOV Driver's Coffee Chat.** 10-11:30 a.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. Drivers are the front line volunteer working directly with SCOV clients. Their impressions and opinions are invaluable. New to SCOV? Learn about becoming a driver. RSVP by May 29 at 703-281-0538.

**Park Authority Summer Jobs.** 5-8 p.m. at Oakton Elementary School, 3000 Chain Bridge Road, Oakton. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit [www.fairfaxcounty.gov/parks/rec-pac/jobs](http://www.fairfaxcounty.gov/parks/rec-pac/jobs) or email [Recpac@fairfaxcounty.gov](mailto:Recpac@fairfaxcounty.gov).

**Climate Change in Virginia.** 6:30-7:30 p.m. at Oakton Library, 10304 Lynnhaven Place, Oakton. Dr. Jim Kinter from GMU will describe research about where, when, and by how much climate will change in Virginia in the future. No registration required. Free. Email [michelle.biwer@fairfaxcounty.gov](mailto:michelle.biwer@fairfaxcounty.gov) or call 703-242-4020 for more.

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## The Weak That Was



By KENNETH B. LOURIE

All's well that ends well.

The fortnight or so from you-know-where has finally ended and I am here to write that my warranty has been extended for another two months. The CT scan showed no tumor growth or movement. The "promise" of immunotherapy so far is keeping its 'promise' - keeping the tumors stable.

Throughout my extremely fortunate cancer experience, I have felt reasonably well and manifested few symptoms/side effects; at least the kind of symptoms/side effects: shortness of breath, coughing, expectorating blood, mind-numbing neuropathy and headaches, among others, about which my oncologist regularly inquires.

Generally speaking then, my health status has always been about the tale of the tape - to invoke a boxing reference - meaning the diagnostic scans: brain MRI, CT scan of the neck/lower abdomen, PET scan and the initial X-Ray which started the whole adventure, to determine my fitness for duty, so to speak.

It is not until my oncologist shares/summarizes the radiologist's findings - and occasionally shows us the actual computer images themselves, that yours truly/Team Lourie knows where we stand.

And, where we stand typically is where we are sitting, in a cramped exam room, face to face with the man who holds my life in the palm of his hand - or more specifically, in the words that he chooses and the gesture/body language he exhibits. It's not exactly "Bath Fitter," but "the reveal" is imminent.

It never gets easy, but it does get easier to endure this kind of potentially life-altering/life-ending moment. Though the familiarity of it hasn't dulled the pain, it has enabled us to balance the pros and cons, up and downs and all-arounds, as we anticipate the words we are about to hear.

During most of these post-scan visits, we've exhaled in relief, but we have had our share of disappointment.

On one occasion, back in late July 2013, I was hospitalized for a week when my lungs accumulated 4.5 liters of fluid, among more significant internal problems (lung collapsing).

Externally, I was unable to speak more than a few words before needing to regroup. As a matter of humorous fact, when my long-time oncology nurse, Ron, saw me that infusion day, he thought I "was a goner," since my oxygen level was so low.

Within a few hours, I was a 'goner' in an ambulance to Holy Cross Hospital in Silver Spring, Md. where I was eventually admitted. Two days later, a thoracic surgeon operated, and a day or two after that, my lung amazingly reinflated.

As a result, in my head and in my gut, (though I'm no Jethro Gibbs from NCIS), when I show up for my infusions and for my post-scan appointments, there's always a part of me that thinks I might not be spending that evening in my own bed.

When you're a cancer patient/survivor, and this kind of whisking off not to Buffalo but instead to the local hospital affiliated with your HMO has happened once, it's only a matter of time (it's impossible not to believe it's inevitable when you've been staged a IV) before it will happen again. I'm not being negative, I'm just saying.

As we sit and wait at home for my oncologist to email us the scan results, or whether we sit and wait in the on-site exam room, I wouldn't say our respective lives pass before us, but I will certainly admit to the total unpleasantness of it.

That being said, we're the lucky ones. There are nearly 160,000 lung cancer patients who succumb to this terrible disease every year who aren't nearly so lucky.

So when I hear the words "stable" from my oncologist, I am humbled as much as I am relieved, that I have lived to fight another eight weeks until my next scan is scheduled and my next fortnight is fought.

And that's how I live my life: in increments. Increments which I'm grateful to have. It may not be ideal, but it's a living, and it sure beats a dying.

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





PHOTO BY VALERIE LISTER

**SLHS Girls Win 6A Region D Outdoor Championship (May 23, 2019)**

## South Lakes Girls Win Regional Track and Field Championship

**W**inning all three relays combined with dominating performances in the jumps and sprints propelled the South Lakes High School girls team to the 6A Region D track and field championship May 23 at James Robinson Secondary School in Fairfax. The Lady Seahawks scored 166.50 points to win the title, more than 100 points ahead of second place George C. Marshall High (65) and third place Washington-Lee (63.50).

Senior Isabelle Gulbert, juniors Caitlyn Morris and Emily Lannen and freshman Annika Yu won the 4x800 in 9:26.50 on the first day of competition to begin the relay domination. On Day 2, seniors Jordan Anderson, Nicole Post, junior Rhema Konadu and sophomore Juvannadean Mullings ran a 48.83 to win the 4x100 meter relay. Anderson, Lannen and juniors Mary Gregory and Hannah Waller closed down the meet by winning the 4x400 meter relay in 3:56.41.

In between the relays, the girls showcased their talents in several individual events led by Waller's record-setting performances. Waller, who finished second in the long jump (17-06.25) on Day 1, came back the second day and won the triple jump (38-06.00), 100 meters (11.98) and 200 meters (24.21). In winning the 100, she broke the region record 11.99 set by Olympian Murielle Ahoure in 2005, when she was a student at Hayfield Secondary School.

Along with Waller, region champions for the Lady Seahawks include:

❖ Gulbert in the 1,600 meters



PHOTO CONTRIBUTED

**In winning the 100, Junior Hannah Waller broke the region record of 11.99 set by Olympian Murielle Ahoure in 2005, when she was a student at Hayfield Secondary School.**

(5:02.46). Morris was fifth (5:05.44).

❖ Gregory in the 400 meters (56.16). Howard finished fourth (57.80). Gregory was also third in the 200 meters (25.48).

❖ Post in the 300 meter hurdles (45.22).

Lannen finished second in the 800 meters (2:16.22) as did Mullings in the 200 meters (24.85) and Konadu in the 100 meters (12.32).

Sophomore Amelia DiBiase finished fourth in the pole vault (9-03.00), marking the first time in

school history that both genders will be represented by SLHS at the state meet. For the SLHS boys team, junior Caleb Miller won the shot put (50-02.25) and finished third in the discus throw (137-00.00). Junior Jackson Cooley finished third in the 100 (11.01) meters and fourth in the 200 meters (22.25). Senior Nicky Napolitano was fourth in the 400 meters (50.59).

South Lakes will compete in the 6A State Championship meet May 31-June 1 at Todd Stadium in Newport News.



PHOTO CONTRIBUTED

**The first Reston Pride Festival was held in 2018.**

## Reston Pride Festival to Be Held June 1

**T**he Second Annual Reston Pride Festival will be held on Saturday, June 1 from 2 to 7 p.m. at Lake Anne Plaza to celebrate and support Greater Reston's LGBTQ+ community. The festival will feature choral groups, dancers, performers, and speakers. The event will be co-emceed by Delta B. Knyght, a Washington, D.C.-based Drag Entertainer, and Ken Williamson, music director for Washington Plaza Baptist Church and a former Las Vegas entertainer. In addition, the festival will have more than 40 LGBTQ+ friendly exhibitors. This child-friendly event is free and open to the public. The Second Reston Pride

Festival is co-sponsored by the Unitarian Universalist Church in Reston, St. Anne's Episcopal Church, and United Christian Parish, with key support from Lake Anne Plaza, Reston Community Center, Cornerstones, Reston faith communities, nonprofits, and other local organizations.

The Reston Pride Festival, begun in 2018, was created and hosted by the Unitarian Universalist Church in Reston "to break the silence in the greater Reston/Herndon area about LGBTQ+ people and issues," said the Rev. Dr. Debra Haffner, minister of the Unitarian Universalist Church in Reston and co-chair of Reston Pride.



PHOTO BY TARALYN KOHLER

**The slacker rock quartet from Reston, Fourth Electric won the talent competition at Reston Live, a festival presented by the CORE Foundation. Band members Kacey Banga, Charlie Moore, Elijah Bishop and Edwin Schoenborn display their winning trophy.**

## Reston Live Held at Lake Anne Plaza

**T**he first Reston Live was held at Lake Anne Plaza on Sunday afternoon. This inaugural music festival featured a Children's Area, a talent competition, a raffle, vendor booths, and special guest performances by Reston band, Catchin' Toads, and Reston's own singer/songwriter, Lindsey Hershfeld. The event was hosted by "ShowJoe" Joseph Dagbe, Founder of Y universe Foundation, a CORE Cause.

The event was designed to highlight Reston's many talented art-

ists and entertainers while raising money and awareness for CORE Foundation. "We wanted to expand our reach and create a family friendly event that would highlight one of the great things about Reston, our live music scene and families and let everyone know about the good work CORE Foundation is doing in the community," said Traci Waller, Director of Reston Live. The winner of the talent competition was a local teen band, Fourth Electric, who received a trophy and a roaring round of applause from the crowd.