

# Reston CONNECTION

## Pride Runs Deep in Reston

News, PAGE 9

Ed Booth, Restonian since 1977 and grandson Jon Bendernager, 1 ½, show their support for Reston Pride 2019 held at Lake Anne Plaza in Reston.

VIRGINIA  
IS FOR  
LOVE

WELLBEING

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State-of-the-Art Retirement  
Living in Reston

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Presenting Reston's  
Gardens of Note

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OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY MERCIA HOBSON/THE CONNECTION

JUNE 5-11, 2019

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



# RYAN McELVEEN

★ FOR FAIRFAX COUNTY CHAIRMAN ★

# VOTE JUNE 11

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Ryan

## RYAN'S VISION FOR FAIRFAX COUNTY

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- **INNOVATION.** High-speed internet access, sustainable buildings and transportation infrastructure and green space for all.
- **OPPORTUNITY.** Apprenticeships, innovation labs, small-business incubators and affordable housing for all.

## ABOUT RYAN

- Lifelong Fairfax resident, raised in Vienna and lives in McLean with wife, Xuan, and daughter, Sierra
- At-large member, Fairfax County School Board, representing all 1.2 million county residents since 2012
- Associate Director, John L. Thornton China Center at the Brookings Institution
- M.I.A., Columbia University; B.A., University of Virginia; I.B. Diploma, George C. Marshall High School

## RYAN'S RECORD

As an at-large School Board member during the past eight years, Ryan has championed:

- Competitive teacher compensation.
- More inclusive policies.
- Gun violence prevention.
- Human trafficking prevention.
- Curriculum internationalization.
- Fresher, healthier food offerings.
- Improved college and career access.
- Student mental health and discipline reform.
- Responsible, transparent budgets and auditing.
- Improved public engagement and legislative advocacy.



Learn more at

**WWW.MCELVEENFORCHAIRMAN.COM**

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

Visitors on the 2019 Gardens of Note tour stroll through the beds facing the cluster side of the Over home while Al and Ellen Torzilla of Reston Chorale add a little music to the scene.

# Gardens of Note

Reston Chorale presents self-guided tour as fundraiser and community event.

BY MERCIA HOBSON  
THE CONNECTION

The Reston Chorale presented its third annual “Gardens of Note,” a self-guided tour of notable Reston gardens accented with live music presentations by its members at each site. Susan Meeks-Versteeg, General Manager of Reston Chorale, said, “Funds from this event help support the Chorale to bring music to the community throughout the year.”

The June 1 tour started six distinctly different gardens, four pri-

vate gardens by Reston residents, the private “Fannie Mae Ponds and Gardens” purchased in 2018 by an affiliate of Connecticut-based Wheelock Street Capital, which bought the adjacent Hidden Creek Country Club, and the RA-owned Hunters Woods Garden Plots with managed beehives, property owned by Reston Association and used for its annual butterfly count.

After the tour, featured garden owners, ticket-holders, volunteers and members of the Reston Chorale gathered at Hidden Lane Residential Landscapes in Herndon for a late afternoon Garden Party with ensemble performances by members of the chorale and an exhibit of paintings by renowned Reston artist Pat Macintyre.

The Reston Chorale thanks its Gardens of Note committee members and volunteers who served as greeters, Hidden Lane Residential Landscapes and Myers PR for their support. To nominate a garden for next year’s tour, email [restongardensofnote@gmail.com](mailto:restongardensofnote@gmail.com).



**The Horr Garden & West Market Pond:** A mirror reflects the garden and the sky. “Our garden evolved over seven years from builders-grade, minimal plantings to my English background of gardens. I visit

my garden every morning. My dad is here with me in the garden, although he is gone. We took something bare and made it a happy memory,” said Joy Horr.

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**The Garden of Nedra and Peter Agnew on Hemingway Drive.** “The impetus for doing all the hard and soft landscape was that we are the only house that doesn’t face the cluster and people cut through our front yard and sidewalk to get to the bus stop. The day an adult rode across on his bike was the day we decided to do something. This is a garden of art, hardscape and soft scape. It’s about texture, form and lighting rather than flowers,” said Nedra Agnew.



**The Garden of Ket Vongsavat at Orchard Lane overlooking Lake Anne.** “The inspiration for each rock design comes from my travels and its location. Where I live at Lake Anne, there is a sense of peace; (although) I was raised in Reston. I come from Laos. My dad is a Buddhist monk,” said Ket Vongsavat.



**The Hunters Woods Garden Plots & Beekeepers.** “Bees are humbling and pollinate, thereby increasing harvest production by at least 50 percent,” said Jane Harding, Fairfax Beekeepers.



**The Garden of Judy and Steve Over on Orchard Lane overlooking Lake Anne.** “It’s naturally textured and uncluttered with many of the plants being volunteers,” said Judy Over. “We used what naturally happened and let the garden define itself,” said Steve Over.



**The Hunters Woods Garden Plots & Beekeepers:** A plot of land turns rented garden plots because it is off limits for other uses. Located on the Transco pipeline easement that runs north-south through Reston it is a requirement to keep the area open. Reston Association rents out the plots to RA members such as Richard and Mary Badley, “Gardening is the gymnasium of life, without AC,” said Richard with a grin.



**Fannie Mae Ponds & Gardens.** The Grace Notes Hand Bell Quartet — Linda Brese, Fairfax; Ingrid Bowers, Reston; Marilyn Schroeder, Fairfax; and Lisa Lane, Great Falls; perform in the stone gazebo overlooking one of the two ponds frequented with Great Blue Heron.

# OPINION

## Lessons from the Greatest Generation

### Reflections on the 75<sup>th</sup> Anniversary of D-Day.

BY SUPERVISOR JOHN C. COOK  
BRADDOCK DISTRICT

**T**housands of young American soldiers boarded ships in England destined for the beaches of Normandy, France 75 years ago. Allied leaders planned the first-of-its-kind invasion for months. They designated five main beaches for the attack and named them Utah, Omaha, Sword, Gold, and Juno. On the morning of June 6, 1944 high winds and rough waves made for a difficult journey to Northern France for the 5,000 ships and 11,000 airplanes carrying 150,000 Allied troops.

The weather was far from perfect for an operation, but General Dwight Eisenhower could not risk the Germans spotting the massive military presence on the coast of England. When Allied Forces landed, they were met with a barrage of fire. Nearly 2,500 Americans died in history's largest air, land, and sea invasion. Despite the treacherous terrain and heavy casualties, Allied forces broke through German lines and liberated the Gallic Coast. The pivotal victory allowed the Allies to secure the



**At the Board of Supervisors meeting on Tuesday, June 4, 2019, the Board recognized the 75th anniversary of the D-Day Invasion on June 6, 1944. Included here is Rear Admiral Gene Sizemore holding the plaque and other veterans with the members of the Board.**

Western Front and begin a liberation campaign towards Germany.

On the 75<sup>th</sup> anniversary of this momentous military victory, we are compelled to remember not just the heroism of the troops, but also

their virtues of service of sacrifice of that generation. The harrowing actions of these servicemembers deserve the greatest respect and deepest gratitude. They showed courage, tenacity, valor, and honor in the face of incredible dangers and challenges. As Tom Brokaw eloquently put it, "They answered the call to help save the world from the two most powerful and ruthless military machines ever assembled." This anniversary should also prompt all of us to emulate the Greatest Generation's immense sense of duty and willingness to serve. Nearly every American in World War II found a way to support their nation during the conflict. Thousands of men volunteered to serve in the Armed Forces. Women supported the military in many different ways. Families nationwide planted victory gardens and volunteered for local groups that supported the war effort. Women also took industrial jobs in armament factories. In Burke, Va., residents volunteered 24/7 with the Aircraft Warning Service by staying in a watch tower to look out for enemy planes.

Today our nation faces many challenges. But a nation that could win two World Wars can also successfully meet the challenges of today. The spirit of the Greatest Generation is here to guide us.

## Renewing My Job Application

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



**L**ater today I will be renewing my application with voters in the 36<sup>th</sup> legislative district to keep my job as their representative in the Virginia House of Delegates. My campaign kick-off reception will be from 6 to 7:30 p.m. at The Lake House of Reston at 11450 Baron Cameron Avenue, across the street from the entrance to Lake Anne. All are welcome to attend this free event with special guests former Governor Terry McAuliffe and House Democratic Leader Delegate Eileen Filler-Corn.

A question I have gotten every odd-numbered year I have run for office since 1973 is what got me interested in working for the people as an elected representative in the House of Delegates of the Virginia General Assembly. As clear an answer I can give is to explain that history was always my favorite subject in school. A field trip to Jamestown when I was in fourth grade really piqued my interest. I came to learn that other-

### COMMENTARY

wise ordinary people we studied about shaped our history through their service in government and in the community. At that very young age I started dreaming about serving in the

legislature and went on to study history through graduate school to prepare myself to serve. Since my election in 1981 I have been in office continuously making me now the longest serving member in the House of Delegates.

We hear calls for "term limits," but Virginia has a very definitive term limit system. To be a member of the House of Delegates one must stand for election every two years and win a plurality of votes in the district to stay in office. This is my fortieth such re-application to continue the work I have been doing. While I clearly have a lot of experience, I offer an informed vision for the future of the Commonwealth as my strongest asset.

It is not certain yet if I will have an opponent in this year's election. Even if I run unopposed, I still intend to campaign in a way that takes advantage of voter interest

to talk about the advances we have made in the Commonwealth and the miles we still need to go. My efforts will not be confined to my district as I will be campaigning in other districts on behalf of level-headed, socially progressive, and morally strong candidates who can contribute to a majority in the House of Delegates to accomplish

needed changes that I write about almost weekly in this column.

Join me this evening if you can. I want to be able to tell you directly how honored I am to work for you and how earnest I am in reapplying for the job. Please be in touch with me at kenplum@aol.com with your questions and concerns.

### LETTERS TO THE EDITOR

#### Why I Celebrate Eid

To the Editor:

Eid-ul-Fitr is an Islamic holiday which marks the end of the month of fasting, Ramadan. Muslims celebrate Eid by spending time with family and friends, eating good food and exchanging gifts.

I like Eid because I get a lot of presents from my family and friends and I get to wear new clothes. The prophet Muhammad (peace be upon him) told us that on Eid we should take a bath, wear new clothes or our best clothes, and wear perfume.

On Eid day I wear my new clothes and go to the mosque for Eid prayer. After the prayer I meet my friends and wish them "Eid Mubarak," which means blessed Eid. My favorite part of the day is

when I open all my Eid presents, play games with my cousins and eat delicious food with my family.

**Hibbatul Bari Iqbal, Age 9**  
Chantilly

**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. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314

By email:  
editors@connectionnewspapers.com

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**NEWS DEPARTMENT:**  
reston@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





RESTON TOWN CENTER  
ASSOCIATION

# CULTURE & FUN FOR EVERYONE, DOWNTOWN!

## 2019 CALENDAR

All events FREE, open to  
the public, and hosted at:



RESTON TOWN  
CENTER

For all events at Reston Town Center, visit  
[restontowncenter.com/events](http://restontowncenter.com/events)

### LUNCHTIME WITH THE ARTS AT MASON\*

**May, June, September, & October**

2nd & 4th Thursdays | 12:30 PM–1:30 PM

*Reston Town Square Park*

### LUNCHTIME WITH THE GREATER RESTON ARTS CENTER\*

**July & August**

2nd & 4th Thursdays | 12:30 PM–1:30 PM

*GRACE Gallery, GRACE at Signature,  
and Reston Town Square Park*

### RESTON CONCERTS ON THE TOWN\*\*

**June 1–August 24**

Saturdays | 7:30 PM - 10:00 PM

*Pavilion*

### SUNDAY ART IN THE PARK WITH SHENANDOAH CONSERVATORY\*

**June 2–August 18**

Sundays | 7:00 PM–8:00 PM

*Reston Town Square Park*

GRACE art activities leading up to concerts in July

### FAMILY FUN ENTERTAINMENT SERIES\*

**June 15–August 3**

Saturdays | 10:00 AM – 10:45 AM

*Reston Town Square Park*

### PUBLIC ART RESTON'S CHALKFEST

**September 14**

Saturday | 9 AM–4:30 PM (rain date Sep. 15)

*Market St. and Mercury Fountain Plaza*

### WASHINGTON WEST FILM FESTIVAL

**October 24–28**

*Bowtie Cinema and other venues*

### HOLIDAY PARADE AND EVENTS\*\*\*

**November 28**

Friday | All day

*Throughout Reston Town Center*

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**FOR COMPLETE DETAILS, VISIT  
[RESTONTC.ORG/CULTURALCALENDAR](http://RESTONTC.ORG/CULTURALCALENDAR)**

*\*Presented with Reston Community Center*

*\*\*Presented with Boston Properties*

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Volunteers Kailyn Kohler and Hannah Wallerman man the table at Reston Live presented by CORE Foundation.



PHOTOS 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

The 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 Hersfeld. The event was hosted by "ShowJoe" Joseph Dagbe, Founder of Yuniverse Foundation, a CORE Cause. The event was designed to highlight Reston's many talented artists and en-

tertainers 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.

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## WELLBEING



PHOTO COURTESY OF NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

**Equine Therapy can be used to treat those with PTSD, says Olivia Taylor of the Northern Virginia Therapeutic Riding Program.**

# PTSD: Recognizing and Healing

**During PTSD Awareness Month, clinicians work to raise awareness, treatment options.**

BY MARILYN CAMPBELL

**“T**hey took all my clothes and made me walk naked for two days so I couldn’t escape,” said one woman. “They kill people over nothing,” said another.

These are the descriptions from Latina immigrants of their experiences as they were smuggled from Mexico to the United States. These women and others like them often experience rape, assaults, and gun violence, said Carol L. Cleaveland, PhD, Associate Professor of Social Work, George Mason University.

In a recent paper, “An Exploratory Study of Latina Immigrant Trauma,” she and co-author Cara Frankenfeld, PhD, also of George Mason University, spoke with patients at Mason and Partners Clinic in Springfield, Falls Church and Manassas Park who described events that often left them with Post Traumatic Stress Disorder (PTSD). During June, which is PTSD Awareness Month, mental health professionals are working to raise public awareness of the disorder and a knowledge of the treatments available to those who suffer.

There is often a lack of understanding which makes it difficult to identify said Cleaveland. “PTSD is a shift in how people think, feel and behave in response to a traumatic event they experience. It’s something that induces profound terror,” she said.

“[Symptoms include] intrusive thoughts and memories of the traumatic event, such as thinking about the event when you don’t want to, having flashbacks or having a strong emotional reaction to a something that reminds you of the trauma,” said Joanne Bagshaw, PhD, Professor of Psychology at Montgomery College.

A person experiencing PTSD might avoid people or experiences that remind them of the trauma, said Bagshaw. “You [can experience] negative thinking about yourself and the world, such as having traumatic expectations or detaching from relationships.”

Managing and healing even severe symptoms is possible with the right strategies. “There are several

very good treatments for trauma,” said Bagshaw.

Among these healing methods is Cognitive Behavioral Therapy (CBT), a form of psychotherapy that teaches how to cope with dysfunctional emotions, behaviors, and thoughts. Another therapy is Eye Movement Desensitization Reprocessing (EMDR) which involves a patient briefly focusing on the traumatic memory under the guidance of a trained clinician and ultimately experiencing relief.

“There is research which shows EMDR is highly effective in desensitizing the trauma,” says Cleaveland.

Therapeutic riding is an emerging therapy that has not been studied extensively for PTSD. “[It] is teaching people to ride and work with horses with the goal of improving their physical or mental well-being,” said Olivia Taylor, Program Director of Northern Virginia Therapeutic Riding Program (NVTRP). “One of the biggest benefits we see for our riders with PTSD is that riding puts them in

the moment, focused on creating a bond with their horse. They’re not thinking about past events or being hypervigilant, but feeling peaceful in the moment.”

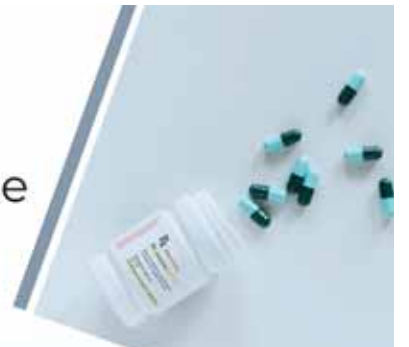
For those who have strained interpersonal skills related to trauma, such as the ability to trust others, therapeutic riding provides a safe space for working on that proficiency, Taylor said. “Horses are empathetic, non-judgmental creatures, so therapeutic riding provides a great opportunity to work on building a trusting relationship with another living being,” she said.

As an example, Taylor points to one NVTRP rider who suffers from debilitating and life-disrupting anxiety resulting from PTSD. “Over several weeks of riding, she has developed a very strong bond with the horse she rides,” says Taylor. “They share an especially close relationship, and she credits the trust she has in him with her ability to overcome her fears of riding and progress more than she’d ever imagined. We find that this sort of trust and openness to an empathetic relationship carries over into riders’ lives beyond the farm, helping them to rebuild healthy lives.”

**“It’s important for people with PTSD to have hope because they can get better.”**

**— Carol L. Cleaveland, George Mason University**

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Fairfax County, Va.,  
February 2019



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## THE CONNECTION

Newspapers & Online

### UPCOMING SPECIAL SECTIONS

#### June

6/5/19.....Wellbeing  
6/12/19.....Father's Day Dining & Gifts  
6/12/19.....HomeLifeStyle  
6/19/19.....A+ Graduations & Summer Education  
6/26/19.....Senior Living:  
Connection Families: Summer Life

#### July

7/3/19.....Wellbeing  
7/10/19.....HomeLifeStyle  
7/17/19.....A+ Camps & Schools

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- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

# CALENDAR

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. 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.

**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)

## THURSDAY/JUNE 6

**Herndon Farmers Market.** Thursdays, through Nov. 14, 8 a.m.-12:30 p.m. in Old Town Herndon, the 700 Block of Lynn St. by the Red Caboose. The Herndon Farmers Market is open for the 2019 season, local farmers and producers sell fresh produce and fruits; meats; breads and pastries; jams; dairy products and eggs; herbs; flowers, salsa, and more. Visit [www.fairfaxcounty.gov/parks/farmersmarkets/herndon](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndon) 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" at Reston Town



## Herndon Farmers Market

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. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket) for more.

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).

## SATURDAY-SUNDAY/JUNE 15-16

**Father's Day Park Programs.** This Father's Day weekend spend time with fathers and grandfathers in a program just for them at a county park.

- ❖ **Golf Tournament.** Saturday, 8 a.m.-noon at Burke Lake Golf Course. Kick off the weekend with the "Father's Day Golf Tournament." Two-player teams compete in an 18-hole scramble format in three divisions: Father/Jr. 7-12; Father/Jr. 13-17; Father/Adult partner with closest-to-the-pin contests and prizes for the top three places in all three divisions. \$75 per team includes lunch. Call 703-323-1641 or visit [www.fairfaxcounty.gov/parks/golf/burke-lake](http://www.fairfaxcounty.gov/parks/golf/burke-lake).
- ❖ **Wood Carving.** Sunday, noon-4 p.m. at Colvin Run Mill. Celebrate by treating Dad to a free wood carving lesson with the Northern Virginia

Carvers. There is a nominal charge for wood blanks. While visiting the mill, take a tour. Dads and granddads tour for free on Father's Day when accompanied by a paying child. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

- ❖ **"Animal Dads."** Sunday, 1-1:45 at Hidden Oaks Nature Center, Annandale. Children age 2-6 can pretend to be a penguin, wolf and beaver dad as they learn about these doting fathers. Participants will meet live animals and make a craft for their favorite father/grandfather. The program at Hidden Oaks Nature Center runs from 1 to 1:45 p.m. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit [www.fairfaxcounty.gov/parks/hidden-oaks](http://www.fairfaxcounty.gov/parks/hidden-oaks).
- ❖ **Family Fishing.** Sunday, 2-3:30 p.m. and 4:30-6 p.m. at Riverbend Park, Great Falls. If Dad likes to fish, register for the "Father's Day Family Fishing" program at Riverbend Park. Supplies and equipment will be provided, or bring a rod and reel. Pick up some fishing tips. All fish caught will be released. Designed for participants age 4-adult. \$12 per person. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend).
- ❖ **Father's Day Campfire.** Sunday, 6-7 p.m. at Ellanor C. Lawrence Park, Chantilly. Wrap up the day with the "Father's Day Campfire." Learn about some of nature's best fathers, take a hike near a stream and eat s'mores. Of course, moms are invited, too. \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## 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 a 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).

## SATURDAY/JUNE 29

**July 4th in June.** All day at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Get the nation's birthday party started early. The park opens at dawn and the fun continues until the last fireworks disappear from the sky after dark. The water park is open 10 a.m.-8 p.m. There will be live music with Modern Vintage and the U.S. Navy Band Commodores from 3:30-9 p.m. Food vendors will be on hand throughout the day. Fireworks begin at 9:15 p.m.. The park generally closes to new arrivals around 8:45 p.m. Walk or bike to the park and admission is free. There is a parking fee of \$10 per vehicle. The rain date Sunday, June 30. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

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

## MORE ONGOING

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

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

# Pride Runs Deep in Reston

LGBTQ+ community celebrated, respected and affirmed at second Annual Reston Pride Festival.

BY MERCIA HOBSON  
THE CONNECTION

**O**n Saturday, June 1, organizers of the second Annual Reston Pride Festival brought Pride home to the original inclusive soul and spirit of Reston, Lake Anne Plaza. Co-chaired by The Unitarian Universalist Church in Reston (UUCR), St. Anne's Episcopal Church and United Christian Parish and produced with the help of Reston Merchants' Association and sponsorship support from Reston Community Center, Reston faith communities, nonprofits and others, the event celebrated Greater Reston's LGBTQ+ community.

"We are excited we brought Reston Pride to Reston, to highlight our LGBTQ+ community. Previously this community was not particularly visible here. However, inclusion and diversity are the hallmarks of Reston's history, and so we are delighted to expand that visible inclusion," said Reverend Doctor Debra W. Haffner, Minister (UUCR).

**THIS YEAR'S EVENT** featured music, food, drink, education, vendors, celebration and a line-up of entertainment.

"We wanted LGBTQ+ people celebrated. Everyone, regardless of their sexual orientation or their gender identity, deserves the same rights and responsibilities in our community," said Reverend Haffner.

Paul Douglas Michnewicz of Reston echoed Haffner's remarks but added: "Celebrate in the open, in public."

Reston Pride has not been deemed a "political event" according to Reverend Haffner who said that they turned down requests from political action groups to participate. However, local political figures such as guest speakers Virginia Sen. Janet Howell (D-32), Supervisor Cathy Hudgins (D-Hunter Mill) and Del. Ken Plum (D-36) lent verbal support.

"It is entirely appropriate that the Pride Event is held in Reston. We have always talked about openness to all people. It's about time we display our support for the LGBTQ+ community," said Plum.

"With the celebration of Reston Pride this weekend, the Reston community continues to be welcoming to all," said Hudgins.



**The Broady family of Reston shows their support for the LGBTQ+ community at Reston Pride 2019.**

Washington D.C. based drag entertainer Delta B. Knyght co-emceed the festival with Ken Williamson.

"I am beyond honored and incredibly excited to be co-hosting this year's Reston Pride," Knyght posted on Facebook

Reverend Haffner explained they designed Reston Pride to highlight, celebrate and support the LGBTQ+ community in the Greater Reston area, and celebrate the 50th anniversary of the Stonewall riots in New York. She said that historically public opinion for same-sex marriage shifted after the Supreme Court decision 2015. "There was a big bump toward acceptance," she said.

Justin Broady of Reston visited Reston Pride with his wife Sara and baby Holden, 1 1/2. Justin spoke about love. "Being in an interracial marriage, we believe love is love. It was a battle for us to get married, and now others are fighting the same battle... my brother is gay," he said.

"My observation is that there is very wide acceptance of lesbian and gay people, including that they should not be discriminated in the workplace," said Reverend Haffner. Thomas Anderson, 12, of Centreville wore his rainbow-colored t-shirt. "First thing, I am gay. And I'm very accepting of all the genders and sexualities. I'm in PFLAG, an organization for gay pride with a gathering for trans kids in the area."

**REVEREND HAFFNER** spoke about how public conversation

and support for transgender people, people who are bisexual, and non-binary people "lags far behind."

"I want to leave people with two things. First, everyone, regardless of their sexual orientation or their gender identity, deserves the same rights and responsibilities in our community. We need to celebrate sexual and gender diversity," Reverend Haffner said. "And second, that ongoing support for the LGBTQ community is more than coming to a Pride festival. It's an ongoing commitment to ensuring that all of our neighbors can thrive."

Pastor Tim Ward of Restoration Church Reston attended Reston Pride. He said, "I long for a church that says that each person is of sacred worth and value and does more than says it, but actually lives it."



**The choir for sponsoring churches of Reston Pride, conducted by Mary Lou Prince, Music Director Unitarian Universalist Church in Reston, performs a choral selection during Reston Pride 2019.**



**Del. Ken Plum (D-36) helps celebrate the LGBTQ+ community.**

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

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**The summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office.**

**'Young Women Leadership Program'  
Now Accepting Applications**

The Summer 2019 session of the "Young Women's Leadership Program," founded and led by former Virginia Congresswoman Barbara Comstock, is accepting applications from middle and high school girls. There is no charge to participate.

Nearly 2,000 young women from across the country have participated in the six-year-old, non-partisan program that introduces them to women in leadership positions in government, technology, philanthropy, business, and other fields.<sup>oo</sup>

The application deadline is June 18, 2019. Applications may be made at <https://comstockleadership.gmu.edu/apply-now/>

This is the first year the "Young Women Leadership Program" has been hosted at the Schar School of Policy and Government at George Mason University. Comstock, who represented Virginia's 10<sup>th</sup> District for two terms, created the program when she was a member of the Virginia House of Delegates as a way to give young women opportunities to meet women in established leadership positions. "If you can see it, you can be it," Comstock said of the idea behind the program.

"The Schar School is proud to now host this suc-

cessful program that inspires young women to become future leaders in the Commonwealth and the nation," said Schar School Dean Mark J. Rozell.

"This non-partisan, career-oriented program is designed to teach young women about leadership and the wide range of careers they may pursue in government or the private sector," said Comstock. "I am thrilled that we can continue this program that we started six years ago and continue to inspire the next generation of female leaders to bring their intelligence, drive, and solutions to their chosen professions."

Comstock said the summer session kicks off in June at the Capitol Building in Washington, D.C., with an overview of women in elected office. Throughout the summer, the participants will have opportunities to participate in six to eight seminars that will introduce them to women leaders in a variety of careers in the public and private sectors.

For more information about the program, see the website at [comstockleadership.gmu.edu](http://comstockleadership.gmu.edu).<sup>oooo</sup>

For those interested in donating to this non-profit program, see the website at: [comstockleadership.gmu.edu/donate](http://comstockleadership.gmu.edu/donate).<sup>o</sup>

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# BULLETIN

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.

## SATURDAY/JUNE 8

**Caregiver Workshop.** 11 a.m.-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Join this Caregiver Workshop with Pete Shrock, nationally known grief and crisis responder, focusing on building resilience through caregiving challenges. This is a free event, and all caregivers and family members are invited to attend. Lunch will be provided. Visit [insightmcc.org](http://insightmcc.org), to register or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

## THROUGH MONDAY/JUNE 10

**Food Donation Collection.** 9 a.m.-5 p.m. at the Coldwell Banker Residential Brokerage office, 11911 Freedom Drive, Suite 520, Reston. The Coldwell Banker Residential Brokerage Reston office is collecting healthy, non-perishable food donations for Cornerstones as part of a companywide initiative, Healthy Food Week. Contact Caitlin Rice Maupin at 703-471-7220 or [caitlin.maupin@cbmove.com](mailto:caitlin.maupin@cbmove.com).

## TUESDAY/JUNE 11

**Park Authority Summer Jobs.** 10 a.m.-1 p.m. at the Herry Building, 12055 Government Center Parkway, Fairfax. 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).

## FRIDAY/JUNE 14

**Application Deadline: Fire Academy.** The Fairfax County Fire and Rescue Department is now accepting applications for its Girls Fire and Rescue Academy summer camp, which will take place July 11-13, 2019. The Academy is open to female students who will be in grades 7-12 in the upcoming 2019-2020 school year. Participants must be a Fairfax County resident. Free. Visit [www.fairfaxcounty.gov/fire-ems](http://www.fairfaxcounty.gov/fire-ems).

**Artist and Vendor Application Deadline.** RCC seeks entertainers for 2019 Reston Multicultural Festival. Opportunities also available for art and food vendors, civic organizations and artists. The Reston Multicultural Festival is a family-oriented event and material performed shall be suitable for all ages and free of any content that would be inappropriate for a diverse, multicultural and multigenerational audience. All forms and guidelines may be found at [www.restoncommunitycenter.com/mcf](http://www.restoncommunitycenter.com/mcf).

## SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.northernvirginia.org/parent-peer-support.html](http://www.northernvirginia.org/parent-peer-support.html).

## ONGOING

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551- 2488, or [donaldrea@aol.com](mailto:donaldrea@aol.com).

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## From Weak To Week



By KENNETH B. LOURIE

For the next six weeks or so until mid-July when my bi-monthly CT scan reminder arrives in my inbox, I am on easy street/living the life of Riley. The email will confirm time and place when scans – and face-to-face appointments with my oncologist, are scheduled. Reminders which I really don't need.

I mean, my life is at stake here. What kind of moron ("Why? Are there more than one kind?" to quote Curly Howard of The Three Stooges.) forgets/neglects medical appointments related to one's life when death is looming?

And death for me has been looming since late February 2009. That's when an (now my) oncologist dropped the figurative hammer on Team Lourie after a nearly two-month pursuit to determine the truth for just us: "Non-small cell lung cancer, stage IV," with a "13-month-to-two-year" prognosis.

Talk about devastating news. To say we were all stunned does a disservice to the word "stunned."

To invoke Yoda from "Star Wars," speechless we were.

That was a long time ago, however, and much has occurred. The details of which are somewhere between being lost in the ether and lodged in my brain, generally retrievable should the need arise. A need which I often have when writing this column but one which doesn't manifest itself too much in my daily activities.

Yes, I have cancer, but I try not to make a big or central thing about it. To say, "It is what it is" isn't meant to trivialize the overwhelming nature of a "terminal diagnosis," it's more an attempt to compartmentalize it somehow. (I just hope the compartment has an infinite amount of space. Otherwise, I fear I'll be in trouble fairly soon.)

But not for the next six weeks. For the next six weeks, I am on cruise control. I will be going about my regular business without too much emotional interference.

I wouldn't exactly say I'm on cruise-control/"-passenger" in a self-driving car, but I am able to function without consulting the manual.

This "honeymoon" is as good as it gets for a patient whose life is lived from one diagnostic scan to the next, not knowing, generally, if the you-know-what has hit the fan. It's the sword of Damocles on steroids.

But what else is new?

For a cancer patient? Not much.

This is the life, a life which for us fortunate few, we have to live, despite the initial words to the contrary spoken by our respective oncologists – who were consulting the manual: If patient "X" presents with such and such then his/her prognosis is so-so.

Just last week, my oncologist told me the average life expectancy "for lung cancer patients is one year." And even though I've lived an unexpected life – and met many others who likewise have lived beyond expectations, his assessment of my fellow lung cancer "diagnoses" was still horrifying. (Why not me? I think there's been a misspelling somewhere.)

Misspelling or not, I'll go on pretending life in the cancer lane, as bumpy and in as need of repair as any you can imagine – or have read about in this space, goes on without further adieu, so to speak.

My philosophy has been: "Until they tell me otherwise, and even if they do ... " I have tried, and hope I will continue to try, especially if the future news is not so good, to not become a victim of my own circumstances. And though I have occasionally received some discouraging news, I have tried not to give in to it.

"It's nothing until it's something and even if it's something, it's still could be nothing." That's how I roll.

For the past 10 years plus, I've rolled along managing the "slings and arrows" of my outrageous misfortune: a life-long non-smoker with no immediate family history of cancer diagnosed with an incurable form of lung cancer.

Lucky me. You bet I am.

Alive and reasonably well a decade after the hammer came down.

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

# State-of-the-Art Retirement Living Opens in Reston

Community Theatre named after two service-minded Restonians.

BY MERCIA HOBSON  
THE CONNECTION

**H**unters Woods at Trails Edge held its official Ribbon Cutting/Open House and Reception on Friday, May 31. During the event, David Ross, Partner & President of Atlantic Realty Companies surprised Supervisor Cathy Hudgins (D-Hunter Mill) presenting her a plaque commemorating the dedication of the “Hudgins Community Theater,” at Trails Edge named in honor of her and her late husband Willie H. Hudgins Jr. for their service to the people of Reston.

“The Hunter Mill District Office has always worked to see projects to success; however, I’m most appreciative that David Ross and his organization recognized my late husband Willy for the work he did in the community,” said Hudgins.

The open house featured tours of the common areas and model apartment with prize drawings throughout the day. “We are so thrilled to exclusively offer vibrant, state-of-the-art retirement living in Reston which allows people in Reston to age in place,” said Cissy Nickel, Executive Director of Independent Living Operations, Hunters Woods at Trails Edge.

Trails Edge offers different apartment sizes and levels of assistance, such as independent and assisted living options, along with memory care and extended care. In addition, 20 percent of the independent living apartments are

designated as Workforce Dwelling Units for qualified Fairfax County residents.

Trails Edge is located on the Turquoise Trail in Reston, which connects the property to adjacent amenities via pedestrian parkways under Reston Parkway and Colts Neck Road. Residents have easy access to Reston Community Center, Hunters Woods Retail Center and Southgate Community Center.

During the late afternoon event, David Ross, Partner & President of Atlantic Realty, presented Maggie Parker of Comstock and Greater Reston Chamber of Commerce a plaque commemorating the opening at Trails Edge.

Nickel said that on June 29, Trails Edge would hold a special event with Public Art Reston as an intergenerational project and with artist Ben Volta. According to IntegraCare, Volta was selected to create a permanent public artwork for the Reston community at the Colts Neck Road Underpass.

For more information, call Trails Edge at 703-429-1130.

**Supervisor Cathy Hudgins stands in front of the Hudgins Community Theater named in honor of her and her late husband Willie H. Hudgins Jr.**

PHOTOS  
CONTRIBUTED



**Annamarie Mariani-Huehn, Executive Operations Officer Hunters Woods at Trails Edge; Maggie Parker, Greater Reston Chamber of Commerce; Supervisor Catherine M. Hudgins (D-Hunter Mill); David Ross, Partner & President Atlantic Realty; Adam Shulman, Partner & Executive Vice President, Atlantic Realty; Rick Irwin, CEO & Co-founder, IntegraCare; Tony Crooks, Director at AEW Capital Management; Del. Kenneth Plum (D-36); and Cissy Nickel, Executive Director of Independent Living Operations at Hunters Woods at Trails Edge; all take part in the Ribbon Cutting officially opening the retirement living facility.**



## Reston Hospital Center Recognized for Excellence in Patient Safety

**R**eston Hospital Center (RHC) is being recognized by Healthgrades as a 2019 Patient Safety Excellence Award recipient. This award recognizes the nation’s top hospitals for patient safety, those hospitals providing excellent performance in safeguarding patients from serious, potentially preventable complications during their hospital stay.

The 460 recipient hospitals for the Patient Safety Excellence Award represent the Top 10 percent of hospitals in the nation for patient safety, and those hospitals that are putting the patient at the center of care and doing all they can to ensure their safe care.

During the study period (2015 to 2017), RHC and other Healthgrades re-



**Reston Hospital Center.**

cipient hospitals demonstrated excellent performance in safety provided for patients in the Medicare population, as measured by objective outcomes (risk-adjusted patient safety indicator rates) for 14 patient safety indicators defined by the Agency for Healthcare Research and Quality (AHRQ).

John Deardorff, President and CEO of Reston Hospital Center and HCA’s Northern Virginia market agrees, “Our community can feel confident that Reston Hospital Center is the right choice, with top doctors and services. Patient safety is a top priority at Reston Hospital Center and we continually work to ensure our quality initiatives result in an outstanding patient experience and the best possible healthcare outcomes.”

PHOTO CONTRIBUTED