



Oak Hill Herndon CONNECTION

Members of the Herndon Class of 2019 walk toward the entrance to George Mason University EagleBank Arena for their June 12 Commencement ceremony.

Hornets on Way to Success

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Two-Mile Makeover

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Hunter Mill Democrats Hold 'Unity Party'

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JUNE 19-25, 2019

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NEWS

From left, Dranesville District Park Authority Board Member Tim Hackman, Park Authority Executive Director Kirk Kincannon; Dranesville Supervisor John Foust; Ken Neuman, Kingstream HOA; Tyrone Yee, Kingstream HOA; Park Authority Project Manager Eduardo Deleon; and Park Authority Area Manager Wayne Brissey celebrate the completion of the Sugarland Run Stream Valley Park Trail Improvements.



PHOTO BY MERCIA HOBSON/THE CONNECTION

A Two-Mile Makeover

Sugarland Run Stream Valley Park project completed.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Park Authority (FCPA) concluded its \$400,000 renovation of the existing trail in Sugarland Run Stream Valley Park in Herndon by contractor, Tibbs Paving, Inc. on schedule. The project addressed general wear and tear and trail damage due to stream flooding on the trail section south of Wiehle Avenue to Woodvale Court and north of Wiehle Avenue, following the Folly Lick Branch tributary of Sugarland Run to Dranesville Road according to a county spokesperson.

The project included the mill and paving of approximately 12,000 linear feet of existing asphalt trail. Wayne L. Brissey, Manager Area 6, Fairfax County Park Authority described the damage. "The trail had many sections where tree roots made it difficult to use, plus there were a few sections that had been damaged from recent flood waters. So instead of doing what I call, 'quilt work repairs,' FCPA decided to make one continuous renovation. It included upgrading drainage, widening undersize trails, better trail alignments and adding riprap to stream crossings or areas along the stream compromised from past storms," Brissey said.

On Thursday, June 13, Dranesville District Supervisor John Foust (D) met with members of the Park

Authority Board, Park Authority staff and community members for a ribbon cutting to celebrate the completion of the project.

Trails are the most popular amenity in the Fairfax County Park system, according to Judith Pedersen, Public Information Officer Fairfax County Park Authority. "We are very pleased this project is completed and know that these improvements will make this trail more enjoyable for those who use it," she said.

"The Sugarland Run Stream Valley Maintenance Project was a significant undertaking, rehabilitating over two miles of trail," said Foust. "Fairfax County has a reputation for being home to many great trails. Projects like this help ensure that they will be enjoyed for years to come by community members and visitors," Foust said.

Residents of the nearby Kingstream Community concurred according to Tyrone Yee, president of the Kingstream Community Homeowners Association. "This trail is heavily used by community residents to enjoy the beautiful wildlife, plants and trees in the Park," Yee said. "We greatly appreciate the reconstruction of the trail along Sugarland Run Stream Valley Park."

While Yee spoke highly of the trail work, he also complimented the Park Authority on how it listened and reacted to community input. "Throughout the project, the Park Authority was responsive to the needs of our community," Yee said.



PHOTOS CONTRIBUTED BY FAIRFAX COUNTY PARK AUTHORITY

A portion of the Sugarland Run Stream Valley Park trail in Herndon before and after renovation work.



PHOTO COURTESY OF MORGAN GRANT

Volunteers stuff the bus with donations from shoppers.

Stuffing the Bus for Cornerstones

Giant Food helps feed those in need.

Giant Food, located at 2425 Centreville Road in Herndon, hosted a "Stuff the Bus" food drive on Saturday, June 15 to benefit Cornerstones. Cornerstones is a local non-profit that supports those in need of food, shelter, affordable housing, and other human services.

Cornerstones' Community Resource Coordinator Morgan Grant explained that they asked shoppers to donate parts of their grocery haul, especially non-perishable and hygiene items, to support Cornerstones' needs. She added: "One of the reasons why it's so important that we have a drive in the summer is because community donations are low. For low-income families with children, they may not get summer lunch because they're no longer in school."

—JULIA ZHOU

BULLETIN BOARD

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

SOBER-RIDE FOR JULY 4

Free Sober Rides. Thursday, July 4, 7 p.m. through Friday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Independence Day SoberRide promo code will be posted at 6 p.m. on July 4 on www.SoberRide.com.

VOLUNTEERS WANTED

STEM Professionals Needed.

Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

MONDAY/JUNE 24

NARFE Dulles Chapter 1241

Luncheon Program. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Speaker is Ken Thomas, NARFE National President, who will give an update from NARFE

Headquarters. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call with reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, June 20, 2019.

TUESDAY/JUNE 25

FCPS Career Fair. 9 a.m.-2 p.m. at 9200 Burke Lake Road, Burke.

Fairfax County Public Schools (FCPS) will host a Career Fair for individuals interested in learning more about instructional and operational positions with the school district. There will also be four breakout sessions offered: benefits, the application process, and resume writing and interviewing. Particular needs include teachers, instructional assistants, special education teachers, substitute teachers, HVAC mechanics, school bus drivers, maintenance technicians, and professionals in information technology, human resources, procurement and finance, and safety and security. Visit www.fcps.edu/news/fcps-host-career-fair-instructional-and-operational-personnel to RSVP or learn more.

SEE BULLETIN, PAGE 7



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Herndon High School Senior Class Council, Cristian Lainez, Sari Levine, Angelina Margraf, Joseph Parodi, Kelsey Rogers, Sebastien Roy (not pictured), Alison Stern, Amberly Silva-Arriaga, Ellie Wichman and Michelle Tran pose one last time before the start of the Class of 2019 Commencement.

Hornets on Way to Success

BY MERCIA HOBSON
THE CONNECTION

The 458 members of the Herndon High School Class of 2019 entered George Mason University EagleBank Arena for their Commencement ceremony smarter, stronger and more confident than ever.

"Even if all of our dreams are different, we all had a desire that kept us going no matter the circumstances...we'd fight for it, we'd work day and night for it, we'd give up our time and our peace for it," said Michelle Tran Senior Class Councilmember in her Opening Remarks during the June 12 program. Members of the Senior Class Council, Cristian Lainez, Sari Levine, Angelina Margraf, Joseph Parodi, Kelsey Rogers, Sebastien Roy (not pictured), Alison Stern, Amberly Silva-Arriaga, Ellie Wichman and Michelle Tran presented the program.

Assembled before Tran sat her fellow classmates, each with a different dream, for Omari Annan, military service; Marlon Rivera Guardado, work force; and Daniel Saunders, college.

DR. LIZ NOTO, Principal of Herndon High School asked students in the Class of 2019 who had chosen to support the United States through military service to stand and be recognized. She also recognized students in the Class of 2019 who were academic scholars, members of the National Honor Society, Distinguished Scholars and Honor Graduates.

Noto said, "These are our best and brightest and have participated in every aspect of student life ...The Class of 2019 has received over \$3.5 million in local and college scholarships. Their



Guest Speaker and retiring Herndon High School teacher Todd Liebenstein, otherwise known as "Coach Liebenstein," tells the Class of 2019 they are the link between the school's past and its future.

talents have enriched our lives and have helped Herndon High School to excel in many areas."

As is customary, the Senior Class presented the school with a class gift. Cristian Lainez said that his fellow classmates faced several hardships and sometimes they just wanted a place to sit down. "That's why this year the Senior Class is presenting new furniture for the soon-to-be-built senior courtyard ... a nice place to eat lunch and relax without the rowdy noise of the cafeteria," he said.

Eleanor "Ellie" Wichman and Joseph Parodi recognized retiring faculty members Abby Maginn, 23 years; Doran Smith, 16 years; Meta Smith, 19 years; Jim Hull, 48 years; Todd Liebenstein, 30 years; and Maria Sneed, 35 years.

Next, Noto awarded the highest honor by the faculty of Herndon High School to a graduating Hornet she described as "a very caring young woman." She said, "It is obvious that people gravitate towards her kindness and seek out her support...She has demonstrated compassion, dedication and commitment to these two clubs (Best Buddies and Interact)." Noto presented the award to Lydia



Dr. Liz Noto, Herndon High School principal, addresses the Class of 2019.

Goff.

Joseph Parodi introduced retiring Herndon High School faculty member and Guest Speaker, Todd Liebenstein, otherwise known as "Coach Liebenstein." In his address to the Class of 2019, Liebenstein noted the special historical position the class held prepared them for the changes and challenges ahead.

LIEBENSTEIN said that when he pondered what "words of wisdom" to share with the graduates, his eyes went to words on his classroom whiteboard. "My mantra," he said taken from Dr. Duck, his Education professor. "It is three simple words: Effort Assures Success," Liebenstein said. He qualified that 'success' depended on its definition. "That if you try your best, that alone, the act of giving your all, should give you a sense of satisfaction, a sense of achievement or in my words, success," Liebenstein said. Nearing the commencement conclusion and the moment all awaited, Krisna Taylor, Director of Student Services addressed the distinguished guests, families and friends. "It is my pleasure to present to you the candidates for diplomas in the Herndon High School Class of 2019." One by one Noto, Taylor and the assistant principals presented the diplomas to the candidates.

VIEWPOINTS

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Herndon High Graduates: What Have We Learned in High School?



Haleigh Bestwick, heading to Virginia Commonwealth University: "High school was fun/boring."



Daniel Saunders, heading to Virginia Commonwealth University: "I would study harder and play more sports. I would keep the same friends."



Johnathan Hernandez, whose goal is college in September: "My mom was the person who inspired me the most throughout high school."



Bernardo Esteban Morales Escobar: "Do anything you think you can do, no matter how hard."



Marlon Rivera Guardado, who will be working this fall: "What challenged me the most was chemistry."



Alex Durham heading to military service with the Army: "What surprised me the most was that we didn't have ceilings due to the construction."



Omari Annan: "Tomorrow I'm going to the MEPS (Military Entrance Processing Stations) to swear in the Army."



Emily Barton of Reston pictured with fellow grads Sellas Habte-Mariam of Herndon, Sophia Bojokles of Herndon, Daisha Stine of Herndon: "Something that made a difference to me was definitely the diversity in the school. That helped me grow as a person and learn about others."

— MERCIA HOBSON

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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Cooking, Counting, Drama

And other fun ways to preserve skills during the summer.

BY MARILYN CAMPBELL
THE CONNECTION

During the summer, Glenda Hernández Baca and her children can be found in the kitchen measuring and mixing, stirring and sautéing. They cook together as a family, but what the children don't realize however, is that their mother is helping them maintain their math and reading skills.

"You can do math no matter what you are doing, and cooking is also a great way to do math," said Hernández Baca, Ph.D. of the School of Education at Montgomery College. "My kids love to cook with me and they help me with the recipes. We engage in reading, organizing and sorting, and discussing and analyzing fractions and conversions. They are doing so much learning but they do not know it."

The key to preventing that reversal, say educators, is finding creative ways to make learning fun while maintaining the light-hearted and carefree nature of vacations, camps and trips to the pool.

"The more students practice their academic skills in the summer, the more prepared they will be for the next school year and the less review and relearning they will need to do," said Hernández Baca.

For students who don't enjoy reading, infuse reading with drama, suggests Ana Lado, Ph.D., Professor of Education at Marymount University in Arlington, Va. "Pick ... books with lots of dialogue and either lots of active verbs or actionable scenes," she said. "You and the child read the parts as dramatically as you can together ... totally exaggerating the spoken parts as well as the actions as much as possible."

"Have them make a video with their favorite scenes in a book," continued Lado. "It forces them to read for scenes that have drama and to reread as they rehearse. It gives them a goal and making a film is a concrete goal. As they read through the book looking for drama and action let them put a sticky note on each good page they find."

In fact, infusing reading with drama can change the mindset of a child who doesn't enjoy reading. "Some students will benefit if they watch a movie version of a classic text like something by Jane Austen, for example, while they are reading it," M.A. Mahoney, Dean of Academics and Faculty at the Madeira School in McLean, Va. "This approach is sometimes the gateway to a lifetime of reading pleasure of an author."

For children who have challenges or difficulties reading, Hernández Baca suggests choosing short passages that allow them to explore a subject that piques their curiosity. "Consider cutting out an article or something shorter about an interest they have such as a band, music [or] sports," she said.

Everyday conversations can lead to math, science and language learning opportunities. "Often, children will make comments about something they are curious about such as how something grows or why the sky is changing colors, Hernández Baca said. "Maximize that opportunity and tell them what great questions they have and look up information. You could even make it a library trip to learn together. This is a wonderful way to show and model that we as parents, are always learning, too."



PHOTO COURTESY OF MADEIRA SCHOOL

M.A. Mahoney of Madeira School believes that during the summer, students can develop a lifetime of reading pleasure.

Even a short car ride or setting money goals can help support math skills, says Hernández Baca. "Talk about how much money a certain toy costs and how much they would need to purchase it. Have them come up with different equations that would help them reach that goal and talk about it. ...

"You can do math no matter what you are doing," she continued. "For example, in the car you can count how many trucks you see or how many blue cars."

Another way to practice math is to engage children in predictions and estimates, says Hernández Baca. "Asking 'How long do you think it will take us to get there?' or 'How many steps does it take to walk to the car or to the house?' You can then break it down and ask questions such as, 'Why do you think mommy had to take fewer steps?' or 'How many miles an hour would we have to go if we needed to reduce the trip time to get here?'"

A family vacation can provide an opportunity to practice language and writing. "Keep a vacation journal by printing out your child's favorite photos and have them write about them," said Carly Flanigan, Lower School Learning Specialist at St. Stephen's and St. Agnes School in Alexandria, Va.

When parents model a positive attitude toward reading, a child might find it more pleasurable "Have a family book club [and] meet once a month at everyone's favorite restaurant," said Flanigan "Make connections about books you and your child read or listen to. Ask questions about characters, setting and action in the plot ... Have your child read one of your favorite books that you love."

"Read aloud no matter the age of the child," said Elizabeth McConnel, Lower School Learning Specialist, also at St. Stephen's and St. Agnes School. "Make this a fun family event. Utilize different genres of text including magazines for your child's reading. Use audio books, Audible, or podcasts."

Current events can provide fodder for mental stimulation. "I always encourage students and families to read an editorial daily from a news source, and then to discuss it at a family meal," said Mahoney. "This builds reading comprehension skills, civil discourse skills, and increases familiarity with essay construction, not to mention making meal time more lively."

No matter the method, parents should be intentional about prioritizing and setting summer learning goals for their children, advises Hernández Baca. "Your kids do not need to know your structure or plan, but it will help you stay consistent with activities that specifically target learning in reading, writing, math, science or anything else."

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6/12/19.....Father's Day Dining & Gifts
6/12/19.....HomeLifeStyle
6/19/19.....A+ Graduations & Summer Education
6/26/19.....Senior Living:
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7/3/19.....Wellbeing
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OPINION

New Majority on Board of Supervisors

Eight things to study, get up to speed.

One thing we know for sure, Fairfax County is about to lose a lot of institutional knowledge on the Board of Supervisors. Here are a few suggestions for areas where those who might find themselves on a fully re-constituted Board of Supervisors should bone up.

❖ **Affordable Housing:** The market is not going to produce the affordable housing we need on its own. Mixed income apartments and condos that serve workforce housing all the way down through vouchers and supported housing managed local by nonprofits, all in the same building, must be leveraged by subsidizing infrastructure, providing partnerships, land and bonus densities. Move outside the box. Let large employers build housing, next to, on top of, in the parking areas, of their buildings. Let churches make room for housing. Put mixed income housing on top of every government building including libraries, community centers, government centers. Make room for housing in vast county parking lots. Try everything.

❖ **Homelessness:** While in many ways,

Fairfax County has succeeded in reducing homelessness as much as possible, preventing a continuing cycle of homelessness will require more attention. Fairfax County Public Schools counted 2,600 students experiencing homelessness at the end of the school year, most of them Latino. The county's Office to Prevent and End Homelessness counted somewhat fewer, most of them African American. The definition is different, and the differences reveal places for improvement. The board is losing two major advocates for affordable housing and ending homelessness in Chairman Sharon Bulova and Hunter Mill Supervisor Cathy Hudgins.

❖ **Roads:** We are on the cusp of unprecedented innovation in transportation. Overdesigning roads now will continue to divide communities, suburban and urban, in the future even with a decline in vehicles on the road and car ownership. Think ahead. Self-driving cars. Ride sharing. Service for people with disabilities and older residents.

❖ **One Fairfax:** Data and other efforts related to equity and One Fairfax are already revealing expected and unexpected issues.

❖ **Police Reform:** While Fairfax County now has two forms of independent oversight of police, consider that the police have chosen to remain silent on recommendations and reports by both the Independent Police Auditor

and the Civilian Review Panel. Members of the current Board of Supervisors acknowledge that they assumed the Fairfax County Police Department would make a public response to such oversight, but apparently it will need to be an explicit requirement. Transparency remains a concern.

❖ **Criminal Justice Reform:** Don't forget what voters told you on June 11 about the importance of a progressive approach to criminal justice reform. Figure out and heed what leads to racial injustice in the criminal justice system.

❖ **Demographics:** Residents of Fairfax County are getting older. Schools are getting more diverse. Data will offer many clues about what the county will look like in 10 years.

❖ **Change:** We are on the cusp of unprecedented innovation. Don't double down and lock in solutions for yesterday's problems in a way that precludes more elegant technological solutions later.

Transportation is the most obvious of these. But anything that reduces barriers to entry will change the landscape.

Better meetings via camera, including medical appointments, therapy, drug treatment, business meetings. You can be face to face with anyone anywhere. Soon it will be seamless and generally available. There are many other examples.

LETTERS TO THE EDITOR

Save the Park, Improve Education

To the Editor:

We at Save Blake Lane Park in Oakton are aware that there are parents who are concerned about the overcrowding at Mosby Woods.

These parents want to save the park, but they also want a quality education for their children. Luckily, they can have both. Mosby Woods, which will soon be undergoing renovation, is overcrowded because they have more than 230 students coming from four other schools to attend their level IV Advanced Academic Program. If these four other schools were to create their own level IV pro-

grams, the overcrowding issue would be resolved. Two of these schools, Providence and Daniels Run have already started their own Level IV programs this year, meaning in a few years they will not be sending students to Mosby Woods. Furthermore, by the county's calculations, enrollment in Mosby Woods will be decreasing over the next five years. Green space and parks are too valuable to lose because the county officials find it easier to build a new school then search for alternatives.

Sarah Turner
Oakton

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com



PHOTO CONTRIBUTED

Rachel and Liam Bloom, 2019 graduate candidates and members of the Oakton High School Singers perform solos during the Senior Tribute under the direction of Tiffany Powell at the school's Fifty-first Commencement Exercises on June 6. Liam Bloom drummed the Cajun during the performance. Graduate candidate Julia Ferri also performed a solo during the tribute.

Correction

In the last week's report on Oakton High School graduation Connection made an error in listing the Oakton High School Singers who presented the Senior Tribute. That sentence should read: "Tiffany Powell directed the singers with solos by Julia Ferri, Rachel Bloom and Liam Bloom who also drummed the Cajun."

Oak Hill & Herndon
CONNECTION

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News



PHOTO BY JOHN LOVANS

Hunter Mill Democrats Hold 'Unity Party'

Headliners at Hunter Mill District Democratic "Unity Party" — from left: Del. Mark Keam (D-35), State Sen. Janet Howell (D-32), Supervisor Jeff McKay (winner of primary for Fairfax Board of Supervisors Chairman), Fairfax School Board candidate Melanie Meren, Hunter Mill District Democrats' Co-Chair Denver Supinger, presumptive HM District Supervisor Walter Alcorn, runner-up in Supervisor Primary Laurie Dodd, third place Shyamali Hauth, and fifth place finisher Parker Messick.



PHOTO BY JULIA ZHOU/THE CONNECTION
Karim Maggio performs on cello.



PHOTO COURTESY OF JULIA ZHOU/THE CONNECTION
Joanna Ormesher, CEO and President of ArtSpace Herndon, introduces the event's emcee Mike Maggio.

Open Mic with Karim Maggio

ArtSpace Herndon hosts fundraiser for aspiring musician.

BY JULIA ZHOU
THE CONNECTION

On Saturday, June 15, ArtSpace Herndon collaborated with Karim Maggio to fundraise for his summer at Tanglewood. Maggio began his music studies at age five with piano, then began cello in fifth grade. He plans to study music after high school.

The first hour featured performances from scheduled artists, while the second hour opened the microphone to audience members, who shared poetry and music.

Maggio described the venue as "a very relaxing space and a place where you can show off you

craft without being too nervous." The night began with music. Rick Landers, a singer-songwriter on guitar, performed original compositions. Next, Karim Maggio performed "Romanze in F Major," by Richard Strauss and Dvorak's "Cello Concerto in B Minor" accompanied by pianist Suzanna Kolker.

An intermission after the featured performers offered refreshments and snacks to patrons. In all, sixteen people showed up in support of Maggio. Many offered donations to help fund his summer experience at Tanglewood, a prestigious orchestra program affiliated with the Boston Symphony Orchestra.

Mike Maggio, Karim's father and the Northern Regional Vice President for the Poetry Society for Virginia, introduced the open mic session. "An open mic is an opportunity for anyone in the community to present poetry, singing, anything," Karim explained. Participants shared their talents and passions with each other. There were poetry recitations, along with a charming ukulele performance of muppet songs and Pixar's "Lava."

BULLETIN

FROM PAGE 2

MONDAY/JULY 1

Application Deadline. Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle and high schools located in Northern Virginia are all eligible to apply. Visit www.cfnova.org/for-grant-seekers/healthy-kids-grants for more.

TUESDAY/JULY 9

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is After Hospitalization: What's Next? Call 703-324-5484, TTY 711 to register.

WEDNESDAY/JULY 17

Fairfax Commission on Aging Meets. 1-3 p.m. at Mclean Governmental Center, Rooms A & B, 1437 Balls Hill Road, Mclean. The public is welcome to attend and join in the comment period that begins each session. Visit www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging. Call 703-324-5403, TTY 711 for meeting access needs.

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 or www.nami-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 or Program Coordinator Lynn Barron at 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, 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.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Herndon High School Library needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

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A Few Weeks Off, Finally



By KENNETH B. LOURIE

After a second successful week of navigating government and private sector websites, I have reached the promised, albeit familiar land: only worrying about the fact that I have non-small cell lung cancer, stage IV. Oh well. What else is new?

Nothing much thankfully so I can continue to try and live the Vulcan philosophy: "Live long and prosper." (Although, I could never manipulate my fingers to support the greeting. My wife, Dina, can however, with ease but she's not a logical person.)

I have to be a logical person.

If I am to endure the ups and downs and all-around of a "terminal" cancer diagnosis, I have to think as unemotionally as possible about any news or assessments I may receive.

Cancer is too insidious to give it any help from the "diagnossee." Moreover, from what anecdotal evidence exists, providing cancer as inhospitable an environment as possible is said to help.

And aside from maintaining a positive attitude and a good sense of humor, keeping cancer things – good or bad, in some kind of perspective/context, is a trek worth taking. One should be reminded of the never-say-die mantra of the 1978 NBA World Champion Washington Bullets: "It ain't over 'til the fat lady sings."

In addition, all us cancer survivors should remember the famous words of Bluto (John Belushi) from 1980's "Animal House" when he implored his fellow Delta Fraternity brothers: "What? Over? Did you say over? Nothing is over until we decide it is. Was it over when the Germans bombed Pearl Harbor? Hell no! ..."

And not that cancer survivors can control our disease any more than the Germans can control this mistaken narrative, funny and famous though it is, but we have to try and laugh – and joke, because it sure beats the alternative. Control? 'Hell no!'

And now that I've completed the arduous and tedious – for me – tasks of the last two weeks, I feel as if I've taken back some control.

Cancer, schmancer.

I've survived the multi-step process required of the Virginia Employment Commission, the Maryland Health Connection, Social Security/Medicare, and the future provider of my Supplemental Medical insurance all within two weeks. Besides me, and anybody who knows me: Who says I can't step my way through this morass of websites, user names, passwords, mouse clicks and keystrokes? But I did. Somehow. An amazing miracle if there ever was one.

Now life can return to abnormal. But it's an 'abnormal' with which I'm totally familiar.

After 10-plus years of it, as Col. Sherman Potter of M*A*S*H said to Major Margaret Houlihan upon her early return to the 4077th from her honeymoon hearing her awkwardly describe a mishap in the shower: "There's nothing new under the sun, Major."

For a long-time cancer survivor, there's nothing new, really. One's life is likely to be more of the same, only different. And I can live with same – or the different – because after a decade, I've been there and pretty much done that.

Now I can add: succeeded in navigating websites "heretofore" (quoting Ben Affleck from 1997's "Good Will Hunting") thought impossible to do. No more do I have to worry about what I need to do, but rather I can bask in the glow of what I've done.

As I finish this column, I realize this is what us cancer patients need to do: reinforce our positives (successes) and minimize our negatives (failures). As many of us attempt to take all this cancer stuff in stride, the truth of it is we're often teetering and tottering on a very fine line. A 'line' to quote the late Ken Beatrice, on which "you wouldn't want to live."

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

ENTERTAINMENT

Submit entertainment announcements at 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 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. 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.

Art Exhibit: Beaches, Canyons, Caves and Cows.

Through June 30, gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Mother and daughter artists, Ann Millard and Elena Botts, will display their individual artistic endeavors as they exhibit together for the first time. Millard's acrylic mixed media work is colorful and abstract; Botts's portraiture is surrealistic and organic. Visit www.restoncommunitycenter.com for more.

Art Exhibit: Rough around the Edges.

Through July 6, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. Works in Paper by Ronni Jolles. Jolles's work has a three dimensional quality to it, due to the textures of the papers, gathered from around the world, and the way in which the paper is manipulated as it is glued to the canvas. Acrylic paints and sealants are then used on top of each layer of paper to add more variation in color, to bring out textures, and to protect the paper. Call 703-956-6590 or visit www.artspaceherndon.org.

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

THURSDAY/JUNE 20

Girl Power! Book Club. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Girl Power! Book Club will discuss the novel Lemons by Melissa Savage. Readers of all ages are welcome to join us at this meeting to hear sisters Ceci and Lucy Sturman present and discuss their novel, Enabled, a 19-year story of inseparable sisterhood. A vulnerable exposition of the sisters' lives illustrates how Lucy, radiant, theatrical and diagnosed with Down Syndrome, has been able to reclaim her ability with the help of her older sister, Ceci, who finds her own gifts illuminated through their relationship. Visit www.scrrawlbooks.com or call 703-966-2111.

FRIDAY/JUNE 21

RCC Fun Around Town: Free Play. 6-8 p.m. at Cedar Ridge Community Center, 1601 Becontree Lane #1C. Come out to Reston Community Center's Free Play event with inflatables, recreation equipment and kid-friendly activities. Free, drop-in. Visit www.restoncommunitycenter.net/attend-shows-events-exhibits/event-detail/2019/06/21/default-calendar/rcc-fun-around-town-FreePlay or call 703-390-6158.

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.

Art Exhibit: Beaches, Canyons, Caves and Cows

Mother and daughter artists, Ann Millard and Elena Botts, will display their individual artistic endeavors as they exhibit together for the first time. Millard's acrylic mixed media work is colorful and abstract; Botts's portraiture is surrealistic and organic. Through June 30, gallery hours at RCC Hunters Woods, 2310 Colts

Elena Botts, Untitled 2, oil



Sunrise to Host 'Creative Conversations'

On Tuesday evening, June 25, USA Today editorial page editor Bill Sternberg will visit Sunrise Senior Living in Reston to help launch an evening speaker's series program that will be open to the public.

The program, called "Creative Conversations," will be the first of many such evening events that bring together noted journalists, authors and "literary luminaries" to Sunrise Senior Living for conversation and sharing of ideas.

Nate Salisbury, Executive Director of Sunrise Senior Living in Reston, says the new program is designed "to place our seniors in the center of creative, intellectual conversations, and to encourage positive dialogue within and throughout the community."

Part of a new series that Sunrise has recently launched, the program also offers weekly writing classes and a lively list of speakers.

Stuff the Bus. 9:30 a.m.-3:30 p.m. at Elden Street Safeway, 413 Elden St., Herndon. Benefitting LINK. Many individuals and families continue to go hungry and the demand becomes more acute in the summer when children no longer get school meals. Area food pantries work tirelessly, but they need help to restock when their shelves run low. Visit www.fairfaxcounty.gov/neighborhood-community-services/stuff-the-bus for more.

Author Event: Terry Catusus Jennings. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Award-winning author of children's non-fiction and fact-based fiction, Terry Catusus Jennings will read to the Bookworms Club at the Reston Regional Library and help us with a science-based activity.

Meet the Artist: Ronni Jolles. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. On display through July 6, Rough around the Edges - Works in Paper by Ronni Jolles. Jolles's work has a three dimensional quality to it, due to the textures of the papers, gathered from around the world, and the way in which the paper is manipulated as it is glued to the canvas. Acrylic paints and sealants are then used on top of each layer of paper to add more variation in color, to bring out textures, and to protect the paper. Each piece is one-of-a-kind. Call 703-956-6590 or visit www.artspaceherndon.org.

SUNDAY/JUNE 23

Author Event: Julie Langsdorf and Angie Kim.

2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Authors Julie Langsdorf (The White Elephant) and Angie Kim (Miracle Creek) had to reschedule their May appearance. Meet them and hear them discuss their debut novels. Register through Eventbrite.

What: Sunrise Senior Living Launches "Creative Conversations" with Community

When: Tuesday, June 25, 6:30 p.m.

Who: USA Today Executive Bill Sternberg to appear as the first Evening Guest

Where: Sunrise Senior Living: 1778 Fountain Drive, Reston

No reserved seating, so early arrival (6-6:15 p.m.) is recommended. The event is free and open to the public.

Kristin Clark Taylor, a prize-winning author, journalist and former White House communications strategist under President George H.W. Bush, designed the program and teaches the weekly workshops.

"In bringing this program to Sunrise," Taylor says, "We wanted to give seniors the opportunity to explore their untapped creative potential but to also actively invite the community to participate in this multi-generational dialogue."

Visit www.scrrawlbooks.com or call 703-966-2111.

WEDNESDAY/JUNE 26

Music in the Parks - "Feast for Young Ears."

10 a.m. at Frying Pan Park, 2739 West Ox Road, Herndon. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music. Visit www.fairfaxsymphony.org/concerts-in-the-parks.

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.

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/June30. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Music in the Parks - "Feast for Young Ears."

10 a.m. at E.C. Lawrence Park Amphitheater, 5040 Walney Road, Chantilly. The Fairfax Symphony Orchestra is partnering with Fairfax County Parks to provide free Music in the Parks children's concerts. The performances are engaging and interactive experiences; perfect for young, first-time concert-goers. Each concert offers an introduction to the musicians, their instruments, their roles in creating the music, and features a wide variety of musical selections from classical music to the familiar music of today. Visit www.fairfaxsymphony.org/concerts-in-the-parks.

MONDAY/JULY 1

Registration Deadline. Lake Anne Cardboard Boat Regatta. Over 50 participating teams of all ages will construct and decorate their own life-size cardboard boats and then race them on Lake Anne. Register at www.restonmuseum.org/cardboard.

THURSDAY/JULY 4

Firecracker 5K for the Troops. 8 a.m. at Reston Town Center. Join in an Independence Day 5K celebration and show support for the stars and stripes. Runners and walkers of all paces can register for this patriotic family-friendly event, presented by Leidos and Potomac River Running. Call 703-689-0999 or visit praces.com/firecracker/.

July 4 Celebration. Noon-4 p.m. at Lake Newport Recreation Area, 11601 Lake Newport Road, Reston. Come to the pool and for the festivities before heading off to enjoy fireworks. Enjoy a DJ, contests and prizes. Pizza, popcorn and cotton candy will be available for purchase. This program is cancelled in the event of rain. Registration is not required. Contact Ashleigh@reston.org or 703-435-6577

Herndon's 4th Of July Celebration. 6:30 p.m. at Bready Park softball field, 814 Ferndale Ave., Herndon. Join the Town of Herndon for a family-fun event featuring patriotic arts & craft activities, live music, family games, bingo, food vendors selling dinner and dessert items, and more. Bring a blanket or lawn chair. All coolers and bags may be searched. No alcohol, glass containers or personal fireworks allowed. Free admission. Visit www.herndon-va.gov/recreation/special-events/4th-of-july or call 703-787-7300.

FRIDAY/JULY 5

One World Symphonic Festival. 7:30 p.m. at the Pavilion at Reston Town Center. Free orchestra performance of "Music Under the Stars" Visit oneworldsymphonicfestival.com.

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.

SATURDAY/JULY 6

Family Fun: Rocknoceros. 10-10:45 a.m. at Reston Town Square Park. Band for children of all ages - Coach Cotton, Williebob and Boogie Woogie Bernie write songs that teach even the youngest music fans. Free. Call 703-476-4500. restoncommunitycenter.com

Reston Concerts on the Town: Chuck Redd & Friends. 7:30-10 p.m. at the Pavilion at Reston Town Center. The weekly summer concert series presents jazz all-stars Chuck Redd & Friends featuring trumpeter/vocalist Byron Stripling and bassist/vocalist Nicki Parrott. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Visit restontowncenter.com/concerts.

SUNDAY/JULY 7

Opening Reception: Lasting Impressions. 2-4 p.m. at RCC Lake Anne - Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Lasting Impressions is about those images that evoke personal memories. www.restoncommunitycenter.com.

Opening Reception: For the Love of Art. 2-4 p.m. at RCC Hunters Woods, 2310 Colts Neck Rd, Reston. Angie Magruder, a long-time Reston resident, at Reston Community Center Hunters Woods. www.restoncommunitycenter.com

Sundays in the Park with Shenandoah Conservatory: Luis Hernandez and Friends. 7-8 p.m. at Reston Town Square Park. Grammy-award winning Luis Hernandez and his band present an evening of traditional jazz standards. Free. Call 703-476-4500 or visit restoncommunitycenter.com.