

# Oak Hill Herndon CONNECTION

## WELLBEING

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Town of Herndon resident Barbara A. Glakas shows the mayors' wall in the Hoover Conference Room adjacent to Town Chambers. Glakas is seeking help locating photos of seven mayors.



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# Preserving Decent and Affordable Housing in Herndon

Corporate funds sought to support program needs.

BY MERCIA HOBSON  
THE CONNECTION

**T**he Town of Herndon is taking a step to preserve its affordable and workforce housing alternatives by participating in the Neighborhood Improvement Program meant to help owners maintain their homes' structure, appearance and value. However, while Cory Laws holds the two-year position as the Town's Housing and Neighborhood Improvement Coordinator, he is concerned. The Neighborhood Improvement Program funded his salary, but as Laws said, "There is no funding for anything else."

**A HOME OF THEIR OWN  
PART I**

Laws' purpose now is to seek corporate funding to pay costs associated with repairs. The position Laws holds remained vacant the last three years pending Fairfax County grant funding support. In response to explain the job's funding sources, an official town spokesperson provided the statement: "Fairfax County provides up to \$90,000, but only certain activities are covered, so the Town incurs some cost. The Fairfax portion is covered by Community Development



**Cory Laws, Housing and Neighborhood Improvement Coordinator for the Town of Herndon stands where a large tree crashed through a homeowner's fence. He used resources established through his position to take care of the tree, fence and hopefully begin other repairs needed for the home. "The big problem is resources, and I don't have any," said Laws.**

## How Can We Help You?

The Town of Herndon issued a flyer in both English and Spanish, How Can We Help You?

"The Town of Herndon's Neighborhood Improvement Program is designed to assist homeowners in maintaining their homes' structure, appearance and value:

- Wood rot repairs
- Window and door caulking
- Downspout extensions
- Wall and ceiling repairs
- Painting
- Water heater inspection and replacement
- Air filter replacement...and more.

We can also help negotiate with contractors, research available grants, and help secure low-cost financing."

works independently toward neighborhood stabilization and preservation of affordable and workforce housing alternatives. The position is responsible for outreach to property owners, community associations, lending institutions, construction contractors and other entities. The purpose of the outreach is to facilitate renovation and reinvestment to maintain affordable and accessible housing opportunities."

David Stromberg, the Town's zoning administrator, oversees Laws' position. Laws represents a "proactive force" for town homeowners, "helping them avoid town code violations before they happen through focus on property maintenance and upkeep," said Stromberg.

Laws said he experienced three main challenges as he worked to fulfill the responsibilities listed in the Job Description. The first two challenges he identified, "awareness and trust."

Laws said he understood if no one knew he was here and what he was doing, nothing would have happened. Laws' his outreach efforts led to the creation of "a viable program." Working with other support organizations, "specifically, nonprofits, such as Cornerstones, Rebuilding Together, Team Rubicon and such," Laws said facilitated trust.

"The big problem is resources, and I don't have any," said Laws. "People say to me, 'You are out here by yourself?' And the answer is, pretty much by myself," he said. "I am akin to an orchestra conductor who has to find individual musicians, invents the play, possibly writes the music and get other people to give me a venue to perform."

"Funding is now needed to pay for skilled individuals and tradespeople to make repairs. I am seeking corporate funding to pay costs associated with the repairs," said Laws.

"I need to provide services, either free or paid. Free services are not typically on demand. I need one to three team members to do specific tasks, sometimes on an emergency basis," he said.

**FOR MORE INFORMATION** on the Neighborhood Resource Program, as a funding sponsor, support organization or skilled tradesman and about the program itself, contact neighborhoods@herndon-va.gov or 703-787-7380.

Block Grant (CDBG) funds from the Federal Government."

According to HUD, CDBG is a flexible program that provides local jurisdictions power to distribute federal funds directly to non-profit and public agencies that support housing and public service programs. The program works to "ensure decent affordable housing" and is "an important tool for helping local governments tackle serious challenges facing their communities," stated the HUD website.

**NONE OF THIS** may have mattered though to a senior citizen in the Town of Herndon when a tree recently crashed into her fence, and its roots cracked the floor of her home's foundation. What did matter was that someone was there to help. That person was Cory Laws in his new town position.

Working with others, Laws said that he had that tree and another removed, fixed the fence and is planning additional home repairs.

While the homeowner did not respond to a request for comment, Laws said she expressed her thanks to him and quoted her as saying, "At last I have hope."

The Neighborhood Improvement Program is based on the income level of a family. According to Laws, there is a primary metric called AMI or Area Median Income. "For any family, up to 80 percent of that number, their home automatically qualifies. Currently, the program is for owner-occupied housing only. Not apartments, but condos and townhouses are included," Laws said.

The Town has released the Job Description for Laws' position. "The incumbent

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

**Glakas created a framed list naming the seven mayors whose images she cannot locate. Does anyone have photos of these men?**

# Seven Good Men Go Missing

**Wanted: Lost mayors of Herndon.**

BY MERCIA HOBSON  
THE CONNECTION

For Barbara A. Glakas, a retired teacher and member of the nonprofit organization Herndon Historical Society, the history of the Town of Herndon and its documentation is a passion. An avid historian and recently published author of the book, "Hidden History of Herndon," Glakas has spent many years researching, writing stories and making videos about the history of the little town.

But now she's stumped.

About five years ago Glakas took on a request to create a wall display of all mayors of the Town of Herndon, going back to the town's incorporation in 1879 to today. She performed the task as a volunteer service. Glakas said that during her research she verified, as best she could, the names and terms of all mayors who served the Town of Herndon. Glakas recalled she delved deep into archived town council meeting minutes; however, it appeared to her some meeting minutes were missing. Glakas said she turned to other reliable sources of local history to continue her research, such as census documents, cemetery registers, old newspapers and such. In the process, she verified a total of 34 mayors, most of their term lengths, and located images for 27 of her documented mayors.

Glakas matted and framed the photographs she found of the men and women who held the top post in the town's 140-year history and installed them in the Hoover Conference Room adjacent to the Herndon Town Chambers. Currently, pictures of seven mayors remain missing. "It would be nice to finish it out," Glakas said.

According to Glakas, The Seven Missing Mayors of Herndon are:

- William Urich: July 1883-June 1886
- A. G. Hutchison: July 1900- unknown
- Tom Walker: January 1904- unknown
- William M. Ayre: September 1915- June 1918
- M. A. Kenfield: May 1921- September 1925
- Russell A. Lynn: January 1937- September 1945



**Town of Herndon resident Barbara A. Glakas shows the mayors' wall in the Hoover Conference Room adjacent to Town Chambers. Glakas is seeking help locating photos of seven mayors.**

Calvin A. Kidwell: (Two terms) September 1947-September 1947 and September 1953- March 1954

Glakas said she is turning to the public for help as she hopes someone may have a lead for her or a photo of one of these men, perhaps in an old family or organization album or maybe in a group portrait. "If anybody has any leads or knows where photos might be found, please contact me, Barbara Glakas at herndonhistoricalsociety@gmail.com," she said.

Although the mayors' wall project was not affiliated with the Herndon Historical Society, the Society's President, Nancy Saunders knows Glakas well, as Glakas serves as the Society's historian. Upon learning of the renewed hunt for the seven missing mayors, Saunders said, "The Herndon Historical Society welcomes Barbara Glakas' efforts to complete the Mayors' Wall in the Hoover Conference Room."

Related to Glakas' research of the Town of Herndon and its history, Jo Ormesher, CEO and President of Arts Herndon said, "As part of Arts Herndon's Third Thursday series, on July 18, at 7:00 p.m., Glakas presents a book talk, sale and signing for her new book, "Hidden History of Herndon" at ArtSpace Herndon, 750 Center Street. While the event is free and open to the public, if anyone wants to purchase a book, there is a cost for it. For more information, visit [www.artsherndon.org](http://www.artsherndon.org).



PHOTO BY SEAN VELASCO DODGE/COURTESY OF SAM HAMASHIMA

**"American Spies and Other Homegrown Fables" playwright Sam Hamashima whose family was confined in horse stalls at Santa Anita Race Track during WWII.**

# 'American Spies' at NextStop Theatre

**Hub Theatre producing world premiere of 'American Spies and Other Homegrown Fables.'**

BY DAVID SIEGEL  
THE CONNECTION

## Where and When

Fairfax's Hub Theatre is introducing a new playwright to area audience, Sam Hamashima who wrote "American Spies and Other Homegrown Fables."

Hub's Artistic Director Matt Bassett described "American Spies and Other Homegrown Fables" as about the Ishii family, a Japanese-American family. "The piece follows them, and their centuries-old guardians as they learn of the bombing of Pearl Harbor. With that they have to choose between family traditions and survival. "This play uses surrealism to explore deeply personal themes of family, tradition, individual identity all grounded in an important topic of immigration and its role in the American identity," added Bassett.

"Some of the situations I put my characters through in 'American Spies' were challenging to write. These characters are special to me, they represent some of my family members and some of my own ideals and feelings," said playwright Hamashima. His own family had been confined in horse stalls at Santa Anita Race Track during the early days of WWII. "I hope that my show encourages discussion around Japanese American Imprisonment to raise awareness."

For director Kathryn Chase Byer the play is "so timely ... at its heart, this is a play about the love and timelessness of the family bond."

Dylan Arredondo portrays Tamihei the patriarch of the

Hub Theatre presents "American Spies and Other Homegrown Fables" at NextStop Theatre, 269 Sunset Park Drive, Herndon. Performances July 12 to Aug. 4, 2019. Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m. and Sunday at 2 p.m. Tickets at the door on the day of the performance and online at [www.thehubtheatre](http://www.thehubtheatre)

Ishii family and a leader in the local Japanese farming community. "He's a father first; his primary goal is protecting his family, but sometimes at a steep cost; assimilation could mean safety. Surprisingly, he may be the force onstage that is most actively ensuring cultural erasure." Arredibdo noted that "my great-grandparents and their children were Japanese-American farmers sent to U.S. internment camps during World War II."

Toni Rae Salmi portrays Natsuko, a first generation immigrant. "Natsuko has one foot in American culture and one foot in Japanese culture. After making a great effort to fit in as an American, Natsuko is faced with the horrible situation of having to give up what represents family to her; not because of anything that she's done but because of who she looks like."

Character Paper Crane, the Spirit of Wisdom, is portrayed by Rae Venna. "Her role is to protect the family and keep traditions going," said Venna. Inviting audiences to the production, Venna added that "American Spies' is relevant to events happening in our world today...I believe that audiences of all ages will gain something from this story."

# OPINION

## George Mason's Role in Founding our Nation

Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

BY JOHN C. COOK  
BRADDOCK DISTRICT SUPERVISOR



The fireworks and burgers we all look forward to on Independence Day can make us forget the incredible history behind the celebration. As a public servant, I cannot help but reflect on the remarkable political events and the figures who took

### COMMENTARY

incredible risks to shape the government of our young country. The work of one local man in particular inspired the Declaration of Independence and the Bill of Rights. His name was George Mason.

Mason resided in Gunston Hall and actively involved himself in the Fairfax County community. He was elected into the Virginia House of Burgesses in 1758 alongside George Washington and Patrick Henry. He left his office a short time later due to illness and a reluctance towards politics. However, he was one of the greatest and most respected political thinkers of his time. A follower of the political philosopher John Locke, Mason firmly believed in the rights of individuals and was an early adopter of the Revolutionary cause. When the British began imposing taxes on the colonies, Washington asked Mason to draft official responses

in protest. This resulted in the Fairfax Resolves, a countywide document that opposed the increasingly harsh British policies and called for an American "general congress, for the preservation of our Lives Liberties and Fortunes." While many counties wrote their own resolves, Mason's was considered the most forceful and influential.

After the House of Burgesses was dissolved by the British governor in 1774, Virginians formed their own legislative body in protest called the Virginia Convention, which created a new government structure in Virginia. As a member of the convention, George Mason drafted the groundbreaking Virginia Declaration of Rights and the 1776 Constitution, which laid the "basis and foundation" for a government in Virginia. It called for a government based on individual liberty that only received its power from the people it served. The document opened with the bold statement "That all men are by nature equally free and independent, and have certain inherent rights..." Thomas Jefferson adopted similar language for our national Declaration of Independence. These radical thoughts, so deliberately laid out, sent a shockwave through the colonies and history changed forever.

When the fighting finally ceased years later

it was time to build a stable government for the expansive territory the Americans had secured. Mason was once again invited to share his wisdom in building a government as a Virginia representative in the Constitutional Convention. Mason had a clear vision of what he would like to see in the Constitution. He strongly advocated for individual rights, popular elections, and a three-part executive branch. He was especially wary that the new government would too closely resemble England's. As the convention went on Mason's concerns grew. He opposed the slave trade and wanted to see it eradicated in the new government. When he proposed a bill of rights to be included in the body of the constitution, his motion was rejected by a majority of the convention. These two key issues led Mason to vote against the Constitution. His was one of only three dissenting votes. Many elements of Mason's philosophy, however, made their way into the subsequent Constitution and Bill of Rights. Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

I hope you and your family have a safe and happy Fourth of July. I also hope you take some time to remember the history and people behind the holiday. Without the courage and conviction of people like George Mason, our country would not be the beacon of liberty it is today.

## Threats to Our Government as We Know It

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

The threats to our democratic-republican form of government are more numerous than weeks of this column could enumerate. While I will not mention the more obvious ones brought on by the current administration in Washington, I do want to focus on two that have come about in the recent past—one just last week. They impact all levels

### COMMENTARY

of government and come about not from the executive branch of government or the dysfunctional Congress but rather from the judicial branch and its highest level, the Supreme Court! While I have always viewed the Supreme Court as a safety backstop that would save our republic from harm by the Congress or the president, in recent years it is the Court that has become one of the real threats to democratic governance.

One of the biggest inhibitors of advancement on progressive issues in Virginia has been the un-

restrained ability of the members of the party in power at the time of the decennial census to choose the voters they want to represent for the next decade by gerrymandering district boundaries. For some of us there has been a struggle to put in place a non-partisan method of drawing district lines. With the great organization OneVirginia2021's efforts there has been real progress towards meeting that goal. A Constitutional amendment passed the last session of the General Assembly that would establish what is described as a non-partisan and transparent process for redistricting. It must pass the 2020 session without change in order to be sent to the voters in a referendum before becoming part of the state constitution.

In the meantime lawsuits were successful in federal courts to have the Virginia Congressional and House of Delegates districts redrawn to eliminate discrimination based on race. The Supreme Court



refused to review the new House of Delegates districts drawn by a lower federal court on a technicality that the current members bringing the suit did not have standing.

Of great concern, however, is the Supreme Court decision last week saying in effect that federal courts do not have the power to redraw politically gerrymandered district lines. The outcome could be more devastating to a republican form of government as the dominant party would be left free to establish itself in power without a way to challenge it.

The Supreme Court has historically sidestepped cases in the past that would have brought them into resolving partisan redistricting. I am fearful that the Court's decision will result in rampant gerrymandering of legislative districts creating unparalleled control of legislatures. This unfortunate decision by the Supreme Court may have been exceeded in its partisan implications only by Citizens United that many people feel may have been the Court's greatest mistake by bringing uncontrolled corporate influence into elections.

As usual the checks, although extremely limited to these kinds of bad decisions, continue to be voting the very best people into elective office.

### Write

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

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By email: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)  
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## WELLBEING

# Burnout at Work

## Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL  
THE CONNECTION

**M**aria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Gulyn, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

**Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.**

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.

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**NEWS**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The sign at Hutchison Elementary School in Herndon announces hours for its Summer BBQ which operates Monday – Friday while school is not in session.

**Free Food and BBQ Lunches**  
Programs provide consistent access to adequate food.

BY MERCIA HOBSON  
THE CONNECTION

For some households in the community, summer vacation can mean food insecurity, as consistent access to adequate food is limited by a lack of money and other resources. Nutritious meals are available at no cost for children and teens at given locations in Herndon and Reston while school is out of session for the summer, and adult lunches at BBQ sites are available for a low-cost purchase. South Lakes Pyramid students and their families can shop once a week during the summer for no-cost fresh fruits, vegetables, boxed and canned foods and more at the South Lakes High School Parent Teacher Student Association (SLHS PTSA) Food Pantry located inside the school.

According to Fairfax County Public Schools, children 18 years of age and under can receive no-cost lunches at designated BBQ sites during summer vacation, two at local elementary schools, Dogwood at 12300 Glade Drive in Reston and Hutchison at 13209 Pacher Avenue in Herndon. Both schools are part of the 2019 FEEDS (Food for Every Child to Eat During Summer) program that provides free meals meeting federal nutrition guidelines. The BBQ Lunch program runs through Aug. 23, Monday through Friday, 11:30 a.m.-1 p.m., except for no service July 4-5. Everyone is welcome, and there is no registration. Low-cost adult lunches are available for purchase at the BBQ sites as well.

The United States Department of Agriculture Food and Nutrition Service reported its Summer Food Service Program (SFSP), “also known as the Summer Meals Program, provides children and teens in low-income areas free meals when school is out.” The federally funded, state-administered program reimburses providers who serve free, healthy meals to children and teens during the summer months when school is not in session.

Under this program, Fairfax County Schools as well as the local nonprofit organization Cornerstones offers meals for children and teens to 18 at given locations. Visit [www.fairfaxcounty.gov/neighborhood-community-services/summer-meals](http://www.fairfaxcounty.gov/neighborhood-community-services/summer-meals) for more information about their Super Snack Breakfast and Super Snack Lunch.

Child Care Resources Inc. is the reported sponsoring organization with Cornerstones for meals at its, following Herndon/Reston sites:

- ❖ Herndon Neighborhood Resource Center, 1086 Elden Street Herndon; Date Opened 6/24/2019-Date Closed 8/8/2019; Days of Operation M, T, W, TH;



**A child receives a meal at the Summer BBQ held at Hutchison Elementary School in Herndon, part of the 2019 FEEDS (Food for Every Child to Eat During Summer), a federally funded, state-administered program through the USDA's Summer Food Service Program.**

Noon - 1:15 p.m.

- ❖ 2110 Westglade Court Reston; Date Open 6/25/2019-Date Closed 8/15/2019; Days of Operation T, TH; Noon- 1 p.m.

- ❖ 2244 Stone Wheel Drive Reston; Date Open 7/23/2019-Date Closed 8/14/2019; Days of Operation T, TH; Noon - 1 p.m.

- ❖ 1578 Cameron Crescent Drive (Apartment #1) Reston; Date Open 6/24/2019- Date Closed 8/14/2019; Days/Time of Operation M, W; Noon - 1 p.m.

- ❖ Cedar Ridge Community Center 1601 Becontree Lane, Apt 1C Reston; Date Open 6/24/2019-Date Closed 8/15/2019; Days of Operation M, T, W, TH; Noon - 1 p.m.

- ❖ The South Lakes High School PTSA Food Pantry is open for shopping to South Lakes Pyramid students and their families from 2:30-5:30 p.m, on Wednesday, July 3, due to the 4th of July holiday, and after that on Thursday, July 11, 18 and 25 and Thursday Aug. 1, 8,15 and 22. SLHS is located at 11400 South Lakes Drive, Reston.

Additional food programs may be available throughout the community beyond those highlighted, especially through faith-based organizations, schools and government programs. Reach out to Cornerstones for help at [www.cornerstonesva.org](http://www.cornerstonesva.org).

# 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.

## 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](http://www.SoberRide.com).

## 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 10

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## THURSDAY/JULY 11

**Car Seat Safety Check.** 5-8 p.m. at the Reston district police station, 1801 Cameron Glen Drive. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-478-0904 to schedule. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

## 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](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

## WEDNESDAY/JULY 24

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## 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.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

## ONGOING

**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](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaldrea@aol.com](mailto:donaldrea@aol.com).

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## Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the website weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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

# 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: Rough around the Edges.

Through July 6, gallery hours 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. Call 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### Readings with the Reston Community

**Orchestra** on July 22, July 29 Aug. 5 and Aug. 12, 7:30-9:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Music and stands provided. \$20 per session, \$75 for all four when registered by July 22. Additional string session Aug. 19 (\$20). Scholarships are available. Contact Linda Ackerman at [rcomanager.la@gmail.com](mailto:rcomanager.la@gmail.com) or 571-271-9189 or visit [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org) to register.

**Herndon Farmers Market.** 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.

## WEDNESDAY/JULY 3

**Hunter Mill Melodies: The Grandsons, Jr. (children's songs).** 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

**Dog Days of Summer.** 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Operated by Healthy Hound Playground and Isy's Ways. Visit [restontowncenter.com](http://restontowncenter.com) for more.

## 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/](http://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](mailto: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

## Herndon's 4th Of July Celebration

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. Thursday, July 4, 6:30 p.m. at Bready Park softball field, 814 Ferndale Ave., Herndon. Free admission. Visit [www.herndon-va.gov/recreation/special-events/4th-of-july](http://www.herndon-va.gov/recreation/special-events/4th-of-july) or call 703-787-7300.

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](http://www.herndon-va.gov/recreation/special-events/4th-of-july) or call 703-787-7300.

**Take a Break Music: Bluegrass Tones.** 7-9 p.m. at Lake Anne Plaza, 1609 Washington Plaza, Reston. Enjoy music under the stars each Thursday through Aug. 29. Dance instruction at several concerts. Visit [www.restoncommunitycenter.com/TAB](http://www.restoncommunitycenter.com/TAB).

## FRIDAY/JULY 5

**Explore Rocky Run on a Wagon Ride.** 7-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring an adventurous spirit – and some shoes that can get wet – and set off on the "Creek Adventure Wagon Ride" to explore Rocky Run. The program is designed for family members age 2-adult. \$7 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).

**Summerbration: Oasis.** 7-9 p.m. on the plaza at Reston East Metro. Free concert series runs Fridays through Aug. 23. Visit [www.restoncommunitycenter.com/summerbration](http://www.restoncommunitycenter.com/summerbration).

**One World Symphonic Festival.** 7:30 p.m. at the Pavilion at Reston Town Center. Free orchestra performance of "Music Under the Stars" presented by professional musicians from around the world. Visit [oneworldsymphonicfestival.com](http://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](http://www.kalypsosportstavern.com).

## SATURDAY/JULY 6

**Get Hooked on Fishing.** 9-9:55 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Lake Fairfax Park is offering the "Fishing Fun" series for children age 7-11 on Saturdays from July 6-27. Improve fishing skills with spinning- and closed-faced reels while teaching safety, catch-and-release fishing and protecting the environment. All equipment is provided. \$66 per child for four sessions, plus a supply fee of \$20 payable at the first class. Call 703-471-5414 or



FILE PHOTO BY MERCIA HOBSON

## Fireworks explode over the Centennial Golf Course in Herndon during the 2018 4th of July celebration

visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax).

**Family Fun: Rocknoceros.** 10-10:45 a.m. at Reston Town Square Park. The Washington, DC area's award-winning band for children of all ages – Coach Cotton, Williebob and Boogie Woogie Bernie write terrific songs. Free. Visit [restoncommunitycenter.com](http://restoncommunitycenter.com) or call 703-476-4500.

**Train Your Brain.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Play chess, Sudoku, puzzles and other games to sharpen your brain. Bring your chess set. Earn a door prize, refreshments provided. All ages. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Fun Brunch: brass quintet.** 11 a.m.-1 p.m. outside the Jahn Building, 1900 Reston Metro Plaza. Free Fun Brunch series continues weekends through Aug. 25. Visit [www.restoncommunitycenter.com/funbrunch](http://www.restoncommunitycenter.com/funbrunch).

**Millennials Book Club.** 1:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is We Were Liars by E. Lockhart, for adults from early 20s to late 30s. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**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. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Visit [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## SUNDAY/JULY 7

**Fun Brunch: Mark H. Rooney (taiko drums).** 11 a.m.-1 p.m. outside the Jahn Building, 1900 Reston Metro Plaza. Free Fun Brunch series continues weekends through Aug. 25. Visit [www.restoncommunitycenter.com/funbrunch](http://www.restoncommunitycenter.com/funbrunch).

**Visit Colvin Run Mill.** 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See, hear and taste history with a visit to Colvin Run Mill. Blacksmithing demonstration making

iron tools and utensils, grinding demonstration turns wheat or corn into flour and meal, and free wood carving lessons onsite. Mill tours are \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

**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. From depictions of the Reston paths to scenes in the kitchens of friends and family, these paintings represent places that have meaning in Karen Danenberger's life. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**Opening Reception: For the Love of Art.** 2-4 p.m. at RCC Hunters Woods, 2310 Colts Neck Rd, Reston. Through a myriad of styles and media – oil, watercolor, pen and ink – Angie Magruder, a long-time Reston resident, shares her many talents. Visit [www.restoncommunitycenter.com](http://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](http://restoncommunitycenter.com).

## MONDAY/JULY 8

**Water Safety Presentation.** 10:30 a.m. at the at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn the basics of water safety presented by the Goldfish Swim School. Age 3-5 with adult. Please register. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**E-book help on Mondays.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Do you need assistance downloading our library e-books onto your electronic device? Come on by and we can help! Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## TUESDAY/JULY 9

**Groovy Nate.** 2:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Wolf Trap Teaching Artist Groovy Nate for music and puppet fun! All ages. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Bollywood Dance Fitness.** 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for a fun Bollywood dance fitness class led by local instructor Aparna Rao. No experience necessary. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Read to the Dog.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose one from the Library. Call or sign up online for a 15-minute session. Age 5-11. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## WEDNESDAY/JULY 10

**Hunter Mill Melodies: The Goodlife Theater (puppets).** 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free children's shows and family performances Wednesdays through Aug. 21.

**Dog Days of Summer.** 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Visit [restontowncenter.com](http://restontowncenter.com)

## Let's Toast!

BY ALEXANDRA GREELEY  
THE CONNECTION

Reston has welcomed many restaurants in the past few months. Among these is a family-friendly, super-casual eatery just across the way from the very upscale and posh Cooper's Hawk Winery. While that features pricy décor, numerous fancy wines, and a chef-created, upscale menu, its neighbor across the lot is Famous Toastery.

As its name suggests, the menu features loads of comfort foods, mostly breakfast-time treats, such as breakfast

sandwiches or burritos, omeleta and eggs Benedict; egg-based specialties such as huevos rancheros; and classic pancakes or waffles with the patron's chance to tweak them with blueberry, chocolate chips, plus other addons.

But this casual place open until midafternoon, so lunchers can get wraps, sandwiches, salads, melts, or a lunch special, such as a crab roll or meatloaf. Lunch sides include salad, cole slaw, or roasted veggies. Specialty coffees, fresh teas of coffee, hot or milk chocolate plus orange juice fills out the drink offerings.

While the name suggests patrons might

really head here for just a breakfast, brunch or lunch, the whole menu is available at every mealtime. Imagine starting your day with a stack of pancakes, a side of mashed potatoes, and a portion of banana pudding. That's a real wakeup call!

But whenever you drop in, try an egg-based dish. With so many options, it's hard to select from among these: huevos rancheros, the very popular Tex-Mex dish; the classic burrito of eggs, veggies, cheese, and salsa wrapped in a tortilla; of one of the hefty omelets, particularly the Southwestern with chorizo, tomatoes, bell peppers, and cheddar cheese. With whichever is our choice,

staff brings a hot biscuit with butter.

But for those who hanker for good, basic American eats, Famous Toastery, part of a large franchise group with locations in many different states, is a go-to destination. It's also super casual, and in good weather, has limited out-front patio seating. The service is prompt and courteous, and the prices are very reasonable...so folks can bring in loads of relatives and enjoy American casual eats without spending big bucks.

*Famous Toastery, 12100 Sunset Hills Rd., Ste. R6, Reston, 571-926-8121. Hours: 7 a.m. to 3 p.m. daily.*