

Oak Hill Herndon CONNECTION

Two children from Herndon, Sean, 3, and his sister Emma, 10 months, touch a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club during the Fairfax County 71st 4-H Fair and Carnival.

Youth-powered Community

NEWS, PAGE 3

From the Field To the Universe

NEWS, PAGE 5

Wanted by the FBI

NEWS, PAGE 4

WELLBEING

PAGE, 4

PRST STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 8-8-19

OPINION, PAGE 2 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 6

PHOTO BY MERCIA HOBSON/THE CONNECTION

AUGUST 7-13, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

OPINION

Gun Reform Now

Reform might not happen in Virginia until after the November election.

If we look back a little more than a month, the memory of the Republicans in the Virginia General Assembly adjourning a special session on gun safety by ambush, without any discussion on proposed measures, resonates with raw emotion.

The NRA publicly launched its operations that day from the conference room of the Speaker of the Virginia House of Delegates, literally announcing to members on its website where to meet. It must have seemed such sweet success to them to shut that session down without any deliberation.

The lives of the 12 people who died in Virginia Beach at the end of May were not discussed.

But now many more lives have been cut short or forever changed by gunfire between the July 9 debacle in the Virginia General Assembly and today.

There must be state and local legislation as well as federal legislation.

Here are some key provisions:

- ❖ No one with a restraining order or convicted of domestic violence should have access to firearms.
- ❖ Comprehensive universal background checks.
- ❖ Ban assault weapons.
- ❖ Ban large capacity mechanisms for ammunition.

ON TUESDAY, Aug. 20, at noon, the Virginia General Assembly Crime Commission will accept public comments on the gun legislation introduced during the July 9 and through July 19. Public comment will be taken for the first 3 hours (more details will be announced in the coming weeks on how to sign up to speak). Next, patrons will present their bills. Currently, there are about 60 bills that have been filed. Members have until July 19 to file legislation. Link to bills: <http://lis.virginia.gov/cgi-bin/legp604.exe?192+lst+ALL> See <http://vsc.virginia.gov/meetings.asp> for updates.

Crime Commission staff is currently accepting written comments on this topic. Send written comments and any other information/ma-

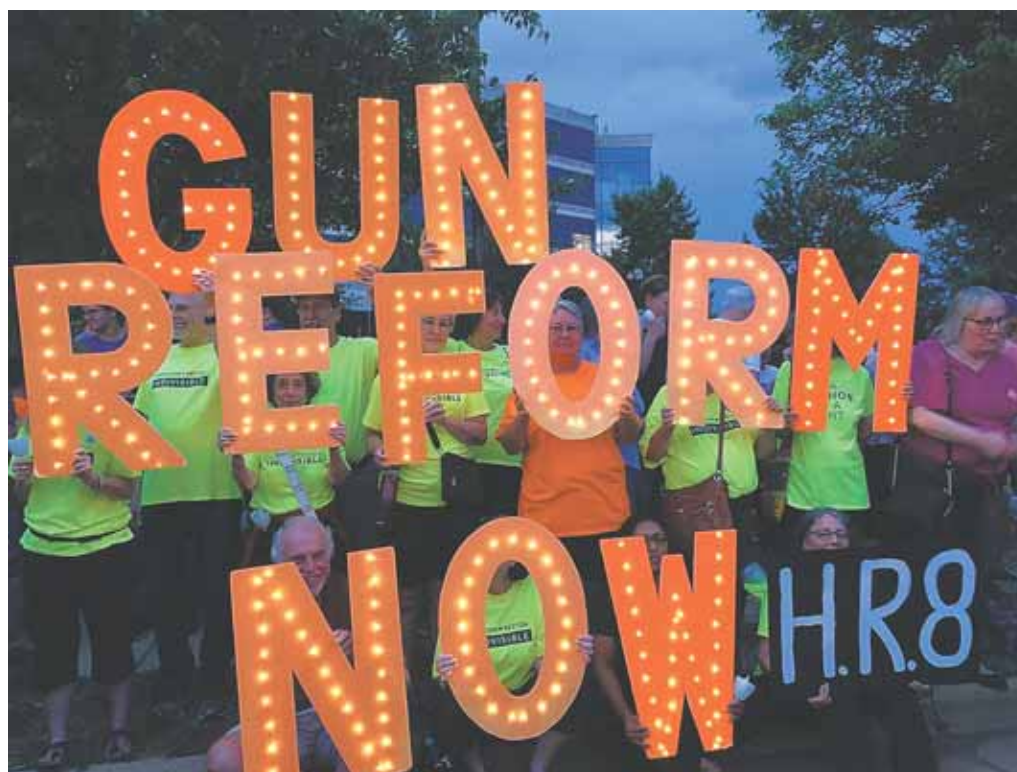


PHOTO COURTESY OF HERNDON RESTON INDIVISIBLE

Hundreds of protestors gathered at NRA headquarters in Fairfax Monday, including members of Reston Herndon Indivisible holding these letters.

terials relevant to this topic via email to comments@vscc.virginia.gov or via postal mail. Comments will be shared with members of the Crime Commission.

Additional details regarding the deadline for submitting written comments will be announced following the Aug. 20 Crime Commission meeting.

Attn: Written Comments
Virginia State Crime Commission
1111 East Broad Street, Ste. B036
Richmond, Virginia 23219

THREE THINGS:

- ❖ Video games aren't the cause. Video game usage is as high or higher in many other countries, all with almost no gun violence.
- ❖ It's not mental illness, although giving

more resources for treatment of mental illness would be welcome. Incidence of mental illness is similar in other countries, all with almost no gun violence. (Doing a better job keeping guns out of the hands of people with mental illness would prevent thousands of suicides.)

❖ More guns won't help. In Dayton, police shot and killed the attacker in less than a minute, but still he shot and killed nine people and wounded 27.

There is a good chance that reforms won't happen without electoral change both in Virginia and nationally. Don't forget about voting in November. Every seat in the Virginia General Assembly is on the ballot.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

We Must Change

To the Editor:

After the Columbine shooting we were told by the legislators in power: "Now is not the time to talk about gun control. We would be acting out of emotion. Any legislator who uses this event to pass gun legislation is taking advantage of the situation and is acting out of partisanship."

After the Sandy Hook, Parkland, Pulse Night Club, and Virginia Tech shootings happened we heard the same thing – "Now is not the time."

After the D.C. Navy Yard shooting – "Now is not the time." Virginia Beach and Gilroy shootings – "Now is not the time."

And now Dayton and El Paso. Is

it time yet?

In 2019 alone 246 people have been killed and 979 injured from mass shootings in the United States. And our President says: "Mental illness and hatred pulls the trigger—not the gun." No one denies that mental illness is sometimes a contributing factor, but a mentally ill person would not have killed all those people had he been armed with a switch blade.

We cannot change our President. We know that. And we cannot change those legislators who enable the President and who are beholden to the NRA. The only person we can change is ourselves. We must tolerate this no longer. We must be willing to elect people who don't peddle hate, and who are willing to en-

act common sense gun reform.

Barbara Glakas
Herndon

Tired But Not Defeated

To the Editor:

I am really tired. Tired of violence. Tired of living in fear.

Tired of constant sadness and grief. I'm tired of worrying about whether my younger brothers will come home safe from campus or feeling uneasy at the mosque. I'm tired of some in our society not realizing that gun violence at this level is beyond alarming. I am tired that this kind of violence is still not widely considered extremism. I'm

tired of us giving attention to the perpetrator and not the conditions that led to it. I'm tired of my country not honoring the victims by using faith as a part of healing and yet not heeding the words of faith as a form of preventative action. Whether it's the Quran saying killing one life is the killing of all mankind, or how Matthew and Exodus command "You shall not murder," over and over again in the Bible, we don't really seem to follow through. So much #thoughtsandprayers. We are all tired, but we aren't defeated. But we need our awareness, our votes and our calls for action to be in full force more than ever.

Saira Bhatti
Centreville

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

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

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

CIRCULATION
circulation@connectionnewspapers.com





The whirl and twirl of rides by Cole Shows Amusement Company attracted crowds during the Fairfax County 71st 4-H Fair and Carnival held at Frying Pan Park in Herndon.



PHOTOS BY MERCIA HOBSON/THE CONNECTION
The Haselhorst family with ties to Herndon plan on coming back next year to Fairfax County 71st 4-H Fair and Carnival.

Youth-powered Community

BY MERCIA HOBSON
THE CONNECTION

“Today’s Fairfax County 4-H Fair reflects the vibrant urban and suburban communities Fairfax County has grown into,” said Yvonne Johnson, park manager at Frying Pan Farm Park early Saturday morning. It was the third day of the 71st 4-H Fair and Carnival held at Frying Pan Farm Park in Herndon August 1-4.

While the fair offered old-fashioned country fun through its exhibits and demonstrations, it revealed a community powered by young people with diverse interests, from animal showmanship to horticulture, to science, technology, engineering and the arts.

In the 4-H Building, Hap O’Brien of Annandale displayed a frame from one of his beehives heavy with honey. He explained bees were needed for pollination but “are in desperation” given the Varroa mite infestation that weakens them. “Mite infestation weakens most bee colonies and is the cause of the loss of most wild honeybees,” he said.

OVER AT THE EXHIBITION tables, Ann Marlow, vice president of the board for Friends of Frying Pan Park looked over entries in the Foods and Nutrition Department she helped judge. Alexandra Blake of Great Falls won Grand Champion with her cupcake entry. Becca Berglie of Centreville won Reserve Grand Champion for her fruit pie.

During the Rabbit and Cavy Show, John Ameen rated the Standard Rex rabbits. Although the rabbits owned and raised by Hannah Rosenbusch, 10, of Falls Church and her sister Ava did not place, Hannah explained the importance of bonding with rabbits. “You have to give rabbits lots of attention and bond with them, or they will become aggressive towards you. Then it’s

not fun to have them,” she said. Ava told she won a Grand Champion Ribbon in the Quick Bread Class for the 4-H Foods and Nutrition Department.

“The fair is always forward-looking, as seen by incorporating STEAM entries into the exhibits,” said Kristy Carter of Herndon, board member, Friends of Frying Pan Park. A summary of the Science & Technology Department of the 4-H catalog revealed computer-generated graphics, games and web pages and a Visual Arts Department with graphic design-commercial, digital painting and photo manipulation.

Outside one of the barns, the Strenglein sisters of Centreville, Summer, 11, Hannah,



Two children from Herndon, Sean, 3, and his sister Emma, 10 months, touch a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club during the Fairfax County 71st 4-H Fair and Carnival.

8, and Brooke, 10, held ribbons and entries. “I entered the 4-H Fair for the fun of it. I chose this image because it was my most memorable photo. I used a Kodak camera,” said Hannah.

FAIR-GOERS enjoyed horse and dog demonstrations and rabbit, cavy and livestock shows, as well as an antique tractor pull and old fashion games.

Cow and goat milking became a first-hand experience for many fair-goers. In one of the barns, two young children from Herndon, Sean, 3, and his sister Emma, 10 months, touched a horse for the first time, compliments of Alina Ampeh of Oakton and member of Virginia Trotters 4H Horse Club.

Leaving the barn, the whirl and twirl of

rides by Cole Shows Amusement Company could be seen in the distance, set up in one of the pastures. If patrons could handle the Zipper, they could handle any other ride on the carnival midway. For the more faint of heart, the Tubs of Fun ride was a great choice for all ages.

Eric Kulczycky of Visit Fairfax attended the event. “Visit Fairfax is celebrating the 50th anniversary of the iconic Virginia is for Lovers slogan with a summer tour of the LOVE letters. Frying Pan Farm Park is one of our fabulous partners on tour and is a wonderful tourism destination within the county,” he said.

Yvonne Johnson wanted the public to know all adults and youth are welcome to enter the fair competition. “You do not have to be members of 4-H to enter. If you have a hobby or interest, come. Next year, the Fair and Carnival is July 30 through Aug. 2,” she said.



Hannah Rosenbusch, 10 of Falls Church, and her sister Ava, 8, snuggle one of the rabbits they entered in the Rabbit and Cavy Show.



Ann Marlow of Fairfax Station, vice president of the board for Friends of Frying Pan Park and one of the exhibit judges, holds up the prized Reserve Grand Champion ribbon Becca Berglie of Centreville won for her fruit pie.

WELLBEING

Summer's Bounty: So Healthy and Tasty!

Don't miss the height of summer season for fruits and vegetables.

BY MARILYN CAMPBELL
THE CONNECTION

Local farmer's markets right now are overflowing with deep purple plums, tomatoes ripened by rays of sun and peppers in hues that span a rainbow. This season's bounty yields not only flavors with a richness that peaks in August, but also a powerful punch of nutrients.

"Produce is most nutritious when it's in season, but it's normal to see supermarkets carrying the same produce all year long, said nutritionist Carley Johnston. "People don't always think about only cooking with what's in season because they don't have to."

Fruits and vegetables that are consumed out of season are often shipped from other countries, picked before they're ripe and sprayed with preservatives. "When produce is allowed to ripen while it's sitting in a packing box on its way to the supermarket it's robbed of some of its nutritional content," said Johnston.

On the other hand, produce that is naturally sun-ripened is more vitamin and nutrient-dense than its prematurely picked counterparts because ripening allows those elements to develop fully, says Lauren Trocchio, registered dietitian at Washington Center for Weight Management and Reset. "Cooking seasonally ... means using produce that has traveled less of a distance to your kitchen," she said. "Both of these things may prevent the nutrient loss that comes with picking produce early or spending a lot of time in transit. The longer the transit and wait time, the more impact to nutrition and taste."

Among the nutrient-dense — and delicious — fruits and vegetables that are in season in summer are peaches, blueberries, zucchini and tomatoes. "Blueberries for example are rich in antioxidants and fiber," said Johnston. "They're also high in Vitamins C and K. Blackberries are high in fiber and antioxidants. They're also anti-inflammatory which can boost your immune system. Corn is high in Vitamin B. Cucumbers are hydrating which is important during the summer."

Fortunately preserving the health benefits is made easy because only minimal preparation is needed to get maximum flavor, says culinary instructor Terri Carr of Terri's Table Cooking classes in Potomac, Md. "Cooking in the summer with the freshest local produce is a real treat," she said. "There is a smorgasbord of ingredients to choose from."

From watermelons, peaches and plums to tomatoes, corn and zucchini, summer brings a variety of culinary inspiration. "Imagine a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not



PHOTO COURTESY OF TERRI CARR

These skewers of cantaloupe, prosciutto, mozzarella and tomatoes drizzled with a basil balsamic dressing and created by Terri Carr, are vitamin-packed and perfect for appetizers or a light dessert.

needed when quality summer produce is available ... in fact it's better to cook simple recipes that bring out the food's flavor."

Using the best of summer produce, Carr is teaching seasonal cooking classes this summer using her popular preparation methods. "A favorite summer salad is Panzanella ... a classic Italian bread salad," she said. "Combine toasty bread cubes with lots of colorful peppers, tomatoes, green onions, basil, cucumber. Beautiful presentation & flavor. Perfect for lunch or a side dish at dinner."

For those who think eating seasonally means epicurean deprivation, Carr dispels that notion. "Imagine a platter of summer fruit, she said. "Peaches, nectarines, plums, apricots, strawberries, blueberries, blackberries [and] melons. They're absolutely delicious all by themselves or mixed in with a salad or dessert."

Cooking with a mixture of seasonal herbs and produce, like basil and vine-ripened tomatoes, offers an even more powerful impact on the palette. "Summer herbs [are] my favorite, said Carr. "Most herbs are now available in grocery stores year round but they cannot compare to summer's bounty. Basil, thyme, rosemary, parsley and mint are my go-to's when creating a meal."

Summer produce offers energy needed to maintain the active lifestyle that comes with longer days filled with outdoor activities, says Johnston. "Our bodies need the added energy we get from the nutrition found in berries and peaches," she said. "Cucumbers and melons are juicy which keeps us hydrated when it's hot outside."

"Cooking in the summer with the freshest local produce is a real treat."

— Terri Carr,
Terri's Table Cooking Classes



PHOTOS CONTRIBUTED

Suspected serial bank robber at SunTrust Bank inside Safeway; Herndon.

Wanted by the FBI

Suspected serial bank robber hits Herndon, again.

BY MERCIA HOBSON
THE CONNECTION

The FBI is offering a reward of up to \$5,000 for information leading to the individual responsible for four bank robberies in Virginia and Maryland; two committed locally at the SunTrust Bank inside the Safeway grocery store at 413 Elden Street, Herndon.

In a release, the FBI stated, "Between Oct. 26, 2018 and May 8, 2019, an unknown suspect conducted four bank robberies in Virginia and Maryland. In each of the robberies, the suspect approached the counter and passed a note demanding money, asking mostly for 100 dollar bills. ...The suspect has worn hoodie sweatshirts, furry masks or wigs, and sunglasses covering his face."

The FBI nicknamed the male serial suspect, "Furry Mask Bandit," and described him with a tall, slim build and a height between 5'9" to 5'10".

According to the FBI, the two Herndon Safeway robberies occurred on Oct. 26, 2018, at approximately 6:39 p.m. and the other, the most recent on May 8, 2019, at approximately 3:05 p.m.

"On Jan. 12, 2019, at approximately 11:07 a.m., the suspect committed a robbery of the SunTrust Bank inside the Safeway grocery store at 12251 Darnestown Road, Gaithersburg, Md., and on Feb. 21, 2019, at approximately 6:57 p.m., the suspect committed a robbery of the SunTrust Bank inside the Safeway grocery store at 5821 Crossroads Boulevard, Falls Church," according to the FBI.

Contact the FBI Washington Field Office at 202-278-2000 or submit a tip at <https://tips.fbi.gov> if you have any information concerning this suspect or these bank robberies. You can also submit a tip at tips.fbi.gov.



Suspected serial bank robber at SunTrust Bank inside Safeway; Herndon.

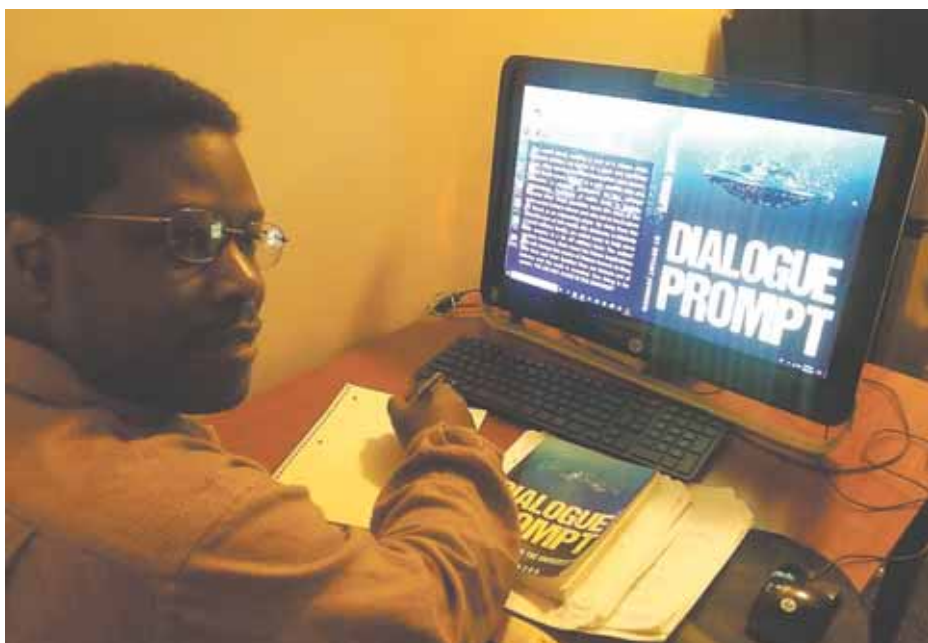


PHOTO COURTESY OF BRYANT F. JOHNSON

Former Restonian, Herndon High School athlete and NFL player turned sci-fi author, Bryant F. Johnson plots the next book in his sci-fi series.

From the Field to the Universe

Herndon High athlete turned sci-fi author.

BY MERCIA HOBSON
THE CONNECTION

A former Reston resident and Herndon High School alumnus and athlete Bryant (Barry) F. Johnson has a new story to tell, one not on the field but out of this world.

Johnson is the author of "Dialogue Prompt: WE ARE NOT ALONE IN THE UNIVERSE!" a sci-fi novel available in hardcover, paperback and audio.

Earlier, he told stories of his high school, college and National Football League careers.

"This is the first book in the series and the second book comes out early August," said Johnson. In an interview, Johnson looked back on his personal experiences and writing processes, the impact of science fiction on young people and his book and who his favorite science fiction writers were.

"My mother had a big influence, very adventurous and kept us with cool morals." And since his father was a movie buff and an actor, "He got us watching movies, lots of science fiction," said Johnson. While at Herndon High School, Johnson's English teacher, Mr. Evan Dubin, also made an impression. Dubin recited poetry before class and during class had the students dissect sentences, identifying each word and the function it served, Johnson said.

AS FOR THE WRITING PROCESS, Johnson recounted his father was an officer in the Army; the family traveled to many bases both in the United States and overseas. Johnson later wove the settings of his family's travels into his novel "evoking authenticity."

Johnson said his characters were a combination of people he met, which lent "an instant relatability." He based his characters upon the first-hand accounts people in the military shared with him, although he asked their permission to use their stories. Name selection for the characters was simple;

what fit. "Marc Dazet I thought would be a great reporter name," said Johnson.

When he completed a draft of "Dialogue Prompt: WE ARE NOT ALONE IN THE UNIVERSE!," he went back and edited things out. "Things that were too much; things I exaggerated. There was one part of the book about the Lenape (Native Americans). I had to research their tribe. I did not want anyone from the tribe to read it and not have it right," he said. Johnson acknowledged writing energized him. "I like coming up with different ideas; how it flows. I try to think of it as a math problem," he said. Asked about writer's block, Johnson replied emphatically, "Yes. Yes. Yes."

Johnson said his solution is, "National Novel Writing Month, NaNoWriMo-For the Writer in all of us," where he unleashes his inner writer. "This is where you write a 50,000-word novel in one month. It happens every November."

Science fiction can inspire young people to pursue careers in science and engineering, Johnson said.

"We are just at the beginning. Science fiction is the trend. It's making its way more and more into our lives. What was in science fiction movies before is now real. We all own cell phones; Kirk did. I think it is going to be more and more. As I research things, I'm learning. YouTube's Secureteam, (a source for alien and UFO-related videos, leaks and information), has a big following."

FINALLY, Johnson named the best science fiction. "Douglas Adams- The Hitchhiker's Guide to the Galaxy, Michael Crichton -Jurassic Park and Westworld, Suzanne Collins-Hunger Games, Ernest Cline-Ready Player One, and J. K. Rowling. I like the person she is from her interviews. She started from the ground up, rejected by many publishers and now is a household name," said Johnson.

Bryant F. Johnson is a writer by profession and currently lives in Hampton, Va.

Tell us what you think
submit your Letter to the Editor to editors@connectionnewspapers.com

I see more than a bundle.

Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190

While other insurers just see your home and car as a bundle or a combo deal, I take the time to see what they mean to you and give them the protection they deserve.

ACROSS FROM RESTON TOWN CTR.
WWW.KYLEKNIGHT.ORG
703-435-2300

LET'S TALK TODAY.

State Farm

State Farm Mutual Automobile Insurance Company
State Farm Fire and Casualty Company
Bloomington, IL

Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008
are available at

<http://connectionarchives.com/PDF>

Tall Oaks Assisted Living
Junior Studio Apartments

ONLY 3 JUNIOR STUDIOS REMAIN
Act today to enjoy Tall Oaks all summer long!

approx. 283 square feet

Affordable Junior Studio Assisted Living
Apartments Starting at Only **\$3,995!**

Quality Assisted Living Care
+ Countless Amenities
= *The Best Value of the Season*
*Pricing includes Level I Care.

Contact our friendly team today.
Call **703-834-9800** and discover just how wonderful worry-free senior living can be!

Tall Oaks
ASSISTED LIVING
RISING TO NEW HEIGHTS

703.834.9800
12052 N. Shore Dr.
Reston, VA 20190
www.TallOaksAL.com

30
PROUDLY SERVING SENIORS
FOR 30 YEARS

A Family Company

Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981

Employment

Looking for a fun job?
Herndon Florist is looking for delivery people. If you like to make people happy this is the job for you. Clean driving record is a must. You will also be able to help in the shop and learn the basics of floral design. Apply in person at 716 Lynn St or call 703-437-4990 for more information.

Find us on Facebook and become a fan!
www.Facebook.com/connectionnewspapers
THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Employment

Forget Daily Commuting
Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home
Enjoy flexible schedule plus no daily commute
Help local businesses grow
Unique opportunity to be a voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

LAND & EQUIPMENT AUCTION
Fri, Aug. 23, 12:30PM • 2051 Renan Rd, Gretna, VA
Estate of Alvin N. Greene

352 Acre Farm w/ Pond
plus 2 Acre Lot on Renan Rd and Vehicles & Farm Equipment
AGENT ON SITE: SUNDAYS 1-3PM or self-guided tours OK anytime

TRFA AUCTIONS
Torrence, Read, & Forehand
VAAF501

Details at TRFAuctions.com
434.847.7741 | info@trfauctions.com

Announcements

Announcements

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!
AMERICAN LOG HOMES IS ASSISTING JUST RELEASED
ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

1) Model # 101 Carolina	\$40,840...BALANCE OWED \$17,000
2) Model # 203 Georgia	\$49,500...BALANCE OWED \$19,950
3) Model # 305 Biloxi	\$36,825...BALANCE OWED \$14,500
4) Model # 403 Augusta	\$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB A+ Rating

OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS

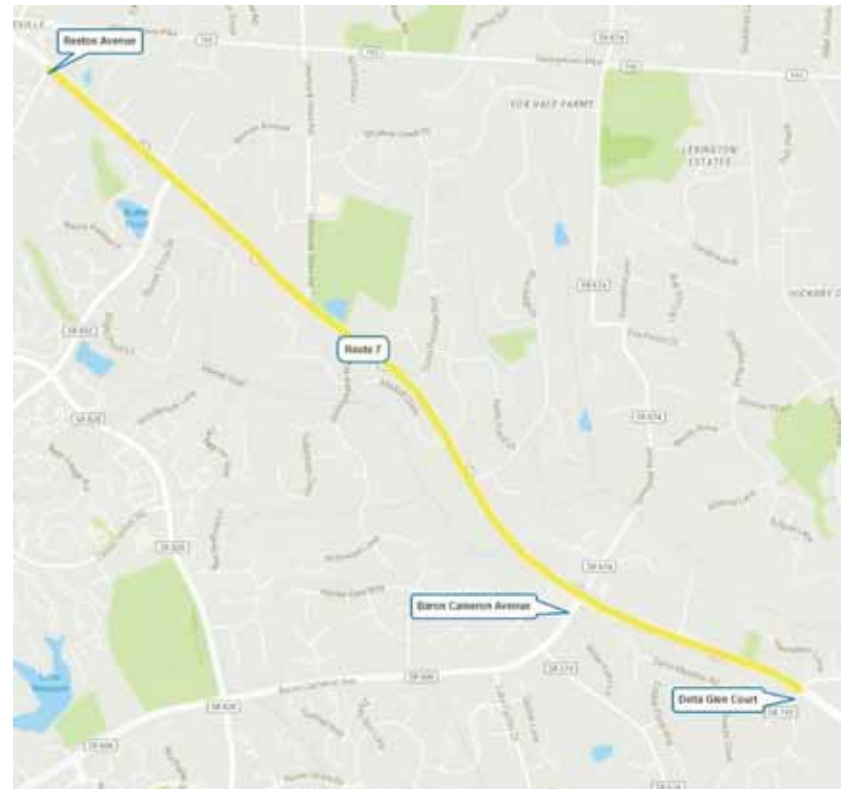
SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Announcements

News

Night Work Along Route 7 Continues

Beginning on or about Friday, Aug. 2, 2019, construction activities will occur during the overnight hours on Fridays and Saturdays, as well as Sundays through Thursdays, along Route 7 between Reston Avenue and Delta Glen Court. Work may also occur on adjacent side streets in the vicinity of the Route 7 in this area. Lane closures may occur during the following hours: Sunday - Thursday nights, 10 p.m. to 5 a.m. Friday nights, 10 p.m. to 9 a.m. Saturday nights, 10 p.m. to 8 a.m. The work is being performed under Fairfax County Noise Waiver ZIB Reference Number 2019-1506. Please use caution and be alert to signs, as well as potential flagger or police direction in work zones. Slow-moving vehicles and equipment may be entering and exiting the road. All work is subject to change based on weather and schedule. The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements



The Route 7 Corridor Improvements Project will widen the road from four to six lanes, add shared-use paths and make substantial intersection and other improvements between Reston Avenue and Jarrett Valley Drive.

between Reston Avenue and Jarrett Valley Drive. To stay informed and to sign up for email updates and alerts, visit connectroute7.org.

Park Volunteers Honored with Elly Doyle Service Awards

Volunteers from Sully Historic Site, the Reston Farmers Market and Friends of Pimmit Barn will be honored for their outstanding service contributions as recipients of the Fairfax County Park Authority's 2019 Elly Doyle Park Service Awards.

Shauna Shapiro has been a teaching and touring docent at Sully Historic Site since 2002, and in her volunteer role, she has been involved in almost every aspect of Sully's mission. Shapiro loves to teach, and as a docent she relates 18th century history to groups of all ages. Her nomination noted that she frequently assists in training new volunteers and is an excellent mentor. She has gone the extra mile to research cooking in the slave quarter and kitchen, slave life history, the Lee family background and historic clothing to give her the tools to be a strong interpreter.

Reston Farmers Market Managers John and Fran Lovaas and Keith Strange are being honored for their 43 combined years of service in managing the market. John Lovaas was the founding Market Manager and has served for 22 years. Fran Lovaas formally joined him as a manager 16 years ago. Keith Strange made the partnership a trio six years ago. The managers were praised for being full of energy, fun, creativity and innovation, and for providing excellent customer service to market vendors and shoppers. This year, they spearheaded a pilot program with the Park Authority and Clean Fairfax to reduce the use of plastic bags in the market and have established a gleaners program to take unsold vegetables and fruits to a food

pantry for low-income families. In 2019, the Reston Farmers Market was named the Best Farmers Market in Northern Virginia by readers of Virginia Living Magazine.

Connie Cordovilla has been President of Friends of Pimmit Barn for more than eight years, creating the group to preserve the beautiful gambrel roof barn and parcel of land believed to be the last dairy barn inside the beltway of Northern Virginia. She has organized Halloween parties and family movie nights and drawn volunteers from across the county. She works with McLean Youth Athletics on the barn's upkeep and organizes barn clean-up days several times a year. She also was instrumental in establishing a Memo of Understanding between the Park Authority and Pimmit Barn last year. She communicates the all-important history of the barn to many and has worked tirelessly in support of a plan to establish a historic marker on the barn property.

The award winners will be honored at a ceremony in November.

The Elly Doyle Park Service Award was established by the Park Authority in 1988 in recognition of former Park Authority Board Chairman and member Ellamae Doyle's years of outstanding service toward the preservation of parkland and establishment of natural and recreational areas for the benefit of Fairfax County residents. The purpose of the award is to publicly recognize a volunteer or group of volunteers for outstanding contributions to Fairfax County parks.

BULLETIN

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

TUESDAY/AUG. 13

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 focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

THURSDAY/AUG. 15

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

TUESDAY/AUG. 20

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

WEDNESDAY/AUG. 21

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM
CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller	LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service	
ELECTRICAL ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Licensed/Bonded/Insured Ceiling Fans Office 703-335-0654 Phone/CATV Mobile 703-499-0522 Computer Network Cabling lektrkman28@gmail.com Service Upgrades Hot Tubs, etc...		GUTTER GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		
A&S Landscaping <ul style="list-style-type: none"> • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		IMPROVEMENTS IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoar violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		
TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		HOUSE from \$155 TOWNHOUSE from \$120 Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE		
LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 J.E.S. Services Free Estimates • Fully Licensed & Insured <ul style="list-style-type: none"> • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg		

Some Trek: To Go Where This Man Has Never Gone Before



By KENNETH B. LOURIE

Although I've had a pretty good run of late not writing much about "the cancer," to quote "Forrest, Forrest Gump," the reality is, as you might imagine, cancer is ever present – in your head and in your heart (and for me, in my lungs).

Never more so then when your quarterly CT scan is imminent. As I sit and write this column on a Sunday, Wednesday, three days hence is what you'd call 'imminent.' Not that there's much preparation, there's not. But with electronic media being what it is, one does receive multiple reminders: text, email and the occasional call.

And, even though I don't actually have to do anything in advance, I am reminded nonetheless, in advance, what there is yet to be done: show up! (Apparently, many cancer patients, staff have told me, are not as compliant as you'd expect them to be.)

But it's not the 'advance' or the 'after' that I'm addressing in this column. It's the way-before and how a CT's imminence affects one's life.

As much as I write a good game – and talk/act a good game, living one's life pretending to minimize cancer's presumptive/possible/"prognosed" impact is indeed make believe. Not that I'm a glass half-empty person, I'm not, as you regular readers know.

However, there's nothing like a computerized tomography and a post-scan appointment with one's oncologist to focus your attention on the fact that you have been/are living with what your oncologist originally characterized back in early 2009, as a "terminal disease:" non-small cell lung cancer, stage IV (and giving you a "13 month to two year" prognosis, to boot).

A disease whose initial progression (doctor-speak for growth/movement) eliminated surgery as an option, but one for which there have been multiple lines of chemotherapy, none of which was ever been said to be a cure. In the spirit of that reality, how does one live in the present and plan for the future? (Jeez, that last line sounds right out of one of the Carrie Bradshaw's "Sex and the City" voice overs.)

On the one hand – the one with no sense of reality, I suppose one is simply to go about one's varied business with nary a care or concern in the world. On the other hand – the one with enough a sense of reality to choke a horse, I suppose I am to mark time, count the number of days until my next scan, plan for today and think about tomorrow.

But, not too many tomorrows as there's no sense getting ahead of oneself or else one will get behind. And if that sounds mixed up, it is. Because for cancer patients, "Time is a godforsaken paradox."

As Captain Kathryn Janeway of "Star Trek: Voyager" further explained many star dates ago: "The future is the past, the past is the future. The whole thing gives me a headache."

And if you do get any headaches, you need to contact your oncologist because in 30 percent of lung cancer patients, the cancer moves to the brain. A location which presents all sorts of treatment and quality of life challenges.

And, a manifestation there, should it appear, scares the living daylights out of me. But never mind. Just keep on planning and pretending that you don't have a "TERMINAL" disease. You know, the type of disease for which there's "NO CURE."

Then again, if I do get bogged down by certain realities, I'll be no work and no play – and no fun (neither do I want to be a dull boy). And no fun is no way to live – in the past, present or future, and that's no paradox.

So, if and when the chips and/or the "chippee" is down, one needs to be thankful for the chips that you do have and for the ones you hope yet to accumulate. Otherwise, you might as well see the cashier on your way out.

Life's too short (don't I know it) to live only in the present and not consider the future. And if I don't consider the future, it's unlikely I'll have one. Just because I've now had a past that lasted years longer than I expected shouldn't mean I can't have a future I never anticipated.

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.

THURSDAY/AUG. 8

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

Lego Club. 4:45-5:45 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Use imagination to keep engineering and problem solving skills flowing with an abundance of LEGO bricks (STEAM). Age 5-12. Call 703-437-8855.

Hidden Story of Herndon. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Local Author Barbara Glakas will discuss her new book, "The Hidden History of Herndon." Books available for purchase and signing. Adults and teens. Call 703-437-8855.

Sahaja Yoga Meditation. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St. The Sahaja Yoga meditation is perfect for beginners. Learn how to connect with inner energy and achieve a state of peace. In this silence, inner joy flourishes and brings balance and harmony. Age 8 to adult. Call 703-437-8855.

Meditation Workshop: Overlooked. 7-8:30 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents Overlooked, a group exhibition featuring nine artists who are seeking to bring awareness to issues that are often unnoticed, ignored, or otherwise not part of "polite conversation." Free for members; \$5 donation for non-members. Email info@restonarts.org to register.

Hunter Mill Nights: Chopteeth (Afrofunk). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performance/hunter-mill-nights

FRIDAY/AUG. 9

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/AUG. 10

Game and Toy Sale. 9 a.m.-noon at First Baptist Church of Herndon, 681 Elden St., Herndon. Hundreds of strategy games, games from other countries, collectible dolls, LEGOs, some collectible cameras and more. Benefits The Closet of the Greater Herndon Area. Free admission. Visit www.theclosetofgreaterherndon.org or call 703-437-7652.

Family Storytime. 10:30-11:30 a.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Stories and songs for the whole family. All ages. Call 703-437-8855.

The Bookworms Club. 11 a.m. at

8 ♦ OAK HILL/HERNDON CONNECTION ♦ AUGUST 7-13, 2019



PHOTO COURTESY OF RESTON HISTORIC TRUST & MUSEUM

Lake Anne Cardboard Boat Regatta

More than 50 participating teams of all ages will construct and decorate their own life-size cardboard boats and then race them. Organized by the Reston Historic Trust & Museum this event is designed to foster a sense of Reston pride, celebrate the family-friendly atmosphere of historic Lake Anne Plaza, and support the Reston Historic Trust & Museum. Saturday, Aug. 10, noon at Lake Anne, Reston. Free. Visit www.restonmuseum.org/cardboard for more.

Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's free Bookworms Club. Explore a new theme each week with picture books, special guests and authors. www.scrawlbooks.com or call 703-966-2111.

Lake Anne Cardboard Boat Regatta. Noon at Lake Anne, Reston. More than 50 participating teams of all ages will construct and decorate their own life-size cardboard boats and then race them. Organized by the Reston Historic Trust & Museum this event is designed to foster a sense of Reston pride, celebrate the family-friendly atmosphere of historic Lake Anne Plaza, and support the Reston Historic Trust & Museum. Free. Visit www.restonmuseum.org/cardboard

Back 2 School Movie Night. 7 p.m. at Herndon Town Green, 777 Lynn St., Herndon. Enjoy a free movie on the Town Green along with some fun family games and back-to-school craft activities before show time. School supplies needed for Herndon Elementary School students and classrooms in need accepted: movie goers are encouraged to bring unused school supplies, hand sanitizer, and facial tissues for donation. Activities begin at 7 p.m. and showing of The Lego Movie 2 (rated PG) will begin at dusk. Free admission; popcorn will be available for sale. Bring a blanket or seating. No bottles, alcohol, pets, or smoking. Call 703-435-6866 in case of inclement weather. Visit herndon-va.gov/recreation or call 703-787-7300.

SUNDAY/AUG. 11

Sunday Afternoon Dance. 2:30-4:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Dancers of all skill levels (18 years and older) convene the second Sunday of the month to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to today's more modern dance selections. A mini lesson, door prizes and light refreshments add to the fun; partners are not required. Bring proof of Reston residency or Reston employment. \$5 (Reston)/\$10 (non-Reston) Contact Cassie Lebron at 703-390-6157 or visit www.restoncommunitycenter.net/attend-shows-events-exhibits/event-detail/2019/08/11/default-calendar/sunday-afternoon-dance-aug2019.

Country Western Dance. 5:30-7:30 p.m. at Reston Community Center

Hunters Woods, 2310 Colts Neck Road, Reston. Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly. Refreshments will be provided. No square or contra dancing. 18 years and older. Contact Cassie Lebron at 703-390-6157 or www.restoncommunitycenter.net/attend-shows-events-exhibits/event-detail/2019/08/11/default-calendar/sunday-country-western-dance-aug2019.

Concert Series: Jazz Piano. 7-8 p.m. in Reston Town Square Park. Professor of Jazz Piano Robert Larson joins special guests for an evening of jazz trio standards. Free. Visit restoncommunitycenter.com

MONDAY/AUG. 12

Groovy Nate. 2:30-3:15 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Join Wolf Trap Teaching Artist Groovy Nate for music and puppet fun. Cosponsored by the Friends of George Mason Regional Library. All ages. Call 703-437-8855.

Yoga at the Library. 5:30-6:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Join for a fun and informal yoga session. Focus on the foundations of yoga or get back to the basics. Yoga helps improve balance, strength, and flexibility. Bring a yoga mat or towel. Adults only. Call 703-437-8855.

Writers Group. 7-9 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Join our group to receive support and feedback, all levels of experience welcome. The group reviews works-in-progress from up to three members each month. Adults. Call 703-437-8855.

TUESDAY/AUG. 13

For the Birds. 2:30-3:15 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Learn all about birds as Wildlife Ambassadors brings feathered friends: a parrot, owl, crow, duck and rooster. Ages 6-12. Call 703-437-8855.

WEDNESDAY/AUG. 14

Hunter Mill Melodies: Rocknoceros (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.



PHOTO BY LOCK AND COMPANY/ COURTESY NEXTSTOP THEATRE

From left, Allison Bradbury, Bethel Elias, and Shayla Lowe appearing in "Beehive" at NextStop Theatre.

Musical Tribute to Fabulous Women Singers of the '60s

'Beehive' opens new season at NextStop Theatre.

BY DAVID SIEGEL
THE CONNECTION

"'Beehive' is going to be electric! We have six out-of-this-world female vocalists, with a smoking hot six-piece rock band live on stage," said director Monique Midgette. The nearly 30 musical numbers in "Beehive" will both rock and soulfully open the new season at Herndon's NextStop Theatre.

Midgette has appeared in Broadway national touring productions and has multiple Helen Hayes nominations. She described "Beehive" as "the journey of a young woman from adolescence to womanhood. Through classic songs of the 1960s we experience her growth from a young girl whose only worries are boyfriends and school, to taking responsibility for the change she wants to see in the world.

"Our NextStop set is full of levels and dazzling color. Add in the lighting and we are going to make the audience feel like they are really at a Tina or an Aretha concert at the height

Where and When

NextStop Theatre presents "Beehive" at 269 Sunset Park Drive, Herndon. Performances Aug. 22 to Sept. 22, 2019. Thursdays 8/22, 9/12, 9/19 at 8 p.m., Fridays at 8 p.m., Saturday 8/24, 8/31, 9/7 and 9/14 at 8 p.m.. with Saturday 8/31 and 9/21 at 2 & 8 p.m.. Sunday 8/25, 9/1, 9/15 & 9/22 at 2 p.m.. and 9/8 at 2 & 7 p.m. Tickets: \$40-55 (NextStop strongly encourages booking in advance. Ticket prices increase as performances get nearer and seats fill up). Call 866-811-4111 or visit: www.NextStopTheatre.org

of their glory," said Midgette.

Created by the late Larry Gallagher, "Beehive" ran Off-Broadway for more than 600 performances. The production includes musical numbers from belting solos to warmer ballads and group numbers ranging from "Respect," "Natural Woman," "One Fine Day," "You Don't Know Me," "Me and Bobby McGee" and more.

"Beehive" also includes original numbers as well as a narrator providing context and commentary. The cast includes Rebecca Balingier, Allison Bradbury, Bethel Elias, Kayla Gross, Shayla Lowe and Hilary Morrow. The band is led by Marika Countouris and Matthew Brown. Shalyce Hemby choreographs with era defining costumes by Sandra Spence.

As for the title "Beehive," the production starts in the time when the beehive hair-do was a classic in the early '60s and then moves from that point in time.

"Our audiences can expect joy, nostalgia, energy, and plain old fashioned fun. What they might not expect is how relevant a musical revue of the 1960s can feel today," said Even Hoffmann, artistic director at NextStop. "While there is no denying that the show is a celebration of great music, it is also quite powerful to realize how well these classic songs articulate both the emotions and social movements that are prevalent for us right now."

"I want the audience to leave dancing and singing these awesome songs," said Midgette. "Through the powerful performances, I hope our more 'mature' audiences get to re-experience some of their all-time favorite songs and our younger audiences are introduced to some of the very best music ever written."