

Reston CONNECTION

HomeLifeStyle

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While Supervisor Cathy Hudgins (D-Hunter Mill) looks on, Amirah Khattak, 5, of Reston meets Officer R. B. Kitchens of the FCPD Motor Squad during the 2019 National Night Out celebration hosted by Hunters Woods Neighborhood Coalition and Cornerstones at Hunters Woods Plaza, on Tuesday, Aug. 6.

Reston Celebrates National Night Out

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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OPINION

Support Local News What do you love about where you live?

Adapted from a previous editorial ... Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have our papers taken note of your business when you pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection?

Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our 2019 Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a thematic paper publishing Aug. 28,

2019 for all 15 Connection Newspapers. Deadline is Aug. 22.

If you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) in newspapers? Heed the cautionary tale in the accelerating closures of newspapers recently. Support local news.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising

is an effective way to reach voters, residents, clients. The Connection has an audience of more than 150,000 in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sectors.

The deadline for the Newcomers and Community Guide is Aug. 22. Digital enhancements and support are available. More information at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We also need help from our readers for content of our annual Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with information useful to newcomers and long-time residents alike, including information on how to vote and more.

See last year's community guides by going

to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

— MARY KIMM

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Prekindergarten

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

When asked at a session at the National Conference of State Legislatures what is the most important thing the government should be doing today, the Honorable Robert "J.B." Pritzker, the 43rd governor of Illinois, responded "preparing young children to be successful in kindergarten." His answer was not surprising considering that he had written earlier in a publication of his Pritzker Foundation that "preparing young children to learn the first day they enter kindergarten is the single most important step we can take to ensure better K-12 education, healthier kids, lower

poverty rates, increased wage-earning capacity, and a stronger, more competitive workforce."

He is not a former educator turned politician. He is an extraordinary person, however. According to Wikipedia, he holds more private wealth than any other governor in U.S. history and is the second wealthiest U.S. politician to have ever held office, after Michael Bloomberg. *Forbes* estimates his personal worth at \$3.2 billion including his interest along with his family in the Hyatt hotel chain.

Governor Pritzker along with his wife established The Pritzker Children's Initiative which directs its investments on a single, attainable goal: that all at-risk infants



and toddlers in the United States have access to high-quality early childhood development resources, increasing their likelihood of success in school and life. As the Governor explained further, "Early childhood development is an arena that's long been overlooked by philanthropy and government. Even programs as large as Head Start cover a very small sliver of the population of at-risk kids. It's an arena attractive for a private philanthropist like me because I see it as a terrific investment."

There is an abundance of evidence to support the Governor's conclusion, but government has been slow to invest in early education as he advocates. While Vir-

ginia had made some modest beginnings, there is much remaining to be done by state and local government. There are some hopeful signs. Last week Governor Ralph Northam announced release of an Early Childhood Education Needs Assessment and Draft Strategic Plan for public reviews and comment. Echoing the sentiments expressed by his counterpart in Illinois, Governor Northam said that "when children have access to quality, stable, affordable care during their earliest years they build the foundation they need for future success not only for themselves but for their communities."

I encourage everyone interested in this critically important issue to review the draft plan at vcef.org and to submit their comments on it to info@vcef.org by Aug. 31, 2019.

LETTER TO THE EDITOR

Instilling the Virtue of Sacrifice

To the Editor:

Eid-ul-Adha was celebrated on Aug. 11, 2019 after the completion of Hajj, the Islamic pilgrimage to Mecca. Eid is celebrated to commemorate Prophet Abraham's (peace be on him) submission to God's command to sacrifice his son Prophet Ishmael (peace be on him). Muslims emulate this act by offering sacrifice of an animal, such as goat, cow, or sheep.

Through Eid God instills the virtue of sacrifice, social equity, and animal rights.

The Holy Quran states, "Their flesh reaches not God, nor does their blood, but it is your righteousness that reaches Him. Thus, He subjected them to you, that you may glorify God for His guiding you. So, give glad tidings to those who do good" [22:38].

Eid-ul-Adha bears lessons that benefit our spiritual and social lives. First, Eid fosters submission and steadfastness. Through remembering God's mercy to replace Prophet Ishmael with a lamb at the moment of the slaughter, reminds

one to remain steadfast. Also, his deference for his father is a phenomenal example of selflessness. Thus, Eid encourages submission and self-sacrifice for human beings as well as for God. Second, Eid-ul-Adha promotes social equity within community as the meat of the sacrificed animal is meant to be shared among relatives, neighbors, and the less privileged. Third, the stringent rules of Zabiha (Islamic way of animal slaughter) promote animal health and safety, humane ways of animal slaughter,

and reduce the slaughter of animals during other times of the year. Moreover, when vegetarianism is a trending lifestyle, there is a direction from God that the nutritional needs of humans take precedence over the present-day definition of animal rights.

Farah Latif
Oak Hill

The author is a Lecturer at George Washington University and George Mason University.

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National Night Out 2019 in Reston

Police and community partnerships strengthened.

BY MERCIA HOBSON
THE CONNECTION

“Safe communities must be partners in public safety,” said Supervisor Cathy Hudgins (D-Hunter Mill) at the National Night Out 2019 celebration held on the Hunters Woods Plaza in Reston on Tuesday, Aug. 6. “We work together; we accomplish.”

Hunters Woods Neighborhood Coalition and Cornerstones partnered to host a picnic celebration for National Night Out from noon to 2 p.m. that day. Reston residents, including children, got the chance to get up close and personal with members of the Fairfax County Police Department. Hudgins, officers and recruits from the Fairfax County Police Department mingled with members of the community and played games with the children.

Out on the Plaza, Officer W. Coulter lent a hand to chalk artist Katie O’Brien, 8, of Reston as she created an original work on the sidewalk. “I’ve never done art with a police officer before,” Katie said. Joel Hahn, 11, of Reston and FCPD Recruit Christopher M. Albuquerque played corn hole, a lawn game throwing beanbags. “The really generous and helpful people become police officers I think,” said Joel.

“It’s great to be out here and see the kids enjoy National Night Out with Fairfax County Police and connect with them,” said Private First Class Kalf of the FCPD. The afternoon celebration was in line with FCPD’s definition of Community Policing: “a proactive and cooperative partnership between the Fairfax County Police Department and the community” and the department’s stated goal to “strengthen community partnerships.” Meanwhile, Pastor Phil Carl of Christ Servant Lutheran Church served guests pizza slices, hot dogs, drinks and more, items donated by local merchants. “This is a good opportunity for the community to see what a wonderful, safe and secure Hunters Woods Plaza is,” he said.

Before members of FCPD departed for their next National Night Out site, Amirah Khattak, 5, of Reston hurried up the sidewalk. She wanted to meet Officer R. B. Kitchens of the FCPD Motor Squad who stood with Supervisor Hudgins. Khattak shyly shook Officer Kitchens’ hand and smiled. Afterward, Khattak said, “I liked the police officer. Police officers

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Corporal B.T. Horita distributes badge stickers to youth during National Night Out 2019 at Hunters Woods Plaza.



Officer W. Coulter, FCPD and Katie O’Brien, 8, of Reston do a little chalk art together during National Night Out 2019.

are not so scary.”

National Association of Town Watch Incorporated (NATW) introduced National Night Out in 1984. At that time, the event involved a reported 2.5 million neighbors in 400 communities in 23 states. NATW announced that this year’s celebration attracted 38 million neighbors in 16,000 communities across all 50 states as well as many U.S. territories and military bases worldwide.

According to FCPD, citizens can

follow police news on road closures, events, and incidents at @FairfaxCountyPD on Twitter. They can also follow FCPD on Facebook www.facebook.com/fairfaxcountypd/ and Instagram at Fairfax County Police @fairfaxcountypd. Citizens can connect with FCPD online at <https://fcpdnews.wordpress.com/>. The Reston District Police Station is located at 1801 Cameron Glen Drive, Reston; the non-emergency number is 703-691-2131.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



PHOTO BY MERCIA HOBSON/THE CONNECTION

Principal Lindsay Trout of Terraset Elementary School in Reston cheers her students as they arrive back at the Lake Anne Plaza dock with a time of 3:27 during the 2019 Cardboard Boat Regatta to benefit the Reston Historic Trust & Museum.

Thousands Watch Cardboard Boat Regatta

Men, women and children climb aboard and race at Lake Anne to benefit Reston Historic Trust & Museum.

BY MERCIA HOBSON
THE CONNECTION

“Who would have thought cardboard and duct tape could be so much fun,” said Kurt Rose, board member of the


Reston Historic Trust & Museum. Rose and others helped organize and produce the 2019 Lake Anne Cardboard Boat Regatta hosted by RHT and supported in part by Presenting Sponsor, Griffin Owens Insur-


SEE REGATTA, PAGE 6



PHOTO BY CHARLOTTE GEARY

Stroke Amy Dagliano who sits closest to the stern or rear of the U.S.S.Hobnobbers of Herndon sets the cadence for crewmembers Meg Donnelly and Rachel Eisenfeld to follow.






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SPECIAL PULLOUT TAB

Newcomers & Community Guide

August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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Home LifeStyle



PHOTOS BY JOHN COLE

This kitchen and dining area by Anthony Wilder Design/Build includes a workstation concealed behind doors (shown open and closed) to keep the family organized.

Home Organization For a New School Year

Accessories and design elements to create a smooth start.

BY MARILYN CAMPBELL
THE CONNECTION

As a new school year looms large over the horizon, the hectic reality of packing lunches, buying school supplies and making space for new backpacks comes into focus. Making time for home organization can decrease stress before the school bus arrives.

The kitchen is often the of nucleus or command center of a family's home, especially during the school year. To help quell the chaos, Shannon Kadwell of Anthony Wilder Design/Build suggests centralization. "A snack station and breakfast center can be great for letting the kids get food on their own while you get together meals and lunches," she said. "The snack station [can be] a drawer in the kitchen that kids can go into at anytime to get healthy snacks. Granola bars, nuts, crackers, dried fruit, can be pre-measured for individual servings for easy grab and go."

Getting dressed in the morning can become a source of tension, but Sallie Finney Kjos of Grey Hunt Interiors says that she incorporates an elegant design solution

into the bedrooms of her clients homes that helps ease the day-break anxiety.

"Get a basket for each kid and roll their outfits for the day, tie them together and place them upright in the basket," she said. "Give your kid independence and let them pick out their own clothes. Not only will their outfits match, but you'll know that they didn't create a mess finding the perfect shirt."

In fact, baskets can offer a versatile and chic method of organization throughout one's home says, Courtney Thomas of home accessories store, The Picket

"Baskets are an easy and often inexpensive way to contain clutter."

— Courtney Thomas, The Picket Fence

Fence. "They are available in endless sizes and styles," she said. "Baskets are an easy and often inexpensive way to contain clutter. Larger ones are perfect for blankets and pillows, smaller ones keep toys corralled, and there are even baskets with file hangers to keep ... papers organized. If baskets aren't your style, we also love using vintage boxes and crates to serve the same function."

Getting creative with clear containers can help maintain order without sacrificing a home's aesthetic, says Thomas. "You can find

options that are much more stylish than the traditional plastic tub," she said. "Since they are see-through it's easy to see what's inside and find what you need. Use mason jars for pencils and crayons." A coffee table can serve double duty as both a home accessory and a clandestine storage space, says Kjos. "They can be a catch all for busy families," she said. "Consider topping them with a few decorative boxes to hold needed items." Over the course of a school year, a home's mud room can become a black hole of backpacks, soccer cleats and lacrosse sticks. "Having a locker with a door for each child gives the mudroom a clean, organized feel," said Kadwell. "The kids don't need to be neat and tidy inside their own spaces."

Back-to-school organization can extend to the laundry rooms, continues Kadwell. "Set up drop stations to have kids drop off clothes that are in need of washing," she said. "Have bins in an easy to get to space for the kids that are labeled whites, darks and towels. Kids can place their clothing in them according to the labels. This helps cut down the laundry time by having them already sorted."

A family calendar to keep track of deadlines, appointments, and events is a must-have, continued Kadwell. "[Place it] at a level kids can see," she said. "This can be a whole wall that you can paint with a magnetic chalk paint and create a paneled wall effect."

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BACK TO SCHOOL

Aldrin Celebrates, Anniversary, Moon Landing

Shane Wolfe, Principal, Aldrin Elementary School, Reston: This year, Aldrin ES will celebrate the 25th anniversary of our school and the 50th anniversary of the Apollo Moon Landing. The anniversary is especially important to us since our namesake, Dr. Buzz Aldrin, was one of the first people to set foot on the moon.

We are also excited to focus on a new school-wide vision of 'Every Student. Every Day. Whatever it Takes.' This focus comes from the book, 'Culturize' by Jimmy Casas, which we will be reading as a staff. This vision will

Open House, Back to School Night

Aldrin's Open House is Aug. 23, 2019 beginning at 9:30 a.m. Preschool, PAC, Multi-Age and Kindergarten will meet at 9:30-10:30 a.m. and grades 1-6 are at 11 a.m. The PTA will give tours to new families at 10:30 a.m. and host Popsicles on the Playground at 12 noon.

We're trying a new agenda for Back to School Night (BTSN). BTSN will be Tuesday, Sept. 10 with 2 sessions, beginning at 5:30 p.m.



Shane Wolfe.

envelop the Positivity Project that we've been infusing into daily and community life at Aldrin for the last two years.

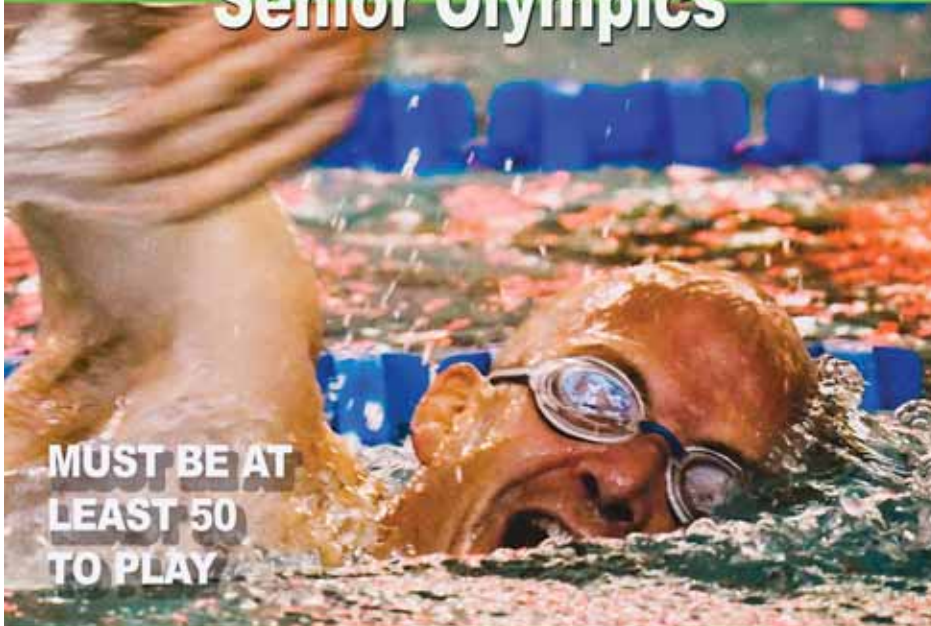
We will also be expanding our Advanced Academic program this year to ensure every child has an opportunity to experience advanced academics at all levels, grades K to 6.

We also are excited to have partnered with Perfect Sense, a Reston-based technology company that was founded with giving back to the community at its core, to help us clean up and prepare our garden for more outdoor learning opportunities, donating backpacks with supplies, and a mentoring program once school begins.

We are also excited to have a new indoor aeroponic garden — The Tower Garden. The Tower Garden will be built by our kids — it can be grown indoors throughout the school year — there is no dirt or weeding; it's self-watering and uses 10 percent of the water of a traditional garden. Students will plant and harvest food, year round, to be

SEE BACK TO SCHOOL, PAGE 7

Enjoy A Real Senior Moment With the Northern Virginia Senior Olympics



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PHOTO BY STEVE WRIGHT

More than 3000 people pack Lake Anne Plaza to watch the largest Cardboard Boat Regatta held there.

Lake Anne Hosts Regatta

FROM PAGE 3
ance Group in the Town of Herndon.

An estimated 3,000 people packed Lake Anne Plaza and waterfront Saturday afternoon, Aug. 10 for the 2019 Cardboard Boat Regatta. Family members and friends cheered on the 60 teams racing in timed heats of twos, each valiantly vying for one of the three First Place cardboard trophies or the Titanic Award for the most dramatic sinking.

"We're having an absolute blast," said Alexandra Campbell, Executive Director Reston Historic Trust & Museum.

"This event is always hilarious," said Del. Ken Plum (D-36) as he watched the competition unfold.

Teams ranged in size from one to ten crewmembers. Boat # 4, Dogwood Elementary Teachers, held only one person, Principal Mie Devers. Boat # 44, Redemption, aka the Beatles Boat, held ten people. The design, manner and time spent building the boats varied. Adrian Chadwell of Restora-

tion Church said that five members of the crew made their boat, Restoration. Others such as Griffin Owens Insurance Group recycled their boat from previous years. At the start of the community event, Emcee, Andy Sigle of Reston announced, "The boats look awesome...This is what Lake Anne Plaza was meant for, community coming together." As the regatta continued throughout the afternoon, volunteers like Rose and others stepped on board and kept everything running smoothly from set-up to traffic control to disposal crew. Kevin Witt and the Swim Team Dads from Lake Newport in Reston gladly took on the task of official race timers and dock crew.

Participants paid \$50 to register each boat for the regatta. Next year, Reston Historic announced entry for 75 boats.

The Final Scoreboard Count named the First Place winners - Navigator Class: Lake Anne Brew House-1:45; Cadet Class: Redemption 1:55; and Skipper Class:- Marty Boys 2:06.



Lake Anne Brew House accepts First Place in the Navigator Class at the 2019 Lake Anne Cardboard Boat Regatta.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Swim Team Dads from Lake Newport, volunteer timers and dock crew for the 2019 Lake Anne Cardboard Boat Regatta, watch as the crew from Lake Anne Coffee House and Lake Anne Brew House battle it out.

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.

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.

Back to School

FROM PAGE 5

served in our school's very popular salad bar.

We can't wait to begin our second year having a full time STEAM Teacher who will take kids on a journey of learning through project based assignments, coding, 3-D printing, robots and critical thinking. Aldrin will continue the Get to Green Committee for recycling efforts, with STEAM staff sponsorship.

We are also excited to be in the planning phases of a new partnership, along with the Reston Rotary, with the Kenyan Ambassador called Kenya Project Zoom Conference. Aldrin will become a sister school and each school's second grade will communicate with skype or zoon to promote education, exchange of ideas, global citizenship and acceptance of all cultures. We will bring FCPS's Portrait of a Graduate to their understanding.

There will also be a teacher exchange of ideas as part of the project.

The final new Aldrin endeavors will be affecting our students greatly. Lily, a standard sized poodle, certified by Therapy Dogs International (TDI), will be working for a couple of hours, a couple of days a week with first and second graders who are experiencing anxiety.

Our Student Council Association has been renamed and revamped. The purpose of new Leadership Council will be to emphasize more giving back to the community.

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<p>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</p>					

Don't Monkee Around With Me



By KENNETH B. LOURIE

I mean, he didn't even examine me, which he rarely does. (The CT scan pretty much tells him what he needs to know, so he says.)

In addition (or is that subtraction), he didn't even ask me the standard questions he typically does about my quality of life, activities of daily living and general health and welfare. In fact, near the presumptive end of our appointment, as peculiar and uncharacteristic of an appointment as it was, I felt compelled to blurt out the answers to all the questions that he didn't bother to ask that for years he's always asked: any pain, shortness of breath, coughing, headaches, neuropathy, muscle weakness or any new or persistent symptoms? All he could muster was a perfunctory "Do you need any prescriptions filled?"

And then the semi-out-of-the-blue-bombshell: "Are you familiar with Palliative Care?"

Followed by the offer to refer us to a book that he thought we might find helpful/useful.

Helpful? Useful?

I didn't say it at the time because the entire appointment was so odd and impersonal almost. But WHAT?! Palliative Care? What are you talking about? He has never brought up palliative care before. (Although way back when, he had given us a brochure titled "Final Wishes.")

You see, we know about palliative care. We've attended multiple conferences organized by LUNgevity, "the largest national lung cancer-focused non-profit in the country" where palliative care doctors often have spoken. Palliative Care is not hospice care but it's a transitional level of care to be sure.

If I'm transitioning, I wish somebody would have told me, and not by asking about my familiarity with this type of care.

In a word, palliative care is a type of downsizing, as best as I can describe its subtleties; separate and apart from hospice care which is, if you don't know it, "the last train to Clarksville," if you get my euphemism (and hopefully someone is meeting you at the station)? But so far as I've been told, I'm not on the last train to Clarksville or any other final destination.

In fact, I rarely take the train. Not that being on or off the train matters when one comes to the end of the line.

Nevertheless, as I review in my mind what my oncologist said this past Monday, I have to wonder if he was feeding me a line, throwing me a line or just reciting a line that is required of oncologists in their regular communications with their cancer patients - a sort of caveat emptor for long-time cancer survivors who are inexplicably still alive (as evidence of such sentiment, my oncologist refers to me as his "third miracle").

But I didn't feel much like a miracle on Monday. I felt more like a dope. Like I was being told something I didn't realize, sort of an emperor has no clothes "something." It was a feeling I had never experienced before; during or after any of our appointments.

Previously, even at the initial Team Lourie meeting in late February 2009 when the hammer came down, I had - though having it in utter disbelief - a grasp of the obvious: "terminal cancer," with a "13-month-to-two-year" prognosis to boot. The particulars of which would be sorted out over the following weeks and months beginning with my first chemotherapy six days later.

And boy were they ever sorted. Ten years and almost six months later, I'm still sorting.

Was I just given an updated "terminal" diagnosis/prognosis or was my oncologist merely having an off day?

Obviously he knows that his words carry enormous weight and significance and create terrible burdens for his patients and their families. But he can't simply toss out the phrase palliative care like it has no impact. Its impact is huge.

It's akin to being hit by a speeding train, the likes of which would prevent one from getting anywhere near Clarksville, let alone being on the last train.

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

CALENDAR

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Junior Golf Fairfax Camps, Clinics and Competition. Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.

Art Exhibit: For the Love of Art. Through Aug. 18, gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Through a myriad of styles and media – oil, watercolor, pen and ink – Angie Magruder, a long-time Reston resident, shares her

many talents as an artist in this exhibit at Reston Community Center Hunters Woods. Visit www.restoncommunitycenter.com/.

Art Exhibit: Finding Home. Through Aug. 24, gallery hours at RCC Lake Anne - Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Visual art meets poetry in Finding Home, a collaboration between visual artist Morgan Johnson Norwood and poet Sally Toner at RCC Lake Anne's Jo Ann Rose Gallery. The exhibit has a distinct relationship to location, as both artists come from a long tradition of defining "home" with a physical construct. A reception and reading takes place Saturday, Aug. 3, noon-2 p.m. Visit www.restoncommunitycenter.net/

attend-shows-events-exhibits/event-detail/2019/07/31/default-calendar/morgan-norwood-and-sally-toner-exhibit for more.

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

restonarts.org for more.

Art Exhibit: Overlooked. Through Aug. 31, Tuesday-Saturday, 11 a.m.-5 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." Visit restonarts.org for more.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

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 for more.

Reston Farmers Market. Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. For list of vendors and more information, visit www.fairfaxcounty.gov/parks/farmersmarkets/reston.

THURSDAY/AUG. 15

Hunter Mill Nights: Veronneau (world jazz). 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 with performances by entertainers from across the United States and around the world. 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/performances/hunter-mill-nights for more.

FRIDAY/AUG. 16

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.

Indian Cooking. 6-7:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Ages 18 and older. Learn to cook healthy vegetarian food from the Aviyal region in India. This will be a demonstration with some hands-on opportunities. \$20, \$16 (55+) with registration; \$30 at the door. Visit www.restoncommunitycenter.net/

AUG. 16-31

Jean-Paul Sartre's "No Exit." Aug. 16-31 at ArtSpace Herndon, 750 Center St., Herndon. Sartre's classic existentialist play consists of two women and one man locked up together for eternity in one hideous room in Hell. The windows are bricked up, there are no mirrors, the electric lights can never be turned off, and there is no exit. Featuring Scott Pafumi as Garcin, Skye Lindberg as Valet, Jane Steffen as Inez, and Arianne Warner as Estelle. Recommended for audience members 14 and up. Call 703-956-6590 or visit www.artspaceherndon.org.

THROUGH AUG. 16

Call for Interns. The Greater Reston Arts Center (GRACE) welcomes high school and college level students to apply for week-long internships at their Summer Art Camps. Interns will spend their days making art and having a blast with campers at Reston Association's Lake House. Internships are unpaid, but can qualify as community service hours. Hours are 9 a.m.-4 p.m. Contact Sarah Berenz at 703-471-9242 or sberenz@restonarts.org.

SATURDAY/AUG. 17

Dog Tales. 10:30-11:30 a.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Read aloud to Truman, a trained therapy dog. Bring a book or choose a book from the library. Call or sign up online for a 15-minute session. Age 5-12. Registration required. Call 703-437-8855.

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

Back 2 School Bash (All Ages). 11 a.m.-2 p.m. at South Lakes High School, 11400 South Lakes Drive, Reston. The bash will be an afternoon filled with interactive activities and important information to help prepare children of all ages and grades to go back to school. Learn about the fantastic resources, programs and services provided by community agencies and partnerships in your neighborhood. Free. Contact LaTanja Jones at 703-390-6158 or LaTanja.Jones@fairfaxcounty.gov.

Peach of a Program. 1-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century, Sully historic site was home to more than 1,000 peach trees. Learn about the history of peaches and their uses in the "Peaches and Cream" program. Designed for peach lovers age 6-adult. \$15 per person. Children must be accompanied by a registered adult. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

SUNDAY/AUG. 18

Superhero Splash & Dash. 8:30 a.m. at Lake Audubon Pool. Calling all kids ages 6-15 to participate in Superhero Splash and Dash produced by CORE Foundation. This family favorite features a superhero themed Aquathon, a swim-run-fun combination. \$30. Visit corefoundation.raceentry.com/reston-splash-and-dash/race-information.

Dairy Days. 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Closing 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 as an artist in this exhibit at Reston Community Center Hunters Woods. www.restoncommunitycenter.com/.

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



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Walk to End Alzheimer's

Sept. 29 • Reston Town Center
Oct. 12 • National Mall

Additional Walks available.
Find one near you at alz.org/walk
or call **703.359.4440**.



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