

Reston CONNECTION

A+
PAGE 4

Savoring the Flavor of Reston

NEWS, PAGE 3

Sunrise to Host 'Creative Conversations'

CALENDAR, PAGE 8

Hunter Mill Democrats Hold 'Unity Party'

NEWS, PAGE 2

Patrons share a bite
at Taste of Reston,
produced by the
Greater Reston Cham-
ber of Commerce.

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PHOTOS BY JOHN LOWMAS

Hunter Mill Democrats Hold 'Unity Party'

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

Laurie Dodd congratulates primary winner and presumptive Supervisor-elect Walter Alcorn. Dodd finished second to Alcorn in the five-person race.



BULLETIN BOARD

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

SOBER-RIDE FOR JULY 4

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

VOLUNTEERS WANTED

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

MONDAY/JUNE 24

NARFE Dulles Chapter 1241 Luncheon Program. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Speaker is Ken Thomas, NARFE National President, who will give an update from NARFE Headquarters. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call with reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, June 20, 2019.

TUESDAY/JUNE 25

FCPS Career Fair. 9 a.m.-2 p.m. at 9200 Burke Lake Road, Burke. Fairfax County Public Schools (FCPS) will host a Career Fair for individuals interested in learning more about instructional and operational positions with the school district. There will also be four breakout sessions offered: benefits, the application process, and resume writing and interviewing. Particular needs include teachers, instructional assistants, special education teachers, substitute teachers, HVAC mechanics, school bus drivers, maintenance technicians, and professionals in information technology, human resources, procurement and finance, and safety and security. Visit www.fcps.edu/news/fcps-host-career-fair-instructional-and-operational-personnel to RSVP or learn more.

MONDAY/JULY 1

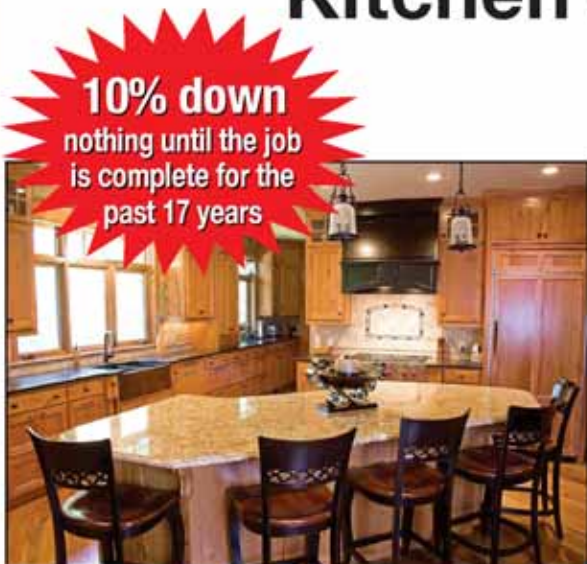
Application Deadline. Each year, the Community Foundation for Northern Virginia provides a grant opportunity to help public schools encourage healthy lifestyles through increased exercise and better nutrition. Grants up to \$2,000 are awarded in a competitive grant process. Public elementary, middle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

SEE BULLETIN, PAGE 7

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PHOTO BY CHIP MCCREA PHOTOGRAPHY



PHOTO BY CHIP MCCREA PHOTOGRAPHY

D.C.-based Mediterranean restaurant Agora wins First Place In the Tasting Competition at 2019 Taste of Reston.

New to Taste of Reston, Pauly's Rib Shack of Ashburn wins Second Place in the Tasting Competition.

Savoring the Flavor of Reston

Agora wins First Place award in 2019 Taste of Reston Competition.

BY MERCIA HOBSON
THE CONNECTION

Taste of Reston, produced by Greater Reston Chamber of Commerce drew thousands of patrons to Reston Town Center, Friday, June 14 and Saturday, June 15. The free and open to the public, two-day event offered four stages of entertainment, Family Fun Zone! Wine 'n Dine, Business Exhibits and more. The chamber has produced Taste of Reston since 1990 and "it is the favorite summer food and music event of the Reston community." While attendees purchased tickets needed for on-site food, beer and wine, the Wine 'n Dine area allowed festival goers the ability to shop with cash and buy food items designed to enjoy at home. Garage parking for the event was free.

"We view this as a community give-back and an opportunity for businesses to showcase their culinary cuisines and participate in the Business Exhibits," said Mark S. Ingrao, President & CEO of the Greater Reston Chamber of Commerce.

On hand to judge for herself the best of the best cuisines was Jocelyn Jablin of Reston who sampled baklava from Agora, a D.C.-based Mediterranean Mezze Restaurant set to open this month in Tysons. "I've been to Taste of Reston before so I knew it would be great, alive with fun and food," Jablin said. A few tents away, smoke drifted upward. Paul Gill, of Pauly's Rib Shack, prepped his "amazing smoked ribs."

"We're a mobile and catering company," Gil said. "I received an invite from the Chamber to attend this year's Taste of Reston, and I'm loving it."

Nearby Daniella Miller of Fairfax waited to taste the fare from Not Your Average Joes. "I wanted to try these. I come for the food; it's family-style dining," Miller said.

Alicia Liddle, a member of the Greater Reston Regional Chamber of Commerce, described the tremendous volunteer effort



Ashley Hoskins of Agora, a Mediterranean Mezze Restaurant hands a slice of baklava to Jocelyn Jablin of Reston.

PHOTOS BY
MERCIA HOBSON
THE CONNECTION

Paul Gill, CEO & Founder of Pauly's Rib Shack purveyor of fine American BBQ out of Ashburn, preps his "amazing smoked ribs" and bratwurst during 2019 Taste of Reston.



required to put on the Taste of Reston. "I'm so pleased about the number of people from the community here to volunteer. We anticipate more than 300 volunteers. It's awesome," Liddle said. In the Taste of Reston Tasting Competition, held early Saturday afternoon, D.C.-based Mediterranean restaurant Agora, which plans to open its Tysons branch in June, won First Place, Pauly's Rib Shack out of Ashburn won Second Place and Barcelona Wine Bar Reston earned Third Place.

Mark Ingrao, President & CEO of Greater Reston Chamber of Commerce (GRCC) which produces Taste of Reston is joined by member Sharon Slavin out to do a little volunteering for the event.



Orangetheory Fitness Reston, one of the Business Exhibit vendors at the 2019 Taste of Reston, table staffed by Assistant Manager Rhiannon Garratt, attracts Anna Suhring of Arlington, her friend former Restonian Andrea DeSilva and her 3-month-old Weimaraner puppy, Wrangler.

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



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Cooking, Counting, Drama

And other fun ways to preserve skills during the summer.

BY MARILYN CAMPBELL
THE CONNECTION

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

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

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

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

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

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

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

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

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



PHOTO COURTESY OF MADEIRA SCHOOL

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

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

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

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

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

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

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

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

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

THE CONNECTION
Newspapers & Online

UPCOMING SPECIAL SECTIONS

June

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

July

7/3/19.....Wellbeing
7/10/19.....HomeLifeStyle
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- Potomac Almanac
- Reston Connection
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New Majority on Board of Supervisors

Eight things to study, get up to speed.

One thing we know for sure, Fairfax County is about to lose a lot of institutional knowledge on the Board of Supervisors. Here are a few suggestions for study for those who might find themselves on a fully reconstituted Board of Supervisors.

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

✦ Homelessness: While in many ways, Fairfax County has succeeded in reducing

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

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

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

✦ Police Reform: While Fairfax County now has two forms of independent oversight of police, consider that the police have chosen to remain silent on recommendations and reports by both the Independent Police Auditor and the Civilian Review Panel. Members of the

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

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

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

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

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

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

— MARY KIMM

LETTERS TO THE EDITOR

Protecting Reston's Open Space

To the Editor:

Recent reports that the Reston National Golf Course has been acquired by two Baltimore area real estate developers, Weller Development and War Horse Cities, have placed many Restonians on alert. The fate of the golf course has been a hot button issue for the community since 2012 when the previous owner attempted to assert its right to develop the course without an amendment to the Fairfax County Comprehensive Plan.

Weller Development and War Horse have stated that they "are focused on building relationships and working with the communities we serve, and we look forward to being part of the Reston community for years to come." I'll take them at their word, but these new owners, and the Reston community, should understand that if elected to the Board of Supervisors whether I would consider even initiating any possible change to the Comprehensive Plan will be guided by two simple principles.

First, any proposed amendment must, as a threshold matter, have the support of the Reston community, and particularly the support

of the homeowners and communities adjacent to the golf course. These residents would be most directly affected by any proposed development. They bought their property with the expectation that it would remain a golf course, as called for in the Comprehensive Plan, and those expectations deserve to be respected. In addition, there also must be support from the broader community (e.g., golfers and users of trails through the course).

Second, I don't believe that the quality of any business decisions made by the property owners are relevant to land use decisions of the Board of Supervisors. If the new owners paid a speculative premium for the property hoping to find a path to development, and if they are unable to secure community support for such development, in my view that is simply the risk of being an entrepreneur in our free market system.

The Reston National Golf Course has been a part of the fabric of Reston since the community was founded in 1964. I understand the concerns of residents in protecting Reston's open space for recre-

SEE ALCORN, PAGE 6

The Speaker of the House

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



The Speaker of the House of Commons of the Parliament of Great Britain, the Right Honourable John Bercow M.P., spoke in the chamber of the House of Delegates in the State Capitol in Richmond recently. His speech was not to the members of the House of Delegates specifically although I and several other members were in attendance but rather to persons participating in the events as part of American Evolution, Virginia to America 1619 – 2019, the celebration of the 400th anniversary of historic events in the Virginia colony including the meeting of the first representative legislative assembly in the Western Hemisphere at Jamestown in 1619.

Speaker Bercow lived up to his reputation of being a very entertaining speaker with lots of stories and humorous details of his service in Parliament with its centuries of traditions and customs. Many routines in the House of Commons or the House of Lords can be explained by happenings centuries ago and by interactions with the British monarchy. Speaker Bercow clearly knows his history and uses it to create a context for understanding the operation of Parliament today.

Ironically the Speaker of the House of Commons—who clearly loves to speak—has a role that does not require him to speak often or engage in debate in the House. He explains his role as being obliged to be impartial in debate and to be a kind of referee to ensure that debates are held fairly for all participating parties. While he is a member of Parliament and

SEE PLUM, PAGE 6

COMMENTARY



Yard Sale

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NEWS

Area Schools Among the Best in Virginia
2019 US News and World Report Recognizes TJ, Oakton, Chantilly, South Lakes and Herndon among top 100 schools in Virginia.

BY JULIA ZHOU
THE CONNECTION

US News and World Report recognized five local high schools as among the top 100 high schools in Virginia. Thomas Jefferson High School for Science & Technology (TJ) ranked first in the state. Oakton High School ranked fourth. Chantilly High School ranked 11th, while South Lakes High School ranked 39th. Herndon High School scored in the top 100 with a 78th state rank.

According to US News and World Report, it releases rankings each year based on six indicators of school quality: college readiness, college curriculum breadth, math and reading proficiency, math and reading performance, underserved student performance, and graduation rate.

When asked to reflect on being number one in the state, TJ senior Fred Zhang stated, "TJ is very hard and its students are all very smart and high-achieving. I am not that surprised that TJ is ranked first in the state. They draw the top students from many different counties, which gives them an advantage." Zhang said, "I find it remarkable how so many high



PHOTO BY JULIA ZHOU/THE CONNECTION

South Lakes High School, one of several local schools recognized by US News and World Report.

schools in Fairfax County are ranked in the state. I think it speaks to the overall quality and high standards that Fairfax County Public Schools have."

Emily Fang, an Oakton High School student, commented on her school's ranking, "I'm honestly not

surprised that Oakton is ranked that high. The facilities are not that great right now because they are under construction, and the administration is also not the greatest, but the teachers are excellent and I'm also a huge fan of our principal."

Plum

FROM PAGE 5

is a member of a political party, he sets aside partisanship in his role as Speaker. His success in the role is evidenced by his continued unanimous re-election as Speaker by the members of the House of Commons.

In the earliest years as the parliamentary system of government evolved in Great Britain the speaker's role was to be the person who spoke in the Parliament on behalf of the monarch. He made the king's interest known to the law makers. As the form of government evolved, however, and with the decline in the power of the monarch, the speaker became the person to make the views of the members of Parliament known to the king. It was a bit of a role reversal as Parliament gained power with the ministers of government as part of its membership and

Alcorn

FROM PAGE 5

ational, environmental and livability reasons. And with the current Comprehensive Plan designation arrived at unanimously by the task force formed to draft the Plan only a few years ago, I do not support changing the Plan's designation that this property be a golf course. At some point in the future if the new owners of the golf course can devise a plan which garners clear and broad community backing

the monarch assuming more of a ceremonial role.

The Founding Fathers writing the constitutions for the colonies as they became states and for the United States as a nation rejected the strong monarchical and parliamentary system of government in favor of separation of powers and checks and balances.

Speaker Bercow is a strong believer in the necessity of his being impartial in his role as Speaker of the House.

At the same time he makes clear that he is in no way impartial in his support for representative government and is passionate about liberal democracy. Certainly the Speaker of the House of Delegates in Virginia could lead to more effective government in the Commonwealth were the person occupying the position an impartial leader and not the leader of the majority party.

(including neighboring communities) I would support initiating a process to consider changing the Comprehensive Plan. If not, they should accept the fact that they bought a golf course and look at how to involve more of the community in the lifelong sport of golf.

Walter Alcorn
Reston

BULLETIN

FROM PAGE 2

TUESDAY/JULY 9

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

WEDNESDAY/JULY 17

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

SUPPORT GROUPS

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

ONGOING

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

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

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

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

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

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonsfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

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-Thomas Fuller

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A Few Weeks Off, Finally



By KENNETH B. LOURIE

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

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

I have to be a logical person.

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

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

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

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

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

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

Cancer, schmancer.

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

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

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

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

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

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

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

ENTERTAINMENT

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

ONGOING

Art Exhibit: Things That Don't Have Names.

Through June 22, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents a site-specific sculptural installation by DC-based artist Stephanie J. Williams, whose work explores themes of identity through omission and inclusion. Visit restonarts.org or call 703-471-9242.

Golden Age Musical. Through June 23, at NextStop Theatre, 269 Sunset Park Drive, Herndon. From Artistic Director Evan Hoffmann comes a wildly inventive re-imagining of an American mega-musical. Singin' in the Rain has all the magic and glamour of the greatest movie musical ever made. So, when the projector at a super-fan screening of the film goes up in smoke, the hosts save the day... after all, in theatre, the show must always go on. \$40-55. Visit www.nextstoptheatre.org/shows/singin-in-the-rain.

Art Exhibit: Beaches, Canyons, Caves and Cows.

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

Art Exhibit: Rough around the Edges.

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

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket

THURSDAY/JUNE 20

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

FRIDAY/JUNE 21

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

SATURDAY/JUNE 22

Summer Vibes: Tie-Dye. 9-10:30 a.m. at Herndon Town Hall Green, 730 Elden St., Herndon. Celebrate the start of Summer. Bring the good vibes and Herndon will supply the shirts (while supplies last) along with all other materials needed to create awesome tie-dye. All ages welcome. Pay on-site day of event, cash or check only. \$5. Call 703-787-7300, ext. 2115 or visit www.herndon-va.gov/about-us/recreation/special-events.

Art Exhibit: Beaches, Canyons, Caves and Cows

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

Elena Botts, Untitled 2, oil



Sunrise to Host 'Creative Conversations'

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

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

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

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

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

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

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

SUNDAY/JUNE 23

Author Event: Julie Langsdorf and Angie Kim.

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

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

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

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

Where: Sunrise Senior Living: 1778 Fountain Drive, Reston

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

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

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

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

WEDNESDAY/JUNE 26

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

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

FRIDAY/JUNE 28

Live Music: Holly Montgomery Band.

9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsoSPORTstavern.com.

SATURDAY/JUNE 29

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

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

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

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

MONDAY/JULY 1

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

THURSDAY/JULY 4

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

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

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

FRIDAY/JULY 5

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

Live Music: Chris Timbers Band. 9:30 p.m.-1:30 a.m. at Kalypso's Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit www.kalypsoSPORTstavern.com.

SATURDAY/JULY 6

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

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

SUNDAY/JULY 7

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

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

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