

Reston CONNECTION

An RA Central Facilities Services staff member demonstrates how the slab scissor lift ascends to heights up to 25 feet during Totally Trucks held Friday, Aug. 2.

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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

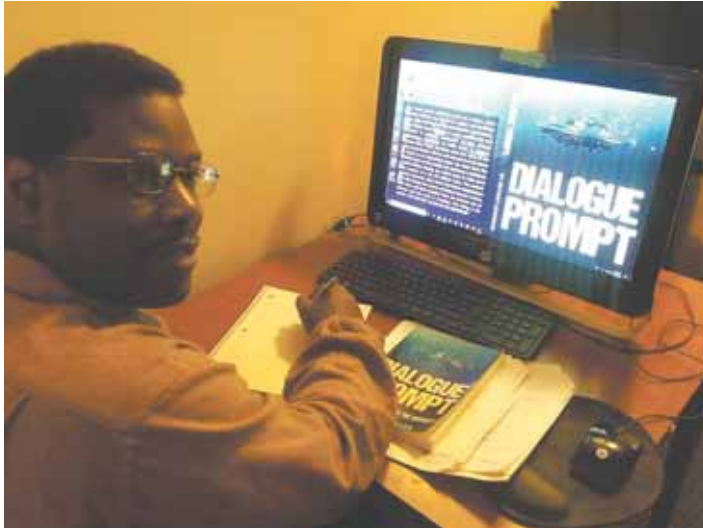


PHOTO COURTESY OF BRYANT F. JOHNSON

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.

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 over-

seas. 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 emphati-

cally, "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.

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Children safely climb aboard Reston Association's ball field rake and mowers during Totally Trucks held Friday, Aug. 2.

PHOTO BY MERCIA HOBSON/THE CONNECTION



Staff and children from YMCA Fairfax County Reston try out the big machinery at Reston Association Central Service Facilities during its 20th Anniversary Totally Trucks event.

The Chance to Climb Aboard

BY MERCIA HOBSON
THE CONNECTION

No matter how young or old one is, trucks, maintenance equipment and public safety vehicles are fun to watch. Even better though is the opportunity to get up close and personal. On Friday, Aug. 2, one of Reston Association's most popular summer happenings, Totally Trucks, returned for its 20th Anniversary event at the Central Services Facilities, 12250 Sunset Hills Road.

Reston Association (RA) crew members encouraged children and adults to climb aboard their smaller, mostly off-road units.

Children clamored onto the Batwing Mower used by RA's grounds crew to cut large fields and the Bombardier, a small skidded plow RA staff nicknamed "Ice-man," used to clear snow off the 55 miles of Reston pathways. The crew also invited community members to explore the public safety units brought in by Fairfax County, a Connector bus and a mail truck, and demonstrated its rough and tough construction vehicles. Community members watched dump trucks and bulldozers recreate a grounds maintenance site and even a Genie scissor lift maneuver in the tight roped-off space and soar to twenty-five feet. Oliver Seng, 2, stood with other chil-

dren behind the demonstration safety lines. He watched transfixed as RA's skilled crewmembers shoveled, lifted and dropped material into the dump trucks. Oliver's mother, Diana, filmed the big rigs in action, for the second year in a row. "We came last year, and Oliver made me play the video every day," she said with a sigh.

For other truck loving toddlers such as Tess Shreeve, 2 1/2 of North Springfield, this was her first visit to Totally Trucks. However, it wasn't the trucks that thrilled her the most. "Tess' favorite is the bus," said mom Claire.

Jenna William of Fairfax said that her son, aged 2, liked the police cruiser from

the Fairfax County Police Department Sully District Station best. The toddler sat in the passenger seat beside Officer R. Roda then tried out the backseat. Asked what he thought of his participation in RA's Totally Trucks event, Officer Rada said, "I like to be engaged with the community."

Paula Fogerty of Reston and her grandson, Charlie, 2, checked out a Bombardier, one of the tracked sidewalk plows RA used to clear snow from the 55 miles of pathways it owns. However, Charlie preferred to look at rather than climb aboard the beast. "He loves trucks, but when he gets up close, he gets timid," said Fogerty.

**Reston Association presents
Totally Trucks.**

Literary Voice for All

BY MERCIA HOBSON
THE CONNECTION

Pat O'Dwyer and John W. Beach of Reston are Sunrise Scribes. They are also advocates, championing the call for all generations to come and join them in the Writers Workshop Series and panel discussion program, Creative Conversations. Sunrise at Reston Town Center, Reston hosts the series.

O'Dwyer, Beach and most other Sunrise Scribes are members of the Silent Generation, born within the years 1925-1945 or the Baby Boomer Generation, born 1946-1964. However, O'Dwyer and Beach are not silent, especially when writing.

THEY BRING UP MEMORIES they have not thought about in decades and share them with other scribes, powerful



Pat O'Dwyer and John W. Beach, residents at Sunrise at Reston Town Center, discuss their current literary works with Kristin Clark Taylor, founder and facilitator of the Writers Workshop Series and Creative Conversations held at the senior living community.

PHOTO BY MERCIA HOBSON/THE CONNECTION

**Step out of the bubble -
bridge the gap between five generations.**

messages based on experience and knowledge, according to Kristin Clark Taylor, founder and facilitator of the Writers Workshop Series and Creative Conversations.

Meanwhile, O'Dwyer and Beach push for all ages to join them and others of the Silent and Boomer generations, with the goal of five generations, their two and Gen X born between 1965-1979, Millennial born between 1980-1994 and Gen Z born 1995-2015, especially Gen Z, writing together and learning from each other through creative, intellectual and respectful dialogue.

O'Dwyer, Beach and Taylor discussed the programs' supportive environments and cross-generational benefits; qualifiers others might consider if joining.

"I think it would be interesting if teens came," said O'Dwyer. She said that during her first year as an educator, she worked as

a teacher at a residential treatment center for disturbed boys. She recalled that while teaching, she needed to be patient, non-judgmental and supportive. What O'Dwyer wanted then, she said, "Was for the boys to come to their own truths." According to Taylor, the Writers Workshop Series provides a similar safe place, without judgment. "Here, we develop writing skills and share works with others in a trusting, creative environment," Taylor said.

Beach concurred with O'Dwyer about integrating younger people into the program and the need for a supportive atmosphere. He also agreed with Taylor on the need to give seniors their voices back and bridge the gap between generations

SEE VOICE FOR ALL, PAGE 7

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 background checks without loopholes or exceptions.
- ❖ 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 leg-



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.

islation 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+1st+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/materials relevant to this topic via email to comments@vsc.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 these 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

Laboratories of Democracy

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



State Senator Toi Hutchinson of Illinois who is president of the National Conference of State Legislatures (NCSL) spoke last week in Jamestown as part of the commemoration of the 400th anniversary of representative democracy in the United States. She was eloquent in describing the evolution of legislative bodies in the states: "That evolution is breathtaking—from that rudimentary gathering of a handful of land-owning, white men to professional legislative bodies filled with the best and brightest of every race, every creed and every gender. Legislatures now serve as the place where ordinary hard-working Americans become extraordinary ambassadors of their neighborhoods, towns and cities and strive to-

COMMENTARY

gether to secure the blessings of liberty."

I am attending the annual meeting of the NCSL this week. NCSL uses the term "laboratories of democracy" in describing the states. The attendance at its annual meeting reflects the diversity that President Hutchinson described in her remarks at Jamestown. The Virginia General Assembly has made major strides in becoming more diverse the last several years as more people reflecting diversity have come forward to run for office and have been welcomed by the voters. Recent court decisions that wiped out some of the gerrymandering that kept white men in charge will no doubt add to the diversity in election winners this November.

Just as in any laboratory setting, the results of some experiments are worth keeping and others are

just as well cast aside. Too many states are still involved in passing laws to restrict those who can vote and to legalize discrimination against certain classes of people. Fortunately few if any of these people show up at this conference but rather go to other meetings where they might feel more comfortable. NCSL for the most part tends to attract middle-of-the-road moderates to progressives.

With the federal government reneging on so many matters that might best be resolved with common solutions across state lines, the states are having to step up to respond to these issues. The current federal administration continues to deny climate change, but it is the people in the states who are getting their feet wet and who are suffering the consequences of climate change including extreme weather events. I look forward to attending sessions with expert speakers and panels who will present what is happening in

states that are taking environmental issues seriously.

Criminal justice reform, educational reforms including the expansion of early childhood education, new approaches to mental health, cybersecurity, and a fair census and resulting redistricting are a short list of topics that will be on my mind and the minds of legislators from other states with whom I will have an opportunity to interact during the several days of the conference. I will share some of what I have learned or confirmed in future columns.

As at any meeting, discussions that take place at the breaks and social gatherings can be the most profitable. I know there will be an overwhelming number of attendees who will be gravely concerned about what is happening with our national leadership and institutions. That makes work as state legislators even more important as we work to maintain our laboratories of democracy.

Reston
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NEWS DEPARTMENT:
reston@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
debfunk@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



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 over-flowing 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



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.

a platter of tomatoes, peppers, sweet peas, zucchini, sweet Vidalia & red onions, continued Carr. "Complicated recipes are not 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."

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SPECIAL PULLOUT TAB

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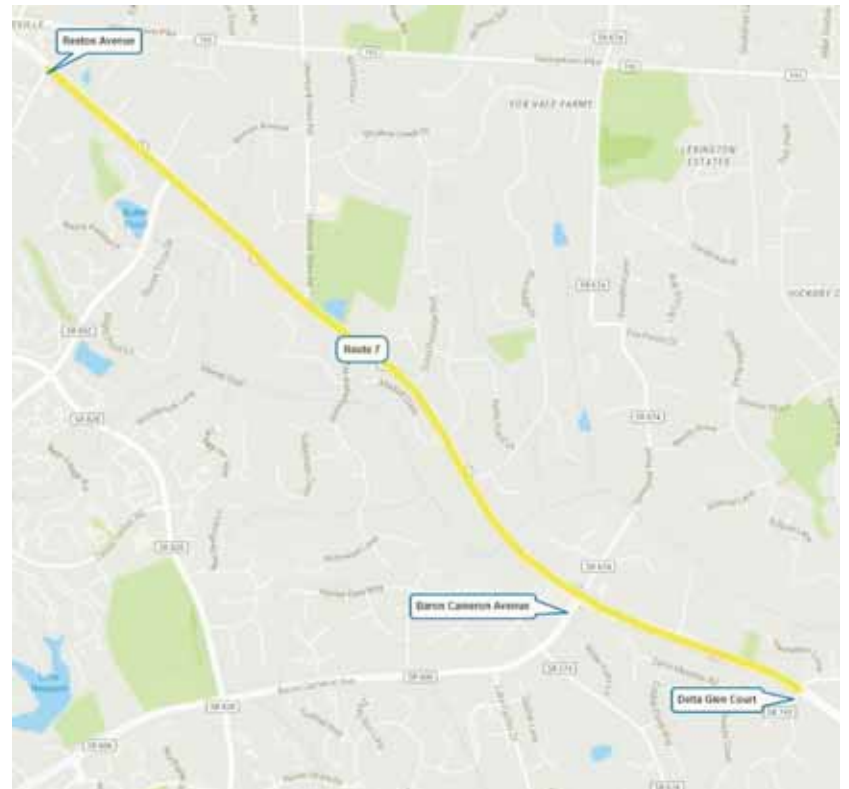
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News

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.

Voice For All

FROM PAGE 3

as he had a message to share. "I am hopeful that my over 65 years of government service can be shared with the coming generations. Government leadership will be one of the strongest determinants of future generations," Beach said.

Right now, though, the earlier two generations are writing and listening to each other at Sunrise. Taylor said that what saddened her most was that the current society does not assign as much value to seniors as previous generations did. Taylor recalled at the end of the first day of class, a senior thanked her for "making his brain so happy." Her response was that she was always learning so much from them.

"It is their wisdom, knowledge and depth of their experiences. ... It's not just giving them a voice; it's also good for everyone. We learn from everyone. The notion is that it's just not good and right to allow seniors the opportunity because when they share their wisdom, we all grow. Everyone gains something in multigenerational continuity, that is sorely lacking today," said Taylor.

TAYLOR, a prize-winning author, journalist and former White House communications strategist under President George H. W. Bush, designed the Writers Workshop Series and Creative Conversations. Both are free to attend and open to the public.

If you as an individual or your organization would like more information about either program, email Kristintay@aol.com.

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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. 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.

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., Herndon. 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 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. 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.



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.

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 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.

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 for more.

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. Please

bring proof of Reston residency or Reston employment. No 55+ discount on this drop-in event. \$5 (Reston)/\$10 (non-Reston) – cost is per session and payable at the door. 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 in the Community Room. Refreshments will be provided. No square or contra dancing, please. Please bring proof of Reston residency or Reston employment. 18 years and older; no 55+ discount on this drop-in event. Contact Cassie Lebron at 703-390-6157 or visit 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 for more.

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.



PHOTO CONTRIBUTED

South Lakes High School alumna Alessandra Mandala-Kol who will be an incoming freshman at McDaniel College in Maryland is named a Dorsey Scholar and with it awarded a 4-year, \$200,000 scholarship.

Making the Right Choices: Involvement and Academics

South Lakes graduate receives a surprise \$200,000 scholarship.

BY MERCIA HOBSON
THE CONNECTION

2019 South Lakes High School graduate, Alessandra Mandala-Kol did not sit back in school. She studied hard, got involved in extracurriculars and contributed in the community. It paid off, big time. In mid-July, McDaniel College in Westminster, Md. announced it named Mandala-Kol a Dorsey Scholar. The award earned Mandala-Kol a scholarship valued at more than \$200,000 and she didn't even apply for it. "I am grateful for the wonderful opportunity which McDaniel has given me, and I am truly honored to have been selected for this award," said incoming freshman Mandala-Kol.

Being named a Dorsey Scholar is the highest academic honor at McDaniel College. It includes full tuition, room and board for all four years, said Cheryl Knauer, director of public relations at McDaniel College. According to Knauer, potential Dorsey Scholars do not apply for the award. The college selects awardees from the Honors applicant pool based upon prior academic and achievement criteria. "Dorsey Scholars are high achieving students ... motivated to lives of leadership, service and social responsibility," said Knauer.

Mandala-Kol earned her International Baccalaureate Diploma and Middle Years Programme certificate from South Lakes High School and was involved in chorus, as well as the school's food pantry. She was also co-president of the French Honor Society, volunteered at the Sunrise Senior Center in Reston and the Teenage Association Board at the Reston Regional Library, according to Knauer.

"Throughout high school, I was always focused on chemistry and biology. I could see myself using my interests in the medical field and possibly even working in organizations such as Doctors Without Borders. I have also come to realize that my passions rest in languages, history, and government," said Mandala-Kol.

According to Knauer, the Dorsey Scholars Program is supported by a \$6.7 million estate gift from 1891 alumnus Philip Henry Dorsey and is the most significant bequest in the college's history. Dorsey Scholars must maintain a 3.5-grade point average and live on campus all four years. "McDaniel has made such an impact on my life. I want to show my gratitude by giving my all to my classes, taking part in service activities, and becoming integrated with the Westminster community," said Mandala-Kol.