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PHOTO BY STEVE HIBBARD/THE CONNECTION

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Staying Cool at Lake Fairfax Park in Reston

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Swimmers enjoy the Rattlesnake River, a 725-foot lazy river, at the Water Mine at Lake Fairfax in Reston on Saturday, July 1.

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Complaints Dropped Against Resigned RA Director

BY FALLON FORBUSH
THE CONNECTION



PHOTO COURTESY OF THE RESTON ASSOCIATION

Ed Abbott of Reston Recall has withdrawn his complaints against former Reston Association At-Large Director Eve Thompson, who vacated her seat on Tuesday, June 6.

Reston Recall was dedicated to replacing members of the RA Board who voted in favor of the Lake House project through a recall referendum. Abbott testified at the RA Board's regular meeting on Thursday, June 22, to withdraw complaints that he formally filed against Thompson prior to her resignation.

Abbott's complaint alleged Thompson failed to disclose her ownership of the Lake Anne Coffee House and Wine Bar and her husband Rick Thompson's position as president of the Lake Anne of Reston Condominium Association.

Though Thompson's affiliations were not secret, her failure to formally disclose her ties to the community during votes regarding Lake Anne were worrisome to Abbott after the RA underwent a probe into its handling of the Lake House project earlier in the year.

Thompson admits that she should have recused herself from the votes about the use of the lake and other matters in Abbott's complaints. Still, she maintains that her intent was not self-serving.

"What [Abbott] is saying is that I voted 'yes' to enrich myself," Thompson said. "Now, I don't know why I voted 'yes' the previous seven times," she said sarcastically when referring to the "Polar Dip" fundraiser. "It's a fun winter event on Lake Anne that is a charity event and what he is saying is

that it was misconduct." "Technically, I should have recused," she added. "Technically I should have, but still, I think it's a long way from a technical 'should have recused' to intent."

THOMPSON maintains that she resigned out of exhaustion with the demeanor of the board.

"I could no longer continuously deal with the undermining of individual board members," she said.

Abbott filed a second conflict of interest complaint that Thompson voted to approve Surf Reston, LLC to dock and operate a gondola on the Lake Anne Dock in the summer of 2016 and to approve the "Polar Dip" fundraiser organized by Camp Sunshine in conjunction with LARCA in Lake Anne in February without disclosing conflicts of interest. The conflicts of interest stated in the complaint were that her husband was involved with LARCA and that she had a real estate office for her Long and Foster practice near the Lake Anne Dock, and she and her husband's coffee shop and wine bar, which opened in November, was open during the February fundraiser.

These were "rubber stamp" items on the consent calendars of the board's meeting agendas, according to Thompson.

Abbott also declared at the meeting that he has ceased operations of his Reston Recall effort.

"I believe the new board will not allow a mistake such as Tetra [Lake House] to re-occur. Therefore, there is no reason to continue with Reston Recall, so I have removed the Reston Recall website and the Facebook page."

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Christine Roesch, of Reston, was selected to present a research project titled "The Layout of Grass and a Trip to Starbucks can Influence Which Way you Walk to Class" at The University of Alabama's Undergraduate Research and Creative Activity Conference held on March 30.

Reston resident **Michael McCarley Boyle** graduated from the University of Central Oklahoma with a Bachelor of Science degree in general studies.

John Widman, of Reston, graduated from Champlain College (Burlington, Vt.) with a degree in integrated studies.

John Gilbert, a resident of Reston, has been named to the Emerson College (Boston,

Mass.) dean's list for the spring 2017 semester. Gilbert is majoring in comedic arts.

Rosa S. Morales, of Reston, graduated from the University of Scranton (Scranton, Pa.). Morales earned a Bachelor of Arts degree in journalism - electronic media.

Daniel Feuerbach, of Reston, earned a Master of Science in electrical and computer engineering from the Georgia Institute of Technology in Atlanta.

Taylor Wreath, of Reston, a freshman at Randolph-Macon Academy (R-MA), was inducted into the National Junior Honor Society.

Taylor is the daughter of Doug and Heather Wreath of Vienna.

Jeremy Schonfeld, of Reston, made the Georgia Tech (Atlanta, Ga.) dean's list for the spring of 2017.



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Reston Association Board Fills Vacant Seat

Sridhar Ganesan appointed to fill at-large director seat, amid some controversy.

BY FALLON FORBUSH
THE CONNECTION

The Reston Association Board of Directors appointed Sridhar Ganesan to fill its vacant at-large director seat during its regular meeting on Thursday, June 22, with a vote of 6-1.

A month prior, Ganesan, CEO of Mediaworld Ventures, LLC and former president of the Reston Citizens Association, was appointed treasurer of the board on Thursday, May 25. This non-elected position was left vacant by former treasurer and North Point District Director Dannielle LaRosa, who resigned from her board seat in April and the treasurer position in June.

Ganesan's latest appointment as a board member comes after another resignation by former At-Large Director Eve Thompson, who vacated her seat on Tuesday, June 6.

Ven Iyer, who ran in the recent board election this spring for the at-large seat, asked the board to appoint him instead of Ganesan.

More Restonians turned out to vote for the RA's spring board election than in years past for the 11 candidates who ran for four open seats. By the time voting was completed on April 3, a total of 4,924 votes were cast.

THESE NUMBERS were announced to members during the RA's 2017 Annual Members Meeting on April 11, which were an increase of votes when compared to turnout of previous years:

- 2013: 2,722 votes cast
- 2014: 3,739 votes cast
- 2015: 3,542 votes cast
- 2016: 3,619 votes cast
- 2017: 4,924 votes cast

"This election happened only two short months ago," Iyer said at the meeting.

Though Iyer lost, he was the runner up for the seat, receiving 2,376 votes out of the 4,918 ballots cast for the seat, second only to Eric Carr, who won the election with 2,493 votes.

"For a board that made transparency and fair play its cornerstones after recent lessons learned, it would seem logical to appoint the recent candidate who came in a very close second in lieu of handpicking a candidate who either received fewer votes or is an outsider to the election," Iyer said at the meeting.

Iyer made his case to the board that it should be a democratically-elected person who should take over the seat.

"It is only fair ... that Restonians will hear from you as to why or why not this should or should not be the case before you handpick a candidate who has either received fewer votes or is an outsider to the election," Iyer said at the meeting.

At-Large Director Ray Wedell agreed with Iyer that he should be considered for the seat in addition to Ganesan.

"We recently had a very competitive elec-



Reston Association At-Large Director and Treasurer Sridhar Ganesan.



Ven Iyer participated in a candidates' forum in March when he ran for an at-large seat during the Reston Association's spring 2017 election. He received 2,376 votes out of the 4,918 ballots cast for the seat, second only to Eric Carr, who won the election with 2,493 votes.

tion—very recently," Wedell said during the meeting. "The people have already spoken. We had record turnout.

Eric [Carr] is a slight winner over Ven [Iyer] ... The people have already made

their decision that they would rather have Ven."

Wedell said appointing other candidates to the seat would open the board to more ethics debate.

"This is potentially opening it up to some charges of cronyism and everything else," Wedell said. "We don't need that. We don't have to have it."

Newly-elected Apartment Owners' Representative and Vice President David Bobzien agreed with Wedell that Ganesan and Iyer were both worthy candidates for the position.

"We want to be as democratic as possible, but ... the board's going to make a decision," Bobzien said at the meeting. "There's not going to be another election."

Newly-elected North Point District Director John Mooney advocated for the board to fill the vacant seat by conducting a call for candidates in the name of consistency and precedent.

"In the last time we had vacancies, uncompleted terms ... there was a call for candidates," Mooney said at the meeting.

South Lakes District Director Julie Bitzer agreed with Mooney in favoring a call for candidates over appointing anyone.

"I really do think that it's important that we continue with the precedent of an open call," Bitzer said at the meeting. "I think that it could be a very quick process. In 30 days, we can have a new member."

Newly-elected At-Large Director Eric Carr was concerned that a call for candidates could be viewed as a false sense of transparency by rushing the process since the board will be taking up budget debates soon.

"We're going to lose in the eyes of somebody, no matter what we do," Carr said at the meeting. "I'm persuaded to the idea of filling this now."

Newly-elected Hunters Woods/Dogwood District Director Victoria White was unsure of her position at the time of the debate, and At-Large Director and Secretary Michael Sanio was absent from the meeting.

LAKE ANNE/Tall Oaks District Director and President Sherri Hebert was clearly in favor of appointing Ganesan.

"I personally, going into a budget cycle ... would like to see our treasurer have a vote," Hebert said during the meeting. "As we go to voting on things, and we're in a budget cycle, I think it's important that our treasurer have a vote."

Hebert also agreed with Wedell that the board should also consider Iyer, since he received so many votes in the spring election when there was only one at-large seat to fill.

With the support of four directors—Hebert, Carr, Wedell and Bobzien—against three—Bitzer, Mooney and White—a motion carried to fill the seat during the meeting by voting between Ganesan and Iyer.

Ganesan won the board's vote by 6-1, with Wedell the only member voting for Iyer.

Ganesan's appointment to the board seat will end in April 2019 when Thompson's original term was to expire.

RESTON CONNECTION ♦ JULY 5-11, 2017 ♦ 3

OPINION

Send in Pet Photos Now

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by July 20.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog?

EDITORIAL

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Timing Is Everything

This week's paper went to press on Monday, July 3, and as a result does not include coverage of Independence Day events from the Fourth of July. Please see next week's paper.

Dismantling Virginia's Ability to Care for Our Citizens

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

Proposals are now before the Congress to change the Affordable Care Act. While there have been years of rhetoric on changing the plan that got dubbed "Obamacare," changing it in a way that would continue to extend care to the most vulnerable people in our

wealth, will expose Virginia taxpayers to an increased tax burden, will significantly harm Virginia's Medicaid program, will derail important medical innovation, and will hobble Virginia's ability to care for our citizens most in need."

COMMENTARY country has proven elusive. The proposals that have come forward look more like tax cuts for the very rich than health care for the very poor.

Recently the Board of Medical Assistance Services that provides oversight for the various health care programs in Virginia wrote to Governor Terry McAuliffe with their concerns about the new federal proposals. Their letter (available at <https://tinyurl.com/ya259wfm>) was very frank in its assessment.

The proposals before Congress they wrote "will inflict a serious cost burden to the Common-

wealth, will expose Virginia taxpayers to an increased tax burden, will significantly harm Virginia's Medicaid program, will derail important medical innovation, and will hobble Virginia's ability to care for our citizens most in need."

Most of the letter is devoted to the technical changes proposed in the new laws that would reduce coverage to Virginia residents while increasing costs to the state. Most of the potential damage stems from the proposed shift to per capita block grant funding, but other technical changes will cost the Commonwealth citizens in services and in money. Using 2016 as a baseline would be especially costly to Virginia.

That provision alone would exclude the new Addiction Recovery and Treatment Services (ARTS) program designed to address Virginia's opioid epidemic, a public health emergency declared by



Virginia's Health Commissioner, Marissa Levine, MD, MPH. Another example is that the per capita cap baseline would exclude Virginia's \$46 million developmental disability system investment that also begins

this year.

In a tone that is unusual for a Board made up of professionals and citizens, the letter went on to conclude, "We have attempted to provide some high level examples of the financial damage that the AHCA would inflict on Virginia, but cannot lose sight of the reality of what that means.

It is not just the impact on Virginia's fiscal health, it is also the impact on the health of individual Virginians. That, in the end, is the purpose of Medicaid and of all the other health measures we take as citizens. One of our Board members provides a striking example. She would have to choose between no nursing care for her daughter

who receives 12-16 hours per day via Medicaid (their primary insurance nursing benefit is only \$500 per year) or pay more than \$86,000 per year out of pocket for nursing care, in addition to having to pay for items such as durable medical equipment and medical enteral formula that would no longer be covered by Medicaid. There are thousands of such examples within our Commonwealth.

"Finally, we wish to emphasize one more issue: providing help to our fellow Virginians in need, who cannot help themselves, is a moral imperative, a moral test that we cannot and should not fail. We, as the Board of Medical Assistance Services, strenuously and unanimously urge you to oppose the AHCA or any similar bill that inflicts such undeniable damage to our Commonwealth and her citizens."

Thank you Board for telling it like it is. Hopefully members of Congress, especially members from Virginia, will hear your plea and respond appropriately!

Reston Association — Getting Back to Basics?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Here we are at the 4th of July. Things slow down this time of year, sort of in tune with the hot, muggy air. Sitting in lawn chairs across the street from Reston's Zoofari watching splendid Lake Fairfax fireworks or watching a Nats' baseball game on the tube seems to be about the right pace of activity for the season. On a more active day, we might perch along the shore of Lake Anne with a fishing line in the water and occasionally pull in a model largemouth bass or crap-

pie.

The hottest Reston topic at this point in summer is Supervisor Hudgins' urgent proposal to up the zoning density in Reston, from 13 to 16 persons per acre, and much higher in the transit station areas. In fact, rezoning has replaced App-charged parking in Reston Town Center as our number one irritation.

Meanwhile, there is a noticeable stirring at the Reston Association



INDEPENDENT PROGRESSIVE

under a new Board of Directors. After all RA's recent difficulties, I am hesitant to make predictions beyond moving my hope meter up a notch to "cautiously optimistic."

The Board's June 28 community outreach meeting and President Sherri Hebert's June district meeting with Lake Anne constituents featured more openness, frankness, and focus than I've seen for a long while. Glimmers.

More important, however, are the topics and issues we are hearing discussed by the new Board. A leading example is analysis of the huge amounts spent on lawyers — over \$600,000 per year in the last two years — with little to show for it. One proposal includes replacing the current bloated legal services with a competent in-house staff lawyer, an arrangement which in the past served the Association well. There is also talk of tightening the annual budget development process and oversight by the Fiscal Committee. Some basic assumptions, such as the

SEE LOVAAS, PAGE 5

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OPINION

Lovaas

FROM PAGE 4

additive nature of requests by every staff component and very generous employee benefit packages are being re-examined. These reforms are overdue and, if carried out, will enable this Board to slow surging assessment increases.

To do so, they will have to stop the bleeding of the Tetra fiasco. That includes putting a stop to further improvements and keeping it open for longer hours to generate needed revenue. Personally, I think talk of selling it is a waste of time. It was on the market for many years and there were no buyers because of its location on

a dam in the Chesapeake Bay watershed. We're stuck with it. However, it is time to close the books on the wrangling over what led to the purchase and subsequent massive cost overruns. The Board should conclude its investigation and any corrective actions indicated as soon as possible. Put this matter behind us and focus on the basics of running the Association.

One of the basics is to make Board management and operations a lot more efficient. Monthly Board meetings are a travesty. They last far too long and seem designed to divert attention from essential policy and management

direction. Board meeting packets of 100 - 200 pages are typical. Half consists of multi-page applications for every community volunteer, for example, and more applications if someone wants to be elevated to a committee chair or even vice chair. Ludicrous.

Lastly, the Board is addressing internal ethical lapses. And, I understand it, they intend to complete the long-delayed re-write of ethics policy, and assure that the Board members fully complete conflict of interest statements and that the attorney actually reviews them. Let's hope the new leadership stays the course.

LETTERS TO THE EDITOR

Responsibility for the Flag

To the Editor:

I see that a political party has trespassed on my property and planted a flag, as if to lay claim to the neighborhood, yet placing flags in other people's yards is just plain wrong.

Here are a few facts as to why it is wrong:

When you purchased the flag you also accept responsibility for that flag.

1) Making sure it is not desecrated, for example, by dog pee splashing on the flag as they mark the mailbox post yet again.

2) Properly display, as in illuminate when it is night.

3) Correctly disposing, which is not throwing it in the trash.

All of these things - and more - are explained in the Federal Flag Code.

Please see: <https://www.senate.gov/reference/resources/pdf/RL30243.pdf>

www.senate.gov/reference/resources/pdf/RL30243.pdf

It would be very considerate of those who planted the flags, to take care of properly disposing of them, possibly by arranging a collection point in each neighborhood, and a postcard to each household telling them where the collection point is.

Art Coleman
Herndon

Tasteless Suburban Spawl

To the Editor:

The amount of high-rise condo construction in Reston is getting to be a bit tedious, but none so tedious as those hideous structures nearing completion next to the International Center.

One can only assume that the architect was trying to achieve

something along the lines of "Early Holiday Inn meets Soviet-era Public Housing."

And how about that parking garage with the Lincoln logs attached at rakish angles to the side of the structure?

Seriously, was the Reston Architectural Review Board out to lunch

when it came time to approve this eyesore? It's sad to see how Robert Simon's vision of clustered housing, open spaces, and tasteful architecture has given way to tasteless suburban spawl.

George Ullrich
Reston



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Swimmers enjoy the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston on Saturday, July 1.

Staying Cool at Lake Fairfax Park

Fourth of July weekend offers plenty of family-fun activities.

With temperatures soaring in the 90s, the Water Mine Family Swimmin' Hole at Lake Fairfax Park in Reston was the place to be on Saturday, July 1. The pool was packed with families trying to beat the heat. Between 10,000 to 15,000 people were expected for the Fourth of July fireworks celebration later in the evening. Meanwhile, visitors could enjoy themselves boating and fishing on the 18-acre Lake

Fairfax, the camping and cookouts, the carousel, skate park, pump track, puppet show, or watching the entertainment at the county Showmobile.

"It's wonderful to have families of all sizes take over. It's just a great family day here at Lake Fairfax," said Barbara Nugent, Park Services Division Director with Fairfax County Park Authority.

— STEVE HIBBARD



Park attendants and lifeguards at the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Swimmers enjoy the Water Mine Family Swimmin' Hole at Lake Fairfax in Reston on Saturday, July 1.



People cooling off under the showers in the 90 degree heat at the Water Mine at Lake Fairfax in Reston.



Sandy Feulner of Puppets and More offers a children's puppet show.



People try cooling off with snow cones from the Snowballs Concession stand.

Meditation as Medicine Practice linked to improvements in health.

BY MARILYN CAMPBELL

In her dimly lit basement in Great Falls, Mary Beth Kogod sounds a meditation bell that echoes through the room. The 12 people sitting on cushions in a circle around her close their eyes and listen to the gentle sounds of her voice.

"If your mind begins to wander, gently guide it back to the sound of my voice," said Kogod, as she leads the group in a mindfulness meditation session.

The practice of meditating to aid with ills running the gamut from stress and anxiety to pain and depression is on the rise. According to the National Institutes of Health (NIH), 18 million people practiced some form of meditation in 2015, and the number of Americans who engage in the practice has doubled over the last 15 years.

"We have more smartphones and other electronics that consume us and give us constant access to stressful events we see on the news," said Kate Love, who runs the Open Mind-Open Heart meditation group in Bethesda. "There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

Love says that while scientific research

to back up these claims is limited, it is growing. For example, a study funded by the National Center for Complementary and Integrative Health at NIH shows that mindfulness practices have a positive impact on insomnia.

"There is the expectation that we need to be available and informed all the time. This expectation wasn't in place 10 years ago."

— Kate Love

Meditation usually entails sitting relatively still and quiet, as in Kogod's meditation session, and focusing on one thing, such as a sound, an image or one's own breath.

"I teach clients concentrative meditation where they focus on one thing," she said. "I also teach mindful meditation where people try to cultivate a sense of awareness of what is happening in their body. For example, what thoughts pass through your mind as



PHOTO CONTRIBUTED

Kate Love of the Open Mind-Open Heart meditation group in Bethesda says that meditation can help reduce stress.

you sit quietly? What sounds do you hear? What emotions do you feel? The work comes when you notice these sensations and then let them go."

A 2011 study by the Association for Psychological Science showed that meditation can be effective in boosting memory and

concentration. Settings for this mind-body practice now range from workplaces to classrooms.

Amber Wilson, a fourth grade teacher, guides her students in mindfulness meditation practices most afternoons during the school year. "A lot of my students have difficult home environments which affects their ability to concentrate in school," she said. "When I stop them between subjects and let them chill out a little bit, it really makes a difference in their performance, even after just five minutes."

Meditation can also help with addiction treatment, says Warren Schelter, Ph.D., a psychologist with a practice in Alexandria. "It can instill a sense of calm and overall wellbeing," he said. "Anxiety and depression often go hand-in hand with addiction, which is why a calming meditation practice might be effective for some people."

Schelter underscores the fact that meditation should not replace traditional medicine. "I would recommend that anyone experiencing symptoms of mental or physical illness see a medical doctor first," she said. "Mediation should work in conjunction with traditional medicine, not in place of it."



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Special Edition



PET Connection

Publishes: July 26, 2017 • Ads close: July 19, 2017

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets. Reach pet owners where they live in a section sure to attract and hold their attention.

The Pet Connection will publish on July 26, 2017, and photos and stories of your pets with you and your family should be submitted by July 19. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Cardboard Boat Regatta. Registration now open for race on Aug. 12, 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For more information or to register a team, visit www.restonmuseum.org/cardboard. Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). For more, contact Elizabeth Didiano at lacbregatta@gmail.com or 703-709-7700.

Free Concerts. Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

Teen and Adult Art Classes
ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

THURSDAY/JULY 6

The Annandale Brass (American Popular Music). 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

FRIDAY/JULY 7

Kendra Scott Shell Home Goods Launch. 5-9 p.m. at Reston Town Center, 11924 Market St. Home Goods Collection. Call 571-599-7792 or visit kendrascott.com.

SATURDAY/JULY 8

Lake Anne Roots Music Festival. noon-8 p.m. at Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Bands include Catchin Toads, noon; Old Town Traditions, 1 p.m.; Snakehead Run Jug Band, 2 p.m.; Split String Soup, 3 p.m.; Eli Pafumi, 4 p.m.; The Woodsheddors, 5 p.m.. Visit www.lakeanneplaza.com for more.

Summer Movie Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. A musical about a Harlem schoolteacher, Dorothy. When she tries to save her dog from a storm, she's whisked



PHOTO CONTRIBUTED

Rocknoceros will be hammering out "kid rock," a free performance on July 8 at Reston Town Square Park, part of the Family Fun Entertainment series presented by Reston Community Center.

away to an urban fantasy land called Oz. Free. Call 703-689-2700 for more.

Reston Concerts on the Town.

7:30-10 p.m. at Reston Town Square Park, 11990 Market St. Chuck Redd and the International Jazz All-Stars. Bring lawn chairs or picnic blankets for live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. Visit restontowncenter.com/concerts

SUNDAY/JULY 9

Bird Watching. 7:30-10:30 a.m. at Buttermilk Creek and Lake Fairfax, 11032 Ring Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston Association. Call 703-437-3335 for more.

Exercise with Athleta. 11 a.m.-noon at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. Jumping Fitness with Kathy from Studo PinkFit, part of Athleta's free fitness sessions with a variety of fitness instructors every Sunday morning. Call 703-668-0256 or visit stores.athleta.net/store-4866/

Sunday Art in the Park. 7-8 p.m. at Reston Town Square Park, 11990 Market St., Reston Town Center. Akemi Takayama and students from the Conservatory present an evening of music, concluding with Somewhere Over the Rainbow. Presented by Reston Community Center and Reston Town Center Association. Free. Call 703-476-4500 or visit restoncommunitycenter.com/sundays.

WEDNESDAY/JULY 12

Rocknoceros (Children's Songs). 10-11 a.m. at the Visitor Center Pavilion 2739 West Ox Road,

Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 13

Rob Ickes & Trey Hensley (Bluegrass). 7:30-8:30 p.m. at Frying Pan Park, Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

FRIDAY/JULY 14

Mac and Cheese Night. 6:30-9 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. July 14 is National Mac and Cheese Day and The Lake House is celebrating with a macaroni craft, noodle games, and food. \$15 in advance, \$20 at the door. Email kelsey@reston.org or call 703-435-7995 for more.

SATURDAY/JULY 15

Comedy and Magic. 10-10:45 a.m. at Reston Town Square Park, 11990 Market St. A fast-paced, side-splitting family vaudeville show filled with audience participation and circus skills with a sprinkling of magic. Presented by Reston Community Center and Reston Town Center Association. Free. Call 703-476-4500 or visit restoncommunitycenter.com.
The Adrian Duke Project Concert. 7:30-10 p.m. at Reston Town Square Park, 11990 Market St., Reston Town Center. The weekly summer concert series presents hits for dancing through the decades with The Adrian Duke Project. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

SUNDAY/JULY 16

Exercise with Athleta. 11 a.m.-noon



PHOTO CONTRIBUTED

Phantom Retracted

Through July 8, Jazz in the City Exhibit on display at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

A New Music Festival Debuts at Lake Anne

Lake Anne Roots Music Festival hits Plaza July 8.

A new music festival featuring modern Americana tunes lakeside will arrive this week at Lake Anne Plaza. The Lake Anne Roots Music Festival will take place on Saturday, July 8, from 12-6 p.m. and will feature a variety of modern roots music performers. The free festival will offer a full day of folk, bluegrass, blues, old time, and everything in between, paired with a pop-up beer and wine garden. Original roots band The Woodsheddors will headline the festival bringing their hard-to-classify Americana shape-shifters sound to Lake Anne. The band has played in several notable festivals including the

Red Wing Roots Music Festival, Deep Roots Mountain Revival, Bristol Rhythm & Roots Festival, Mountain Stage New Song Fest, and the Kingman Island Bluegrass Festival.

The festival lineup also includes:

- 12 Noon - Catchin Toads
- 1 p.m. - Old Town Traditions
- 2 p.m. - Snakehead Run Jug Band
- 3 p.m. - Split String Soup
- 4 p.m. - Eli Pafumi
- 5 p.m. - The Woodsheddors (Headliners)

The festival is sponsored by Lane Anne Merchants and the Reston Community Center. For the full schedule of events/times, visit www.lakeanneplaza.com.

at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. STRONG is the New Beautiful with Gold's Gym; part of Athleta's free fitness sessions with a variety of fitness instructors every Sunday morning. Call 703-668-0256 or visit stores.athleta.net/store-4866/

Le Hotclub de Biglic Concert. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Gypsy Jazz style of music. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Sunday Art in the Park. 7-8 p.m. at Reston Town Square Park, 11990 Market St. Jonathan Snowden, one of Britain's well-known flutists, and his wife Su Snowden (piano) present a selection of favorites. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

WEDNESDAY/JULY 19

Fairfax Symphony Orchestra (Children Music). 10-11 a.m. at the Visitor Center Pavilion, 2739

West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

THURSDAY/JULY 20

City of Fairfax "Main Street Community Band." 7:30-8:30 p.m. at Kidwell Farm, 2709 West Ox Road, Herndon. Thursday Evening Concert Series. Free. Visit www.fairfaxcounty.gov.

SATURDAY/JULY 22

Scythian Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. Play a blend of Celtic and klezmer music. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

Eddie from Ohio Concert. 7:30 p.m. at Arrowbrook Centre Park, Field Point Road, Herndon. Cross between folk and alternative music. Call 703-324-7469 or visit www.fairfaxcounty.gov/parks/

FOODS



PHOTOS CONTRIBUTED

Willard's jewel is their custom hand built "Oyler" hickory wood BBQ pit.

Willard's BBQ Rolls into Reston

BY STEVEN WELTY

After waiting 14 years, owner Chef Chris Janowski just opened his second Willard's restaurant in Reston. His North Carolina vinegar pork BBQ with coleslaw has been a cult favorite of anyone who lived or traveled to North Carolina. The taste of ob- tuse-ly marry- ing cold, wet coleslaw with piping hot vinegar pork BBQ piled high and comingle- d within a massive bun is a singularly gas- tronomic delight.

Janowski became enthralled with North Carolina BBQ while living in Chapel Hill and when he moved to Boston, his mission was to duplicate it there. Already a UVA grad, he attained a degree from the Cambridge School of Culinary Arts in 1994 and per- fect- ed his meat firing skills with his brother at their two Boston area Blue Ribbon BBQ restaurants. Yet with family here in Fairfax, Janowski moved back to Vienna and in 2003 opened Willard's BBQ on Willard Road in Chantilly. That location just doubled its capacity in 2016 by taking over the space next door.

Willard's jewel is their custom hand built "Oyler" hickory wood BBQ pit which slow cooks 800 pounds of pork overnight-8 p.m. to 7 a.m. By day it roasts chicken,

IN MY OWN WORDS

turkey, ribs and beef producing Willard's exceptional meat choices. Janowski travels the U.S. to perfect his regional recipes as Willard's serves authentic St. Louis ribs, Kansas City burnt ends and Texas style brisket & "hot guts" sausage. He also offers spicy Jamaican jerk chicken. Chef Janowski's pies — pecan, sweet potato, key lime, and peanut butter — are all made from scratch along with his fruit cob- blers — peach, sour cherry (his fav) and blueberry. All his sides, except for green beans, are made fresh in-store.

Here's a Willard's secret eating tip: Order the N.C. pulled pork sandwich with two sides of coleslaw. Cut the sandwich in two and put one half back into the paper wrapper to keep it warm. Open the bun and put one entire side of slaw on it-eat that and repeat with the remaining half bun. You then will be in the exclusive club of people who have fully experienced cold, wet coleslaw commingle- d with piping hot vinegar pork BBQ. Lucky you.

Steven Welty ate and loved N.C. vinegar BBQ & slaw while he studied at Wake Forest University in the late 1970s. (He couldn't experience it locally for 25 years until he tasted Willard's version.) Welty is the President of Green Clean Air in Reston where he has lived for 25 years.

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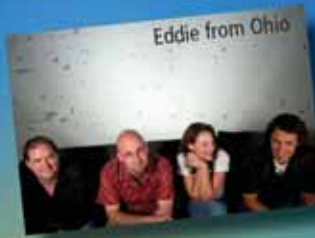
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JULY

- 1 Bill Kirchen (Rockabilly)
- 8 City of Fairfax Band "Alte Kameraden German Band" (German)
- 15 The Pietasters (Ska)
- 22 Eddie from Ohio (Folk)
- 29 The Hillbilly Gypsies (Bluegrass)

AUGUST

- 5 The Winstons (Motown)
- 12 Yo Mama's Big Fat Booty Band (Funk)
- 19 Black Masala (Gypsy Fusion)



The Hillbilly Gypsies

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Music at Arrowbrook Park is made possible through Arrowbrook Management Corporation and the generous support from the following sponsors.



The summer concert series is made possible through corporate and private donations. To donate, visit fairfaxparkfoundation.org/projects



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NEWS

Cornerstones' Annual Back-to-School Drive Underway

Cornerstones and its partner Kids R First are already working to equip thousands of K-12 children in the Reston-Herndon area for a successful school beginning with brand new backpacks. Qualifying students include Cornerstones' clients, as well as other local students who receive free or reduced-cost school meals.

Cornerstones invites individuals, corporations, organizations and congregations to play an important part in making the 2017 Back-to-School Drive a success. Groups planning a collection can email volunteer@cornerstonesva.org to request a personalized flyer to distribute and display.

New backpacks will help equip thousands of K-12 children in the Reston-Herndon area for a successful school beginning (no wheels or corporate logos, please):

- a. High School Size 203 H x 143 W x 73 D (the age where our need is greatest)
 - b. Junior High Size 183 H x 133 W x 63 D
 - c. Elementary Age Size 163 H x 123 W x 53 D
- Backpacks can be purchased online through

Walmart or Amazon (free shipping to Cornerstones with Amazon Prime).

In addition to backpacks, Cornerstones' case managers are requesting donations of new underwear for elementary school age children. Payless gift card donations (\$25) are also welcome so that Cornerstones' young clients can get a new pair of shoes.

Pledge online at www.cornerstonesva.org the number of backpacks being donated.

Have backpacks delivered to Cornerstones Administrative Office: 11150 Sunset Hills Road, Suite 210, Reston.

Have backpacks delivered to Cornerstones Administrative Office Aug. 7 - 11 (Monday - Friday), 9 a.m. - 5 p.m.

Virginia Tax Free Weekend for your backpack purchases is Aug. 4 - 6.

Questions about our Back to School Drive? Call 571-323-9569 or volunteer@cornerstonesva.org

Information about Cornerstones, including volunteering, advocating and donating, can be found at www.cornerstonesva.org or by calling 571-323-9555.

Bank of America Names Das as Small Business Banker in Baron Cameron Area

Bank of America today announced that Rumela Das has been appointed Small Business Banker for Baron Cameron and the surrounding areas. Rumela will provide more personalized attention to small business owners by spending time with them at their place of business and learning more about what their companies do. Clients will have convenient access to local small business expertise and a dedicated resource who understands their business. Small business bankers consult with small business owners and assess their companies' deposit, credit and cash management needs.

Rumela comes to Bank of America from M&T Bank

and brings 15 years of experience working with small businesses. Rumela resides in Herndon. She is active in her community and is part of a nonprofit organization, Women Giving Back, whose mission is to support women and children in crisis. The nonprofit builds women and children's confidence and self-esteem by providing clothing at no cost. In her free time, she enjoys traveling with her family, cooking and gardening.



PHOTO CONTRIBUTED
Rumela Das



PHOTOS COURTESY OF MIKE SMITH

Bikeshare Expands in Reston

Nicole Wynands, left, bike transportation specialist, and Mackenzie Jarvis, employer outreach specialist, arrive at Taste of Reston stage last Friday to showcase Capital Bikeshare stations and demonstrate how to rent a bike. Fairfax County Department of Transportation has partnered with Bikeshare to install 30 bike stations around the county. There are 15 Capital Bikeshare locations now in Reston, with Bluemont Way the closest to the Reston Town Center.

BULLETIN

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

INDEPENDENCE DAY

Free Sober Rides. Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit www.soberride.com.

TUESDAY/JULY 11

Funds and Stocks Workshop. 3-4 p.m. at Charles Schwab, 11953 Freedom Drive, Reston Town Center. Learn about exchange-traded funds (ETFs). Free. Call 703-668-0482 or visit client.schwab.com/Public/Workshops/Registration.

THURSDAY/JULY 13

DMV To Go. 9 a.m.-4 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. DMV wireless office on wheels – apply or renew an ID card and driver's license; get driving records; obtain vehicle titles, license plates, decals, order disabled plates, and more. Visit re.ston.tc/P9Hlkh for more.

THROUGH JULY 31

Backpacks for Students. Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit www.gflutheran.org or call 703-759-6068.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Reston-Herndon area, FEEDS is offered at the following schools:

- ❖ Dogwood Elementary School, 12300 Glade Drive, Reston
- ❖ Hutchison Elementary School, 13209 Parcher Ave., Herndon
- ❖ Herndon High School, 700 Bennett St., Herndon

ONGOING

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. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/

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Not An Auto-Matic Fix



By KENNETH B. LOURIE

But a fix nonetheless, of our 17-year-old back-up car, a 2000 model year Honda Accord. On balance, since inheriting it from mother in 2008, it has been an exceptionally reliable and reasonably-priced second car and one which I'm happy to own. I drive it approximately 7,000 miles per year and not over long stretches. In effect, it is our local car. And considering there is no monthly car payment and the insurance/maintenance costs are low, as a non-car guy who only wants to get from point "A" to point "B", I can live with it "Big time," to quote our current President.

Now I'm at a bit of a crossroads, however. (And not that this is a "cancer" column per se, but it is a column affected by yours truly being a cancer "diagnosee.") I am dropping the car off at my local mechanic, Tony, later today because there are some warning signs and idiot lights suggesting I do so. First, the infamous "check engine" light is illuminated. Its yellow which Tony said is not as bad/urgent as if it were red. Nevertheless, to turn it off/fix the underlying problem (since it doesn't appear to be the gas cap) will likely cost hundreds. The preliminary assessment is that the fault is emission related.

The second area of concern is temperature, specifically how poorly my car's air conditioner is cooling and how loud the fan controlling it is when engaged even when one/low is selected. Adding insult to summertime discomfort, the passenger-side window doesn't slide down, either when using its own power-window switch or the master control on the driver's side. To summarize, I have one window (the driver's side) that can go down and extremely limited air conditioning. I wouldn't say it's hot in the car, but I'm sure any normal person would. Having had previous conversations with Tony about these repairs, I know the dollars needed to right these wrongs might not make any sense given the age and mileage on the car and the diagnosis of its owner. Yet here I am trying think long term, not cancer term. What to do?

I don't want to be miserable driving the Honda anymore (and it is me who's driving it). But I only need the air conditioning for another six to eight weeks or so – and not every day, and rarely at night. I do need to open the windows though for eight to 10 months, not so much during the winter and rarely on cold nights, but opportunities do present themselves. Spending the hundreds/possibly thousands of dollars for all repairs now however might make me miserable, too. The question persists then for any of us who own/want to maintain older cars: when are you throwing good money after bad? Ergo: when is enough, enough? (I sound like Carrie Bradshaw from "Sex and the City.")

Would I be better off spending the repair money on a newer car and enjoy whatever warranty protection I could muster and thus minimize future repair bills or not? The only problem with buying that "newer car: it's likely (heck, there's no 'likely' about it) there will be a monthly car payment which at present I do not have, and in so having one will definitely make me miserable.

Factor in my health status and I can't stop asking myself: do I solve a problem that affects the quality of my life today at the expense of tomorrow (pun intended) or do I plan/repair for tomorrow and suffer the consequences of having done so today?

As a stage IV, non-small cell lung cancer patient originally characterized by my oncologist as "terminal" and given a "13-month to two-year" prognosis to boot back in late Feb., 2009, I've always tried to live my life and make decisions as if I had a future beyond what I was told.

And for the past eight years and four months, I have pretty consistently maintained that approach. Still, the longer I live, the more my underlying medical diagnosis impacts my thinking/judgment. Unfortunately, worlds sometimes collide and reality is up for grabs. And occasionally decisions are made in a "bizarro" kind of way where topsy is turvy and vice versa. Welcome to my whirled.

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



PHOTO CONTRIBUTED

Awards for Chamber Excellence (ACE) recipients.

Reston Chamber Honors Excellence

On Thursday, June 22, the Greater Reston Chamber of Commerce hosted its Annual Meeting and Awards for Chamber Excellence (ACE) Luncheon. During the luncheon the Chamber recognized companies and individuals who demonstrated excellence, industry innovation and Chamber support throughout the year.

The Chamber also recognized member milestone anniversaries, installed its new board members and heard from Mike Clarke, who shared how the Chamber supported him while he was launching Access National Bank. Chairman, Charles Kapur, Vice President, Access National Bank is continuing as Chairman for a second term. Kapur spoke of the accomplishments of the past year, including a successful B2G Matchmaking Conference, large member retention numbers and continued growth and spoke of his goals for the coming year as being a leading chamber in innovation and technology.

Supervisor Pat Herrity (R-Springfield) administered the oath of office to incoming and second term Board members, including: Matt Brennan, Brennan & Waite, PLC; Mike Coogan, Leidos; Michael Delpierre, Conversion Pipeline; Kevin Kretsch, Hyatt Regency Reston; John Dierdorff, Reston Hospital Center; Mike Franz, SOSi; Bruce Gemmill, John Marshall Bank; Leila Gordon, Reston Community Center; Kelly McSweeney, Google; Maggie Parker, Comstock; Laura Siko, Northern Virginia Community College; Mark Watts, CST Group CPA's, PC.

Each year, through the ACE presentation, the Chamber recognizes outstanding businesses, volunteers and committees that are leaders in their industry and make the Reston Chamber a successful place to do business. The Greater Reston Chamber of Commerce has presented the winners of this year's Awards for Chamber Excellence:

- ❖ Committee of the Year: Ambassadors Committee
- ❖ Small Business of the Year: Pinot's Palette - Reston
- ❖ Medium Business of the Year: Not Your Average Joe's - Reston
- ❖ Large Business of the Year: Leidos
- ❖ Member of the Year: Kevin Taylor, Communicate By Design
- ❖ New Member of the Year: Jennifer Rhodes, Tagence
- ❖ Volunteer of the Year: Dave and JoAnne Adams, Dave & JoAnne Adams Group - Coldwell Banker Residential Brokerage
- ❖ President's Award: Michael Delpierre, Conversion Pipeline
- ❖ Pinnacle Award: Angela Inzerillo, Impact Business Solutions

The Greater Reston Chamber of Commerce is the catalyst for business growth and entrepreneurship by providing quality programs, education, connections and advocacy for members and organizations in Western Fairfax and the Dulles Corridor. Learn more at www.RestonChamber.org.



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U.S. Rep. Gerry Connolly (D-11) fielded questions on a range of current issues.

Connolly Town Hall Draws More than 150 Northern Virginians

On Monday evening, June 19, more than 150 Northern Virginians filled the Sunset Hills Montessori School in Reston for U.S. Rep. Gerry Connolly's (D-11) town hall meeting. The event drew participants throughout Fairfax and Prince William counties, including Reston, Herndon, Vienna, Burke, Centreville and Woodbridge.

"One of the things I value most about public service is the opportunity to meet and interact with those I serve," said Connolly. "Whether it tonight's town hall meeting, visiting local civic association meetings, or just traveling around the district, I appreciate the opportunity to interact with each of you and hear your thoughts and concerns. It is fundamental to our democracy and my ability to represent you."

During his opening congressional update Connolly said, "There are important issues fac-

ing our country like President Trump's budget, efforts to repeal the Affordable Care Act, and the Russia investigation that will have real consequences for our community and our economy. As your Member of Congress I will fight for our values."

When asked to respond to last week's attack on a congressional baseball practice Connolly said, "Violence has no place in our politics. Period. We can disagree. Our system is built around a competition of ideas. But we can never allow violence to be an acceptable form of political expression."

Connolly fielded questions on a range of issues including Republican efforts to repeal the Affordable Care Act, sensible gun reform, Trump's budget, Russian interference in the presidential election, environmental protection, immigration reform, and student loan reform and rising education costs.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

ing the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. Call 703-437-5500 or visit www.trinityherndon.org.

St. Timothy's Episcopal Church needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit www.meditation-dc.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. Call 703-437-6530 or visit www.stannes-reston.org.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. dur-

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Call 703-941-7000 or visit www.havenofnova.org for schedules and registration information.

New Boutique Opens at Reston Town Center

Scout & Molly's Fashion Boutique opens at Reston Town Center Ribbon cutting left to right: **Stephanie Mouapi (manager), Ashleigh Dorfman (Events & Development Director for the Greater Reston Chamber of Commerce), Julie Abraham (co-owner), Jane Abraham (owner), Betsy Abraham (co-owner), Delegate Ken Plum, Supervisor Catherine Hudgins, Elisa Cafferky (Sales Associate)**

