

**Hadeed**  
ORIENTAL RUG CLEANING  
AND IN-HOME SERVICES

**PET DANDER.  
POLLEN. GET THE  
ALLERGENS OUT!**

**IN-PLANT ORIENTAL RUG CLEANING**  
Have 2 Rugs Cleaned And Get The 3rd Cleaned **FREE!**  
Save up to 35%

Valid on Our Signature Hand-Washing of Your Fine Rugs Or the Hanna Ayoub Express Expedited Service for Rugs that Qualify!  
- A Trusted Resource Since 1929!

**OUR BEST OFFER EVER  
EXTENDED  
BY POPULAR  
DEMAND!**

**703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!†** Expires 6/17/18. Same size or smaller rug free. Not valid w/any other offers. †Some restrictions apply.



# Reston CONNECTION

## Reston Concerts on the Town Draw Large Crowds

NEWS, PAGE 2

The crowd at Reston Concerts on the Town appears to love the Beatles, as they enthusiastically clap in appreciation after the performer's first song.

### Banding Peregrine Falcons Chicks in Reston

NEWS, PAGE 4

### Second Pedestrian Hit And Killed in Reston

NEWS, PAGE 3

## HomeLifeStyle

PAGE 7

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 6-14-18

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



# Reston Concerts on the Town Draw Large Crowds

The free concert series is a hit with locals and out-of-towners.

BY MERCIA HOBSON  
THE CONNECTION

On Saturday evening June 9, Reston Town Center hosted the second performance of the season for Reston Concerts on the Town, now in its 28th year. The evening performance featured Blues Beatles, a Brazil-based band that put a swing-jump blues twist on classic Beatles tunes. Marcos Viana, the lead singer, sang with heart and his voice led a dynamite performance that showcased individual and the collective band's skills as soloists.

On their website, Blue Beatles state their arrangements: "Combine blues and soul grooves that suit the vocals of the songs while adding a different feel to them. Instrumental solos and improvisa-



**Dancers rock to Blues Beatles during the June 9, Reston Concerts on the Town held at the Pavilion, Reston Town Center.**

tion, typical elements of the blues, are an integral part of the Blues Beatles style."

Hundreds of local and regional families and individuals turned out for the event, many bringing their lawn chairs. Brenda Schaver and her husband Ala Ghosheh are new transplants to Reston, having relocated from a Northern Virginia suburb to the Town Center for its active and walkable lifestyle. They came prepared with their lawn

chairs and even brought the family dog along who happily sat on Brenda's lap.

Schaver said, "We are starting to learn more about the activities here. This is our first concert at the Pavilion. We are set for Blues Beatles who seemed like a band we would like."

The weekly summer concert series features talented local and regional acts. The performances are always free, family-friendly



**Blues Beatles brought down a Twist and Shout show at the June 9, Reston Concerts on the Town held at the Pavilion.**

and will take place every Saturday night now through Aug. 25, from 7:30 p.m.-10 p.m., rain or shine. The covered pavilion protects the audience, performance and audio equipment from the weather.

The concert series is made possible by a grant from Reston Town Center Association and supported by Boston Properties, the owner of Reston Town Center.

The upcoming 2018 Summer Lineup features a wide range of styles including Latin fusion. Bluegrass, zydeco, jazz and Motown.

Highlights include returning favorites such as local jazz favorite Chuck Reed on June 23, performing with jazz harmonica virtuoso Hendrick Muerkens, renowned trumpeter/vocalist Byron Stripling and bassist/vocalist Nicki Parrott.

New this year is T Sisters from Oakland, Calif.

With many talented local and national acts in between, the season wraps up on Aug. 25 when the 2011 winner of America's Got Talent, Landau Eugene Murphy Jr. returns with his big band.



## Did You Know?

Since 1990, the Energy-from-Waste facility in Fairfax County has offset more than 25 million tons of greenhouse gases by avoiding the landfilling of solid waste, the equivalent to removing approximately 5 million cars from the road for one year.

[covanta.com](http://covanta.com)

## Back and Better Than Ever!

The Covanta Fairfax Resource Recovery Facility in Lorton, VA has resumed operations and is once again providing Fairfax County a sustainable solution for managing waste and generating renewable energy to power 80,000 area homes.

Covanta wishes to express our sincere gratitude to our neighbors, Fairfax County and the Fire and Rescue Department for their cooperation while we worked to repair damage from a 2017 fire. We have successfully implemented new, state-of-the-art technologies to enhance fire prevention and response capabilities and look forward to serving the community for many years to come.

Please visit [covanta.com/fairfax](http://covanta.com/fairfax) to learn more.

**COVANTA**  
Powering Today. Protecting Tomorrow.





**Maxine Prudhomme, 14 of Reston is the Winning Amateur Artist, 1st Place at Public Art Reston Chalk on the Water at Lake Anne held June 9-10, 2018.**



**"It's a cheeky little starfish," said professional artist, 1st Place winner Penny Hauffe, pictured behind her works of art at Public Art Reston Chalk on the Water at Lake Anne.**

PHOTOS BY MERCIA HOBSON/THE CONNECTION

# Chalk on the Water at Lake Anne

Open air setting allows spectators to naturally engage with 'artists in action' and see how works of art evolve.

BY MERCIA HOBSON  
THE CONNECTION

Chalk is more than a tool for noting reminders on a black board. It is the medium of choice at street painting festivals. On Saturday, June 9 and Sunday, June 10, Public Art Reston held their fifth annual Chalk on the Water at Lake Anne, a judged competition. Organizers put boxes of pigment-laden sticks in the hands of registered professional-amateur artists, families, and kids of all ages, and directed the artists to use the sections of the plaza as their "canvases." The areas ranged in size from 3-feet-by-4-foot to 4-feet-by-8-foot.

Where first there was nothing, artists worked hour after hour on their hands and knees creating a modern spin to a centuries-old tradition, chalk drawing on the ground. First, they outlined their drawings and then applied large areas of color, blending them to gain the right effect. Next, the artists filled in the details using various shades of colored chalk. Through Saturday's afternoon heat, they worked, and later, when stopped by a dreaded evening shower, the artists rushed to cover their masterpieces with sheets of clear plastic. During the whole process, spectators gathered and watched as one mind-blowing, impressive work of art after another slowly emerged.

**THE POPULAR FESTIVAL** did more than transform brick pavers into stunning works of art. It brought together chalk artists and spectators in a public setting. The

WWW.CONNECTIONNEWSPAPERS.COM

high traffic area allowed hundreds of viewers a chance to see art being created and its evolution. It offered the opportunity for the spectators, some of whom may never have walked into a gallery, the chance to talk with the artists, ask questions and naturally, to praise their works.

On Sunday, the powerful 2D drawing of a lion's face by Brianna Camp caught the eye of many viewers. "I found this photograph on Instagram," Camp said. "I contacted the photographer and received his permission to copy it." Camp acknowledged it was challenging to chalk on the brick, "Because plants are growing in the crevices and I am getting a little sunburned." Camp won 3rd Place in the Professional Artist category, taking home \$100.

Erica Fallin of Reston was one of the registered professional artists, a "copyist" recreating the lithograph by M.C. Escher, "Three Worlds." It depicts a large lake with three perspectives, the surface of the water world, the forest world above it and a fish in its underworld. Fallin began her work Saturday evening by outlining all the major elements and then building up the layers and filling in the details. "It's the floating leaves that will give it value (depth)," she said. Fallin won 2nd Place Professional, taking home \$175.

Penny Hauffe, also a professional artist, chalked, "Murtle," a vibrant sea turtle crawling out of sparkling water and across the "sand" on the Lake Anne Plaza. In the corner of her artwork rested a radiant starfish, glowing luminescent pink in the light. "It's a cheeky little starfish," Hauffe said refer-

encing her reaction to a comment by her husband whose chalk drawing was beside hers. He had goodheartedly teased his wife, telling her starfish's brilliant colors drew attention away from his work.

Asked what the purpose of chalk festival was to her, Hauffe answered Chalk on the Water at Lake Anne was a catalyst for something bigger. "We want more people to be excited and motivated to participate in art," she said. Hauffe won Professional Artist 3rd Place with an award of \$500. The 1st Place, Amateur Artist award, went to Maxine Prudhomme, 14, of Reston. She used many of the suggested artist tips that had been provided by Public Art Reston in her winning work. One suggestion described how it might be best to create a focal point for the artwork, a face perhaps, as small details would be difficult to manage on the surface of the rough brick pavers.

**WATCHING PRUDHOMME WORK**, viewers noticed she moved methodically, creating each section and completing it before moving onto the next. She worked tirelessly yet completely immersed in her art even missing the Awards ceremony, apparently caught up in the joy of creating art. Prudhomme won 1st Place Amateur Artist and a cash prize of \$250. The 1st Place Families & Kids Award went to Faisal Chaudry and his family for their work depicting three very bright penguins. They received a prize of \$100.

According to Public Art Reston, judges rated the works based on originality, craftsmanship, composition, use of space, presentation and degree of difficulty.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Fairfax County Police Department reported a 63-year old man who was crossing Baron Cameron Avenue mid-block before Fountain Drive was hit by a car and died at the hospital as result of his injuries. The driver of the car braked and tried to swerve but was unable to avoid hitting him.

## Second Pedestrian Hit And Killed in Reston

FCPD Reston District station continues newly implemented pedestrian safety campaign and steps up enforcement of violations.

BY MERCIA HOBSON  
THE CONNECTION

The second pedestrian in less than two weeks was struck and killed in Reston last week. Fairfax County Police Department, Media Relations Bureau, announced on June 7, 2018, that shortly after 9 p.m the night before, officers responded to Baron Cameron Avenue and Fountain Drive for a report of a pedestrian who had been hit by a car. According to the police report, detectives determined the pedestrian was crossing Baron Cameron Avenue mid-block before Fountain Drive when the driver of a Camry in the right lane braked and tried to swerve, but was unable to avoid hitting him. The driver called for help and remained on the scene. "The pedestrian was taken to the hospital and died as a result of his injuries... No one else was injured. Speed and alcohol do not appear to be factors for the driver; however, detectives are still working to determine if alcohol was a factor for the pedestrian."

This pedestrian accident comes less than two weeks af-

ter another pedestrian death in the area. In late May, 71-year-old Glanetta Miller Nunn of Reston was struck shortly after 11 a.m. while attempting to cross Reston Parkway at Bluemont Way just outside of the Reston Town Center.

Following her death, the Fairfax County Police Department Reston District station launched a pedestrian safety campaign on Monday, June 4 displaying information signs promoting safe pedestrian practices at busy intersections and stepping up enforcement of violations.

The Fairfax County Police Chief's Page online link describes actions to promote Pedestrian Safety. Pedestrians: Cross the street at marked crosswalks and intersections only; before crossing, look left, right, then left again; use pedestrian pushbuttons; begin crossing the street on "Walk" signal; stay visible after dark, using light clothing or reflector.

Anyone with information about the June 6 crash is asked to contact the Crash Reconstruction Unit at 703-280-0543.





Banded Peregrine falcon chick from nest on building ledge in Reston.



PHOTOS: © DONALD M. SWEIG 2018

Two of the four Peregrine falcon chicks on their nesting ledge. The scattered feathers on the ledge, the remains of over a dozen species of birds brought in by the adult falcons to feed their chicks and later identified by the Smithsonian, included a Robin, three Blue Jays, a woodpecker, a Bluebird, a Starling, and even an American Woodcock.

## Banding Peregrine Falcons Chicks in Reston

BY DONALD M. SWEIG, PH.D.

The four young Peregrine falcons were not even three weeks old. "About 19 or 20 days," said Dr. Bryan Watts, the Director of the Center for Conservation Biology in Williamsburg, Va., which is responsible for managing the Peregrine falcon population in the Commonwealth.

Watts had driven up to Northern Virginia from Williamsburg early on Saturday morning, May 12, to band the falcon chicks in the nest on an office building in Reston. He was joined that morning by Steve Potts, a raptor biologist and Reston resident, now living in Great Falls, and Matthew Olear, a volunteer peregrine observer from Maryland.

Representing Boston properties, which manages the building upon which the peregrines were nesting, was Sapna Yathiraj. Boston Properties had graciously given permission for access and provided coordination and assistance for the banders to reach the birds. The banding team was admitted into the building early that Saturday morning and led up to the roof.

Once in place on the top of the building, Potts and Watts climbed down to the nesting ledge and placed each falcon chick in a separate cardboard containment box, which was then raised up to the roof by Matthew Olear. Watts then climbed back up to the roof and proceeded with the banding.

Each chick was removed from the containment box individually by Olear, and then examined, measured, and weighed by Watts. Watts also took a small feather and blood sample from each chick to add to an avian DNA database.

**PEREGRINE** and other raptor and avian banding is a management tool. Master banders, such as Watts, are licensed by the U. S. Geological Survey. In this capacity, Watts placed an anodized green, serially numbered, USGS aluminum band on the right leg of each chick. On each of the left



One of the Four Peregrine falcon chicks in a containment box waiting to be banded. Notice how large the feet and talons are on this 19-20 day-old bird.



Dr. Bryan Watts is measuring the tarsus (leg) size of the Peregrine chick to determine the correct band size to use.

legs he placed an anodized, bi-colored, green and black, aluminum band with alpha-numeric coding. Green is the peregrine banding color for Virginia and the alpha-numeric coding will allow the birds to be identified if and when the band numbers

are read in the future.

Watts measured the size of the leg on each chick before applying the bands. In this case, a size-6 band for the males, and a size-7 for the larger females. These four chicks were evenly divided, two males and two females.

The sizing is important. If the band is too large it may slide around on the leg causing problems for the peregrine. If it is too small, particularly on the larger females, as the leg grows it will eat into the flesh. Both knowledge and skill are required to be a master raptor bander.

All the while the chicks were squawking loudly, particularly when they were being handled and banded. For such a small, young bird, a peregrine chick can make a lot of noise. Even at this young age, peregrine chicks have large feet with long, sharp talons.

And of course they squirm vigorously trying to get free as the banding process proceeds. Banding is not painful to the birds, they just don't like being messed with. Who, or what, would?

**ONCE ALL FOUR** of the chicks had been banded, they were lowered in their individual boxes and placed back on the ledge. All the while, the adult female peregrine, which had been restricted from getting onto the nesting ledge, was sitting nearby, quite agitated. She returned to the ledge to check on her chicks after the banding was completed.

The scattered feathers on the ledge, the remains of over a dozen species of birds brought in by the adult falcons to feed their chicks and later identified by the Smithsonian, included a Robin, three Blue Jays, a woodpecker, a Bluebird, a Starling, and even an American Woodcock.

This was at least the fourth consecutive year these same peregrines had nested on the same ledge. It was however the first year in which any of the chicks were banded. The permission to enter the property and the cooperation in accessing the nesting ledge by Boston Properties management was appreciated by the banding team. Hopefully, future peregrine chicks hatched at this location can be accessed and banded as well. It seems to be a win-win arrangement for everyone involved.

During the weeks following the banding,

WWW.CONNECTIONNEWSPAPERS.COM





PHOTOS: © DONALD M. SWEIG 2018

Peregrine falcon chick with the Virginia ID band on its left leg. The two holes are where the pop-rivets will hold the band on the bird. The numbers on every band are different to identify that particular falcon.

the young chicks grew, developed flight feathers, and in early June, fledged and flew off into the world. However, one or more of the adult or juvenile peregrines may remain in the Reston area during the summer. Keep your eye on the sky; maybe you'll see one.

See previous coverage of peregrine falcons in Reston here: [www.connectionnewspapers.com/news/2016/jul/12/nesting-per-e-grine-falcons-reston/](http://www.connectionnewspapers.com/news/2016/jul/12/nesting-per-e-grine-falcons-reston/)  
Donald Sweig, an occasional contributor to the Connection, is a local birder, nature photographer, and former assistant raptor bander.



Banded Peregrine falcon chick with numbered U. S. Geological Survey band on right leg, and Virginia alphanumeric band on left leg. Notice the tail and wing feathers beginning to appear.



Detail of the head of the 19-20 day old Peregrine falcon chick.



Matthew Olear, left, and Dr. Bryan Watts with a banded Peregrine falcon chick.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

**Like**

**LIKE US ON FACEBOOK, PLEASE**

[www.Facebook.com/connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

**Looking for that Special Someone?**

**Adoption Event**  
Sunday June 17, 1-3 pm  
Just Cats Clinic, Reston VA

**ADOPTIONS TODAY**  
Cat & Kitten

**The Feline Foundation**  
OF GREATER WASHINGTON, INC.  
[www.fgwa.org](http://www.fgwa.org)

**Home of the \$6,850 Bathroom Remodel**  
**From Now to WOW in 5 Days Guarantee**

**TWO POOR TEACHERS**  
Kitchen and Bathroom Remodeling

**10% down**  
nothing until the job is complete for the past 17 years

**Free Estimates**  
**703-214-8384**

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**

Select your products from our Mobile Showroom and Design Center  
Fully Insured & Class A Licensed Since 1999  
**LEAD-SAFE**  
**SEPA**  
CERTIFIED FIRM

**Tell us what you think**  
submit your Letter to the Editor to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

**New Junior Studio Apartments**

- All utilities including telephone
- Complimentary DirecTV
- Bathroom equipped with safety bars and handheld shower
- Very limited supply!

**MONTHLY RENT STARTING AT**  
**\$3,995**  
**INCLUDES LEVEL 1 CARE**

**Call Tall Oaks today to schedule your visit.**

703.834.9800  
12052 N. Shore Dr.  
Reston, VA 20190  
[www.TallOaksAL.com](http://www.TallOaksAL.com)

**Tall Oaks**  
ASSISTED LIVING  
RISING TO NEW HEIGHTS

**A Family Company**

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



# The Next Theatrical Generation Takes the Stage

**The 19<sup>th</sup> Annual 2018 Cappies Award Gala honors area high school talent.**

BY ANDREA WORKER  
THE CONNECTION

**W**hile the current crop of Broadway luminaries were receiving their Tony awards in New York on Sunday, June 10, the next generation of theatrical stars were being equally feted — and showcasing their many talents — at the 19<sup>th</sup> Annual Cappies Awards Gala in the Concert Hall at the John F. Kennedy Center for the Performing Arts.

“Lead Players” Erich DeCinzo, Phil Reid, and Diane Poirier, together with hosts — and Cappies Governing Board members — Judy Bowns and Janie Strauss kept things moving along with abundant witty repartee throughout the three-hour event. With musical numbers and dramatic scenes performed by cast members from some of the Cappies nominated shows, audience enthusiasm never waned, from the opening number “Come On, Get Cappies,” (sung to the tune of “Get Happy,” written by Harold Arlen and Ted Koehler, and adapted by Judy Garland as one of her signature songs) to the show-stopping finale, featuring a number composed by long-time Cappies musical director, Chris Johnston, who teaches musical composition at the Fairfax Academy for Communications and the Arts, when not conducting the Annandale Northern Virginia Community College Symphony Orchestra.

**AWARDS** were presented in 39 categories, ranging from actors/actresses in lead and supporting roles in plays and musicals, vocalists, costumes, choreography, orchestra, technical arts such as Lighting, Sets and Sounds and many more.

The Duke Ellington School of the Arts in the District took home the prizes for Best Play (“The Rimers of Eldritch”) and for Best Actor and Actress in that production, but there were plenty of students and performances from Northern Virginia, from Alexandria to Leesburg, that won the votes of the 436 student critics who had reviewed five or more shows to become eligible Cappies Awards voters.

Kyle Dalsimer from Annandale High School was named best in the Lead Actor in a Musical category for his performance in “The Hunchback of Notre Dame.”

The Oakton HS “Titanic Band” was tops in Orchestra.

Olympia Hatzilambrou must have wowed as the Female Vocalist in Thomas Jefferson High School for Science and Technology’s “Mary Poppins.”

John Henry Stamper from Westfield High School in Chantilly took the top Male Vocalist honors as the “Phantom of the Op-



**Mely Megahead from South Lakes High School scored for Supporting Actress in a Musical, for her role in “The Phantom of the Opera.”**



**That “Titanic” production must have been something. From left, JD Mayer and Diego Maldonado took home the Special Effects and/or Technology Award.**



**The Orchestra Award went to the “Titanic Band” of Oakton High School. From left, Peter Guevara, Courtney Tern, Patrick Lee and Jack Yagerline.**

era.”

And the award for Musical of the Year went to Robinson Secondary School for their production of “Monty Python’s Spamlot.” The audience was treated to the song “Knights of the Round Table” by the Robinson crew early in the program.

**THE LIST** of talented young winners in the region goes on — and can be found on the Cappies website [www.cappies.com/nca](http://www.cappies.com/nca).

The Cappies were established in the wake of the Columbine High School massacre in 1997. The vision of the late William Strauss, co-founder of the Capitol Steps political satire review, and brought to life with his partnership with Judy Bowns, the Cappies began as an effort to “bring positive atten-

tion to teenagers engaged in creative pursuits.”

Their mission has expanded to include opportunities for constructive critical feedback for the theatrical activities of those youth, to honor the advisors, mentors, and teachers, as well as the students, and to provide a truly unique collaborative learning experience for high school theatre students.

The nonprofit organization has also expanded outside of the immediate area in those nineteen years, adding nine chapters around the country, and an additional three in Canada.

The telecast of the 2018 Cappies Gala can be viewed online beginning on Saturday, June 16 at [www.fcps.edu/tv](http://www.fcps.edu/tv).

PHOTOS BY ANDREA WORKER/THE CONNECTION

## WINNERS

Category, Winner, Show Name, School Name
Andy Mays Rising Critic, Sarah Bourgeois, Westfield High School
Maryland Theatre Guide Returning Critic, Katherine Kelly, McLean High School
Special Effects and or Technology, Jack Griggs, Diego Maldonado, JD Mayer, Titanic, Oakton High School
Sound, Victoria de Dios & Emma Clark, Dogfight, West Potomac High School
Props, Lily Shirley, The Odd Couple, H-B Woodlawn Secondary Program
Lighting, Kayla Claussen, Jessica Steadman, and WPHS Lighting team, Dogfight, West Potomac High School
Orchestra, The Titanic Band, Titanic, Oakton High School
Choreography Kristen Waagner, Ashley Winegarden, 9 to 5 the Musical, McLean High School
Ensemble in a Musical, Jarheads, Dogfight, West Potomac High School
Female Vocalist, Olympia Hatzilambrou, Mary Poppins, Thomas Jefferson High School for Sci/Tech
Male Vocalist, John Henry Stamper, The Phantom of the Opera, Westfield High School
Comic Actress in a Play, Annie Silva, Pride and Prejudice, Chantilly High School
Comic Actress in a Musical, Abby Comey, 9 to 5 the Musical, McLean High School
Comic Actor in a Musical, Xavier Molina, The Drowsy Chaperone, Wakefield High School
Supporting Actress in a Musical, Mely Megahed, Phantom, South Lakes High School
Supporting Actor in a Musical, Nico Ochoa, Monty Python’s Spamlot, Robinson Secondary School
Lead Actor in a Musical, Kyle Dalsimer, The Hunchback of Notre Dame, Annandale High School
Song, Some Kind of Time, Dogfight, West Potomac High School
Critic Team, McLean High School Musical, Monty Python’s Spamlot, Robinson Secondary School



# Preparing Home for Summer

From finding spaces for wet swimsuits and school papers to adding new throw pillows, small touches can add a warm-weather feel.

BY MARILYN CAMPBELL

When school ends and summer begins, a home's functionality can change. From backpacks overflowing with a school year's worth of school papers and art projects that need a home to bedrooms that call for a warm weather refresh, local designers suggest small tweaks to interior spaces that can yield a big impact.

From breezy white sheets to beach-themed accessories, summer calls for a lightening up of home decor, advises interior designer Anne Madden of Mount Vernon. "I always encourage clients to refresh their home decor during warmer months," she said. "Remove heavy bed linens that were meant to keep you cozy and replace them with light and airy linens in neutral or cool colors. This is also a good time to swap out throw pillows made from heavy fabrics like wool and incorporate pillows made from lighter fabrics like linen into your home's design."

In addition to changing bedroom accessories, summer is also good time to breathe new life into bathroom decor. "Take an inventory of your linen closet and replace towels that are worn and frayed with thick, fluffy ones," said Madden. "Make sure your shower curtain and liner are fresh and free of mildew. If they aren't, replace those too."

Corralling pool necessities into a designated space is a key to maintaining an organized home during the summer, advises professional organizer Susan Unger of Clutter SOS. "When preparing to head to the pool with your children, it's a real time saver to have an area in the laundry room, entry or garage where all the necessary items are kept and they don't need to be gathered up each time," she said. "Keep a beach bag loaded with sunscreen, towels, snacks, toys and clothes. Perhaps each child could even have their own beach bag. Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."

Create a space that is dedicated to summer crafts in a way that doesn't overtake a home's aesthetic, suggests Unger. "Having a

**"Have a designated area in your home for wet towels and suits to be hung up to dry when returning home."**

— Susan Unger, Clutter SOS



**Adding throw pillows in light, airy colors like the one in the room by Annie Elliott Interiors, can make a space appear ready for summer.**

PHOTOS COURTESY OF ANNIE ELLIOTT INTERIORS.



**Adding new towels and shower curtain in light and airy colors, like those in the bathroom by Annie Elliott Interiors, can add a touch of summer to a bathroom.**

separate crafts table for children is great or if space is an issue covering the kitchen table with a plastic tablecloth will work also," she said. "It also helpful to have a separate cart with plastic drawers or a small shelving unit with plastic bins to house craft items. I like plastic because it is washable."

Each drawer or bin can house items like paint, marker, crayons, coloring books or construction paper, continued Unger. "Put a printed label on each drawer or bin," she said. "I like to add a picture of the item as well which encourages younger children to start developing reading skills. They are then also able to match the item to the container when it comes to putting away the supplies. It is never too early to encourage cleaning after themselves."

The beginning of summer is a great time to sort through school papers and art projects collected thought out the year, says Unger. "As the parent, it will make it easier for your child if you do a presort and get rid of all the schedules, notices and worksheets before involving your child in the process," she said. "Then you both can decide on the special items to keep. I like to use a plastic file bin for each child and put each year's items in a hanging file with the grade on the file tab. This also creates a limited amount of space for the selected items to keep."

If you haven't already done so, schedule a maintenance service appointment for your HVAC system, suggests Madden. "It's better to spend the money now to make sure it's in good working order than to wait until breaks down during a heatwave and be at the mercy of overbooked repair companies," she said.

# HADEED

SINCE 1955

Oriental Rug Cleaning & In-Home Services

**POLLEN. PET DANDER. GET THE ALLERGENS OUT!**

SAVE UP TO 35% **OUR BEST OFFER EVER!**

**In-Plant Oriental Rug Cleaning**

Have 2 Rugs Cleaned And Get The 3rd Cleaned **Free!**

Offer Valid On 1 - Week Express Services or Signature Hand-Washing of Fine Rugs!

<b>EXPRESS SERVICE!</b> Machine Made Synthetic Rugs	<b>EXPRESS SERVICE!</b> Machine Made Wool Rugs	<b>EXPRESS SERVICE!</b> Handmade Tufted Rugs	<b>SIGNATURE SERVICE!</b> Handmade Wool Rugs <b>HAND WASHED</b>
--	---	---	---

**CHOOSE THE SERVICE THAT'S BEST FOR YOUR RUG!**

**FREE PICKUP & DELIVERY!**  
Includes: Furniture Moving & Rolling & Laying the Rugs!†

We Hand-Wash Your Fine Oriental Rugs!

<b>In-Plant Rug Restoration</b> <b>10% OFF*</b> *Hurry, Offer Expires 6/17/18.	<b>Wall to Wall Carpet Steam Cleaning</b> <b>20% OFF*</b> *Hurry, Offer Expires 6/17/18.	<b>Hardwood Floor Cleaning/Polishing</b> <b>20% OFF*</b> *Hurry, Offer Expires 6/17/18.
--	--	---

535 W. Maple Avenue Vienna, VA	4918 Wisconsin Ave. DC/MD	3206 Duke Street Alexandria, VA	6628 Electronic Dr. Springfield VA	3116 W. Moore Street Richmond VA
-----------------------------------	------------------------------	------------------------------------	---------------------------------------	-------------------------------------

**703-836-1111 | JoeHadeed.com**

\* Expires 6/17/18. (3) for the price of (2) same size or smaller rug free. Not valid w/any other offers. †Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

## THE CONNECTION

Newspapers & Online

**Special Edition**

# PET Connection

**Publishes: July 25, 2018 • Ads close: July 19, 2018**

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on July 25, 2018, and photos and stories of your pets with you and your family should be submitted by July 19.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

Find more information about submissions online at [www.connectionnewspapers.com/pets](http://www.connectionnewspapers.com/pets).

For advertising information, call 703.778.9431 or Email [SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM) for more specials, digital advertising options and pricing.

**LOCAL MEDIA CONNECTION**  
Newspapers & Online  
**703-778-9431**  
[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

**Reaching Suburban Washington's Leading Households**

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centreville Connection
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Glenn/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac/Arlington Connection
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



# Stop living with chronic **PAIN**

Sign up  
for a **FREE**  
**EDUCATIONAL**  
**SEMINAR!**

• General Arthritis • Osteoarthritis - Knees, Shoulder, Hips, Ankles, Wrist, Hands • Tendinitis  
• Bursitis • Degenerative Disc Disease Herniated/Bulging Disc • Peripheral Neuropathy

Experience healing with regenerative Stem Cell Therapy  
Stop living with chronic pain and start living the more active lifestyle you love. Today's regenerative medicine offers a revolutionary treatment that helps to heal your injured tissue. If you suffer from injured or degenerative conditions in your knees, hips, shoulders or have arthritic joints or suffer from neuropathy. Stem Cell Therapy can help get you out of pain and discomfort! Thousands of patients have found relief for these conditions and many others with the natural healing of stem cells. Stem Cell Centers is a national leader in the treatment of these conditions and our advanced treatment protocols get our patients back to the quality of life they desire and expect.

## The Stem Cell Centers Difference.

Stem Cell Centers is a national network of surgeons and top doctors who all collaborate on important research studies on numerous conditions. The results from these ongoing studies help us to determine the best protocols to use to treat patients throughout our network. **Our doctors are trained to utilize all the available types of stem cells currently allowed for clinical use in this country.** Research indicates that different types of stem cells may have better success in treating different conditions.

\*Stem cell therapy is still considered experimental by the FDA.



**JOINT PAIN**



**NEUROPATHY**



**Stem Cell Centers**

Cutting Edge Treatments, Amazing Results

[www.stemcellcenters.com](http://www.stemcellcenters.com)

**RESERVE YOUR SEAT TODAY!**

**(703) 884-8084**

**FREE**

LEARN MORE AT ONE OF OUR  
**EDUCATIONAL SEMINARS**

**Seating  
Limited  
Call Today!**

FAIRFAX	ROCKVILLE	GAITHERSBURG	MANASSAS	ALEXANDRIA
Monday, June 18 12p & 6p Courtyard by Marriott 11220 Lee Jackson Memorial Hwy	Tuesday, June 19 12p & 6p EVEN Hotel Rockville 1775 Rockville Pike	Wednesday, June 20 12p & 6p Hilton Washington DC 620 Perry Pkwy	Thursday, June 21 12p & 6p Best Western Battlefield Inn 10820 Balls Ford Rd	Friday, June 22 12p & 6p Courtyard by Marriott 2700 Eisenhower Avenue



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Photography Exhibit “Liquid Beauty.”** Through June 25, 9 a.m.-8 p.m. at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. The Reston Photographic Society, a special interest group of the League of Reston Artists, invited photographers to enter their work in the “RPS at Lake Anne” show. Free and open to the public. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

**Twitterated: Animated Adoration at ArtInsights.** Through June 30 at ArtInsights, 11921 Freedom Drive, Reston. ArtInsights celebrates Devoted Couples of Disney, with images of Lady and Tramp, Pongo and Perdita, Mickey and Minnie, Thumper and Miss Bunny, Belle and The Beast, and more, including new releases by official Disney concept and production artists. Call 703-478-0778 or visit [artinsights.com](http://artinsights.com).

**Art Exhibit – Mike Cloud: Figure Studies.** Through July 7, Tuesday-Saturday, 11 a.m.-5 p.m. at GRACE, 12001 Market St., Suite 103, Reston. Mike Cloud: Figure Studies presents a selection of works by Brooklyn-based artist Mike Cloud (b. 1974, Chicago) that consider language, symbolism, metaphor, history, and identity through the examination of the figure. Based around a single monumental painting, Cycle and Stable (2015), the exhibition includes the artist's series of collages based on the work of photographer Annie Leibovitz and new paintings. Call 703-471-9242 or visit [restonarts.org](http://restonarts.org).

**Art Exhibit: Paris Parks.** Through July 14 at ArtSpace Herndon, 750 Center St., Herndon. In his exhibit, Michael Kolster, is partly inspired by the work of Eugene Atget, he photographed in four Parisian Parks: St. Cloud, Parc de Sceaux, Montsouris, and Bois de Boulogne. A reception takes place June 16, 7-9 p.m. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

**Reston Concerts on the Town.** 7:30-10 p.m. Saturdays, June through August. At Reston Town Center Pavilion, 11900 Market St., Reston. Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Alcohol permitted at restaurants only. Visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**Muscle Up Mondays.** 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. (No class on Memorial Day, May 28.) Call 571-267-5000 or visit [crunchreston.com](http://crunchreston.com) Facebook.com/ CrunchReston.

**Mr. Knick Knack!** 10:30-11:15 a.m. May through October. At Reston Town Center Pavilion. Free performances of heart-centered music for children. No performances on Memorial Day, Labor Day, or Columbus Day. Visit [www.restontowncenter.com/events](http://www.restontowncenter.com/events).

**Reston Farmers Market.** Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets).



Martin Grosswendt and Susanne Salem-Schatz

## Folk Music Concert

Martin Grosswendt and Susanne Salem-Schatz perform. Members, \$10; non-members, \$11 at the door or email [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com). Tuesday, June 19, 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com) for more.

## WEDNESDAY/JUNE 13

### Wednesday Morning Book Club.

10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. This month's title is “The Light between Oceans” by M.L. Stedman. Adults. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Jigsaw Puzzle and Lunch.** 10 a.m.-4 p.m. at Reston Association Headquarters, 12001 Sunrise Valley Drive, Reston. Reston Association's Puzzle Day is an opportunity to challenge oneself with jigsaw puzzles made from beautiful, themed photos of Reston, either 500 and 750 pieces. Work individually or as a member of a team to complete the puzzle in the time allotted. Enjoy coffee and conversation, lunch will be provided. RA members, \$14; non-members, \$17. Visit [www.reston.org/](http://www.reston.org/).

**Color Me Happy.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, and color your cares away in our adult coloring session. Coloring pages, pens and pencils provided, or bring some along. Adults. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## THURSDAY/JUNE 14

### Trip to Hollywood Casino at Charles Town Races.

3-11 p.m. Buses depart at 3 p.m. at Hunters Woods Shopping Center (Ledo Pizza); 3:15 p.m. at Lake Anne Plaza parking lot. An evening at the race track to enjoy live thoroughbred horse racing, play the table games including blackjack and poker or have a nice dinner overlooking the horses. Participants will receive \$20 worth of slot play upon arrival. RA members, \$34; non-members, \$40. Visit [www.reston.org/](http://www.reston.org/) for more.

## FRIDAY/JUNE 15

**Read for Fun.** Fairfax County Public Library helps make reading fun by providing tools, access and incentives during its Summer Reading Adventure. The Summer Reading Adventure runs June 15-Sept. 1 and invites all children and teens – birth through high school – to read for fun over the summer. The theme in 2018 is “Reading Takes You Everywhere.” Visit [research.fairfaxcounty.gov/summer-reading](http://research.fairfaxcounty.gov/summer-reading) for more.

**Family Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy playful

yoga, stories and songs along with actively walking children. No experience needed. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Jazz: Accidental Red.** 7-10 p.m. at Cafe Montmartre, 1625 Washington Plaza, Reston. Accidental Red performs jazz standards, show tunes, modern jazz, soul, pop, and blues from the '30s to today. \$10. Call 703-967-1348 or visit [www.accidentalred.com](http://www.accidentalred.com) for more.

## FRIDAY-SATURDAY/JUNE 15-16

**Taste of Reston.** Friday, 3-11 p.m.; Saturday, noon-11 p.m. at Reston Town Center, 11900 Market St., Reston. Northern Virginia's largest outdoor spring festival to feature nearly 30 restaurants, Craft Beer Lounge, YMCA Family Fun Zone, cooking demos and live entertainment. Taste of Reston event admission and parking are free. Food tickets are \$1 per ticket or \$20 for 24 tickets. The Family Carnival is back at Lake Fairfax with carnival rides, games and food Friday, Saturday and Sunday. Saturday there will be a free shuttle from Taste to the Carnival and back again throughout the day. Get tickets at [www.RestonTaste.com](http://www.RestonTaste.com).

## SATURDAY/JUNE 16

**Bike to Market Week.** 8 a.m.-noon at Lake Anne Village Center, Reston 1609 Washington Plaza N., Reston. The Fairfax County Farmers Markets will be celebrating Bike to Market Week at select locations in collaboration with the Fairfax County Department of Transportation. Bring family and friends along and receive a free bike map and giveaways. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or call 703-642-0128.

**Mercier School of Dance.** 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join a presentation of ballet, creative movement and Scottish Highlands Dance. Age 4-12 with adult. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Birds: Friends of a Feather.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily, Mrs. Wines and Busia Bear as they salute our feathered friends in story and song. All ages. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Opening Reception: Paris Parks.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. In his exhibit, Michael Kolster, is partly inspired by the work of Eugene Atget, he photographed in four Parisian Parks: St. Cloud, Parc de Sceaux, Montsouris, and Bois de Boulogne. The exhibit runs through July 14. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

**2018 Light Festival.** 7-10 p.m. ArtSpace Herndon and Historic Downtown Herndon will be illuminated with fun, innovative, and interactive Light Art. Free and open to the public. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for more.

## SUNDAY/JUNE 17

**Yoga Festival.** 10 a.m.-5 p.m. at Reston Town Center, 11900 Market St., Reston. Yoga studios and wellness centers of Northern Virginia will offer classes, services, and share information at Love Your Body Yoga Festival. Free activities and entertainment for the whole family including live music, complimentary Yoga classes, Energy Healing demonstrations, healthy food and drink samples. Also featured are soothing therapies such as Reiki, chiropractic, and massage. Donations for participation in specific classes will benefit Southgate Community Center. Visit [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com).

## MONDAY/JUNE 18

**Baby Steps Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An interactive storytime for parent/guardian and child. Age 12-23 months with adult. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Reston Kids Pick - Favorite Illustrators.** 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring a library book with pictures by a favorite artist and add it to the display. Vote for favorites. Winners announced at a later date. Age 5-12. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## TUESDAY/JUNE 19

**W.A.T.E.R. Safety Presentation.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn the basics of water safety presented by the Goldfish Swim School. Age 3-5 with adult. Register at [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**KUUMBA Kids.** 2:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy African dance, drumming, storytelling and puppets. Cosponsored by FRRL. All ages. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Folk Music Concert.** 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Martin Grosswendt and Susanne Salem-Schatz perform. Members, \$10; non-members, \$11 at the door or email [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com). Visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com) for more.

## WEDNESDAY/JUNE 20

**Nose To Toes Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga movement while enjoying books and songs. Bring a towel or yoga mat. Register beginning June 6. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## THURSDAY/JUNE 21

**Bike to Market Week.** 8 a.m.-12:30 p.m. at Old Town Herndon, 765 Lynn St., Herndon. The Fairfax County Farmers Markets will be celebrating Bike to Market Week at select locations in collaboration with the Fairfax County Department of Transportation. Bring family and friends along and receive a free bike map and giveaways. Visit [www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets) or call 703-642-0128.

**Geronimo Stilton Book Club.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read: “Surf's Up, Geronimo!” Age 8-10. Registration now open. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Third Thursday Arts Crawl Series.** 5-6 p.m. Chalk the Town; 6-9 p.m. Percussion Works, Live Music, Elden Street Tea, NWFCU, HCTV, Art for Sale, Kid's Hands on Art and more. During this monthly event, local and regional artists, artisans, performers, musicians and the public engage in and experience the arts. Start at ArtSpace Herndon, The Green Lizard, Jimmy's Old Town Tavern, Elden Street Tea or the Herndon Town Hall Plaza. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) or call 703-956-6590.

**Spice Up Your Life.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Herbs and spices are a simple way to add flavor, fragrance, and nutrition. Learn about the health benefits of common culinary spices. This seminar includes an interactive tasting experience that will awaken the senses. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## FRIDAY/JUNE 22

**Make It Move: Elec. Vehicle Invention Lab.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Engineer electric moving machines that roll using a motor, battery and cool craft materials. All vehicles go home with builders. Age 6-12. Registration now open. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## SATURDAY/JUNE 23

**The Nicolo Whimsey Show.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy juggling, music poetry and storytelling. Cosponsored by FRRL. Age 4-12 with adult. No registration required. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Fantastic Films at Reston: Beach Party.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. It's Summer! Time to head to the beach (movie)! Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

**Wine Tasting.** 3:30-5 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. Enjoy an evening of wine tasting at Reston's Lake House. Sample red and white wines along with a variety of meats, cheeses and crackers while overlooking Lake Newport. Bring a friend or meet a new one. Co-sponsored by Tall Oaks Assisted Living. Ages 21 and older. \$20, RA members; \$28, non-members. Visit [www.reston.org](http://www.reston.org).

**Concerts on the Town: Chuck Redd's Jazz Party.** 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit [www.restontowncenter.com](http://www.restontowncenter.com).



**Announcements**

**We pay top \$ for STERLING,  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.**  
**Schefer Antiques**  
703-241-0790  
theschefers@cox.net

**Find us on Facebook  
and become a fan!**  
[www.Facebook.com/  
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)  
**THE CONNECTION**  
Newspapers & Online  
The Connection to Your Community  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

**Announcements**

**Employment**

**Forget Daily  
Commuting**

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

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

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

**Announcements**

**OUTER BANKS, NC - VACATION RENTALS**  
Over 600 vacation  
homes from  
S. Nags Head  
to Corolla's 4x4!  
**Brindley  
Beach**  
VACATIONS & SALES  
**877-642-3224**  
[www.brindleybeach.com](http://www.brindleybeach.com)

Sign up for  
**FREE DIGITAL  
SUBSCRIPTION**  
to any or all of our 15 papers  
[WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE](http://WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE)



## FATHER'S DAY PHOTOS

### 'The Best Thing' in Dad's Life

For Father's Day 2018, Ollie Gallardo of Herndon knows he is one lucky man as the dad of three daughters, Avalon, 11, Fiona, 7, and Lillian, 4. Gallardo says, "Watching them grow up as little people is the best thing in my life. I love being a dad!" Gallardo is frequently seen in downtown Herndon taking his girls out on their scooters and even bringing Bane, the family dog along for the fun.



PHOTO BY MERCIA HOBSON/THE CONNECTION



Participating in their favorite pastime, Mike Cerney of Oak Hill is reading to his son, Chase (1 ½ years old) at Lolly and Pop's (grandparent's) house in Franklin Oaks, Oak Hill on June 1, 2018.



Kathleen Kinsolving of Herndon sends a photo of her 90-year-old father Les Kinsolving standing next to his grandfather's grave at the Virginia Theological Seminary cemetery in Alexandria. Lucien Lee Kinsolving was a missionary bishop who brought the the Episcopal Church to Brazil. The photo was taken on Sept. 19, 2017.

Jon Ragland  
of Reston  
and his  
daughter  
Stephanie.  
The photo  
was taken at  
Lightfoot  
restaurant  
in Leesburg,  
May 2018





# BULLETIN

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

## KINDERGARTEN REGISTRATION

**Child turning 5 years old by Sept.30?** If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit [www.fcps.edu/registration/kinder-garten-registration](http://www.fcps.edu/registration/kinder-garten-registration).

## WEDNESDAY/JUNE 13

**Business Education Series.** 8:30-10 a.m. at Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. Greater Reston Chamber of Commerce presents "Branding and Marketing are Not the Same, and It Matters." Jen Dalton, owner of BrandMirror, will discuss steps in the branding process and what it means to an organization. Free, members; \$15, non-members/guests. Visit [www.restonchamber.org](http://www.restonchamber.org).

## FRIDAY-SATURDAY/JUNE 15-16

**Volunteers Needed.** Taste of Reston is hoping to fill 300+ volunteer positions for this annual two day event. Network, team build, give back to the community and just have fun volunteering. Volunteers must be at least 18 years old. Garage parking will be free all day Friday and Saturday. Opportunities for teams or individual volunteers. Earn t-shirts and taste tickets. Each volunteer serving alcohol or checking IDs must attend a mandatory alcohol service training. Sign up for the training at [www.signupgenius.com/go/30e0d49afa82eabff2-taste](http://www.signupgenius.com/go/30e0d49afa82eabff2-taste). Call 703-707-9045 or visit [RestonChamber.org](http://RestonChamber.org) for more.

## SATURDAY/JUNE 16

**FCCPTA Leadership Training Summit.** 9 a.m.-3 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria.

The Spring 2018 PTA Leadership Training Summit will provide training and leadership development for PTA officers, committee chairs and leaders in preparation for the 2018-19 school year. Visit [www.fccpta.org](http://www.fccpta.org).

## SATURDAY/JUNE 23

**Women's Summit 2018.** 8 a.m.-5 p.m. at Hyatt Regency Dulles, 2300 Dulles Corner Blvd., Herndon. Network NoVA presents their second Women's Summit to continue the grassroots momentum of building coalitions across the state to flip Virginia's Congressional delegation blue in November.

This weekend event for women and men will feature speakers, workshops, an advocacy fair, congressional row, and most importantly, network opportunities. \$65. Visit [networknova.org](http://networknova.org) for more.

## MONDAY/JUNE 25

**Narfe Dulles Chapter 1241 Luncheon Program.** 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Speakers are U.S. Rep. Barbara Comstock (R-10) and Jeff Dove, Republican candidate for 11th District. The cost of the luncheon is \$18 which includes tax and a small gratuity.

Call your reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, June 21.

**Future of Retail-Non-Office Building Repurposing.** 7 p.m. at Fairfax County Government Center, Conference Rooms 9/10, 12000 Government Center Parkway, Fairfax. A public informational meeting on Plan Amendment 2017-CW-6CP - Non-Office Building Repurposing.

The meeting provides an opportunity to learn how retail markets are changing and discuss how alternative uses may be used to fill existing retail spaces. Visit [www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/non-office-building-repurposing) or contact Michael Lyskey, DPZ, at 703-324-1204.

# BUSINESS DIRECTORY

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

<b>LANDSCAPING</b> <b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>		Good is not good, where better is expected. <b>-Thomas Fuller</b>	<b>LANDSCAPING</b>   <b>LANDSCAPING</b> <b>Patios &amp; Drainage</b> Your neighborhood company since 1987 <b>703-912-6886</b>	
<b>ELECTRICAL</b>   <b>ELECTRICAL</b> <b>K &amp; D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... <b>Licensed/Bonded/Insured</b> Office 703-335-0654 Mobile 703-499-0522 lektrikman28@gmail.com		<b>J.E.S. Services</b> <b>Free Estimates • Fully Licensed &amp; Insured</b> <ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul> <b>All work Guaranteed</b>		
<b>GUTTER</b>   <b>GUTTER</b> <b>GUTTER CLEANING</b> Gutters and Downspouts Cleaned Small Repairs • Gutter Guards <b>PINNACLE SERVICES</b> Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		<b>TILE / MARBLE</b>   <b>TILE / MARBLE</b> <b>BATHROOM REMODELING</b> by Brennan Bath and Tile Partial or Full. Kit. Floors. Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. <b>www.brennan-tile.com</b> <b>703-250-2872</b> Licensed • Bonded • Insured		
<b>IMPROVEMENTS</b>   <b>IMPROVEMENTS</b> <b>Power Washing</b> Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. <b>Licensed &amp; Insured • Free Estimates</b> email: jnave@comcast.net <b>703-987-5096</b>		<b>TILE / MARBLE</b>   <b>TILE / MARBLE</b> <b>Quality Tree Service &amp; Landscaping</b> Reasonable prices. Licensed & insured. <b>Spring Cleanup...</b> Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates <b>703-868-5358</b> <b>24 Hour Emergency Tree Service</b>		
<b>A&amp;S Landscaping</b> <ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul> <b>703-863-7465</b> LICENSED <b>Serving All of N. Virginia</b>		<b>PAVING</b>   <b>PAVING</b> <b>GOLDY BRICK CONSTRUCTION</b> Walkways, Patios, Driveways, Flagstone, Concrete <b>FREE ESTIMATES</b> Licensed, Insured, Bonded <b>703-250-6231</b>		
<b>RYAN CONTRACTORS, INC.</b> Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic <b>Phone: 703-887-3827</b> <b>E-mail: rncontractorsinc@gmail.com</b> <b>www.rncontractors.com</b>		<b>MASONRY</b>   <b>MASONRY</b> <b>Alfredo's Construction Company, Inc.</b> <ul style="list-style-type: none"> <li>• Concrete Driveways</li> <li>• Patios • Sidewalks</li> <li>• Stone • Brick</li> </ul> <b>Phone:</b> <b>VA: (703) 698-0060 • MD: (301) 316-1603</b> <b>www.alfredosconstructioncompany.com</b>		
<b>Find us on Facebook and become a fan!</b> <b>www.Facebook.com/connectionnewspapers</b> <b>THE CONNECTION</b> Newspapers & Online The Connection to Your Community <b>www.connectionnewspapers.com</b>		An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>		

## Trying to Mind My Weekly Business



By KENNETH B. LOURIE

Usually I'm able to write my column because something is on my mind, or at least percolating in there somewhere. At the moment, nothing is on my mind or even remotely percolating. The reason for this lack of percolation is that as of Saturday, eight days after my last chemotherapy infusion, I still haven't been able to think clearly in my mind – or out of it, because I've spent the past week wallowing in it.

The post-chemotherapy experience to which I vaguely refer is the primary side effect of the drug with which I am infused. For the week or so following my treatment, I am not quite myself (nor am I anybody else for that matter). I am dull and void.

I am not interested in most tasks and less inclined to concern myself with trivialities and/or any responsibilities related or not. I am simply biding time, usually lying on the bed, fully dressed but minimally engaged. Sights and sounds don't bother me but neither do they motivate me in the slightest.

I am not exactly a shell of my former self, but the chemotherapy has definitely hollowed out a place for itself. Eating and drinking is very challenging. Consequently, I have difficulty swallowing the 60-odd pills that I take every day. If I'm not careful I will become less medicated and more constipated. As a direct result, I will sleep throughout the day – and night. Furthermore, I risk becoming dehydrated and vitamin and nutrient deficient.

Let me be clear: this column is not about me dying, or the feelings that I have during this post-chemotherapy "weak" thinking that I am. Hardly. It's more an attempt to explain – and perhaps justify, the minimal creative thinking I've engaged in this past week preparing to write this column. It reminds me of a particular Seinfeld episode when George explained to Jerry why he was unable to lie his way out of dinner with J. Peterman: "I dug down and there was nothing there."

All of the previous paragraphs being written, compared to myriad complications I could be experiencing – and am not, as well as the premature death "prognosed" by my oncologist: "13 months to two years" back in late February 2009, I am quite the opposite of a victim of my circumstances. I am a survivor. Nine-plus years. Though still an active patient and one never characterized as a N.E.D. ("no evidence of disease"), I continue to look forward not backward. My life is ahead of me, not behind. To invoke an old reference: "It beats Bermuda off-season."

When "Team Lourie" asked my oncologist back in early '09 if I could possibly live beyond my prognosis, he was not particularly encouraging. I remember him saying: "Could you be the one? Sure." ("One" being the operative word.)

And in the context of all that he was explaining/outlining, hardly was it offered up with any enthusiasm. It was more a verbal life preserver (no pun intended). Something for us to grasp as we continued to discuss and then ultimately decided to begin chemotherapy infusions six days later on the following Wednesday.

And here I still am, June 9, 2018, "Chronic Ken," as I've previously "monikered" myself.

I'm living proof of one of the recent goals of lung cancer research: to change a previously terminal diagnosis from a death sentence into a life sentence. And I can live with that, hopefully for many years. I have no doubt that research/clinical studies will make it all a reality.

New drugs/treatment protocols are being approved almost daily it seems, by the F.D.A. In fact, as many drugs have been approved in the past few years as had been approved in the previous decade. I have treatment choices now that I've never had before, immunotherapy is but one example.

As far as the subject matter for this week's column, this is all I could muster. I hope you don't mind.

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



# OPINION

## Medicaid Expansion Will Save Lives

Almost too many benefits to count that will help all Virginians, including economic stimulus.

**T**he benefits are huge. The Virginia General Assembly, finally motivated by the huge change in the House of Delegates wrought by energized voters last November, passed a budget that included expanding Medicaid under the Affordable Care Act.

A celebratory press release goes out any time 10 or more jobs come to any place in Virginia. But estimates are that finally accepting the available federal money to expand Medicaid under the Affordable Care Act could stimulate the creation of 30,000 jobs.

Just including the expansion in the budget made hundreds of millions of extra dollars available for other priorities.

It will make all of us who live and work in Virginia healthier via “herd immunity.” Ensuring that our fellow residents have access to healthcare, to medications to treat contagious illnesses, to vaccinations, to preventive and acute care protects all of us. We don’t want the people who shop with us, ride with us on the Metro or wait in line at motor vehicles to be sick without a reasonable way to be treated. We want the people around us to be healthy. It makes everyone healthier.

In Northern Virginia, tens of thousands of people who are living without health insurance

will be eligible. Hundreds of thousands of people across the state will gain access.

Virginia has bypassed about \$10 billion by not having expanded Medicaid since it was possible. It’s not perfect, but now it is done.

“Health care is not a privilege: It is a right,” said state Sen. Dick Saslaw, highlighting the importance. “A lot of us here have had a lot of breaks in our lives, but there are many others out there who do not get these breaks. They work hard, but for one reason or another things don’t turn out right for them. These people need our help, and we have done that.”

### EDITORIAL

Other perspectives on the benefits: “As a mother of an Autistic child, I know just how important Medicaid is for many things here in Virginia. Medicaid helps fund not just our schools but also our Special Education programs here in Virginia,” said Monica Hutchinson, organizer for New Virginia Majority. “This expansion will have a ripple effect. Not only will hundreds of thousands of Virginians receive the care they deserve, but our schools will also receive extra money in their annual budgets.”

“Now, nearly 400,000 Virginians can see a doctor without fear of financial ruin,” Del. Kathy Tran said. “Last election, voters made it clear that increasing access to healthcare is the top issue for our Commonwealth.”

“As fewer and fewer people have employer-paid health coverage for themselves, much less their families, elections have consequences that can mean the difference between life and death,” said Jaime Contreras, a vice president at 32BJ SEIU.

“The budget’s inclusion of a bipartisan compromise plan to drawdown available federal funds to help hundreds of thousands of hard-working, uninsured Virginians gain health care coverage will promote public health improvements, job growth, economic vitality, and strengthen our health delivery system,” said Virginia Hospital & Healthcare Association President and CEO Sean T. Connaughton.

“We are especially thrilled that some 7,000 Arlingtonians now will have healthcare coverage — this legislative action will improve outcomes for their health and welfare, strengthen our workforce, and help our community and the Commonwealth,” said Katie Cristol, Arlington County Board chair.

AARP Virginia State Director Jim Dau said the bipartisan effort increases access to health care for 400,000 Virginians, including 95,000 people over 50 who are not yet eligible for Medicare.

“We have been fighting to expand Medicaid for years and I’m so proud to have been a part of the team that finally got it done. This achievement will dramatically improve the lives of real people in communities across the Commonwealth, including over 5,600 people in the 49th district,” said Del. Alfonso Lopez (D-49)

### LETTERS

## What About Park Service?

To the Editor:

So there is an argument between those who operate Claude Moore Colonial Farm and the National Park Service. Most of us understand what the operators want, but no one, including The Connection, has said what the Park Service wants or its view of how the park should be operated.

**Betty Stacey**  
McLean

## Pride of Being Americans

To the Editor:

I recently spent 6 days in Arlington Hospital. I talked to staff members from at least 14 countries, including Bangladesh and Somalia. Each took pride in his or her job and in the hospital team. Most noticeable was the pride all had in being Americans. These are the new citizens who will continue to make America the greatest country in the world.

**Jack K Tarr**  
McLean

## Taking the Summer Off

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

**A**s a teacher for a few years I was often chided by friends as having a “cushy” job getting all summer off from work. Other teachers get the same reaction from those who know little about the profession and certainly have no experience being in the classroom.

In many jobs if you are having an off day, not feeling well, or just need a break it is possible to let some of the requirements of work slide until the next day. Not so with teaching: every day in the classroom you have to be on—ready to face eager students and the challenges and opportunities they present. I continue to be impressed by teachers who can be enthusiastic and understanding early in the morning through afternoon five days a week from fall through spring. That’s why that summer break is so important. And furthermore, you need the summer to take that additional course or workshop for updating your credentials, work that second or third job to balance the family budget, or recharge your mental and emotional batteries. For anyone with a different opinion about the challenges teachers face, visit some classrooms or better still teach for a while or substitute. You will soon learn why teachers are among the people I most admire.

My current “job” of being a legislator may get the same reaction from some who are not aware that the regular session of a couple of months of time



spent in the State Capitol is just part of the job. Members of the General Assembly are considered citizen legislators with other responsibilities and are paid as part-time workers. Actually, the position can take as much time as a legislator can devote to it and the voters are willing to tolerate. Having retired from my full-time job in 1996 I happily devote full time to my legislative duties.

Every two years I have to reapply to voters to keep my job, and with a two-year term some time every other year is devoted to campaigning.

During every year there are study committees and commissions that meet when the legislature is not in session. This week I participated in a meeting of the Joint Legislative Audit and Review Commission (JLARC) of which I am a member. We provide oversight to the operation of state government including financial and management audit, reviews of the performance of state agencies and conducting studies on topics as requested by the legislature. I also serve on the Joint Commission on Technology and Science (JCOTS) that has meetings in the interim to consider future legislation and emerging science and technology issues. There are many other groups that work between legislative sessions.

Having a break for the summer from going to work as a teacher, legislator or other worker does not mean you are not working. We all need some mini-vacation times of long weekends or a real vacation to recharge our mental batteries. We can do a better job as a result.

Reston  
**CONNECTION**

www.ConnectionNewspapers.com

@RestonConnect

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

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

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

**NEWS DEPARTMENT:**  
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

