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Reston CONNECTION

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Addison Schimmel, 8, Emily Schimmel, 8, and their friend, Riley McFawen, 8, all of Reston, get ready for the eighth Annual Reston Kid's Triathlon held Sunday, Aug. 5 at the Ridge Heights Pool in Reston.

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NEWS



Rendering of the proposed urban-style Wegmans at Reston Crescent off Reston Parkway.

IMAGE COURTESY OF FAIRFAX COUNTY

Major Redevelopments In Reston Approved

Fairfax County Board of Supervisors approves redevelopments North and South of Reston Town Center.

BY MERCIA HOBSON
THE CONNECTION

At their most recent meeting held July 31, the Fairfax County Board of Supervisors approved Brookfield Properties' 4 million-square-foot redevelopment of the 36-acre Reston Crescent site. It is the first mixed-used development approved south of the Reston Town Center Metro Station.

WEGMANS TO ANCHOR RESTON CRESCENT

According to Fairfax County, Reston's first Wegmans will anchor the newly approved Reston Crescent development and will be its first building. The grocery store will occupy the building's ground floor.

The building's architects are MV&A and Alexandria-based LandDesign. On their website, MV&A describes the Wegmans as urban-format topped by 380 apartments. "That building, to include a screened garage with more than 1,000 parking spaces, will front Reston Parkway, just south of the Dulles Toll Road. ... As currently envisioned, Reston Crescent will total 4.16 million square feet of mixed-use, including the two

six-story office buildings there now. The property's existing surface parking and open space will be developed over time with about 3.77 million square feet of new construction, to include up to 1,721 residential units, 1.5 million square feet of office, 380,000 square feet of retail and a 200-key hotel."

The overall project will offer at least a half dozen park spaces — a dog park, fitness area, neighborhood park, Gateway Plaza and others," cites the MV&A website.

Fairfax County reports that three mid-rise buildings will make up the project's residential development and 15 percent of the units will be set aside as affordable housing.

UP TO SEVEN ACRES IN PARKS AT RESTON GATEWAY

The Fairfax County Board of Supervisor also approved the Reston Gateway project on July 31. It is to be developed by Boston Properties on a 33-acre site between the Metro rail stop and Reston Town Center. The property is on the north side of Sunset Hills Road between Town Center Parkway and

SEE REDEVELOPMENT, PAGE 6

We didn't inherit the earth from our parents. We're borrowing it from our children.

—Chief Seattle (1788-1866)
Suquamish/Duwamish chief

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The 6-8-year-old division of the eighth Annual Reston Kid's Triathlon held Sunday, Aug. 5 walks onto the pool deck area before the swim phase of the race. Children 6-8 years old must swim two lengths of the 25-meter pool before biking 1.1 miles and running 0.6 miles.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Larry T. Butler, Acting CEO and Senior Director of Land Use and Planning Reston Association welcomes all to the eighth Annual Reston Kid's Triathlon and calls attention to the sky, pointing out, at last, it is not raining.

Reston Kid's Triathlon Attracts 200 Youth Athletes

Reston Association and Reston YMCA co-sponsor the event.

BY MERCIA HOBSON
THE CONNECTION

Youth athletes from across Reston and surrounding communities participated in the eighth Annual Reston Kid's Triathlon held Sunday, Aug. 5 at the Ridge Heights Pool in Reston. Children as young as age 6 through age 14 took part in the event that included a swim, bike and run.

Reston Association and the YMCA-Fairfax County, Reston co-sponsored the triathlon with proceeds donated to the Y to assist families and individuals who need financial aid for Y programs.

Age groups for the triathlon were split between 6-8, 9-11 and 12-14 with a broad spectrum of abilities and experiences represented in each group. The massive volunteer support team stood ready and committed, providing the children with an outstanding and very organized experience.

Distances in the race varied by age groups and just like in adult triathlons, the children were body marked and wore official chip timers.

Larry T. Butler, Acting CEO and Senior Director of Land Use and Planning Reston Association said, "It was great to see about 200 young athletes giving it their all on the course today. This eighth Annual Reston Kids Triathlon, which was put on by Reston Association and The YMCA-Fairfax County Reston, tested both first-time triathletes and veterans on the swim, bike and run courses fully supported by many community volunteers. Our hope is that these kids will latch onto at least one of these sports to carry



Two boys in the Reston Kid's Triathlon held Sunday, Aug. 5 run so fast their feet fly off the ground mid-stride as they make their way to the finish line.



Sergio Sandeli, 7 of Arlington, pedals as fast as he can at the start of bike section of the Reston Kid's Triathlon held Sunday, Aug. 5. His dad, Rob stood on the sidewalk and after his son flew by he commented, "My children love to race, and they are all very competitive."

them into the future with healthy and active lifestyles."

For race results, visit <http://restonkidstri.org>.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The assembly-line process for crafting each &pizza pie.

&pizza® Opens in Reston Town Center

"Work hard, live fast, order quick. Take the Culture-&pizza-to go"- &pizza's Brand Ethos

BY MERCIA HOBSON
THE CONNECTION

The D.C.-based restaurant company &pizza opened in Reston Town Center at 1826 Library Street on Thursday, Aug. 2. At lunch-time of opening day, the customer line snaked around the inside of the fast-casual restaurant known for their signature craft pies and go tos. Yet even with customers crafting personalized orders, the energetic staff continually got patrons together with their custom-ordered pizzas in a time of seven minutes from order to box-in-hand. Orders can be taken there or customers can jump the line and order online instead.

Using an assembly-line to prepare each pizza, the staff creates the signature 12-to-18-inch long oval pizzas as customers walk by the "salad-bar like" line and chose the type of dough, sauces, toppings, produce, proteins and drizzles from a number of selections or customers choose standard hits

from the menu. The company offers "clean eats," bright, fresh ingredients, no high fructose corn syrup, and no artificial ingredients.

Next, the pizzas slide into a super-fired oven, bake in three minutes and then are placed in &pizza's graphic black and white rectangular boxes, ready to eat there or take and go.

The company brands itself as "an anti-establishment establishment built on the renown of its creative pies and craft beverages, localized shop design, and the strength, unity and vibe of its living-wage-paid, amper-sand-tattooed Tribe." The brand calls its employees their "Tribe" and if they want, pays for the company's amper-sand logo tattooed somewhere on their person.

"We're thrilled to join the Reston community with the opening of our newest &pizza shop, and look forward to fueling the neighborhood with creative pies, craft beverages, and our unique employee culture," said a spokesperson via email.

"This is the best pizza ever," said Ricardo Lopez who works in Reston. "The garlic ricotta sauce is really good; one of my favs. I've convinced my co-workers to come."



OPINION

An Open Letter to Readers and More

Buy an ad in our annual **Newcomers and Community Guide**, please.

Adapted from a 2016 editorial ...

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Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 22, 2018 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 16.

We are striving to create a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super af-

fordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? Heed the cautionary tale in the closures of many newspapers in the last couple of years.

But this request is more than a charitable effort.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites? Lunch place? Spot for coffee? What tips do you have for someone getting to know the community?

We will publish a selection of local tips along with a plethora of information useful to new-

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comers and long-time residents alike, including our award-winning Insiders Guide to the Parks, and information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

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Community-Fairfax County Summit Makes Progress

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Independent Progressive
Last year a community meeting convened by Supervisor Cathy Hudgins at South Lakes High to discuss the County's proposed zoning ordinance amendment sharply raising development limits in Reston resulted in an uproar by a hostile crowd (700 or so) like I've not seen before. Since then, there have been a handful of exchanges of letters between representatives of the community and Supervisor Hudgins. Community reps voice continued opposition, while the Supervisor dug into her position. Twice the zoning amendment was scheduled to go before the Planning Commission only to be postponed before a final review by the Board of Supervisors. While Ms. Hudgins remained firm, some of her Board of Supervisors colleagues were concerned about a possible political train wreck in Reston if the proposal were to go forward with such broad community opposition.

Cooler heads prevailed. In June, Supervisor Hudgins agreed to additional discussions between a small group of community leaders — the Coalition for a Planned Reston and the Reston Association — and County staff principally from the Department of Planning and Zoning (DPZ). After preliminary discussions on

an agenda, participants and the shape of the conference table (just kidding), a series of four meetings began in mid-July. Discussions focused on transportation; public schools and other public infrastructure; and, parks, open space and recreation dimensions of growth permissible under the County proposal. Community reps posed issues on the various topics. DPZ Director Fred Selden explained how the planning process worked and how issues could be addressed during implementation. Mr. Selden repeatedly stressed that while growth was allowable under the Comprehensive Plan within the zoning ordinance, what actually ended up being built over the plan's 30-year duration would be a function of many factors in Reston and the region, including the market for new development and community review of individual project proposals. He thought it highly unlikely that full plan potential or population projections would be achieved. Not to worry.

Community reps were skeptical of County assurances that implementation of the plan would protect the quality of life Restonians have come to expect, i.e., that we'll have adequate, timely transportation, schools and other public infrastructure as well as open space and recreation sufficient to assure that Reston will still be Reston.

As RCA President Dennis Hays put it, "tell us what, when, where, and how" supporting

infrastructure will be provided. He noted, e.g., County standards require three additional athletic fields in the Transit Station Areas and 12 elsewhere in Reston to accommodate growth under the Plan—"please explain." County staff responded that no specific sites for fields have been identified, but developers would be asked to furnish sites or provide funds to acquire them. Development is already underway, but to date no field sites have been identified, much less committed. They have tentative commitments of \$10 million, but no actual money. Mr. Hays was not convinced they will materialize, nor was I. This is but one example of many with the same result. There are no real assurances on public infrastructure like schools in the TSAs, or elsewhere for that matter. Additional recreation, open space areas — same problem!

The other overall problem was the discrepancies between the number of housing units and, thus, population achievable with the proposed zoning change. CPR estimated 180,000 at full implementation in 30 years. DPZ seemed to think the maximum was more like 130,000, but acknowledged their numbers needed some reworking, while noting that CPR's estimate included some double counting, and also needed some reworking. The meetings to date have led to County recognition that commu-

SEE LOVAAS, PAGE 6

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Preparing for New School Year

Home organizing saves space and time.

BY MARILYN CAMPBELL

The sight of store shelves overflowing with school glue sticks and crayons signals that the beginning of school is just around the corner. While squeezing in one last vacation, the thought of turning an eye to getting one's home in order before the school bell rings might be met with dread.

"It can feel like a daunting task to organize when artwork overflows from school or small trinkets come home from birthday parties, the end of summer is a great time to purge a lot of unnecessary items to make way for new school year ahead," said Allie Mann, designer-senior interiors specialist, Case Design/Remodeling. "And it's always a great time to donate gently used items as well."

"Especially now as families are preparing to get back to school, it's so important to get organized," added Anne M. Walker, Esq., Allied ASID, Owner + Principal Anne Walker Design LLC. "Nothing is more stressful than searching for something when you're already five minutes late, it's pouring down rain, it's picture day at school, and you have a big work meeting in 45 minutes."

Now that organization is often considered a part of interior design, the tools and hacks available are more stylish and innovative than ever, say local designers. "In a kitchen in Old Town, Alexandria I installed four shallow drawers underneath the countertop at the island — one for each family member," said Sarah Glenn, interior designer and project manager, Braswell Design+Build, Alexandria. "I designed the drawers to be just large enough to store school papers and a laptop so that each family member would have a dedicated temporary storage space without creating four individual junk drawers."

A Potomac, Md. family recently enlisted Walker's help in redesigning and reorganizing their home from top to bottom with an eye toward all things chic and stylish. She began in the bedrooms of the family's teenage daughter, creating custom closets.

"After the new closet was installed, I spent the better part of two days helping this teen fill the closet with all of her belongings, putting things where they were visible and readily accessible," she said. "Organization is important primarily because of the time it saves. If you can find what you need to get out the door right away, you can sleep 20 minutes later."



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

This kitchen by Nicely Done Kitchens and Baths features custom cabinets of painted Maplewood and quartz countertops. An abundance of drawer space helps with organization.



PHOTO BY STACY ZARIN GOLDBERG

Hooks for backpacks and jackets, like this one by Allie Mann of Case Design/Remodeling, are a must for an organized mudroom.

A similar closet was created for the family's middle school aged son. "Amazing how even young children can keep their rooms tidy as long as there's a system in place that they can understand and is practical enough for them to use," said Walker. "If you know exactly where all of your clothes are, and exactly where to put them back after laundering them, it will seem like you just won the lottery. You won't believe how many things you have, many of which have been long forgotten, stuffed in the back of some drawer or under the bed."

One of the most important tasks on Walker's agenda was organizing a large basement space with abundant shelving to create a home office. "In an office this size, children could easily use it for homework while the parent was working there, also," she said. "Sometimes it's calming and comforting just to be in the same space, even if you aren't actually helping the child with their work."

A home's mudroom is supposed to serve as a gateway into the main house, creating order and keeping clutter from overflowing into the home's interior, but often that isn't the case as clutter overtakes the space. In a recent mudroom project, Mann incorporated elements into the design that addressed the family's lifestyle. "Cubbies and bench storage for sports and after-school activities for older children are a must," she said. "If space allows, allocating a designated cubbie for each child is best to keep things separated and from getting lost."

"With organization, you are constantly trying to strike a balance between carving out enough space for a specific function without over-organizing to the point that you lose flexibility to change what you store as your life evolves," added Glenn.



PHOTO COURTESY OF ANNE WALKER

Interior designer Anne Walker installed a custom closet by Capitol Closet Design in the bedroom of this Potomac, Md. home to create an organized space in time for school.

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August 22, 2018

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COMMENTARY Old Dogs and New Tricks

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

Regardless of the old adage, it is possible to teach old dogs new tricks. In fact, if old dogs are to survive in a modern world characterized by rapid change they must adopt many new tricks of survival and adaptation. Those who do not are headed to the scrap pile of history to serve as examples for those who follow.

As I have mentioned in this column many times, the forerunner of the Virginia General Assembly met first in 1619 making it the oldest continuous legislative body in this hemisphere. Sometimes our current General Assembly meets serious challenges as the leader in change for the good, but too often it acts as a barrier to change that was needed. I was reminded of this in my recent attendance at the annual meeting of the National Conference of State Legislatures (NCSL).

NCSL describes the states as the laboratories of democracy where different histories, culture, and geography define each of the 50 states with similar challenges for which various approaches to governance are tried. As I explained last week, we can learn a great deal from each other as we meet together. I will share several examples that I think make my point.

All states are struggling with making higher education more accessible, affordable and relevant. Most state higher education systems are based on models that date back centuries. Most agree that those models are not meeting the needs of the students of today. I attended a session at NCSL where the presi-

dent of the University of Arizona spoke on the changes he has brought about at his school in increasing enrollment, raising the graduation rate, reducing student debt, and increasing research dollars all while decreasing the per student costs. His story is a very impressive one that can be most easily explained by his setting aside the usual model of university organization and operation and the adoption of an enterprise model that combines good educational policies with successful business practices. We need to take a hard look at adopting some of these successful practices in Virginia.

The conference was in California that is suffering through historically high temperatures, a very serious drought and wildfires that are devouring thousands of acres. My cell phone was set to alert me of happenings back home in Virginia. I got regular alerts of heavy rains, lightning, flash flooding and road closures. It is obvious that the federal government is not going to provide leadership on climate change that is at the root of these issues, and the states must take on the responsibility.

A final example of the need for the old dogs of state legislatures to step up and provide leadership is in juvenile justice reform. We must reduce the classroom to prison pipeline by intervening early with young people in need of services and assistance to keep kids out of prisons that increase rather than resolve their problems. It is less expensive and more humane. Virginia is doing a much better job in this area, but I was also impressed with what I heard is going on in Kentucky and California.

Old and new legislative leaders must learn new solutions!

Lovaas

FROM PAGE 4

nity concerns about inadequate, untimely infrastructure to accommodate levels of development allowable have considerable merit. And, there is agreement that the two sides should work together to refine building and population potential. The parties

agreed to meet at least one more time decide to decide how to work out differences and where to go from there. I commend both DPZ staff led by Fred Selden, the best in the business, and the hardworking volunteer leaders from CPR and RA whose combined collegial efforts yielded genuine dialog and real progress.

NEWS

Redevelopments Approved

FROM PAGE 2

Reston Parkway and will house 4.8 million square feet in offices, apartments, hotels and retail at the north entrance to the Reston Town Center Metro Station.

It will be the first major development north of the Metro Station. The redevelopment will create nine blocks with nine new buildings. The site is currently developed with two 9-story office buildings called Discovery Square and the two-story Reston Corporate Center. The Discovery Square buildings will remain, but the corporate center will eventually be torn down.

Boston Properties will construct the project in two phases. According to Fairfax County, the first phase will bring four new buildings to the property's west side at the intersection of Sunset Hills and Town Center Parkway, erecting 2.1 million square feet.

Phase 1 of the Reston gateway Project includes a: "28-story office building with 10,700 square feet of retail and restaurants, 22-story office with 5,500 square feet of retail and restaurants, 14-story hotel with 240 rooms, plus retail and restaurants, 44-story

residential building with 600 units," cites Fairfax County.

Boston Properties will also extend Library Street south from Bluemont Way to Sunset Hills Road. Fairfax County states, "Two new roads, Century Street and Founders Boulevard, will run east to west, connecting Library Street to Town Center Parkway. Two new roads will bisect the development north to south, linking to Sunset Hills Road. Sunset Hill Road going westward will be widened to three lanes with a shared or dedicated right-hand turn lane onto Town Center Parkway."

The County points out, 30 percent of the project will be open space with up to 7 acres in parks including a large central park. "It could build a full-sized, synthetic turf field offsite at the property that would be dedicated to the Fairfax County Park Authority. Or, it could build a new field on top of the Purple Garage at Reston Town Center. Or the developer could contribute money to build a new field. As a final option, Boston Properties could dedicate 50,000 square at Reston Gateway for a performing arts center in lieu of the field," states Fairfax County.

BULLETIN

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

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

WEDNESDAY/AUG. 8

Is Your Website Wasting Time? 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. Jennifer Ferraro Randolph and Kevin Taylor, both of cbd-x, will explore the hidden power of the website's backend, and the benefits of tapping that power for small and medium-sized businesses. Visit restonchamber.org for more.

THURSDAY/AUG. 9

Public Meeting. 7-8 p.m. at North County Government Center - Community Room, 1801 Cameron Glen Drive, Reston. Fairfax County's Police Department will provide an overview of the Deer Management Program. Contact the Fairfax County Wildlife Management Specialist, Dr. Katherine Edwards at 703-246-6868 for more.

WEDNESDAY/AUG. 15

Candidate Filing Deadline. 5 p.m. Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, ages 18 or older, are eligible to run for appointment to the RCC Board of Governors. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Visit www.restoncommunitycenter.com or call 703-476-4500.

WEDNESDAY/AUG. 22

2018-2019 Social Media Trends. 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. With 4 billion people around the world now online, new digital behaviors are emerging. To keep up, business owners need to rethink their strategies, create new capabilities, and quickly adapt. Rachel Adler will present her expert analysis of the major trends in digital and social and share how businesses can take advantage of the biggest opportunities in 2018 into 2019. Visit restonchamber.org for more.

BUSINESS DIRECTORY

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"Slow Progression"



By KENNETH B. LOURIE

OKAY. It's not exactly what I wanted to read in the email from my oncologist interpreting the results of my July 25 CT Scan.

Since August 2013 when I was hospitalized for a week with fluid in my lungs, "CT stable" has been the recurring message. Now the message is different.

My question, which will be addressed Monday afternoon: can I live with 'slow progression?' I would imagine that there are more aggressive characterizations of 'progression.' Nevertheless, I have to wait three more days to find out.

What has been suggested so far by my oncologist is simple enough: reduce the interval of my infusions or change medications. Sounds reasonable and not particularly drastic. What's distressing (but not at all drastic) however, is the fear of the unknown.

Not having had a reason to change in five years, I've grown awfully comfortable and confident in the ebb and flow of my life vis-à-vis my cancer treatment/side effects. I've known what to expect and when to expect it.

For a terminal cancer patient still undergoing treatment, this kind of regularity/normalcy is as good as it gets. Accordingly, I've been able to live a relatively manageable life.

And by 'manageable' I mean a life worth living and one not consumed by, if I may retrieve a phrase from last week's column: "cancer centrality." Not that I don't have deficits or spiritual, emotional or psychological problems/complications, I do, but I have so much more than that. I not only have a present, I have a future too.

No small caveat when one considers I was given a "13 month to two year" prognosis on Feb. 27, 2009. Over nine years ago - and counting. As Maurice Chevalier sang to Hermione Gingold in "Gigi" (1958): "I remember it well."

So life has indeed gone on and I'd like to think that despite this most recent email from my oncologist, life will continue to go on. I have to think positive; I'm my father's son, and deceased though he may be, he wouldn't have it any other way.

Besides, as Dr. Mobley said to Augustus McCray in the epic mini series, "Lonesome Dove," (1989) when Gus refused to let him amputate his remaining leg: "I assure the alternative is gloomy."

Well, Gus was rarely gloomy and considering my circumstances, neither have I been gloomy. There's just no future in it.

Right now, it's the present I'm concerned about. Specifically, Monday afternoon when my oncologist and I (we, actually; my wife, Dina will be on the phone as well) will talk.

Having a three participant phone conversation is a little awkward. The questions and answers might not flow as easily as if the three of us were sitting together in an examining room. But since that's what's happening/been scheduled, we'll endeavor to make the best of it.

What probably will help, oddly enough, is the three days Dina and I will have to think about what concerns we have, what questions we'll ask and what answers from the oncologist we anticipate hearing.

Then, with the doctor's encouragement, together we'll be able to make an intelligent decision concerning a prudent course of action/treatment going forward. A discussion we've had many times before.

And given our respective history over the last nine-plus years, there's no reason to think we can't achieve similar success living forward.

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

ENTERTAINMENT

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

ONGOING

Art Exhibit: Herndon Town Calendar Competition. Through Aug. 8, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. This exhibit features finalists in the 8th Annual Herndon Town Calendar Competition. Jurors evaluated images submitted to the competition by photographers and select finalist photographs for the exhibit. Visitors to the gallery can vote for the People's Choice. The 12 winning photographs and People's Choice will be announced during the Awards Reception on July 29. Visit www.artspaceherndon.org for more.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays 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.

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. Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Square Park. Free performances of heart-centered music for children. No performances on Labor Day or Columbus Day. Visit 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.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit www.homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

All-comers' Group Fun Run. Thursdays, 6:30-7:30 p.m. at Potomac River Running, Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 or visit www.potomacriverrunning.com/reston/.

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

The Row-boat E. Simon in a previous regatta at Lake Anne.

Cardboard Boat Regatta

The Reston Historic Trust & Museum holds the second annual Lake Anne Cardboard Boat Regatta. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum. Teams of all ages will construct and decorate their own life-size cardboard boats. Boats will then take to the water in timed heats. Saturday, Aug. 11, noon-6 p.m. at Lake Anne, Reston. Email info@restonmuseum.org or call 703-709-7700.

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.

AUG. 1-15

Share A Haircut. 10 a.m.-9 p.m. at local Hair Cuttery locations. Give back to those in the community with Hair Cuttery's annual Share-A-Haircut program. For every child's haircut (up to age 18) purchased Aug. 1-15, a free haircut certificate will be donated to a child in need. Email lynnieb517@verizon.net with Assistance League of Northern Virginia with questions.

WEDNESDAY/AUG. 8

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com for more.

THURSDAY/AUG. 9

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps for more.

Alzheimer's Association Raffle. 6-9:30 p.m. at Jimmy's Old Town Tavern, 697 Spring St., Herndon. Raffle fundraiser for Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Free admission. Visit www.alz.org/walk for more.

FRIDAY/AUG. 10

Fractured Nursery Rhymes Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join local Great Falls author, Judy Politzer for a fun-filled lesson on the alphabet based on her book, *Fractured Nursery Rhymes, Fairy Tales, and Potpourri*. Visit www.scrawlbooks.com or call 703-966-2111.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Don't just watch, get up and learn dance steps from a pro at Reston Community Center's Summerbration featuring Scott Kurt & Memphis 59 with country dancers (dancing and instruction). Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.



Design and Wine

Felting Critters with Andy Black. Each event is \$40 per person which covers wine, light snacks and supplies. No prior art experience necessary. Tuesday, Aug. 14, 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Registration required at www.artspaceherndon.org.

to learn all about farm animals and farm chores and enjoy a story, craft or game. \$8 per child, and an adult must attend with the child. Pre-paid reservations are required. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Open Orchestra Rehearsals. 7:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Join members of the Reston Community Orchestra for open rehearsals during July and August. For those who have wondered what it would be like to play with the Reston Community Orchestra, looking for a chance to play between seasons or semesters or who have an instrument that's collecting dust but keeps calling them to come back. Music and stands provided. \$20 per session; \$75 for all four. Register at restoncommunityorchestra.org/2017-2018-concert-series/open-rehearsals/.

TUESDAY/AUG. 14

Design and Wine: Felting Critters. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Each event is \$40 per person which covers wine, light snacks and supplies. No prior art experience necessary. Registration required at www.artspaceherndon.org.

WEDNESDAY/AUG. 15

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com for more.

Get Woke! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. This progressive book club focuses on reading titles that cover timely political issues. The August meeting will focus on a discussion of housing access and incarceration and how those issues are connected. Attendees are asked to read either "Evicted" by Matthew Desmond or "The New Jim Crow: Mass Incarceration in the Age of Colorblindness" by Michelle Alexander. Free. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/AUG. 16

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit

webdc.alsa.org/goto/margespeeps for more.

FRIDAY/AUG. 17

Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join teacher Keshia Menefee from Winwood Children's Center for a special story time. 10 percent of the day's profits will be donated to the school. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Reston Community Center's Summerbration featuring Cristian Perez Band. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

SATURDAY/AUG. 18

Concerts on the Town: T Sisters. 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 for more.

SUNDAY/AUG. 19

Author Patty Pearson. 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join author Patty Pearson for a discussion of her novel, "FLY GIRLS." Recommended reading for ages 10 and up, "FLY GIRLS," introduces a remarkable but, until recently, little-known group of women who answered their country's call in its time of need. Their story is one of patriotism, persistence, love of flying, and the willingness to do good without personal gain. Free. Visit www.scrawlbooks.com or call 703-966-2111.

WEDNESDAY/AUG. 22

The Wednesday Morning Book Club: The Intersection of Past and Present. 9 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Book Club focusing on biography, memoir and history. In August, the group will discuss, "Americans in Paris: Life and Death Under Nazi Occupation" by Charles Glass. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com for more.

THURSDAY/AUG. 23

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps for more.

Lunch in the Park at GRACE. Noon-1 p.m. at GRACE, 12001 Market St. #103, Reston. Bring a lunch to the GRACE gallery and enjoy a Creative Response session about the current exhibition, Building Worlds. Produced by Reston Town Center Association and Reston Community Center. Free and open to the public. Visit restonarts.org for more.