

Reston CONNECTION

WELLBEING

PAGE 5

After Modern Vintage performed at the Lake Fairfax Park Independence Day Celebration, its members and their families and friends donned patriotic shirts, and spend time together ready to listen to The U.S. Navy Band Commodores perform.

Patriotism, BBQs & Basking in the Sun

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BBQ Lunches

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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News



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Registration is open for the **Superhero Splash and Dash**, a swim-run-run event for children aged 6-15 held at Lake Audubon Pool, 2070 Twin Branches Road, Reston on Sunday, Aug.18, from 8:30- 10:30 a.m.

Registration Opens for Superhero Splash and Dash

Registration is open for the Superhero Splash and Dash, a swim-run-run event on Sunday, Aug. 18 for kids aged 6-15. This energetic Aquathon brought to you by CORE Foundation inspires kids of all ages to be active. Kids will be treated to a finishers medal, swag bag, snowcone by KONA Ice, Bare Snacks and a delicious fruit cup with toppings by honeygrow. Moms will be treated to a mini massage by The Jackson Clinics.

CORE's goal is to have every child leave fired up to fulfill their superhero dreams,

says Taralyn Kohler, executive director. CORE also believes that every child regardless of ability and socio-economic situation should have the opportunity to cross the finish line which is why a third of the kids at this event participate on scholarship. If you know of a child who would benefit from this experience and can't afford it, email info@corefoundation.org.

Register at http://corefoundation.org/event/superhero-splash-and-dash-2019/?event_date=2019-08-18

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PHOTOS BY MERCIA HOBSON/THE CONNECTION
Crowds set out their lawn chairs and blankets to enjoy an early fireworks display at Lake Fairfax Park in Reston on Saturday, June 29.



Georgia Epps and nephew Kai Oliphant Epps, 3, pause a moment while arranging their picnic food and condiments to join in the family-friendly Independence Day Celebration at Lake Fairfax Park.

Patriotism, BBQs & Basking in the Hot Sun

Lake Fairfax Independence Day Celebration offered more than fireworks.

BY MERCIA HOBSON
THE CONNECTION

If you're throwing a birthday party, throw it big and all day. Fairfax County Park Authority celebrated the nation's 143rd birthday early at Lake Fairfax Park, Saturday, June 29. Opened from dawn until after the evening's last firework fell into its lake, the 476-acre gem with boat rentals, carousel, camping, fishing and cool down at The Water Mine Family Swimmin' Hole proved the destination for thousands of people from Northwestern Fairfax County and beyond that day.

For the Seskey family of Vienna, mom Emily and daughters Abigail, 5, and Caroline, 4, the park offered too much for a single day visit. They stayed at the campgrounds. "This is our first time here. We came for boating and fishing, and tonight are the fireworks. That's the perfect plan," said Seskey.

Many other families, like the Epps of Alexandria, planned their day six months earlier making reservations in January for a picnic shelter overlooking the lake with an uninterrupted sightline to view the fireworks. The shelter guaranteed shade, a cool breeze, tables, grills and ADA accessibility. Georgia Epps and nephew Kai Oliphant Epps, 3 arranged the picnic food and condiments. "You have to call early for a gazebo," Epps said, as she remembered how another family member does so each year.

Nearby, a ride on the restored antique carousel attracted Tamerat Desh of Reston and his daughter, Eliena, 2. Although it was early in the afternoon, Desh said that they too planned to stay for the fireworks.



Tamerat Desh of Reston with daughter Eliena, 2 as she rides the antique carousel at Lake Fairfax Park.

Off at the other end of the park, The Water Mine Family Swimmin' Hole drew thrill-seekers Canseco Santiago and his nephew Isaiah Cruz, 10. "I've never been here. My favorite is the water slide," said Cruz as he dripped from his most recent descent filled with high-speed turns, twists and the final plunge. Behind him, the slides rose to tower heights of 3-stories, and with the allure too much, both ran off to take on the challenge again.

While many people enjoyed their day at the park, others worked there like Julianne Naquin, formerly of Herndon and now of Reston. Naquin, manager on duty at the

Water Mine and lifeguard Anna Cade of Vienna carefully watched patrons go with the flow of Rattlesnake River where the current gently nudged people resting in the inflatable inner tubes along. "We do our best to keep our park safe and clean, even on busy days," said Naquin.

Outside the Water Mine, Rachel Thomson, Daniela Cacciapaglia and Tom Hetherington, all of McLean sold fruit drinks and soft serve ice cream at the vendor stand Island Refreshments. As the evening approached, Cacciapaglia also looked forward to the fireworks. "They bring out patriotism," she said.



It's not an early Independence Day Celebration at Lake Fairfax Park in Reston operated by the Fairfax County Park Authority without the time-honored fireworks display over the water.

However, it couldn't be a party without live music. A high-energy Northern Virginia band with connections to Alexandria, Modern Vintage played first followed by The U.S. Navy Band Commodores, the Navy's premier jazz ensemble.

With dusk on the horizon, families set up their lawn chairs and spread blankets on the lake's grassy bank. At precisely 9:15 as advertised, the first comet charged upward. Its light reflected on the water then exploded into a roman candle beginning a near 30-minute fireworks display and the culmination of Lake Fairfax Park Independence Day Celebration.

OPINION

George Mason's Role in Founding our Nation

Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR



The fireworks and burgers we all look forward to on Independence Day can make us forget the incredible history behind the celebration. As a public servant, I cannot help but reflect on the remarkable political events and the figures who took

COMMENTARY incredible risks to shape the government of our young country. The work of one local man in particular inspired the Declaration of Independence and the Bill of Rights. His name was George Mason.

Mason resided in Gunston Hall and actively involved himself in the Fairfax County community. He was elected into the Virginia House of Burgesses in 1758 alongside George Washington and Patrick Henry. He left his office a short time later due to illness and a reluctance towards politics. However, he was one of the greatest and most respected political thinkers of his time. A follower of the political philosopher John Locke, Mason firmly believed in the rights of individuals and was an early adopter of the Revolutionary cause. When the British began imposing taxes on the colonies, Washington asked Mason to draft official responses

in protest. This resulted in the Fairfax Resolves, a countywide document that opposed the increasingly harsh British policies and called for an American "general congress, for the preservation of our Lives Liberties and Fortunes." While many counties wrote their own resolves, Mason's was considered the most forceful and influential.

After the House of Burgesses was dissolved by the British governor in 1774, Virginians formed their own legislative body in protest called the Virginia Convention, which created a new government structure in Virginia. As a member of the convention, George Mason drafted the groundbreaking Virginia Declaration of Rights and the 1776 Constitution, which laid the "basis and foundation" for a government in Virginia. It called for a government based on individual liberty that only received its power from the people it served. The document opened with the bold statement "That all men are by nature equally free and independent, and have certain inherent rights..." Thomas Jefferson adopted similar language for our national Declaration of Independence. These radical thoughts, so deliberately laid out, sent a shockwave through the colonies and history changed forever.

When the fighting finally ceased years later

it was time to build a stable government for the expansive territory the Americans had secured. Mason was once again invited to share his wisdom in building a government as a Virginia representative in the Constitutional Convention. Mason had a clear vision of what he would like to see in the Constitution. He strongly advocated for individual rights, popular elections, and a three-part executive branch. He was especially wary that the new government would too closely resemble England's. As the convention went on Mason's concerns grew. He opposed the slave trade and wanted to see it eradicated in the new government. When he proposed a bill of rights to be included in the body of the constitution, his motion was rejected by a majority of the convention. These two key issues led Mason to vote against the Constitution. His was one of only three dissenting votes. Many elements of Mason's philosophy, however, made their way into the subsequent Constitution and Bill of Rights. Establishing three branches of government, freedom of the press, freedom of religion, and civilian military control were all elements from Virginia's founding documents.

I hope you and your family have a safe and happy Fourth of July. I also hope you take some time to remember the history and people behind the holiday. Without the courage and conviction of people like George Mason, our country would not be the beacon of liberty it is today.

Threats to Our Government as We Know It

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

The threats to our democratic-republican form of government are more numerous than weeks of this column could enumerate. While I will not mention the more obvious ones brought on by the current administration in Washington, I do want to focus on two that have come about in the recent past—one just last week. They impact all levels

COMMENTARY of government and come about not from the executive branch of government or the dysfunctional Congress but rather from the judicial branch and its highest level, the Supreme Court! While I have always viewed the Supreme Court as a safety backstop that would save our republic from harm by the Congress or the president, in recent years it is the Court that has become one of the real threats to democratic governance.

One of the biggest inhibitors of advancement on progressive issues in Virginia has been the un-

restrained ability of the members of the party in power at the time of the decennial census to choose the voters they want to represent for the next decade by gerrymandering district boundaries. For some of us there has been a struggle to put in place a non-partisan method of drawing district lines. With the great organization OneVirginia2021's efforts there has been real progress towards meeting that goal. A Constitutional amendment passed the last session of the General Assembly that would establish what is described as a non-partisan and transparent process for redistricting. It must pass the 2020 session without change in order to be sent to the voters in a referendum before becoming part of the state constitution.

In the meantime lawsuits were successful in federal courts to have the Virginia Congressional and House of Delegates districts redrawn to eliminate discrimination based on race. The Supreme Court



refused to review the new House of Delegates districts drawn by a lower federal court on a technicality that the current members bringing the suit did not have standing.

Of great concern, however, is the Supreme Court decision last week saying in effect that federal courts do not have the power to redraw politically gerrymandered district lines. The outcome could be more devastating to a republican form of government as the dominant party would be left free to establish itself in power without a way to challenge it.

The Supreme Court has historically sidestepped cases in the past that would have brought them into resolving partisan redistricting. I am fearful that the Court's decision will result in rampant gerrymandering of legislative districts creating unparalleled control of legislatures. This unfortunate decision by the Supreme Court may have been exceeded in its partisan implications only by Citizens United that many people feel may have been the Court's greatest mistake by bringing uncontrolled corporate influence into elections.

As usual the checks, although extremely limited to these kinds of bad decisions, continue to be voting the very best people into elective office.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
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CIRCULATION
circulation@connectionnewspapers.com



Burnout at Work

Recognizing the symptoms and strategies for relief.

BY MARILYN CAMPBELL
THE CONNECTION

Maria Cogswell says she used to sob in her car each day as she drove to her job on Capitol Hill. She complained of stomach cramps and indigestion during the time she spent in her office.

"I was rude to people and short and irritable with my friends," she said. "I was miserable. My brain was fried and I was completely burned out at work. Eventually I just quit my job."

Cogswell is not alone. According to a recent Gallup study two-thirds of full-time workers experience burnout on the job. Researchers who conducted the study concluded that employee burnout can lead to a downward spiral in performance and can damage an employee's self-esteem and confidence. In fact, the World Health Organization (WHO) recently labeled workplace burnout as an "occupational phenomenon" that could lead to health issues.

"Burnout is a state of physical, emotional and mental exhaustion that negatively affects self-esteem," said Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University. "It affects the quality of services the burned-out employee provides. For example, nursing is a field with high burn-out, so this is a concern if the employee is not able to perform well."

The feeling that one has little or no autonomy at work can cause frustration and stress that leads to burnout. "Keep in mind [that] those jobs, across all professions in which the employee has little control and competing demands of both family and work, lead to this serious problem of burnout," added Gulyn, who taught the topic of stress and burnout in a recent class.

Learn to recognize the early signs of burnout, advises Carolyn Lorente, Ph.D., Professor Psychology at Northern Virginia Community College. "Often times the first indicator of work burnout and stress may be felt in our bodies," she said "Especially for those of us who learned as children to tough it out, we may have been socialized to not cue into our stressors or emotions. This can really take a toll on our physical health. We may find ourselves getting more frequent headaches, having stomach issues, or catching colds more often."

Such extreme levels of chronic stress can damage one's overall physical and mental wellbeing, added Chris Harrison, Professor of Health and Physical Education at Montgomery College. "Individuals reach the condition of burnout when they are exhausted and can't replenish their energy levels, they lack motivation, develop a chronic pessimistic attitude with feelings of frustration and hopelessness. ... Job related burnout can result in lower productivity, lower quality of work, increased accidents and increased absenteeism," continued Harrison, who teaches a class called "Controlling Stress and Tension."

One of the most effective ways to ease stress and prevent burnout before it happens is to make time throughout the day to practice self-care, advises Lorente who encourages people to take what she calls "peace pauses."

"For instance, during a lunch break take a walk outside rather than eating inside, treating yourself



PHOTO BY MARILYN CAMPBELL

Yoga and meditation teacher Debbie Helfeld practices alternate nostril breathing which she says can relieve the type of stress that can lead to workplace burnout.

to a favorite afternoon tea or coffee, or listening to books on tape or an interesting pod-cast to and from work."

Stress often comes from feeling a lack of control over how one's time is spent, advises Lorente who is also a psychotherapist at Belle Point Wellness clinic where she helps patients manage stress. "These peace-pauses can help us begin to take back even small parts of how our day goes and help protect against stress-related ill health," she said.

Make time to take care of one's physical health, advises Harrison. "Work to improve your sleep habits, eat a healthy diet and participate in regular physical activity," she said. To ease stress, Harrison also recommends a holistic approach. "Explore activities ... such as yoga, meditation, guided imagery or tai chi," she said. "Mindfulness is the act of focusing on your breath flow and being aware of what you're sensing and feeling in the present moment without interpretation or judgment."

Yoga and meditation teacher Debbie Helfeld recommends alternative nostril breathing for calming.

Adjusting the way one views stress and changing one's thoughts, behaviors and relationships might be necessary, suggests, Jerome Short, Ph.D., Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "The more that we view stress as a challenge and we develop coping skills the more we can experience growth and not harm," he said.

For those who feel a sense of hopelessness, Harrison suggests exploring available options. "Discuss specific concerns with your supervisor," she said. "Maybe you can work together to change expectations or reach compromises or solutions. Try to set goals for what must get done and what can wait."

Sometimes the best option is to get help from a therapist or simply change jobs, says Short. "In the workplace, it helps to have new challenges, a sense of purpose, autonomy to make decisions, and opportunities to master skills," he said.



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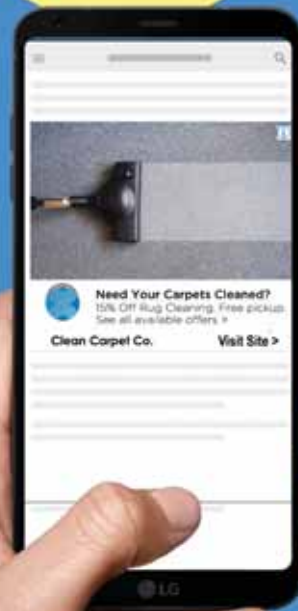
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PHOTOS BY MERCIA HOBSON/THE CONNECTION

The sign at Hutchison Elementary School in Herndon announces hours for its Summer BBQ which operates Monday – Friday while school is not in session.

Free Food and BBQ Lunches

Programs provide consistent access to adequate food.

BY MERCIA HOBSON
THE CONNECTION

For some households in the community, summer vacation can mean food insecurity, as consistent access to adequate food is limited by a lack of money and other resources. Nutritious meals are available at no cost for children and teens at given locations in Herndon and Reston while school is out of session for the summer, and adult lunches at BBQ sites are available for a low-cost purchase. South Lakes Pyramid students and their families can shop once a week during the summer for no-cost fresh fruits, vegetables, boxed and canned foods and more at the South Lakes High School Parent Teacher Student Association (SLHS PTSA) Food Pantry located inside the school.

According to Fairfax County Public Schools, children 18 years of age and under can receive no-cost lunches at designated BBQ sites during summer vacation, two at local elementary schools, Dogwood at 12300 Glade Drive in Reston and Hutchison at 13209 Parcher Avenue in Herndon. Both schools are part of the 2019 FEEDS (Food for Every Child to Eat During Summer) program that provides free meals meeting federal nutrition guidelines. The BBQ Lunch program runs through Aug. 23, Monday through Friday, 11:30 a.m.-1 p.m., except for no service July 4-5. Everyone is welcome, and there is no registration. Low-cost adult lunches are available for purchase at the BBQ sites as well.

The United States Department of Agriculture Food and Nutrition Service reported its Summer Food Service Program (SFSP), "also known as the Summer Meals Program, provides children and teens in low-income areas free meals when school is out." The federally funded, state-administered program reimburses providers who serve free, healthy meals to children and teens during the summer months when school is not in session.

Under this program, Fairfax County Schools as well as the local nonprofit organization Cornerstones offers meals for children and teens to 18 at given locations. Visit www.fairfaxcounty.gov/neighborhood-community-services/summer-meals for more information about their Super Snack Breakfast and Super Snack Lunch.

Child Care Resources Inc. is the reported sponsoring organization with Cornerstones for meals at its, following Herndon/Reston sites:

❖ Herndon Neighborhood Resource Center, 1086 Elden Street Herndon; Date Opened 6/24/2019-Date Closed 8/8/2019; Days of Operation M, T, W, TH;



A child receives a meal at the Summer BBQ held at Hutchison Elementary School in Herndon, part of the 2019 FEEDS (Food for Every Child to Eat During Summer), a federally funded, state-administered program through the USDA's Summer Food Service Program.

Noon - 1:15 p.m.

❖ 2110 Westglade Court Reston; Date Open 6/25/2019-Date Closed 8/15/2019; Days of Operation T, TH; Noon- 1 p.m.

❖ 2244 Stone Wheel Drive Reston; Date Open 7/23/2019-Date Closed 8/14/2019; Days of Operation T, TH; Noon - 1 p.m.

❖ 1578 Cameron Crescent Drive (Apartment #1) Reston; Date Open 6/24/2019- Date Closed 8/14/2019; Days/Time of Operation M, W; Noon - 1 p.m.

❖ Cedar Ridge Community Center 1601 Becontree Lane, Apt 1C Reston; Date Open 6/24/2019-Date Closed 8/15/2019; Days of Operation M, T, W, TH; Noon - 1 p.m.

❖ The South Lakes High School PTSA Food Pantry is open for shopping to South Lakes Pyramid students and their families from 2:30-5:30 p.m. on Wednesday, July 3, due to the 4th of July holiday, and after that on Thursday, July 11, 18 and 25 and Thursday Aug. 1, 8, 15 and 22. SLHS is located at 11400 South Lakes Drive, Reston.

Additional food programs may be available throughout the community beyond those highlighted, especially through faith-based organizations, schools and government programs. Reach out to Cornerstones for help at www.cornerstonesva.org.

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BULLETIN

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

SOBER-RIDE FOR JULY 4

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

TUESDAY/JULY 9

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

WEDNESDAY/JULY 10

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

THURSDAY/JULY 11

Car Seat Safety Check. 5-8 p.m. at the Reston district police station, 1801 Cameron Glen Drive. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-478-0904 to schedule. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

WEDNESDAY/JULY 17

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

WEDNESDAY/JULY 24

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

SUPPORT GROUPS

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

ONGOING

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

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Coup de Gras



By KENNETH B. LOURIE

Now that I'm unburdened from the web-site weight I've been carrying for the past few weeks, I will, for the second week in a row, not write about cancer.

This week's topic will be manufacturer's coupons and the trick certain supermarkets are playing on us unsuspecting consumers.

Like many of you, or maybe not that many, I use coupons to save money. In fact, I have become rather adept at doing so. I'm not willing or talented enough to go on television – and tell my tales; I'm not that good. As an example, I'm not able/inclined to download and print the digital coupons some brands/sites offer.

All I know to do is clip/use the paper coupons inserted in the Sunday newspapers and "clip" the digital coupons offered on certain supermarket and drugstore websites.

In my "couponing" I am aware and mindful of the doubling and occasionally even tripling coupon opportunities. Moreover, I am similarly aware of the less frequent doubling/tripling of coupons with values of one dollar or more.

Most of the time, I am using coupons whose face value is less than one dollar whose amount is then doubled (a 75 cent coupon is worth \$1.50). In addition, I'm always looking to use my "couponing" skills with items that are already on sale for super savings.

Unfortunately, the opportunity doesn't present itself as often/on as many items as I like to purchase. Although, until recently, there had been a savings opportunity when the identical-to-the-paper digital coupon appeared on the supermarket's website. On those occasions, one could use both the paper and digital coupons on the same item, to double dip, so to speak (and a super-duper savings if that item were already on sale); a loophole which has since been closed.

Another loophole, of sorts, one that saves the supermarket's money – at the consumer's expense, literally and figuratively, involves their digital coupons. Not only can you no longer 'double dip,' but if you "clip" the digital coupons, the ones under one dollar, the face amount doesn't double as it would for a similarly valued paper coupon.

Who does that help? The convenience of digital coupons. I'm not buying it anymore.

In summary, two ways here I see the supermarkets making money where previously they hadn't.

First, they're encouraging consumers to use digital coupons, like it's money for nothing. Really it's money for something, just not the consumer's something. Granted, there seem to be more digital coupons than paper coupons but the more digital coupons you use, especially instead of paper coupons for the same item, the more money you lose (by not benefiting from the doubling opportunity afforded by paper coupons).

Second, for whatever coincidental/conspiratorial reason, there are fewer coupon inserts in the Sunday papers. There's less to cut on Sundays and accordingly, less to show for it on Mondays, when I plan my week's "consumer-ing." The result is that due to this lack of paper coupons, consumers are being forced to go digital, and by doing so, are losing our ability to double down.

Rather than supply the demand in paper, the supermarkets are demanding the supply by forcing our hands to go mouse-clicking.

You may view this coupon pursuit as a bit of a fools errand, but I view it more as a challenge, and as a way to overthrow the conspirators, while there's still time.

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

CALENDAR

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

ONGOING

Art Exhibit: Rough around the Edges.

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

Readings with the Reston Community Orchestra on July 22, July 29 Aug. 5 and Aug. 12, 7:30-9:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Music and stands provided. \$20 per session, \$75 for all four when registered by July 22. Additional string session Aug. 19 (\$20). Scholarships are available. Contact Linda Ackerman at rcomanager.la@gmail.com or 571-271-9189 or visit www.restoncommunityorchestra.org to register.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit www.herndon-va.gov/FarmersMarket for more.

WEDNESDAY/JULY 3

Hunter Mill Melodies: The Grandsons, Jr. (children's songs). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

Dog Days of Summer. 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Operated by Healthy Hound Playground and Isy's Ways. Visit restontowncenter.com for more.

THURSDAY/JULY 4

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

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

Herndon's 4th Of July Celebration. 6:30 p.m. at Bready Park softball field, 814 Ferndale Ave., Herndon. Join the Town of Herndon for a

Herndon's 4th Of July Celebration

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

family-fun event featuring patriotic arts & craft activities, live music, family games, bingo, food vendors selling dinner and dessert items, and more. Bring a blanket or lawn chair. All coolers and bags may be searched. No alcohol, glass containers or personal fireworks allowed. Free admission. Visit www.herndon-va.gov/recreation/special-events/4th-of-july or call 703-787-7300.

Take a Break Music: Bluegrass Tones. 7-9 p.m. at Lake Anne Plaza, 1609 Washington Plaza, Reston. Enjoy music under the stars each Thursday through Aug. 29. Dance instruction at several concerts. Visit www.restoncommunitycenter.com/TAB.

FRIDAY/JULY 5

Explore Rocky Run on a Wagon Ride. 7-8 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Bring an adventurous spirit – and some shoes that can get wet – and set off on the “Creek Adventure Wagon Ride” to explore Rocky Run. The program is designed for family members age 2-adult. \$7 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Summerbration: Oasis. 7-9 p.m. on the plaza at Reston East Metro. Free concert series runs Fridays through Aug. 23. Visit www.restoncommunitycenter.com/summerbration.

One World Symphonic Festival. 7:30 p.m. at the Pavilion at Reston Town Center. Free orchestra performance of “Music Under the Stars” presented by professional musicians from around the world. Visit oneworldsymphonicfestival.com.

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

SATURDAY/JULY 6

Get Hooked on Fishing. 9-9:55 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Lake Fairfax Park is offering the “Fishing Fun” series for children age 7-11 on Saturdays from July 6-27. Improve fishing skills with spinning- and closed-faced reels while teaching safety, catch-and-release fishing and protecting the environment. All equipment is provided. \$66 per child for four sessions, plus a supply fee of \$20 payable at the first class. Call 703-471-5414 or



FILE PHOTO BY MERCIA HOBSON

Fireworks explode over the Centennial Golf Course in Herndon during the 2018 4th of July celebration

visit www.fairfaxcounty.gov/parks/lake-fairfax.

Family Fun: Rocknoceros. 10-10:45 a.m. at Reston Town Square Park. The Washington, DC area's award-winning band for children of all ages – Coach Cotton, Williebob and Boogie Woogie Bernie write terrific songs. Free. Visit restoncommunitycenter.com or call 703-476-4500.

Train Your Brain. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Play chess, Sudoku, puzzles and other games to sharpen your brain. Bring your chess set. Earn a door prize, refreshments provided. All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Fun Brunch: brass quintet. 11 a.m.-1 p.m. outside the Jahn Building, 1900 Reston Metro Plaza. Free Fun Brunch series continues weekends through Aug. 25. Visit www.restoncommunitycenter.com/funbrunch.

Millenials Book Club. 1:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is We Were Liars by E. Lockhart, for adults from early 20s to late 30s. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

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

SUNDAY/JULY 7

Fun Brunch: Mark H. Rooney (taiko drums). 11 a.m.-1 p.m. outside the Jahn Building, 1900 Reston Metro Plaza. Free Fun Brunch series continues weekends through Aug. 25. Visit www.restoncommunitycenter.com/funbrunch.

Visit Colvin Run Mill. 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. See, hear and taste history with a visit to Colvin Run Mill. Blacksmithing demonstration making

iron tools and utensils, grinding demonstration turns wheat or corn into flour and meal, and free wood carving lessons onsite. Mill tours are \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Opening Reception: Lasting Impressions. 2-4 p.m. at RCC Lake Anne - Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Lasting Impressions is about those images that evoke personal memories. From depictions of the Reston paths to scenes in the kitchens of friends and family, these paintings represent places that have meaning in Karen Danenberger's life. Visit www.restoncommunitycenter.com.

Opening Reception: For the Love of Art. 2-4 p.m. at RCC Hunters Woods, 2310 Colts Neck Rd, Reston. Through a myriad of styles and media – oil, watercolor, pen and ink – Angie Magruder, a long-time Reston resident, shares her many talents. Visit www.restoncommunitycenter.com.

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

MONDAY/JULY 8

Water Safety Presentation. 10:30 a.m. at the 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. Please register. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

E-book help on Mondays. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Do you need assistance downloading our library e-books onto your electronic device? Come on by and we can help! Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

TUESDAY/JULY 9

Groovy Nate. 2:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Wolf Trap Teaching Artist Groovy Nate for music and puppet fun! All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Bollywood Dance Fitness. 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for a fun Bollywood dance fitness class led by local instructor Aparna Rao. No experience necessary. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Read to the Dog. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose one from the Library. Call or sign up online for a 15-minute session. Age 5-11. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/JULY 10

Hunter Mill Melodies: The Goodlife Theater (puppets). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free children's shows and family performances Wednesdays through Aug. 21.

Dog Days of Summer. 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion 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

Let's Toast!

BY ALEXANDRA GREELEY
THE CONNECTION

Reston has welcomed many restaurants in the past few months. Among these is a family-friendly, super-casual eatery just across the way from the very upscale and posh Cooper's Hawk Winery. While that features pricy décor, numerous fancy wines, and a chef-created, upscale menu, its neighbor across the lot is Famous Toastery.

As its name suggests, the menu features loads of comfort foods, mostly breakfast-time treats, such as breakfast

sandwiches or burritos, omeleta and eggs Benedict; egg-based specialties such as huevos rancheros; and classic pancakes or waffles with the patron's chance to tweak them with blueberry, chocolate chips, plus other addons.

But this casual place open until midafternoon, so lunchers can get wraps, sandwiches, salads, melts, or a lunch special, such as a crab roll or meatloaf. Lunch sides include salad, cole slaw, or roasted veggies. Specialty coffees, fresh teas of coffee, hot or milk chocolate plus orange juice fills out the drink offerings.

While the name suggests patrons might

really head here for just a breakfast, brunch or lunch, the whole menu is available at every mealtime. Imagine starting your day with a stack of pancakes, a side of mashed potatoes, and a portion of banana pudding. That's a real wakeup call!

But whenever you drop in, try an egg-based dish. With so many options, it's hard to select from among these: huevos rancheros, the very popular Tex-Mex dish; the classic burrito of eggs, veggies, cheese, and salsa wrapped in a tortilla; of one of the hefty omelets, particularly the Southwestern with chorizo, tomatoes, bell peppers, and cheddar cheese. With whichever is our choice,

staff brings a hot biscuit with butter.

But for those who hanker for good, basic American eats, Famous Toastery, part of a large franchise group with locations in many different states, is a go-to destination. It's also super casual, and in good weather, has limited out-front patio seating. The service is prompt and courteous, and the prices are very reasonable...so folks can bring in loads of relatives and enjoy American casual eats without spending big bucks.

Famous Toastery, 12100 Sunset Hills Rd., Ste. R6, Reston, 571-926-8121. Hours: 7 a.m. to 3 p.m. daily.