

# Reston CONNECTION

## Firecracker 5K *for the troops* JULY 4

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Racers in the 2019 Firecracker 5k For the Troops presented by Leidos in Reston.

# Firecracker 5k Held in Reston

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## Firecracker 5k Run in Reston

Running for USO-Metro and supporting those who protect freedom.

BY MERCIA HOBSON  
THE CONNECTION

PHOTOS BY MERCIA HOBSON/THE CONNECTION

**P**otomac River Running Store partnered with Presenting Sponsor Leidos for its 10th annual Firecracker 5k For the Troops in Reston Town Center on Thursday morning July 4. The race offered three categories, 5k Military, 5k 14 and Under and 5k Adult.

“This is your firecracker for the troops,” announced emcee Kelly Kavanaugh of Potomac River Running to the crowd poised at the start line.

Roger Krone, Chairman and CEO of Leidos, the welcomed the runners. “We are proud to call Reston Town Center home. We’re headquartered here for many reasons, including what brings us together today, that spirit of community that unites us for an important cause É USO-Metro,” said Krone. Krone said each year, USO-Metro provides services to nearly 300,000 military members and their families who call the region home as well as another 150,000 traveling through local airports.

“More than 20 percent of our 32,000 employees are veterans É we’re proud to stand side-by-side with USO-Metro in serving our men and women in uniform. I can’t think of a better place to be on our nation’s birthday and to support the men and women who protect our freedom,” said Krone.

As racers set off on course, families and friends moved toward the finish line to await their loved ones. Some sat on the curb and waved flags. Others with little children like Dana Wheeler with her three children Stephen, 6 months, Briana, 2, and Maya, 4, played under the Pavilion. “It’s



**The Wheeler family, mom Dana, Maya, 4, Briana, 2, and Stephen, 6 months, along with Grandmother Michelle Robinson, spend 4th of July morning at Reston Town Center.**



**Crowds line the sidewalk at Reston Town Center cheering on the military, youth and adult runners competing for a cause in the 2019 Firecracker 5k For the Troops presented by Leidos**

great to everyone in Reston together to celebrate those who gave us this day,” said Wheeler who was accompanied by

“Grandma” Dana Wheeler.

Upon finishing first in the Female 2019 Firecracker 5K Race Results, Lindsay

Wilkins of Arlington said, “It was an honor to compete in a 4th of July event for a great cause.”

## The End of Small Change Consignment — Or Is It?

Iconic children’s clothing and toy consignment closes at Lake Anne Plaza.

BY MERCIA HOBSON  
THE CONNECTION

“**I**f we can possibly reopen in another space here at Lake Anne, we will try to,” said Susann Gerstein, owner of Small Change Consignment at Lake Anne Plaza in Reston the afternoon before she closed the business at its current site on the Plaza. “We want to pass the baton to the next generation of Small Change proprietors, (but) it has to be a manageable rent. It’s been a process, but we will get through it,” she said.

On Saturday, June 29, 13,734 calendar days after Gerstein and two friends first opened Small Change Consignment, she locked the door for the last time and

closed the business due to an “unmanageable” rent increase.

Small Change Consignment opened on the Plaza in late 1981, co-owned by New York transplant Susann Gerstein, Kathy Paolini and Margaret Johnson. According to Gerstein, at that time the shop occupied a smaller unit on the Plaza where Dogma Bakery is now. Since there was nothing like it, Gerstein said, the trio was unsure how the business would fare.

Time passed. Paolini and Johnson retired. The store’s location changed on the Plaza close to the Children’s Fountain and babies grew to adulthood. Now they became the second generation of customers and sellers, bringing their children to the little shop on the Plaza, a place Gerstein described as “warm and inviting.” However, all good



**As owner Susann Gerstein prepares to close her shop, Small Change Consignment at Lake Anne Plaza in Reston, she stands behind its counter, with a watercolor painted and gifted to her by local artist, Dana Ann Scheurer, and an image of her in the shop taken by local photographer Charlotte Geary.**

things come to an end.

**NEARLY 38 YEARS LATER**, 13,734 calendar days, on Saturday, June 29, surrounded by loved ones, Gerstein, the sole remaining owner of Small Change Consignment locked the door, closing the shop that made a “big change” in the family budget.

Gerstein officially announced the closing in March of 2019, at the end of the formal program for the International Women’s Day Panel Discussion on the Plaza held at Lake Anne Community Center. The panel discussion was meant to, as Melanie Meren of Vienna said before the start, “focus on our amazing community of women; their life stories and gifts to be shared with us.”

The day after the panel, Gerstein posted to her Facebook page: “We’ll be spending the next 3 1/2 months doing what we al

SEE SMALL CHANGE, PAGE 5

# OPINION

## Special Session on Gun Violence

**Eight proposed bills would make the commonwealth safer.**

**M**embers of the Virginia General Assembly were scheduled on July 9 to convene in a special session intended to address gun violence. After the May 31 mass shooting in Virginia Beach, Gov. Ralph Northam called for a special session of the General Assembly to address gun violence. Last week, he announced a package of eight bills for consideration during the special session.

❖ Legislation requiring background checks on all firearms sales and transactions. The bill mandates that any person selling, renting, trading, or transferring a firearm must first obtain the results of a background check before completing the transaction.

❖ Legislation banning dangerous weapons: assault weapons, high-capacity magazines, bump stocks and silencers.

❖ Legislation to reinstate Virginia's successful law allowing only one handgun purchase within a 30-day period.

❖ Legislation requiring that lost and stolen firearms be reported to law enforcement within 24 hours.

❖ Legislation creating an Extreme Risk Pro-

TECTIVE Order (Red Flag law), allowing law enforcement and the courts to temporarily separate a person from firearms if the person exhibits dangerous behavior that presents an immediate threat to self or others. This would prevent suicides.

❖ Legislation prohibiting all individuals subject to final protective orders from possessing firearms. The bill expands Virginia law which currently prohibits individuals subject to final protective orders of family abuse from possessing firearms, keeping guns out of the hands of domestic abusers.

❖ Legislation enhancing the punishment for allowing access to loaded, unsecured firearm by a child from a Class 3 Misdemeanor to a Class 6 felony. The bill also raises the age of the child from 14 to 18.

❖ Legislation allowing localities to enact any firearms ordinances that are stricter than state law. This includes regulating firearms in municipal buildings, libraries and at permitted events.

These are in fact common sense proposals, and each one should get consideration and a vote. There's a good chance that won't be the outcome because Republicans narrowly control both the House of Delegates and the Virginia Senate.

But the special session will focus legislators and voters on the importance of these issues, and that focus will serve the effort well, whether or not any of the bills pass into law this month.

EDITORIAL

## Good for the Gander

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



**T**he General Assembly went into Special Session July 9 at the call of Gov.

Ralph Northam to address gun violence after a shooter with a silencer on his pistol murdered a dozen persons in a municipal building in Virginia Beach. The outcome of the session in which legislators introduced eight different bills at the request of the Governor is unknown as I write this column. I introduced the bill that I have introduced at other sessions to expand criminal background checks for all firearm transactions or universal background checks.

Virginia has had a criminal background check for gun purchases for 30 years. The system was put in place after a bill that was heavily debated and that seemed certain to be defeated

was passed with the support of a senior delegate, Vic Thomas, who was an avid NRA supporter. He concluded that it was a bill the public clearly wanted and should pass because it did not

interfere with the Second Amendment. In what may have been the last time the NRA took such a position, it did not support but it did not oppose the bill's passage. Governor Gerald Baliles signed the bill into law even though he had earlier opposed any gun control legislation.

The resulting instant background check system that was put into place continues operating today. It was the promise of an instant background check without the need to wait for days for approval that was the feature that led to the bill's passage.

SEE PLUM, PAGE 6

## Pet Connection, Send Photos

The Pet Connection, a twice-yearly special edition, will publish the last week of July, and photos and stories of your pets with you and your family should be submitted by Thursday, July 25. We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

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

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

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## In the Summertime

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST



INDEPENDENT  
PROGRESSIVE

**H**as it been hot enough for you? There is no doubt that it is July in Washington with air temperatures climbing

into the 90s most days with the humidity not far behind. Fortunately, we've also benefited from frequent, heavy rains providing breaks between scorches so that Reston looks as green as Ireland.

Our 4<sup>th</sup> of July Independence Day celebrations around Lake Anne were the best we've seen. While there were no officially sanctioned or funded fireworks displays (because, sadly, we are not officially sanctioned — incorporated — as a city or town) to mark the occasion, several good-hearted residents generously put on impressive displays for all to see! Especially impressive were skyrockets fired from one raft towed by a boat in the center of the Lake, maybe 75 yards from my patio. They were fired over a couple of hours — all colors, pat-

terns and time sequences. There were oohs, ahs, and many rounds of applause from those of us watching from the shore. The

displays looked quite professional and more memorable than some public shows. Our unseen benefactor must have paid several thousand dollars for the scores of rockets launched.

In addition, there were two pontoon boats one could barely distinguish in the dark of night firing rockets for shorter periods. I did see enough of the outline of one craft as it began its firing run crossing the Lake to recognize it. That display too was impressive, but brief. I bumped into the owner the next morning and he told me he'd spent more than \$1300 on his fireworks. A couple of other active rocketeers — one firing from another boat, another from a nearby parking lot — also contributed to

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Reston  
**CONNECTION**

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PHOTO BY CHRISTINA TYLER WENKS

Residents of Sunrise at Reston Town Center and writers from the community are growing writing and speaking skills. USA Today editor Bill Sternberg discusses what makes an editorial and how letters to the editor are selected in various publications.

## Creative Conversations Begin at Reston Sunrise

Anyone can join multigenerational dialogue

BY CHRISTINA TYLER WENKS

A new speakers series and writers workshop is creating more than chatter among Reston residents. It's cultivating skills and relationships.

Reston's Sunrise Senior Living launched a speakers series program for residents and the public.

On Tuesday, June 25, the program and the public called "Creative Conversations," kicked off with USA Today editorial-page editor Bill Sternberg discussing how the national publication chooses topics for daily editorials, which letters to the editor get published, and why.

Such discussions engage thought among attendees, such as those residents who call themselves the Scribes of Sunrise and recently started meeting weekly to write.

"As we grow older, it is important to take steps to maintain our physical health as well as our mental alertness. The Scribes of Sunrise writers workshop is an example of how reading and writing can help keep seniors' minds sharp as well as improve their quality of life," said participant John Beach, who worked in the Pentagon for 51 years and now lives at Sunrise Senior Living. "Residents who share their stories — pen souls — feel better and are more connected to each other with a new social activity."

The speakers series and weekly writing group was started by Reston resident Kristin Clark Taylor, who several years ago started and still facilitates the Great Falls Writers Group.

Beach took a poetry class at Georgetown University decades ago but didn't touch the genre until writing with the Scribes, and now he's learning again. "It's precious to me," he said. "I've learned the importance of listening to people."

Poet Mark O. Decker worked with the seniors and encouraged them to try poetry. He enjoys working with senior citizens because of their collective knowledge and experiences. The former lobbyist admits he was a "closet poet" for 50 years and told the Scribes of Sunrise how he published the first seven

of his planned dozen volumes of work.

"They need me and I need them. I need to touch people with my work," Decker says about an often solitary writing lifestyle. "You want other people to see, share, and react. I have very little of that because I'm so busy producing books."

Beach admits the first few weeks of Scribes seemed prescribed, but writing no longer feels like an assignment as residents gain confidence and trust in their skills and each other.

"We are creating a comfortable, creative environment where we can all share our work," Taylor said.

Scribes of Sunrise and its Creative Conversations counterpart amplify the social lives of residents, but also encourage and provide opportunity for those living nearby who wish to participate to cultivate friendships and mentorships among Sunrise residents, too.

"We need the outside community to build and provide diversity of thought," said Pat O'Dwyer, Sunrise resident who years ago worked in the Philippines as an educator for children with learning challenges.

"We have something precious here. We have a robin's egg in the nest and I want to make sure it hatches," said Beach. "I welcome outside help because we need to add more knowledge to genres and courage to write for people you don't know."

GFWG member Lydia Baidoe is originally from Ghana but now lives in Reston. She attends Sunrise Senior Living's writing groups to meet other writers, who nurture and inspire her own writing. "I need a group to hold me accountable," said Baidoe.

Every participant focuses on his own topic or genre, but many wish to complete memoirs. On July 20, a panel discussion about writing memoirs will take place from 2 to 3 p.m. at Sunrise Senior Living, and the public is encouraged to participate in multi-generational dialogue, gain poise with a pen, and possibly, friendship. A panel of book publishing experts will gather at Sunrise Senior Living in Reston on Saturday, July 20, 2-3:30 p.m., to share some of their trade secrets and discuss how to navigate the tricky publishing process.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Small Change Consignment customer Lynda Hulkower looks over what is left in the shop the day before it closes. Susann Gerstein shuttered its doors June 29, 13,734 calendar days or nearly 38 years after opening the business with two friends.

## Small Change Consignment Closes

FROM PAGE 3

ways do, taking in & selling everything your children need & outgrow, hosting indoor playtime, having crazy sales on clothes & toys & books & baby gear."

As the clock ticked down and closing neared, Gerstein remained true to her word, and ever optimistic someone would take over the business that crossed generations and meant so much to the community. Even at the Women's International Day Conference Gerstein had said, "The key about women on the Plaza to me is...there something about us rolling up our sleeves and saying we can do this...there a sense of women coming together and just making it happen." In the store's final days, Gerstein crossed off the "lasts" on Small Change's Facebook page. "The last day of first grade for a beloved granddaughter, the last ceremonial check to Cornerstones (but not the last check!), the legacy of a Small Change outfit, the smiles of friends finding each other and of kids hard at work playing in our shop...Four more days, people, on magical Lake Anne Plaza," Gerstein posted.

The friendly neighborhood shop, known to make it easy to recycle children's items, a gathering place for mothers and grandmothers looking for clothes, shoes and toys, shuttered its doors.

In her final acts of kindness as the owner of Small Change Consignment, Gerstein said she would donate all clothing that remained to either "Corner-

stones or The Closet in Herndon," and the shop's iconic and beloved big train set, school bus, dollhouse and grocery stand with cart would go to Play 4 All Ages by Mary Marchetti. We are in the process of exploring locations for a toy library and play space for All Ages," said Marchetti. "Susann will continue to be an integral part of our mission, and we are so appreciative of all her efforts throughout our activities."

Liz Kamp, Owner of New Trail Cycling Studio on the Plaza, said, "Susann's positive energy and guidance as a female entrepreneur will be greatly missed. I hope that we can all continue her mission to give back to the community in which we live, work, play and serve."

### Remembrances and Best Wishes

"Kids were always in the fountain, getting wet and going right to her shop." -Vincent Brown, Lake Anne Community Center

"We moved here in 1996, and the second day I was here ... I came over with my daughter and bought several things. Since then we've been friends forever." -Lynda Hulkower

"Best wishes in your future business endeavors." -Seth Flynn, Manager Lake Anne Coffee House and Wine Bar

"Susann, to me, is a hero. She's been a plaza stalwart and she just always has the energy to contribute to whatever project that is going on. That's who she is to me." - Bud Burwell, Reston's Used Book Shop

"I always thought that the shop would be there. Now, where do I go?" - Missy Bidwell, Chesapeake Chocolates

**Legals**

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

**Obituary**

**Stuart R. Allen, 82, of Reston,**

passed away on Wednesday, June 19, 2019. He was born in Washington, D.C. to the late Earle and Violet Allen.

He will be lovingly remembered by his wife Nina, and his children Robert (Jeanne), Bonnie (Jim), Stuart Jr., with his first wife Sharon; Emily (Max), Jeremy (Rachel) and Jonathan (Angela) with his second wife, the late Sara Dabney. Stuart will also be forever remembered by his grandchildren, Zachary (Lauren), Jessica (Carlton), Lily, Connor, Hudson, Mckenzie, Shay, Bradley, great-grandson Jameson, by his brothers, Robert and Richard (Jan), and Nina's children John (Debbie) and Tami von Isakovics. He will also be forever remembered by his numerous nieces, nephews, extended family and dear friends. He was predeceased by his daughter Jennifer with his first wife, Sharon.

We will treasure his wonderful stories of investigations during his more than three-decade career in law enforcement, the majority spent as a criminal investigator with the U.S. Securities and Exchange Commission.

A celebration of Stuart's life will be held at St. Anne's Episcopal Church, Reston, Virginia on August 10, 2019 at 12:30 PM.

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**Obituary**

**WEEK IN RESTON**

**Roots Music Festival at Lake Anne Plaza**

The third annual Roots Music Festival will be held at Lake Anne Plaza on Saturday, July 13, 2019 11 a.m. to 7 p.m. with performances from seven folk, bluegrass, and blues groups: Katie & Kelly, Annie Stokes, Minks Miracle Medicine, The High & Wides, The Woodshedders, and Two Ton Twig. Come to the lakeside for a full day of music by some of the region's best contemporary bluegrass performers and food. Plaza wide Beer & Wine Garden with craft beer by Ornery Brewing Company. Performances begin at 1 p.m. Roots Music Festival is sponsored by Friends of Lake Anne, Lake Anne Plaza, and Reston Community Center.

**Plum**

FROM PAGE 4

There was then that continues today a major flaw in the law as originally passed that supporters had hoped to correct but have not been successful in amending. The law only applies to purchases made with federally licensed gun dealers. That's about half the gun sales in the state each year, although exact statistics are unknown because of statutory limitations on gathering information about gun sales put in place with NRA advocacy. This flaw in the law created what is referred to as the "gun show loophole." At any of the numerous gun shows that are held

**Lovaas**

FROM PAGE 4

a delightful evening for appreciative neighbors and spectators. Happily there were no tanks on display nor were there any corrupt, self-promoting politicians to tarnish a delightful celebration of our Independence.

July also marks sort of a midpoint in our Reston Farmers Market season at Lake Anne. It is that especially bountiful time of year when the Market is filled with sweet corn, veggies and an amazing assortment of fruits: watermelons, cantaloupes, musk melons, peaches, nectarines, plums of all kinds, gooseberries, currants, blackberries, cherries (sweet and sour), blueberries, red and black raspberries to name most, but not all I fear. And, each year we see new and different varieties that I'd not previously seen or imagined. This Saturday, I saw and tasted my first silver cucumbers. They have a thin skin and you can actually eat the whole thing without peeling it. Crisp and delicious! Try it yourself at Shenandoah Seasonal, a no-chemical producer in their first season at the Market.

And, can you believe it? The 2019 Virginia elections are only

**Meet the Author at Scrawl Books**

Author Jennifer Ryan visits Scrawl Books to discuss and sign her latest "potboiler," "The Spies of Shilling Lane," about female spies in World War II London. Called a "delightful mystery" by the NY Times, Spies is Ryan's second novel. She also wrote "The Chilbury Ladies Choir."

Sunday, June 14 at 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston Town Center.  
www.scrawlbooks.com

throughout the Commonwealth one can purchase a gun from a federally licensed gun dealer with an instant background check; at the next table at the show a person can purchase a gun from an unlicensed dealer with no identification needed and no questions asked.

The astonishing statistic is that in 2018 the Virginia State Police conducted 446,333 firearms transactions involving licensed dealers with 3,457 of the transactions denied because of previous criminal behavior. Had the loophole in the law been closed there may have been as many as a half million more checks with a proportionally

high number of persons with criminal records being denied another weapon.

What is good for the goose is good for the gander, as I have always been told. With a successful system for background checks in place for thirty years without opposition or hick-ups, all gun sales should go through the system with minor exceptions related to family members. According to many polls, the public supports universal background checks at levels around 90 percent. It is time for the legislature to act or be able to explain to the public in the coming political campaign why this old adage is not being followed.

four months away — Nov. 5. At this point, it looks like another promising year for Democrats in the Old Dominion. Here in increasingly blue Fairfax County, Democrats have a good chance to pick up one Supervisor seat, the Braddock seat vacated by retiring John Cook, to give them nine of the ten seats on the Board.

The big prize awaiting Democrats is the General Assembly. Currently, the Republicans hold razor thin majorities in the State Senate, 21-19, and in the House of Delegates, 51-49. There has been strong competition among Democrats to flip Republican held seats, while Republicans have struggled to get candidates for Democratic

seats. Overall, Democrats have candidates running for 36 of 40 Senate seats and 92 out of 100 House seats, while Republicans are challenging in 26 of 40 Senate seats and 73 of 100 House seats. This is a dramatic change from 2015 when Democrats challenged for only 24 Senate seats and 55 House seats.

What has changed since 2015? Answer – in 2016 Donald Trump was elected President. In 2017, there was a blue wave as Democrats stormed back, gaining 17 seats in House, almost seizing control. This year, it appears that same enthusiasm to oust the Party of Trump will succeed as Democrats finish the job and take control of both houses in the Assembly.

**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:

Letters to the Editor  
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Alexandria VA 22314  
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By e-mail: north@connectionnewspapers.com

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# 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.

## SUNDAYS IN JULY

**Volunteers Needed.** Sign up to volunteer at the Sunday Art in the Park series with GRACE, in partnership with the Reston Community Center and Reston Town Center Association. Volunteers will assist visitors in free, drop-in art-making activities 5:30-7:30 p.m. Volunteers are eligible for community service credit hours. Middle school volunteers are welcome with a guardian. Questions or ready to sign up? Contact Sarah Berenz at 703-471-9242 or [sberenz@restonarts.org](mailto:sberenz@restonarts.org).

## 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 appointment, install the seat 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](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for meeting access needs.

## MONDAY/JULY 22

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

## 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](http://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](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://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](http://stemvolunteers.org), during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or [donaldrea@aol.com](mailto:donaldrea@aol.com).

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

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## My Bi-Weekly Honeymoon



By KENNETH B. LOURIE

Granted, I'm not getting on a plane and flying to wherever isn't here but, when you're "labing," every other Wednesday, driving 45 minutes to and from and while "to:" sitting in/being infused at the Infusion Center every other week, the week off between the "others" is almost like getting away, just not on Southwest Airlines.

And when attempting to plan a "honeymoon" of this sort, juggling availability of accommodations, transportation and affordability around one's infusions - all the while aware of the possibility of a reschedule due to one's problematic lab results, is much easier contemplated than actually accomplished.

One preventative step I am now pre-paying for, as an acceptance/concession to the realities of my age/cancer treatment, is trip-cancellation insurance. As no doubt you can appreciate, when one's life is at stake, and whose life-sustaining treatment can change at the drop of a CT scan, it is extraordinarily prudent to anticipate the worst and work some financial flexibility into your wallet.

Unfortunately, when your oncologist says infuse or not to infuse, there is no question. That being said and most definitely true, my oncologist has regularly been concerned with my quality of life.

And by "quality of life," I mean he has been willing to not infuse me whenever I've said I needed to go out of town/attend to family matters/vacation, etc., and/or increase the interval between changes in treatment to accommodate these kinds of obligations/opportunities. He has always been sensitive to the weeks of my life he feels he/the treatment has taken - and which can never be replaced.

And though I've never actually taken advantage of his offer, having felt it was better, if I was physically able, to keep the pedal to the anti-cancer metal, I have worked it into my equation. An equation that has worked for me (kept me alive 10-plus years post diagnosis), but might not have worked for others. There is no recipe for success here. It is to each patient's own.

Moreover, there is no right or wrong because - as cancer patient-survivors know - cancer treatment is not arithmetic.

As this stage IV, non small-cell lung cancer "diagnossee," given "13 months to two years to live" can attest: the numbers, lab results, chemo/immunotherapy, and scan results don't always add up on paper.

I have no doubt, in arrears, that my oncologist meant every word he told Team Lourie back in late February 2009, and anticipated losing yet another patient to this scourge. Now whether he was consulting a manual, a handbook or an artificial-intelligent data base, I don't know.

But he was clear.

I remember my brother Richard asking him specifically about my prognosis and if I could possibly outlive it. His reply to me: "Could you be the one? Absolutely." The relevant word we all remember: "the one." And that's the burden Team Lourie (and so many others I don't know) has carried ever since. But no worries, really. As my late father used to say: "K.B., you've got broad shoulders."

Still, those broad shoulders need a break and a brake once in a while. And every two weeks, under my present treatment schedule, I receive one.

Because, for all I know, aside from the positive attitude I inherited from my father and the non-Western alternatives I utilize to supplement this standard protocol, these off-weeks might be what's keeping me alive.

And when I realize that my next CT scan - and all the associated anxiety that attaches to it, is less than a month away, I need all the "honeymoon" weeks I can get.

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

# CALENDAR

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

## ONGOING

**Readings with the Reston Community Orchestra.** 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](mailto:rcomanager.la@gmail.com) or 571-271-9189 or visit [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org) to register.

## THURSDAY/JULY 11

**Toddler Story Time.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Please register. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Take a Break Dance Night: Mambo Combo.** 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](http://www.restoncommunitycenter.com/TAB).

**Grandpa's Farm Show.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for an imaginary journey with music and puppets as Goodlife Theatre takes us to Grandpa's Farm. All ages, no registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Hunter Mill Nights: The Reunion Jazz Orchestra (Big Band).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon

ride, along with the show. Free. Visit [www.fairfaxcounty.gov/parks/performances/hunter-mill-nights](http://www.fairfaxcounty.gov/parks/performances/hunter-mill-nights) for more.

## JULY 11-28

**Sacred Threads Exhibition.** 11 a.m.-5 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Sacred Threads is an exhibition of quilts exploring themes of joy, inspiration, spirituality, healing, grief and peace/brotherhood. This biennial exhibition was established to provide a safe venue for quilters who see their work as a connection to the sacred and/or as an expression of their spiritual journey. \$10. Visit [sacredthreadsquilts.com/default.htm](http://sacredthreadsquilts.com/default.htm) or call 703-793-0026.

## FRIDAY/JULY 12

**Baby & Me Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A nurturing yoga workshop is designed for two. Bring a towel or yoga mat. Age 6 weeks - 16 months with adult. Please register. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Summerbration: Cedar Creek.** 7-9 p.m. on the plaza at Reston East Metro. Free concert series runs Fridays through Aug. 23. Visit [www.restoncommunitycenter.com/summerbration](http://www.restoncommunitycenter.com/summerbration).

**Live Music: Sista Pat's One Vibe.** 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.kalypsoSPORTSTAVEN.COM](http://www.kalypsoSPORTSTAVEN.COM).

## SATURDAY/JULY 13

**Family Fun: Guava Jelly.** 10-10:45 a.m. at Reston Town Square Park. Children and adults will be dancing and singing along to the music infused with a lively island feel that is hard to resist. Free. Visit [restoncommunitycenter.com](http://restoncommunitycenter.com) for more.

**The Bookworms Club.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special

guests and most often, authors. Readers are welcome to join or participate any time. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Fun Brunch: Motown/Rock.** 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](http://www.restoncommunitycenter.com/funbrunch).

**"Obligated to Cook-The Legacy of Enslaved Cooks."** Noon-2 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. The voices and stories of the enslaved men and women who labored in Virginia's 18th century kitchens are often hidden in their recipes and oral history. Sully will examine the legacy of enslaved cooks that can be found in the lasting presence of African-American foodways in American cuisine. For age 5-adult. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).

**Reston Concerts on the Town: Elikah.** 7:30-10 p.m. at the Pavilion at Reston Town Center. Afro-pop, West African rhythms performed with the high energy of Elikah at the weekly summer concert series. Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion on Saturdays, June through August. Free. Rain or shine. Visit [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## SATURDAY/JULY 13-AUG. 31

**Art Exhibit: Overlooked.** Tuesday-Saturday, 11 a.m.-5 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents Overlooked, a group exhibition featuring nine artists who are seeking to bring awareness to issues that are often unnoticed, ignored, or otherwise not part of "polite conversation." An artist talk (4 p.m.) and opening reception (5-7 p.m.) on Saturday, July 13 are free and open to the public. Visit [restonarts.org](http://restonarts.org) for more.

## SUNDAY/JULY 14

**Red Cross Blood Drive.** 10 a.m.-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Give blood with the American Red Cross. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Fun Brunch: Stilt Walker, Juggler, Face**

**Painter.** 11 a.m.-1 p.m. outside Founding Farmers, 1904 Reston Metro Plaza. Free Fun Brunch series continues weekends through Aug. 25. Visit [www.restoncommunitycenter.com/funbrunch](http://www.restoncommunitycenter.com/funbrunch).

**Author Event: Jennifer Ryan.** 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. From the NY Times Book Review Summer Reading List, bestselling author Jennifer Ryan visits Scrawl to discuss and sign her latest "potboiler," The Spies of Shilling Lane about female spies in World War II London. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Sundays in the Park with Shenandoah Conservatory: Divergent Duos.** 7-8 p.m. at Reston Town Square Park. Professor of Bass Donovan Stokes and guest Vasily Popov perform works by Rossini, Barriere, Stokes and Handel. Free. Visit [restoncommunitycenter.com](http://restoncommunitycenter.com) or call 703-476-4500.

## WEDNESDAY/JULY 17

**Hunter Mill Melodies: Blue Sky Puppet Theater (puppets).** 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](http://restontowncenter.com) for more.

## THURSDAY/JULY 18

**Free Tea Day.** 10 a.m.-8 p.m. at McAlister's Deli, 13007 Worldgate Drive, Herndon. McAlister's annual Free Tea Day. Free 32-ounce fresh-brewed iced tea, no purchase necessary. Visit [www.mcalistersdeli.com](http://www.mcalistersdeli.com) or call 703-278-8117.

**Tai Chi Fitness.** 6:30 p.m. at Reston Regional Library, Adults, Teens. Registration begins July 4. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

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