

Oak Hill Herndon CONNECTION

Senior Living

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Stephen Vides-Sanchez, Founder of EOTH, LLC, Dave Morgan, Founder and Executive Director RecycleLife and Paul Olsen, owner of Weird Brothers Coffee in Herndon get ready to share a cup of joe to support Coffee for Dollars benefitting RecycleLife.org.

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JULY 24-30, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Coffee Roaster Brews Community Support

Patrons amp up with a cup of joe or two for RecycleLife at Weird Brothers Coffee.

BY MERCIA HOBSON
THE CONNECTION

Weird Brothers Coffee in the Town of Herndon teamed up with Eye of the Heart, LLC on July 7 as it continued Coffee for Dollars, this time fundraising to support RecycleLife.org. Dave Morgan, Founder of RecycleLife, valued the effort.

“As a heart and liver transplant, I am familiar with the importance of organ donation awareness,” Morgan said. He added that the mission of RecycleLife is organ donation awareness and transplant family consolation.

Paul Olsen is the owner of Weird Brothers Coffee, a small batch craft roaster serving coffee, espresso and nitro cold brew based in Herndon and located at 321 Sunset Park Drive.

“Community involvement has always been one of our core principles. Supporting local nonprofits



Stephen Vides-Sanchez, Founder of EOTH, LLC, Dave Morgan, Founder and Executive Director RecycleLife and Paul Olsen, owner of Weird Brothers Coffee in Herndon get ready to share a cup of joe to support Coffee for Dollars benefitting RecycleLife.org.

and schools is one of the things we strive for, to give back to the community,” said Olsen. “We’ve been working with RecycleLife for some time now, and we’ve done Coffee for Dollars for many different organizations the past couple of years. Last year we raised over \$6,000.”

Stephen Vides-Sanchez was on hand to kick off the Sunday event. Founder of Eye of the Heart, LLC (EOTH), he and his team brought RecycleLife and Weird Brothers Coffee together for mutual benefit. “Eye of the Heart introduces nonprofits to small local businesses and more,” said Vides-Sanchez.

Weird Brothers Coffee is located at 321 Sunset Park Drive, Herndon. For more information about RecycleLife and Eye of Heart, LLC (EOTH), visit recyclelife.org and eothize.com respectively.

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THE CONNECTION

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Oakton Otter Divers Tie Overlee

The Oakton Otter divers tied Overlee on Tuesday evening, July 16, in an NVSL Division 1 dive meet, with a final score of 36 to 36. The Otters’ record this summer season is 0-3-1. This is the Otter Divers’ first season in Division 1.

Four divers placed first in their respective categories: Brendan Doe in Junior Boys with a score of 110.00; Katie Vaughan in Intermediate Girls with a score of 155.95; Sarah Gurley in Senior Girls with a score of 201.25; and Spencer Dearman in Senior Boys with a score of 199.75. The Senior Boys swept the top three places (Josh Shipley in second and Blaise Wuest in third). The other divers who placed were: Leo Estes (Freshman Boys, second); Christopher (Benji) Whang (Freshman Boys, third); Megan Shipley (Junior Girls, second); Jon Anthony Montel (Junior Boys, third); Nicholas Shuster (Intermediate Boys, second); and Riley McGatlin (Intermediate Boys, third).



Megan Shipley (Junior Girl)



Spencer Dearman (Senior Boy)

PHOTOS BY LISA VAUGHAN



PHOTOS BY AL HOBSON

Shane Gamble, lead singer of “Great Wide Open — The Ultimate Tom Petty Experience” performs at the 2019 Herndon Festival.

Northwest Federal Credit Union Commits to Hosting the Herndon Festival

In 2019, the Herndon Festival moved to a new location, the Northwest Federal Credit Union (NWFCU) headquarters, 200 Spring Street, in the Town of Herndon. More than 62,000 people attended the four-day festival. At a Town of Herndon public hearing on July 9, Jeff Bentley, President and Chief Executive Officer of NWFCU, announced to the Mayor and Town Council the credit union’s willingness to host the 2020 Herndon Festival at their Herndon campus. The town entered into an agreement with NWFCU in May 2018 to host the 2019 event with the opportunity for three additional years, and a separate sponsorship agreement recognizing NWFCU as the festival’s title sponsor.

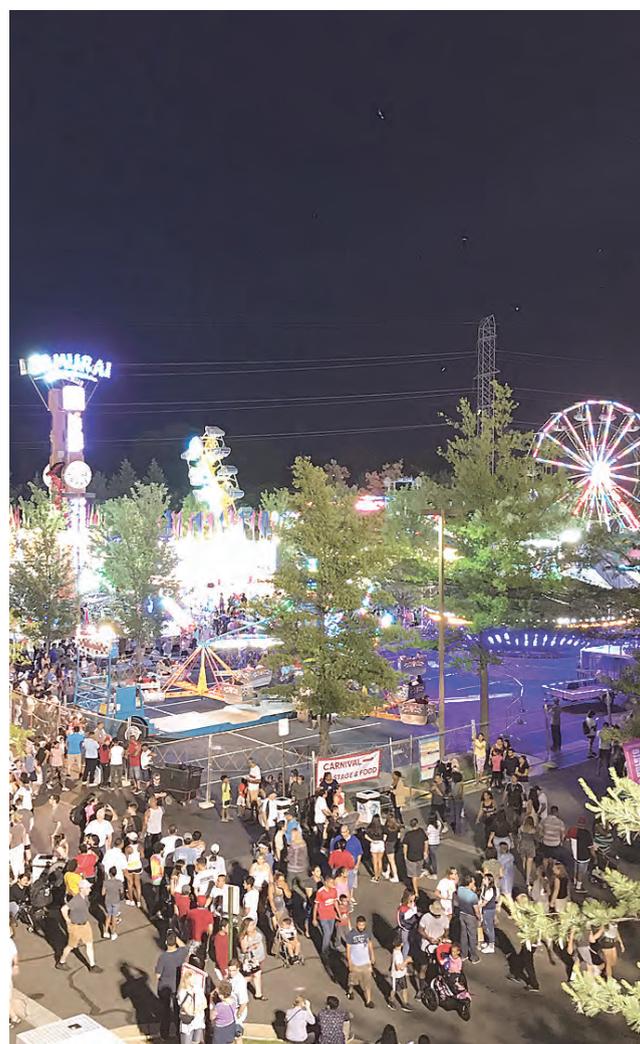
Bentley said, “We were so pleased with how well the 2019 festival transitioned to our campus that we’re excited to host again in 2020 while the downtown area is under redevelopment. We hope this year’s attendees enjoyed the festival at Northwest Federal and will join us next year.”

The Herndon Festival was relocated as the Town of Herndon works with Comstock Partners to redevelop 4.675 acres of land in historic downtown. The redevelopment will provide a mix of retail, office and residential development, to include mixed-use/residential and commercial structures; an arts center; a jointly-funded public/private parking structure, and more.

The Herndon Festival will continue to present entertainment, a carnival, kids’ activities, 10K/5K races, vendors, free admission, and free shuttle bus.

The next year’s festival will be held May 28-31, 2020. Follow all the 2020 details at www.herndonfestival.net.

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This year’s Herndon Festival was held at the new location, the Northwest Federal Credit Union (NWFCU) headquarters, 200 Spring Street, in the Town of Herndon. The 2020 festival will be held at the same location.

Ellie Klein Named Religious School Director of Congregation Beth Emeth

Congregation Beth Emeth (CBE) has announced the appointment of Ellie Klein as Religious School Director. Her appointment comes as the current Religious School Director, Ita Mandel, retired in June after more than 30 years of outstanding service at CBE. Klein began her new role at CBE June 5.

“CBE is a thriving Jewish congregation in western Fairfax County, and our Religious School needs a director prepared to help maintain the high-quality, innovative programs we are known for,” said CBE President Fran Besalel. “Our senior leadership and members of the search committee were unanimous in the choice of Ellie Klein, who has extensive experience and fresh ideas that will serve our students and their families well in years to come.”

“I am thrilled to be joining the education team at Congregation Beth Emeth, and look forward to getting to know our students and their families through learning and celebrating together,” said Klein. “My favorite part of working in religious schools and synagogues is experiencing the ideas, music, arts, history, rituals and fun activities that help students and families learn about Jewish life. I have been welcomed warmly by professional staff, Board members and the larger congregation. Warmth is a hallmark of this community gem.”

Klein brings broad and deep experience in Jewish education,



PHOTO CONTRIBUTED

Ellie Klein

having taught and held educational administration roles in Jewish schools and camps in cities across the United States.

Klein earned master’s degrees in both Near Eastern and Judaic Studies and in Jewish Professional Leadership.

She was the Samuel and Florence Melton Fellow in the Hornstein Program at Brandeis University.

She has a B.A. in English, and Secondary Education certification from the State University of New York College at Geneseo.

Congregation Beth Emeth is a welcoming, egalitarian Conservative Jewish Congregation located at 12523 Lawyers Road, Herndon, serving Northern Virginia. With nearly 400 families, Congregation Beth Emeth is “just the right-size”—large enough to meet the spiritual, educational, and social needs of members while preserving the warmth of a close-knit community. To learn more, visit bethemeth.org.

BULLETIN BOARD

Submit civic/community announcements at 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.

THURSDAY/AUG. 1

Candidacy Filing Opens. 9 a.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. Filing deadline is Thursday, Aug. 15, 5 a.m. Visit www.restoncommunitycenter.com or call 703-476-4500.

TUESDAY/AUG. 13

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 focus is an open discussion on caregiver stress. Share experiences, gain support and get information without having to travel. Call 703-324-5484, TTY 711 to register.

THURSDAY/AUG. 15

Candidacy Filing Deadline. 5 p.m. Reston Community Center (RCC) is

SEE BULLETIN, PAGE 7

OPINION

Honoring Molly's Gift

We are working toward the day that no one dies waiting for an organ.

BY LORI BRIGHAM
WASHINGTON REGIONAL
TRANSPLANT COMMUNITY

It was a Friday morning, and as the sun rose over the Lincoln Memorial more than 100 members of the United States Coast Guard gathered on the sixth floor of George Washington University Hospital. They came to say goodbye to their shipmate Molly Waters, who lost her life after a motorcycle crash. Molly, a Coast Guard Commander, spent 16 years rising through the ranks and lived to serve. Now even in death, Molly served others since she had made the selfless decision to register as an organ donor. As Molly was brought from the intensive care unit to the operating room to donate her organs, her shipmates, family, friends and hospital staff lined the hallway, a growing tradition known as an "Honor Walk." We stood silently in the weight of the moment, collectively mourning such a tragic death and expressing our gratitude for the generosity of this ultimate act.

Last year in the United States more people than ever gave the gift of life by donating their organs upon their death. This isn't the type of record that makes headlines. But it should be. Organ donation and lifesaving transplants can only occur when individuals like Molly and their families realize that even in death they can make a difference and become part of a much larger story.

That story is one of generosity and inspiration that has led to



Honor Walk for Molly Waters took place at George Washington University Hospital in D.C.

steady increases in organ donations and transplants. Organ transplants in the U.S. saw their sixth consecutive record-breaking year in 2018, with an 18 percent increase in deceased organ donors between 2015 and 2018. The 10,721 deceased donors last year meant 29,680 transplants for people waiting for an organ. Here in the D.C. metro area, we are part of this story, too. Last year, our organization surpassed our own record recovering and allocating 474 organs from 137 generous donors, which saved the lives of 401 people.

At Washington Regional Transplant Community (WRTC) located in Falls Church, we work every day to help save more lives through organ donation. Our job is to educate medical professionals and the public about organ donation; facilitate the recovery of organs, match them to waiting patients and deliver them to transplant hospitals; and support donor families before, during and after the

donation process and help honor the legacies of their loved ones. We work in close partnership with six transplant centers and 44 hospitals to decrease the number of patients waiting for a lifesaving organ.

WRTC is one of 58 organ procurement organizations (OPOs) across the U.S. Our singular mission is to save lives through organ donation and transplantation and, as a community, we are working toward the day that no one dies waiting for an organ.

The unfortunate fact today is that with more than 113,000 people on the national transplant waiting list, the need for a donated organ far outpaces availability. And while increased public awareness and willingness to be a donor is essential, that alone isn't enough.

Only three in every 1,000 people die in a way that allows for the possibility of organ donation.

OPOs are working to improve these odds. We are pursuing posi-

tive changes to federal policies that govern organ donation and transplantation, including promoting the use of organs from more complex donors, improving clinical support, providing OPOs access to donor hospital health records and addressing transplant center reimbursement and evaluation policies that might be a disincentive to otherwise successful organ matches.

Additionally, at WRTC, we realize the power of scientific and medical research and its ability to save lives and heal patients. Therefore, deceased donors can donate organs and tissues, unsuitable for transplants, to far-reaching medical research and therapy initiatives.

In 2018, WRTC allocated 92 organs for research, which ranked seventh in the nation.

The system for organ donation in the U.S. is complex and highly regulated, providing a strong infrastructure and successful track record from which to build. At WRTC, we are privileged to play a role in this system and are committed to working with our local and national partners to make it even stronger and more successful.

We honor those who have embraced organ donation as an act of human kindness to inspire others to register as donors too. We encourage you to make the legal and informed decision to be an organ donor.

Lori Brigham is President and Chief Executive Officer of the Washington Regional Transplant Community in Falls Church.

LETTER TO THE EDITOR

Clock Is Ticking on Saving the Earth

To the Editor:

I recently traveled to India and Nepal with a data sciences and sustainability professor from my university to study climate change science and policy. Just weeks ago, I stood before infrastructure, homes, and most importantly people, that are already threatened by climate change that they played the smallest role in causing.

Decades of high-emissions activity have brought our country — and planet — into a crisis that the UN (and the entire scientific community) say we have only 11 years to reverse. Nobody doubts how difficult it will be to transform our society into one that is sustainable

— environmentally and economically. The Democratic National Committee needs to hold a climate debate so candidates can adequately explain how they plan on addressing this issue. I want to have kids and grandkids one day, but if this country doesn't act with urgency now, I'm afraid the Earth will be too dangerous for that. McLean has proven itself as a community of bright and compassionate families who do the right thing. Hundreds of thousands of people in South Asia have already lost their homes to climate change disasters. Don't let us be next.

Natalie Hill
McLean

Send Photos Now for Pet Connection

The twice-yearly Pet Connection will publish next week, July 31. Please send photos of your pets of any variety including something about your pet, names of everyone in the photo, town name and contact information.

By email: editors@connectionnewspapers.com
Online at: www.ConnectionNewspapers.com/pets

What Do You Think?

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
The Connection
1606 King St.
Alexandria VA 22314

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Senior Living



Drinking plenty of non-alcoholic fluids like water, even if you're not thirsty can help prevent heat related illnesses.

Beating the Heat

Seniors at greater risk for heat-related illnesses.

By MARILYN CAMPBELL
THE CONNECTION

With the sunny days of mid-summer come sweltering heat. This week's heat indexes topping 110 degrees in some cases illustrate that July and August are the hottest months of the year, according to the National Centers for Environmental Information.

Soaring temperatures may have the greatest impact on those who are over the age of 65.

"They are more likely to have a chronic medical condition that changes the normal body's responses to heat," said Amy Vennett, BSN, RN, Program Manager and Nursing Case Management for Arlington, County. "Older adults don't adjust as well as young people to sudden changes in temperature. They're more likely to take prescription medicines that affect the body's ability to control its temperature or sweat."

The physical, cognitive and social changes that happen as one ages, make one more susceptible to illnesses related to extreme heat, says Ingrid Parkhurst, Center Nurse Coordinator and Gerontologist for the Fairfax County Health Department. "So, when it comes to the heat, we need to think about all three perspectives. Physically, older adults might overheat, sunburn and dehydrate more easily given changes to their bodies. Cognitively, older people are more likely than the general population to suffer from some mental decline, [and] they may not be able to communicate their needs in the heat as readily, leaving them open to dehydration and heat-related illnesses."

Vennett says that the signs that might signal the onset of such an illness include "Heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash."

Local counties offer help during times of extreme heat, says Brian Roberts of the Montgomery Health

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and Human Services Department. "Anyone who needs to get out of the heat can take advantage of the cooling centers like senior centers during normal business hours."

Staying indoors during the hottest parts of the day, is the most obvious way to prevent illnesses, says Vennett. "If you do spend time outside, wear light-

weight, loose-fitting clothing. Drink plenty of non-alcoholic fluids like water, even if you're not thirsty."

"Stay ahead of your thirst," continued Vennett. "On days with heat advisories, take sips from a water bottle all day. If you feel sick, see your physician. Older adults can have multiple health problems at once, and dehydration can affect any of these."

Some older adults go through social changes that could leave them isolated and unable to seek help before reaching the point of an extreme heat-induced illness, says Parkhurst. "That is dangerous because if they do not have social connections it will be harder for them to access the care they need, especially in an emergency," she said. "Those who are isolated or lack the physical ability to drink adequate amounts of water or recognize thirst are at greater risk. And, dehydration easily leads to urinary tract infections in older adults."

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Legals

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 Adda Herndon LLC trading as Adda Lounge and Restaurant, 2310 Woodland Crossing Dr Ste E, Herndon, VA 20171-5877. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off Premise/Keg Permit and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages, Kiran P. Gunnam, Owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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NEWS

Trash Collection Staffing Is Tight, Resulting in Cutbacks of Service

Occasionally cans go untouched on trash day.

By Mike Salmon
 THE CONNECTION

Let's face it, it might not be a dream job, riding on the back of a truck, jumping off, throwing in more trash, with the smell plus possibility of flies, maggots, rodents, and other surprises. There are nicer jobs, and lately the labor force numbers have been showing a shortage of trash collection workers. It's having an impact on trash collection schedules.

Some are cutting back from two days a week to one, and the residents are feeling the crunch.

According to the National Waste & Recycling Association located in Arlington, the solid waste industry directly employs about 420,000 people as of early 2018 with a total payroll of more than \$21 billion. Brandon Wright, the communications representative for NWRA noted the staffing shortages for the industry. "The labor market is tight in our industry," he said. There is a driver and mechanic shortage "felt by a number of companies," he said.

In Fairfax County, private collection companies pick up trash and recycling for ninety percent of residents and businesses while the county trash service is only responsible for 10 percent. Residents are billed by the collection company or pay via their Home Owner Association fees.

"The (county) Solid Waste Management Program is aware of the national driver shortage," said Matthew Kaiser, the information officer for the Fairfax County Department of Public Works and Environmental Services. The county is running advertisements for heavy equipment operators, i.e. trash truck drivers, and they've even gone as far as making a video to attract applicants.

❖ What's your experience with trash collection? Send letters to editors@connectionnewspapers.com



PHOTOS BY MIKE SALMON/THE CONNECTION

In Fairfax County, private collection companies pick up trash and recycling for ninety percent of residents and businesses while the county trash service is only responsible for 10 percent.

"Endless opportunities here with the county," said the person in the video. The message they are promoting includes great pay and benefits, a family friendly atmosphere and the room for advancement.

The driver shortage has not impacted the county collection schedules, but Kaiser is aware of private collection companies that have reduced their collection frequency. They are still meeting code requirements though, Kaiser said. Companies that fail to meet the requirements are handled through enforcement actions.

Some county supervisors' offices have heard from their constituents about missed trash pick-ups, possibly the result of staffing. In Mount Vernon, this occurred a few times in June but they haven't heard any complaints since then.

In Springfield, the issues were with houses that were under contract with Republic Trash Services. Republic has not returned any messages about this issue.

The county is running advertisements for heavy equipment operators, i.e. trash truck drivers.



BULLETIN

FROM PAGE 3

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. 21

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

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.

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 or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Herndon High School Library needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

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"Come On Down!"



By KENNETH B. LOURIE

Except I was not sitting in the audience for "The Price Is Right" when I heard my name called.

Nor was I needing to guess the cost of my infusion with my treatment that day contingent on my guess not exceeding the "actual retail price." And neither were there any of "Barker's Beauties" to wave their hands and showcase what items I would be attempting to price right.

No. There were only multiple oncology nurses standing in front of the Infusion Center's entry door calling out the names of the next patients lucky enough to begin their treatment.

It wasn't exactly "Plinko," but once inside the Center, the fun, such as it is, really begins.

At least that's the way the activity appeared to me. The preceding day was July 4, and the Center was closed forcing those Thursday patients to be rescheduled to either Wednesday or Friday. As a result, the waiting area was particularly full with patients, along with their family and friends – all of whom are encouraged to attend.

In the midst of this crowd, I sat and waited. We hadn't exactly been assigned numbers, but we were assigned oncology nurses and therefore could only enter the Infusion Center with their assistance.

Then, with all of us "waiters" looking at the entry door, waiting for an oncology nurse to walk through and call our name, the door lock clicked open and out walked two oncology nurses. As soon as they cleared the door and entered the waiting area, they called out their respective patient's names (unfortunately not mine).

Upon hearing their names, the two patients and nearly half a dozen of their supporters got up and moved eagerly toward the entry door. It reminded me of the beginning of "The Price Is Right" when four audience members' names are called in quick succession and implored to "Come On Down!" by George Gray (Johnny Olson, the original announcer, retired years ago) and officially become one of that day's contestants.

However, once inside the Infusion Center, it's dead serious.

Your life is at stake, maybe even at risk, depending upon your cancer/treatment, and at this point, you're not playing any more games (although occasionally, you may be guessing the price of things and wondering how it all gets calculated). So, you slide into your Barcalounger, hold out your arm to have your bar-coded wristband scanned and prepare for your hopefully, life-saving infusion – don't smoke 'em, even if you got 'em.

It's rare that you'll see your oncologist in the Center.

Typically, they'll be seeing patients in examining rooms, performing surgery or rounding in local hospitals. But they're always a phone call away should the nurses need any additional instructions or clarification.

Generally speaking, once inside the Center, all goes as anticipated for us patients: you're in, you're treated, you're out. And when you're out, new patients names are called and on and on it goes, just like "The Price Is Right," except the program doesn't end in an hour.

And just like "The Price Is Right," where there are no shortage of audience members wanting to participate, at the Infusion Center, likewise, there seems not to be a shortage of patients wanting to be treated either. (Granted it's not exactly the same thing, but you get my drift, I'm sure.)

Cancer is not fun, nor funny, and an Infusion Center is not filled with anticipation of cash awards and magnificent trips. There is however, lots of empathy and understanding - from your support system and from staff as well.

But it's the last place you want to be, unlike "The Price Is Right."

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

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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

ENTERTAINMENT

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

ONGOING

Art Exhibit: Lasting Impressions. Through July 29, gallery hours 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 and show what she has noticed about the world around her. Most of these works were completed in the past five years. Visit www.restoncommunitycenter.com.

Guesstimation Game. Through Aug. 8 at Herndon Fortnightly Library, 768 Center St., Herndon. Guess how many pieces of candy are in the Guesstimation jar and complete the entry form. Prizewinners each week. For ages preschool-6th grade. Call 703-437-8855.

Summer Reading for Teens and Adults. Through Aug. 31 at Herndon Fortnightly Library, 768 Center St., Herndon. Read, log the books and win a prize! The Summer Reading Program is not just for children. Call or stop by the Herndon branch for more information. Call 703-437-8855.

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

THURSDAY/JULY 25

Water Safety Presentation. 10:30 a.m. at the 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.

Contemplate Art Meditation: Overlooked. 12:30-1:30 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." Free and open to the public. Visit restonarts.org

Dollars and Sense. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing "The Only Investment Guide You'll Ever Need" by Andrew Tobias. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Take a Break Music: Tower House Band. 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.

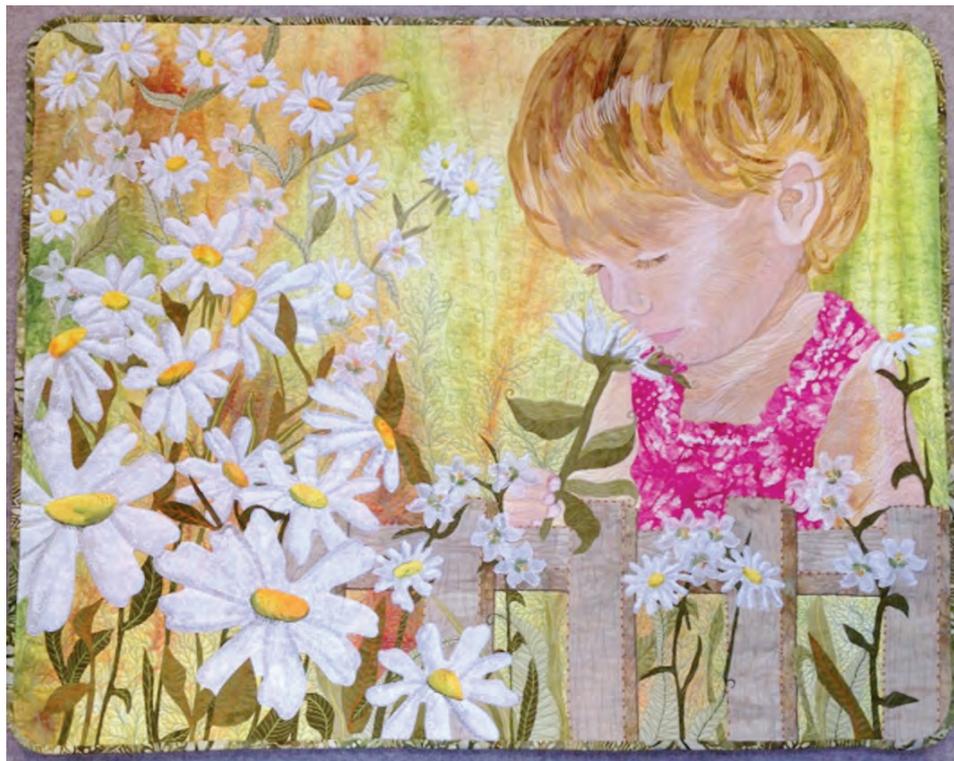
Hunter Mill Nights: Bumper Jacks (Americana, country, bluegrass). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and 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/performance/hunter-mill-nights for more.

FRIDAY/JULY 26

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

Historical Swordsmanship. 2-3 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Learn about historical swordsmanship (aka sword fighting) and get hands-on instruction from the pros. Age 12-18. Registration required. Call 703-437-8855.

Summerbration: New Line Brass Band. 7-9 p.m. on the plaza at Reston East Metro. Free



Barbara Hollinger's quilt was inspired by a photo of her granddaughter, Irene.

Sacred Threads Exhibition

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. July 11-28, 11 a.m.-5 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. \$10. Visit sacredthreadsquilts.com/default.htm or call 703-793-0026.

Herndon Farmers Market

Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit www.herndonva.gov/FarmersMarket for more.

concert series runs Fridays through Aug. 23. Visit www.restoncommunitycenter.com/summerbration.

Live Music: Run For Cover. 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 27

Groovy Nate. 10-10:45 a.m. at Reston Town Square Park. The entire family will be entertained with interactive magic and humorous antics, Saturdays through Aug. 3. Free. 703-476-4500 or restoncommunitycenter.com.

Dog Tales. 10:30-11:30 a.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Read aloud to Truman, a trained therapy dog. Bring a book or choose a book from the library. Call or sign up online for a 15-minute session. Age 5-12. Registration required. Call 703-437-8855.

Fun Brunch: The Apple Core. 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.

"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 participants age 5-adult. 8 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Book to Big Screen. 1-4:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Read Crazy Rich Asians by Kevin Kwan, then come watch the movie (PG13) with snacks and

discussion. Age 12-18. Call 703-437-8855 for more.

Concerts on the Town: JD McPherson. 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. 24. Bring chairs or blankets. Free. Visit www.restontowncenter.com for more.

SATURDAY-SUNDAY/JULY 27-28

"Beauty and the Beast." Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at Herndon Middle School, 901 Locust St., Herndon. Join Summer Grand students as they present Disney's Beauty and the Beast, a family-friendly, musical adventure that follows young Belle as she discovers friendship and love in the most unexpected place. An optional Princess Tea takes place before the matinee performances (12:30 p.m.). Tickets are \$10-\$15. Visit herndon-drama.org/tickets/ for advance and Princess Tea tickets (\$4).

SUNDAY/JULY 28

Fun Brunch: Interactive Theater of Jef. 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.

Sundays in the Park with Shenandoah Conservatory: VoxClarus. 7-8 p.m. in Reston Town Square Park. Professor of Clarinet Garrick Zoeter and soprano Mariana Mihai-Zoeter interpret romantic and inspiring works from around the world. Free. Series continues through Aug. 18. Visit restoncommunitycenter.com for more.

MONDAY/JULY 29

Yoga at the Library. 5:30-6:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Join for a fun and informal yoga session. Focus on the foundations of yoga or get back to the basics. Yoga helps improve balance, strength,

and flexibility. Bring a yoga mat or towel. Adults only. Call 703-437-8855.

One on One English Conversation. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. One on One English Conversation. Sign up at the Herndon Library Information Desk or by calling the branch at 703-437-8855.

TUESDAY/JULY 30

Baby Play and Explore. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for an hour of unstructured play and social time for babies. Age birth-18 months with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

College Application Essay Workshop. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Discussion about what college admissions officers expect - and like - to see in an essay, review dos and don'ts. Call 703-437-8855.

Makeup Class. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn new makeup and skincare techniques in this free class presented by a local makeup artist. Some makeup and tools will be provided, or bring favorites. Free. Call 703-689-2700 or visit www.fairfaxcounty.gov/library/events.

WEDNESDAY/JULY 31

All Things S.T.E.A.M. 2:30-3:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Explore the world of Science, Technology, Engineering, Art and Mathematics through hands on activities. Children will have fun learning about S.T.E.A.M with a new topic each month. Grades K-5. Register at 703-437-8855.

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. Visit restontowncenter.com for more.

One on One English Conversation. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. One on One English Conversation. Sign up at the Herndon Library Information Desk or by calling the branch at 703-437-8855.

THURSDAY/AUG. 1

One on One English Conversation. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. One on One English Conversation. Sign up at the Herndon Library Information Desk or by calling the branch at 703-437-8855.

Hunter Mill Nights: Incendio (Latin). 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/performance/hunter-mill-nights for more.

THURSDAY-SUNDAY/AUG. 1-4

4-H Fair and Carnival. Frying Pan Farm Park, 2739 West Ox Road, Herndon. Enjoy some old-fashioned family fun at the 71st Annual Fairfax County 4-H Fair and Carnival at Frying Pan Farm Park. There will be carnival games, rides and tempting foods. Stretch the budget on Thursday or Friday with free parking and discount tickets for unlimited rides. Friday also features the free Big Truck Night event, 5-8 p.m. Carnival rides run 10 a.m.-9 p.m. on Saturday and 10 a.m.-6 p.m. on Sunday with a Tractor Pull at 4 p.m. on Saturday. Try a hand at farm chores, watch stage entertainment and enjoy dog and horse shows. Admission is free; \$10 per car parking fee on Saturday and Sunday. Visit www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair.

FRIDAY/AUG. 2

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/AUG. 3

Fundraiser Breakfast with NCNW. 8 a.m.-noon at Famous Toastery, 12100 Sunset Hills Road, R-6, Reston. Support the National Council of Negro Women's mission to advance opportunities and the quality of life for African American women, their families, and communities through research, advocacy, national and community-based services and programs in the U.S. and the African countries. Individuals purchase breakfast. Visit ncnwrestondulles.org or call 703-635-3558.