

In the last year's Lake Anne Cardboard Boat Regatta, Team Captain Ariel Boatwright of "A Book Oar Two" brings the bow forward as one crew member paddles ferociously and the other stretches to touch the dock with her paddle. This year's regatta will be held on Saturday, Aug. 10.

Cardboard Boat Regatta Returns to Lake Anne

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PEOPLE

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 Jew-



Ellie Klein

ish 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, 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.

Taylor Wreath Honored With Residential Life Award

Taylor Wreath of Reston received the Residential Life Award during the Randolph-Macon Academy awards ceremony held on May 1, 2019 in Boggs Chapel. This award goes to a deserving cadet who, in the opinion of the Residential Faculty and the Director of Student Life at Randolph-Macon Academy, exemplifies the values of Randolph-Macon Academy.

Taylor, the daughter of Doug and Heather Wreath of Reston, was a junior during the 2018-19 school year.

Randolph-Macon Academy (R-MA), founded in 1892, is a college-preparatory, coeducational boarding school for students in grades 6 through 12. Students in grades 9-12 participate in R-MA's 91st Air Force Junior Reserve Officer Training Corps (JROTC), and have the opportunity to learn to fly through a unique flight program. The Academy also offers several summer programs. R-MA is affiliated with the United Methodist Church and is located in Front Royal, Va.

Taylor Wreath was also honored during the awards ceremony for her dedication to serving on the Academy's Own team helping the Randolph-Macon Academy admission office by participating in open houses, campus tours, shadow days, phone-a-thons, and/or special events on- or off-campus. This group, known as “The Academy's Own,” consisted of 40 students who spent



Taylor Wreath

more than 300 hours assisting the admission office. Special recognition was awarded to Taylor and ten other students who showed extraordinary dedication by participating in six or more admission events this year.



“USS Bucket” based in Herndon is all speed ahead with a strong start at the 2nd Annual Lake Anne Cardboard Boat Regatta. The ship placed Second in the Skipper Class with a time of 2:45.



A wake of waves crashes as “River Sea Chocolates Wild Sloth” docks at the pier at the 2018 Lake Anne Cardboard Boat Regatta.

PHOTOS BY MERGIA HOBSON/THE CONNECTION

Cardboard Boat Regatta Returns to Lake Anne

This year’s regatta will be held on Saturday, Aug. 10.

More than 50 teams are expected to construct and decorate their own life-size cardboard boats and then take to Lake Anne in timed heats during the Reston Historic Trust & Museum’s third annual Lake Anne Cardboard Boat Regatta. It is a fun activity for everyone: families, individuals, friends and organizations looking for fun team building activities. Awards will be given to the fastest boats in each category as well as the “Titanic” or fastest to sink. The regatta will be held on Satur-

day, Aug. 10 from 12 to 6 p.m at Lake Anne. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum (RHT). This year’s presenting sponsor is Griffin Owens Insurance.

The Cardboard Boat Regatta at Lake Anne is a community favorite - fostering Reston pride and teamwork (as well as a little healthy competition!).

For questions, more information, or to volunteer, contact Alexandra Campbell at info@restonmuseum.org or 703-709-7700.

The crowd cheers as “River Sea Chocolates Wild Sloth” heads toward the buoy after “Aperture Apartments” capsizes. The paddleboard rescue teams hurry toward the crewmembers in the water during the 2-18 Lake Anne Cardboard Boat Regatta.



Future Is Now at Electric Car Show

Environment Virginia Car Show provides insight into the future of electric vehicles.

Electric vehicle (EV) owners, climate activists and concerned citizens gathered Saturday morning at the Environment Virginia Car Show to discuss the future of transportation and how Fairfax County can lead the state in the transition to electric vehicles.

The event offered Virginians the opportunity to experience EVs first hand with a variety of electric vehicles available to check out in front of Daniels Run Peace Church. Electric vehicle charging stations, which are located on the church’s premises and are powered by rooftop solar panels, were also on display.

In addition, representatives from the community as well as EV, climate and health experts discussed how EVs dramatically reduce carbon emissions, enhance air quality and save consumers money on fuel and maintenance. Speakers explained how EVs are essential in reducing our dependence on fossil fuels, which is necessary to mitigate the worst effects of climate change.

“When I was in medical school, did I think that my career in medicine would



Andrea McGimsey charges her plug-in hybrid electric vehicle at Daniels Run Peace Church.

involve me talking about the climate crisis? No,” said Dr. Neelu Tummala, a Fairfax County-based physician and George Washington University professor who spoke at the event. “But when I started seeing patients who were affected by air pollution or suffering from extreme heat, it is hard to ignore.” Other speakers, who included Joe Rupp, climate advocate for Environment Virginia, Army veteran and Climate Reality leader Paula Clements and church

congregant Johnny Wen, also called on Virginia and Fairfax County leaders to start prioritizing electrifying transportation in order to stave off the worst impacts of global warming. “We must speed the electrification of our transportation system, and we need officials in Fairfax County to lead the way,” said Joe Rupp, climate advocate with Environment Virginia. “As home to 1 in 8 Virginians and with an annual operating budget of nearly \$4.3 billion, Fairfax can

spur this transition more effectively than any other jurisdiction in the state. For the sake of our climate, our air and our health, the transition from internal combustion engines to electric vehicles cannot happen fast enough.” The transportation sector is the biggest contributor of carbon emissions in Virginia, accounting for 45.5 percent of all carbon emissions in 2016. As Northern Virginia continues to grow year after year, Fairfax County has an opportunity to lead the state in EV investment and adoption.

Some Fairfax County locals already recognize this importance and have begun addressing this issue.

“About two years ago the Daniels Run Peace Church council embarked on a mission to reduce the church’s carbon footprint,” said Wen, a congregant of the church who organized the effort to install EV charging stations. “The church invested in installing EV chargers to not only provide an amenity to greater Fairfax, but also as a means for the community to take advantage of the electrons produced right on our rooftop.”

PHOTO CONTRIBUTED

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.

The Fox Guarding the Chicken Coop

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

In last week's column I suggested that the record-breaking for brevity, 90-minute session of the General Assembly came about because of a dysfunctional House of Delegates and a lack of leadership by the Speaker of the House. Further evidence unfolding since I wrote that column

COMMENTARY

strengthens my concern and adds to it the problem that in the Virginia House of Delegates the "fox is guarding the chicken coop." The Special Session of the



General Assembly that was called by Gov. Ralph Northam in response to increasing gun violence should have

provided a forum for debate to determine a response by the legislature to keep the people of Virginia safe. Few sessions general or special have attracted as much public attention as this one with hundreds of advocates at the Capitol representing all sides of the issue.

One side got high-level special attention. Ordinary citizens and

state-wide and national groups concerned about gun violence attended a rally at the Bell Tower in Capitol Square and spent the rest of the morning visiting legislative offices and milling about the street between the Pocahontas Building where legislative offices are and the State Capitol.

The National Rifle Association (NRA) representatives were in the Speaker of the House of Delegates Conference Room picking up their red caps and tee shirts and no doubt getting reassurances that everything was going to be alright.

A website inviting NRA members to the event encouraged their attendance: "Governor Ralph

Northam and his gun ban allies are ready to push their extreme anti-gun agenda when the General Assembly convenes its special session tomorrow—July 9th. Your NRA is calling on members and Second Amendment supporters to join in the fight against Gov. Northam's misguided gun control proposals by coming to Richmond on July 9th to personally urge their elected officials to stand up for our rights and oppose the Northam gun ban agenda."

The most astonishing part of the announcement came in the details of the event: "WHERE: Pocahontas Building, 6th Floor, House Confer

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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

"When it comes to severe heat and the elderly, we worry about dehydration and heat related illnesses."

— Ingrid Parkhurst, Mount Vernon Adult Day Health Care, Fairfax County Health Department

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



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 lightweight, 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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ENTERTAINMENT

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

ONGOING

Readings with the Reston Community Orchestra. 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. 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

Sacred Threads Exhibition. Through July 28, 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 or call 703-793-0026.

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.

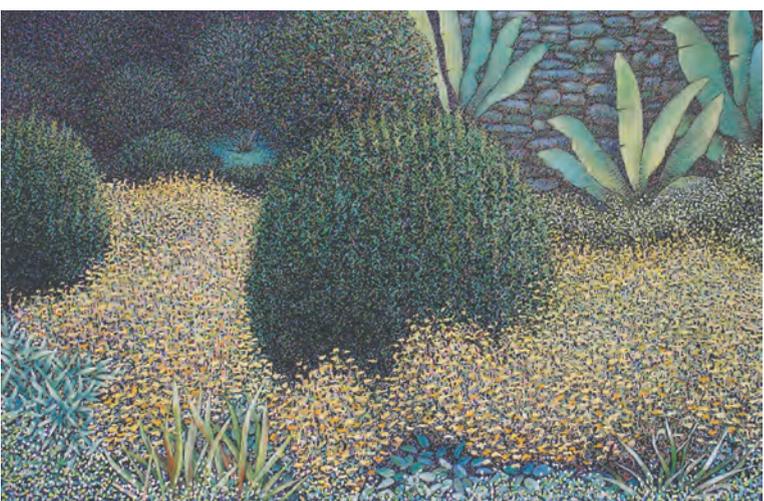
Guesstimation Game. Through Aug. 8 at Herndon Fortnightly Library, 768 Center St., Herndon. Guess how many pieces of candy are in the Guesstimation jar and complete the entry form. Prizewinners each week. For ages preschool-6th grade. Call 703-437-8855.

Art Exhibit: For the Love of Art. Through Aug. 18, gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Through a myriad of styles and media - oil, watercolor, pen and ink - Angie Magruder, a long-time Reston resident, shares her many talents as an artist in this exhibit at Reston Community Center Hunters Woods. www.restoncommunitycenter.com/.

Art Exhibit: Overlooked. Through Aug. 31, 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." Visit restonarts.org for more.

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-



Art Exhibit: A Purposeful Manner Towards a Vague Destination

Greater Reston Arts Center (GRACE) presents A Purposeful Manner Towards a Vague Destination, a solo exhibition featuring work by painter Douglas Moulden. Maryland based painter Moulden exhibits a series of large-scale acrylic on panel paintings developed from photographs and memory inspired by exploration of the woods near his home. Through Aug. 27, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. A Curator's Talk is planned for Thursday, Aug. 8, noon-1 p.m. Visit restonarts.org for more.

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. 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/performances/hunter-mill-nights

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.

Summerbration: New Line Brass Band. 7-9 p.m. on the plaza at Reston East Metro. Free concert series runs Fridays through Aug. 23. 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.

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 or call 703-966-2111.

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.

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

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. An optional Princess Tea takes place before the matinee performances (12:30 p.m.). Tickets are \$10-\$15. Visit herndonadrama.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.

WEEK IN RESTON

Reston Abduction Suspect Arrested

Detectives from Major Crimes Bureau have arrested a 62-year-old man, no fixed address, for the abduction with intent to defile of a woman that occurred on June 11 in Reston.

Detectives worked diligently since the incident to identify and arrest a suspect who is a registered sex offender. He was arrested Wednesday afternoon, July 17, around 1:30 p.m. in the City of Fairfax. He was taken to the Fairfax County Adult Detention Center and charged with abduction with the intent to defile. He is being held without bond. With the support of the Loudoun County Sheriff's Office sketch artist, detectives were able to provide the community with a drawing and likeness of suspect that assisted during this investigation.

The sexual assault occurred on June 11 in Reston.

Officers responded to the area of Reston Parkway and Baron Cameron Avenue around 11 p.m. that evening after a 49-year-old woman was located with physical injuries.

A subsequent investigation revealed that the woman was on a nearby walking path when she was hit from behind and sexually assaulted. She was taken to a hospital where she received medical treatment for injuries that were not life-threatening.

Plum

FROM PAGE 4

ence Room." That just happens to be the Conference Room of the Speaker of the House of Delegates!

On this topic the Speaker effectively relinquished any impartial role of conducting the business of the House and became the host for those opposing common-sense gun safety laws that according to dozens of public opinion polls are supported by an overwhelming majority of Virginians. It brings back memories of the time this same Speaker moved from his position as Speaker to take the floor of the House of Delegates to speak passionately against a woman's right to make decisions about her own reproductive health.

The announcement included some red meat to encourage participation: "Our members are concerned that Gov. Northam's special session is a political stunt aimed at distracting from his scandals..."

With the cooperation of the Speaker of the House of Delegates we clearly have the fox guarding the chicken coop in Virginia.

As of today, the invitation to gather in the Speaker's conference room is still on the NRA legislative arm's website: <https://www.nra.org/articles/20190708/virginia-defend-freedom-oppose-gov-northam-in-richmond-tomorrow>.

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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

NEWS

Area Students Graduate From High Point University

High Point University awarded degrees to 919 graduates in spring 2019. Area students receiving degrees are as follows:

Alexandria: Madeleine Sanasack
 Burke: Thomas Boudreaux
 Centreville: Caroline Hager
 Fairfax: Paige Lloyd
 Fairfax Station: Anna Billings, Emily Cole

Great Falls: Daniel Bartlett, Joshua Gibbs
 Lorton: Breanne Linton
 Mclean: Rachel Gillum
 Reston: Brandonn Kamga, Ryan McLaughlin, Dorothy Querolo, Maggie Williams
 Springfield: Soo Min Lee
 Vienna: Matthew Bacigalupo, James Farrell II, Viena Forkas.

Youth Sports Leagues Begin Registration

Herndon-Reston Youth Baseball (HRYB) fall season registration for 5-12 year olds is open at <http://herndonbaseball.com/> and closes Sept. 18.

Herndon-Reston Youth Field Hockey (HRYFH) fall season registration for grades 2-9 is open at <http://hryfh.org/> and closes Oct. 31.

Herndon Optimist Youth Cheerleading (HOYC) fall season registration for 5-15 year olds is open at <http://hoycheer.com/> and closes Sept. 21.

Herndon Optimist Youth Football (HOYF) fall season registration for 7-16 year olds is open at <http://www.hoyf.com/> and closes

Sept 14.

Herndon-Reston Youth Lacrosse (HRYL) fall season registration for Pre-K - grade 9 will open Aug. 5 at <http://herndonlacrosse.org/> and closes Sept. 15.

Herndon Optimist Youth Travel Basketball (HOYTB) fall-winter season registration for grades 4-8 will open Aug. 5 at <http://herndonoptimistbasketball.org/> and closes Oct. 11.

Herndon Optimist Youth House (Haley Smith) Basketball winter season registration for grades 1-12 will open Aug. 5 at <http://haleysmithbasketball.org/> and closes Nov.15.

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