

The Brazilian and Portuguese musicians Cissa Paz and Jean-Francis Varre of the group, Cissa Paz, perform during the Lake Anne Jazz Festival.

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Lake Anne Jazz Festival a Hit With the Crowd

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PHOTO BY STEVE HIBBARD/THE CONNECTION

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COMMENTARY

Redistricting Reform Needed

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



A federal court found Virginia's congressional redistricting to be unconstitutional because it diluted the strength of minorities in elections. Essentially the redistricting of 2011 packed black voters from Richmond to Norfolk in a single congressional district ensuring the probable election of one black representative while reducing the likelihood of another one being elected. The court rules on the fairness of districts related to their being numerically equal in size and in their treatment of classes of voters, but it does not take into account partisan advantages or disadvantages.

The federal court set a Sept. 1 deadline for new district lines to be drawn by the General Assembly. The Assembly was unwilling or unable to draw new lines at least in part because any new map is likely to increase the Democrats' chances of winning more than the three of eleven congressional seats they currently hold. A special session called by Governor McAuliffe to take up the issue concluded without taking action. A proposal drawn up by the Democratic minority to address the issue of fair racial representation in the Tidewater and Northern Virginia areas was not considered by the House or Senate. Based on prior voting behavior by the people in these new districts, there would likely have been five Republican, five Democrat, and one swing district. Such an outcome is reflective of how the state has been voting in statewide contests.

This is not the first time Virginia has run

afoul of federal courts on the issue of redistricting. As the state grows in size with developing metropolitan areas, those who controlled the legislature have been reluctant to give up their power to the newly emerging suburban and urban areas. Virginia was one of the states in the 1964 Baker v. Carr decision establishing the principle of one man, one vote. After the 1981 census the Supreme Court threw out the redistricting three times before the legislature got it right. With the changing of district lines I had to run for office in 1981, 1982, and 1983. The same thing could happen again this year. The same rationale that makes the congressional districts unfair applies to the House of Delegates districts that are now being challenged in federal court. House members could have to run three years in a row just as in the early 80s if the case is successful. House of Delegates elections in 2016 in particular could be interesting as this is a presidential election year with greater voter participation.

It is human nature that political parties in power try to maintain their majorities through gerrymandering districts to their advantage. I first introduced a bill in 1982 that would have given the task over to an independent commission. Neither Democratic nor Republican majorities have been willing to pass it. Several states have such a commission, and I have continued to reintroduce the bill. I believe it is the only way to get fair, nonpartisan redistricting done. I support OneVirginia. (<http://onevirginia2021.org/>), a group that is working for this kind of reform that needs to be put into place right away.

Police Reform Now
A Distinct Possibility

BY JOHN LOVAAS
RESTON IMPACT
PRODUCER/HOST



The Fairfax County Ad Hoc Commission to Review Police Practices is completing its final recommendations to reforms of Fairfax County law enforcement. The Commission was formed in response to growing public concern following the Police killing of unarmed John Geer—and other questionable killings including those of David Masters, Hailu Brook, Salvatore Culosi, and Ronald Rollins—all unarmed. Most recently, Natasha McKenna was tasered to death in the County jail. Investigations of police killings and misconduct performed only by fellow officers in secret finally broke the public trust.

The Commission, consisting of nearly 40 members who included one-third uni-

formed officers or former law enforcers, at first seemed unlikely to deliver the reforms essential to bring accountability, transparency, and the cultural shift required to make the FCPD a first class, community-friendly force. It turns out I underestimated the talent and

INDEPENDENT PROGRESSIVE

dedication among the commissioners. The final report now taking shape indeed includes far-reaching recommendations which, if approved and if implemented would lead to the changes so badly needed. As drafted, Commission recommendations would dramatically improve FCPD communications with the public it serves; would emphasize problem solving in enforcement versus command and control; would divert subjects of law enforcement suffering from mental health disorders from incarceration to treatment; would establish an Independent Au

SEE LOVAAS, PAGE 5

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The Lake Anne Jazz Festival included booths selling various clothing.



Helen Nguyen, Katie Phan and Christopher McMullen enjoy playing in the water fountain during the Lake Anne Jazz Festival.

Lake Anne Jazz Festival a Hit with the Crowd

The first-ever Lake Anne Jazz Week was held the week of Aug. 30-Sept. 5 at Lake Anne Plaza (Waterfront) in Reston. The week featured a variety of jazz-themed events from live music, merchant activities, to a featured film (“Jazz on a Summer’s Day” 1959) as part of Lake Anne’s ongoing Summer Film Festival series. The week closed out with the Plaza’s popular Annual Jazz & Blues Festival (in its 9th year) on Sept. 5. The Jazz & Blues Festival showcased a variety of talented regional and national jazz and blues artists.

Some of the highlights included Jazz Trivia Night and Jazz Karaoke Night at Kalypso’s Sports Tavern, wine tasting at Chesapeake Chocolates, and music-related discounts at local merchants. The festival was sponsored by Lake Anne Merchants, Friends of Lake Anne, the Reston Community Center, and Reston Association.

Future events at Lake Anne Plaza include the following:

- Multicultural Festival on Sept. 26
- Dock Dog Diving – two events in September and October
- Howl O Ween – Oct. 31
- Farmers Market and Saturday Markets continue.

— STEVE HIBBARD



Diners enjoy dining al fresco in front of Kalypso’s Sports Tavern during the Lake Anne Jazz Festival.



Lucy Cloney, 5 1/2, of Reston, and Isabella Franco, 8, of Chesapeake, Va., paint a mural as part of the Initiative for Public Art (IPAR) during the Lake Anne Jazz Festival.



John Michael Lyons, 10, of Reston, with Anthony DiBiase, 10, also of Reston, have a snack during the Lake Anne Jazz Festival.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

Making ice cream at Nitro’s Creamery of Springfield are June McMullen and Chau Phan.



OPINION

Focusing on Suicide Prevention

Help is a phone call away.

This week is Suicide Prevention Week. Preventing suicide means paying attention to mental health and treating depression, and there is no better time to focus on that than the first week of school.

In 2013, more than 41,000 people ended their own lives in the United States, more than 21,000 with firearms. (Compare to the number of murders in 2013, 16,120.) In 2013, more than 800,000 people were treated in U.S. emergency departments for self-inflicted injuries. More than a million adults report making a suicide attempt each year, while many more people struggle with thoughts of suicide, according to the Centers for Disease Control and Prevention.

Suicide is the 10th leading cause of death for Americans overall and the second leading cause of death among adolescents and young adults aged 15-29. More than half of suicides involve firearms.

In 2013, 1,047 Virginians died by suicide, with white males accounting for 716 of those deaths. The Southside region had the highest suicide rate at 19.3 per 100,000 in 2013, while the Northern region had the lowest rate at 10.1 deaths. (By comparison, there were 383 homicides in Virginia in 2013.)

Two groups particularly at risk are youth and the elderly. Data from the Virginia Department of Health indicates that rates of suicide in Virginia were higher for older people than youth

— but suicide is a leading cause of death for young people.

One strategy to prevent suicide is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves, increasing substance use, and having changes in their mood, diet, or sleeping patterns, according to the CDC. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal.

Exhibiting any of the signs listed below is reason for an immediate call to the National Suicide Prevention hotline at 1-800-273-8255 (TALK). If you cannot reach someone on this line, go to an emergency room, make sure you or your loved one is not alone until professional help arrives and remove all firearms, sharp objects, drugs, alcohol and other things that could be used in a suicide attempt.

- ❖ Talking about wanting to die or kill oneself.
- ❖ Talking or writing about suicide or death.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about being a burden to others and how the world would be better off without him/her.
- ❖ Talking about being trapped or in unbearable pain.

EDITORIAL

LETTERS TO THE EDITOR

Safety Is Paramount for the New School Year

A message from the Chief of Police about safety and the start of the new school year:

Dear Community Member,
As each school year comes to an end, the Fairfax County Police Department in partnership with our great community, Fairfax County Public Schools (FCPS), and the Virginia Department of Transportation, begins a process to prepare for the start of school in the fall. Our mutual goal has always been and continues to be the safety of your children, pedestrians, and commuters to and from schools at the beginning and end of each day.

Your Police Department is committed to ensuring all children are safe at all crossings while maintaining efficient vehicle traffic flow. Based on your input, through an audit process, we have retrained crossing guards and upgraded several positions which are

now certified in directing and controlling vehicle traffic outside the scope of the crosswalk to help alleviate traffic congestion. We will continue to audit all locations throughout the school year as mandated by our policy. Should you have any questions or comments, please contact Captain Michael F. Grinnan, Commander of the Traffic Division, at Michael.Grinnan@fairfaxcounty.gov.

The following links are available to learn more about school crossings:

You can visit the Fairfax County Police Department map of all school crossing sites at <http://fairfaxcountygis.maps.arcgis.com/apps/Viewer/index.html?appid=708ad1ef5c924029a9d12125d4c17ee8%20>

To view the Police Department's policy on school crossing guards, please visit: FCPD General Order 530.3.

For more information regarding your school start time, please visit: FCPS 2015-2016 Bell Schedule.

As a reminder, the beginning of each school year requires all of us to take extra caution in traveling our roadways and to be patient as others adjust to new routines in

our day to logistically get our children to and from school. As your Chief of Police, we welcome your input to improve the safety of our children.

Sincerely,
Edwin C. Roessler Jr, Col
Chief of Police

Giving Diplomacy a Chance

To the Editor:

I thank Senator Mark Warner for his September 3 statement supporting the deal our government has jointly negotiated with other world powers to curb Iran's nuclear ambitions.

Nothing will be easy going forward with Iran. However, Senator Warner, like nearly 10,000 Virginians whose petitions we presented to him on Aug. 26, has rightly recognized that we must give diplomacy a chance well before force can be considered as a last, necessary choice.

Northern Virginia can be thank-

- ❖ Complete withdrawal.
 - ❖ Showing rage or talking about seeking revenge.
 - ❖ Displaying extreme mood swings and acting recklessly.
 - ❖ Looking for ways to kill oneself, such as searching online or obtaining access to firearms, pills, or other means to kill oneself.
 - ❖ Giving away prized possessions and other personal things; tying up loose ends.
- See <http://www.afsp.org/understanding-suicide/facts-and-figures>

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Correction

In last week's editorial ("How to Vote; It Matters," Sept. 2, 2015), a list of offices up for election in Fairfax County failed to mention school board races. Here is the corrected text:

Each voter in Fairfax County will vote a ballot with choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, District member of the School Board, School Board At-large (vote for three), Soil and Water Conservation Board (vote for Three), School Bond for \$310 million, Public Safety Bond for \$151 million. See <http://www.fairfaxcounty.gov/elections/upcoming.htm>

ful that both our U.S. Senators plus Congressmen like Gerry Connolly and Don Beyer favor pursuing our best available option, which is the negotiated deal on the table, rather than precipitously risk putting our country again down the pathway to unnecessary war. We can only hope many more of their colleagues in Congress will see the logic and morality of this choice.

Govind Nair
Fairfax

Write

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

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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
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OPINION

Lovaas

FROM PAGE 2

ditor to review police investigations of police shootings; and, would create a Civilian Review Panel to receive complaints of police abuse and misconduct. Issues have been studied, discussed and argued at length within the Commission. With few exceptions, the commissioners have recognized that change in, and oversight of, FCPD are essential. The final reports of three of the Commission's five subcommittees are complete. The last two are in draft. By the way, all reports are available at www.fairfaxcounty.gov/policecommission

But, let's not count the chicks before they are hatched. There are crucial steps remaining to make some or, dare I hope for, all recommendations a reality. They must be adopted by the Commission, then approved and then implemented through the Board of Supervisors where too often good plans go to die. Community participation in these sessions is welcome, indeed vital, if all the good work is to yield results and not just be relegated to a shelf.

The key meetings are:

SEE LOVAAS, PAGE 11

2015 Herndon

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GMU Nursing Scholarships and
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SEPTEMBER 26 | RESTON TOWN CENTER | 9:30 AM

alz.org/walk | 800.272.3900

PUBLIC HEARING NOTICE

Proposed Amendments to Reston Association Design Guidelines

Thursday, Sept. 24, starts at 6:30 p.m.
Reston Association
12001 Sunrise Valley Drive, Reston, VA 20191

The Reston Association Board of Directors will hold a public hearing on proposed amendments to the RA Design Guidelines. All members of the association are invited to attend.

For more information, go to <http://bit.ly/1Nqn2dH>

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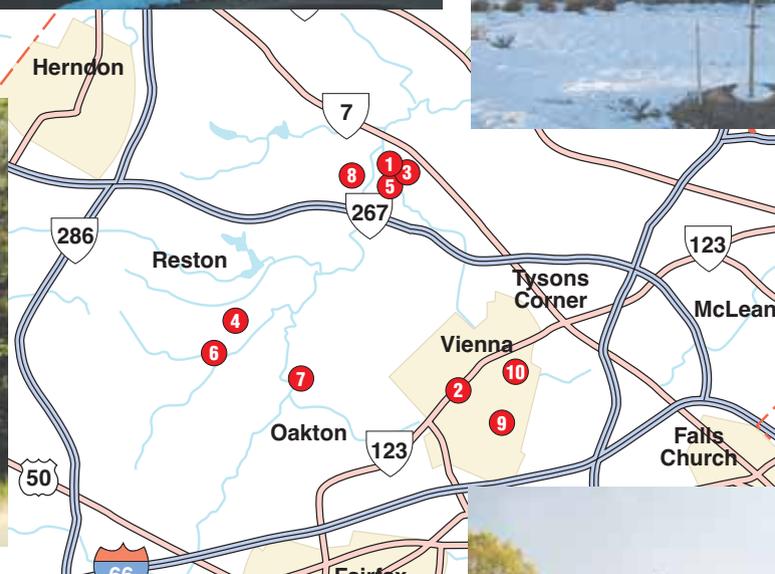
1 1351 Blairstone Drive, Vienna — \$2,391,677



5 1350 Blairstone Drive, Vienna — \$2,288,836



4 11308 Stoneledge Court, Reston — \$2,300,000



6 2740 Stream Vista Court, Oakton — \$2,234,220



7 10605 Vale Road, Oakton — \$2,150,349



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 1351 BLAIRSTONE DR	5	6	1	VIENNA	\$2,391,677	Detached	0.57	22182	MAYMONT	01/29/15	
2 9852 LIEUVIN CT	6	6	1	VIENNA	\$2,368,591	Detached	0.37	22182	MAYMONT ESTATES	06/19/15	
3 1380 BLAIRSTONE DR	6	6	1	VIENNA	\$2,336,524	Detached	0.37	22182	MAYMONT ESTATES	06/22/15	
4 11308 STONELEDGE CT	8	11	2	RESTON	\$2,300,000	Detached	1.87	20191	STONELEDGE	03/23/15	
5 1350 BLAIRSTONE DR	5	6	2	VIENNA	\$2,288,836	Detached	0.86	22182	MAYMONT	01/02/15	
6 2740 STREAM VISTA CT	1	1	0	OAKTON	\$2,234,220	Other	0.00	22124	LITTLE DIFFICULT FARMS	02/27/15	
7 10605 VALE ROAD	5	5	1	OAKTON	\$2,150,349	Detached	2.90	22124	YOUNG ASSOC	03/05/15	
8 10201 BROWNS MILL RD	6	6	1	VIENNA	\$1,888,000	Detached	2.15	22182	WINDSTONE	04/10/15	
9 900 PARK ST SE	5	5	1	VIENNA	\$1,869,500	Detached	0.48	22180	ONONDIO	02/27/15	
10 405 MASHIE DR SE	5	4	1	VIENNA	\$1,820,210	Detached	0.57	22180	WESTBRIAR CC.MANOR	06/26/15	



9 900 Park Street SE, Vienna — \$1,869,500

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Representatives from the real estate, moving and home design industries will show homeowners planning to downsize how to do so in style.

Thinking of downsizing?

Free seminar will focus on moving to a smaller place without sacrificing style.

BY MARILYN CAMPBELL
THE CONNECTION

Homeowners considering a move from a large home to a smaller dwelling will have an opportunity to receive expert advice on their transition later this month. Representatives from the real estate, moving and home design industries will host a lifestyle seminar to discuss downsizing issues like interior design, organizing and packing.

"The lifestyle seminar will address all aspects of moving and condo living, including what to keep, what to donate and how to decide," said Christine Basso of TTR Sotheby's International Realty. "The experts at Town & Country Movers will discuss ways to make the entire moving process

run smoothly from starting early to the most effective ways to pack to determining what goes where."

According to Basso, seminar attendees will also hear from design experts who will offer guidance on personalizing one's living space. They will also give advice on topics such as measuring existing and new furniture for space placement and incorporating an art collection into a home's design.

The seminar will be held Sunday, Sept. 20 from 11 a.m. to 1 p.m. at Quarry Springs estate condominiums, located at 8101 River Road in Bethesda, Maryland. The Quarry Springs complex will open later this year.

To RSVP to the free event, contact Christine Basso at 202-302-2508. Visit <http://www.quarrysprings.com> for more information.



PHOTO COURTESY OF TTR SOTHEBY'S INTERNATIONAL REALTY

Homeowners attending a seminar on downsizing will get expert advice on issues like furniture placement, organization and interior design.

HOME SALES

In July 2015, 136 Reston homes sold between \$1,650,000-\$85,000. This week's list represents those homes sold in the \$1,650,000-\$700,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision
11990 MARKET ST #1412	3	3	0	RESTON	\$1,650,000	Hi-Rise 9+ Floors	20190	MIDTOWN AT RESTON TOWN		
11990 MARKET ST #712	3	3	0	RESTON	\$1,330,000	Hi-Rise 9+ Floors	20190	MIDTOWN AT RESTON TOWN		
12025 NEW DOMINION PKWY #101	3	2	1	RESTON	\$1,250,000	Mid-Rise 5-8 Floors	20190	MIDTOWN NORTH		
12025 NEW DOMINION PKWY #101	3	2	1	RESTON	\$1,250,000	Mid-Rise 5-8 Floors	20190	MIDTOWN NORTH		
1944 UPPER LAKE DR	4	3	0	RESTON	\$1,200,000	Detached	0.26	20191	RESTON	
10896 HUNTER GATE WAY	5	4	1	RESTON	\$1,110,000	Detached	0.83	20194	CRIPPENS CORNER	
11301 WOODBROOK LN	5	4	1	RESTON	\$920,000	Detached	0.41	20194	RESTON	
11299 SPYGLASS COVE LN	5	3	1	RESTON	\$869,000	Detached	0.33	20191	RESTON	
11819 RIDERS LN	4	4	1	RESTON	\$785,000	Detached	0.41	20191	FOX MILL WOODS	
2076 AMBERJACK CT	3	3	0	RESTON	\$775,000	Detached	0.26	20191	RESTON	
11644 DEER FOREST RD	4	3	1	RESTON	\$742,000	Detached	0.61	20194	SHAKER WOODS	
12007 LAKE NEWPORT RD	5	3	1	RESTON	\$731,000	Detached	0.28	20194	RESTON	
11121 LAKE CHAPEL LN	4	3	1	RESTON	\$725,000	Townhouse	0.06	20191	RESTON	
12127 CHANCERY STATION CIR	3	3	0	RESTON	\$715,000	Townhouse	0.03	20190	RESTON	
1752 DRESSAGE DR	4	3	1	RESTON	\$710,000	Detached	1.19	20190	EQUESTRIAN PARK	
1818 CRANBERRY LN	5	3	1	RESTON	\$710,000	Detached	0.37	20191	RESTON	
1866 POST OAK TRL	4	3	1	RESTON	\$709,000	Detached	0.40	20191	RESTON	
12138 CHANCERY STATION CIR	6	6	1	RESTON	\$700,000	Townhouse	0.04	20190	RESTON	
11429 HOOK RD	4	3	0	RESTON	\$700,000	Detached	0.32	20190	RESTON	
2501 FREETOWN DR	5	3	1	RESTON	\$700,000	Detached	0.42	20191	RESTON	

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South Lakes Football Thumps Marshall in Opener

After falling behind early in Friday's season opener against the Marshall Statesmen, the South Lakes football team scored 52 unanswered points and cruised to a 52-8 victory at Marshall High School.

Joshua Hurlburt's 51-yard touchdown run and a two-point conversion gave Marshall an 8-0 lead in the first quarter. A 12-yard touchdown run by South Lakes sophomore quarterback Devin Miles cut the Statesmen lead to 8-6 in the opening quarter, before the Seahawks took control with 26 second-quarter points.

South Lakes led 32-8 at halftime and 39-8 at the end of the third.

"The thing I was probably most pleased with is we were down 8-0 in that game," South Lakes head coach Trey Taylor said. "Last year, we would have hung our heads and things would have started to fall apart, but the kids kept playing."

The Seahawks finished 2-8 in 2014.

On Friday, South Lakes' younger players were primary contributors, with three sophomores combining to score five touchdowns.

Miles scored on a 12-yard run, Albert Mensah returned a fumble 21 yards for a touchdown and scored on a 47-yard run, and Spencer Alston scored on runs of 22 and 3 yards.

Miles completed 8 of 10 passes for 159 yards and two touchdowns. He connected



South Lakes quarterback Devin Miles, seen during practice in August, threw two touchdown passes and ran for one during Friday's win over Marshall.

with Anas Fain for a 75-yard touchdown and Eric Kirlaw for a 53-yard score.

Mensah carried seven times for 116 yards and Alston rushed seven times for 60.

"It's an interesting mix," Taylor said of youth and experience. "... It's nice to have that mix. It's nice to go out there and seniors [aren't] scoring all your points and you're wondering what's down the road."

South Lakes' Marvin Grunshie returned a punt 65 yards for a touchdown.

South Lakes (1-0) will host Briar Woods

(0-2) at 7:30 p.m. on Friday, Sept. 11.

— JON ROETMAN

South Lakes Field Hockey Starts 5-1

The South Lakes field hockey team is off to a 5-1 start following a 2-1 victory over Wakefield on Sept. 4. The Seahawks went 4-0 during the Under the Lights tournament Aug. 24-25 at Lee High School.

South Lakes will travel to face Yorktown at 7:30 p.m. on Wednesday, Sept. 9.

Herndon Field Hockey to Host Invitational

The Herndon field hockey team will host the Herndon Invitational Sept. 11-12.

The Hornets started the season 1-2, including a 3-2 loss to McLean on Sept. 1. Herndon faced Woodson on Tuesday, after The Connection's deadline.

The Hornets won the Conference 5 championship last season.

South Lakes Girls Place 2nd at XC Meet

The South Lakes girls' team placed second at the Chancellor High School Cross Country Invitational on Sept. 5 in Fredericksburg. Monica Lannen placed fourth among individuals with a time of 20:33.1. Katie Bidwell finished 18th with a time of 22:00. The boys' team finished 10th. Owen Walker finished 26th with a time of 17:56. In the JV boys' competition, South Lakes sophomore Alex Loukili, running in his first cross country race, finished first with a time of 19:32.6.

Oakton Football Beats Madison in Season Opener

Leading late in the fourth quarter of Friday's season opener against Madison, the Oakton football team faced fourth-and-three at its own 28-yard line. Head coach Jason Rowley gave his punter, Sal Tutone, a chance to make a play.

"[Madison] actually called timeout [before] that fourth down [play] and as soon as I walked out there [I] told Sal, 'Look, make a good decision. I trust you,'" Rowley said. "He made a good decision."

Oakton's punts are rugby style from an offensive formation. Tutone, who is also the team's quarterback, opted not to punt, instead picking up the first down. The Cougars then ran out the clock and secured a 31-25 victory over Madison on Sept. 4 at Oakton High School.

"We just took advantage," Rowley said, "of something we saw earlier."

Oakton hasn't lost to Vienna rival Madison since 2007.

Jarrett Bacon, Oakton's standout receiver, started the game at quarterback. He had been practicing at the position while Tutone recovered from a knee injury. Tutone took over as the team's signal caller after a few series.

Next up for the Cougars is a home game

against T.C. Williams at 7 p.m. on Friday, Sept. 11. The Titans are coached by Marc Matthie, former defensive coordinator at Centreville, one of Oakton's Conference 5 opponents.

"I've got a tremendous amount of respect for Marc," Rowley said. "He's a friend. ... I know they're going to be well prepared. He focuses on all the right things as a coach. I think it's going to be a tough matchup."

— JON ROETMAN

Madison Volleyball Wins 5 of First 6

The Madison volleyball team won five of its first six matches, including a 4-1 performance at a showcase tournament in Richmond.

After opening the season with a 3-1 win over Potomac Falls on Sept. 1, the Warhawks defeated Atlee, Nansemond-Suffolk Academy, Langley and First Colonial before losing to Princess Anne during the tournament Sept. 4-5.

Madison, the defending 6A North region champion, faced Westfield on Tuesday, after The Connection's deadline. The



Jarrett Bacon, seen during practice in August, and the Oakton football team defeated Madison on Sept. 4.

Warhawks will host Oakton at 7:15 p.m. on Tuesday, Sept. 15.

Oakton Volleyball Beats Tuscarora

The Oakton volleyball team improved to 6-0 on Sept. 3, beating Tuscarora 3-0 in its

first best-of-five match of the season.

The win came five days after the Cougars won the NVVA Invitational. Oakton had yet to lose a set in its first six matches.

The Cougars faced Woodson on Tuesday, after The Connection's deadline. Oakton will host South County at 7:15 p.m. on Thursday, Sept. 10.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

JamBrew. Every Friday in September, beginning Sept. 4. 6-10 p.m. Town Green, 777 Lynn St. Herndon. Outdoor music festival. <http://jambrew.com/>.

THURSDAY-SUNDAY/SEPT.3-13

Kiss Me Kate. A jazzy musical comedy about a divorced couple staging an outlandish musical version of "Taming of the Shrew." For tickets and show timings visit www.nextstopHerndon.com.

THURSDAY/SEPT. 10

Junior Farmer Family Fun. 4 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. This family program goes behind the scenes to help the farmers at Frying Pan Farm Park. Come help with farm chores such as milking the cows, feeding the animals, and shelling corn. Topics and activities vary. Children must be accompanied by a registered adult.

New Belgium Brewing 2015 Clips Beer & Film Tour. 7 p.m. Reston Town Center, 11900 Market St., Reston. An evening of unique brews from New Belgium Brewing Company paired with inspiring short films. Sample New Belgium's Lips of Faith specialty beers along with popular classics.

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

FRIDAY-SATURDAY/SEPT. 11-12

ChalkFest. Friday: 12-11 p.m. Saturday: 8 a.m. - 4:30 p.m. Reston Town Center, 11900 Market St., Reston. Free for spectators, participants register for a fee which includes supplies. Rain or shine. Information: publicartreston.org.

FRIDAY/SEPT. 11

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

SATURDAY/SEPT. 12

Book Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author Michael Delapena discusses his novels The Coyote Wars and The Last Coyote, thrillers about domestic terrorists and the FBI team attempting to stop them. Adults.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

Community Yard Sale. 8:30 a.m. - 12 p.m. Reston Association parking lot, 12001 Sunrise Valley Drive. Families will be selling a variety of items, so this event is a great opportunity to browse for bargains for a new home or a college dorm.

SUNDAY/SEPT. 13

Reston Triathlon. 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit www.restontriathlon.org/tri.

MONDAY/SEPT. 14

Writers Group. 7 p.m. Herndon Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. The group reviews works-in-progress from up to 3 members each month. Adults.

TUESDAY/SEPT. 15

Sally Barris & Rebecca Folsom. 6 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Sally Barris, an A-list Nashville songwriter who has had songs covered by a who's who of top-level artists, will bring her bright spirit and expressive mountain soprano to Herndon for a memorable evening of music. Also performing is Rebecca Folsom, who writes inspiring tales of human heartbreak, redemption and freedom, and sings them with exquisite intimacy and soaring harmonies. \$11-\$12.

WEDNESDAY/SEPT. 16

Putting the Animals to Bed. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

THURSDAY/SEPT. 17

Meditation with Gerry Gorman. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn simple techniques to help you deal with the stresses of everyday life. Adults.

Putting the Animals to Bed. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

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FRIDAY/SEPT. 18

Double Symphonies. 7:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Pro Arte Chamber Orchestra of Greater Washington season opener. Tickets: \$10-\$25. www.PACODc.org.

SATURDAY/SEPT. 19

Susco 8K. 8:30 a.m. South Lakes High School, 11400 South Lakes Drive, Reston. Running for brain aneurysm and organ donation awareness. www.susco8k.com.

Family Fun Day. 11 a.m. - 4 p.m. Woody's Golf Range, 11801 Leesburg Pike, Herndon. A Family Fun Day to help the five teens that were in the tragic accident in Texas, in which three Herndon teens died. A day of healing and remembrance for the friends and families. There will be mini golfing, art, hula hooping and much more fun.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

SUNDAY/SEPT. 20

Family Fun Day. 2-4 p.m. Lake Anne Plaza, Reston. Join the Reston Historic Trust & Museum and Robert E. Simon, Jr. for Family Fun Day and Membership drive on Lake Anne Plaza. There will be live music, children's activities, beer tasting, and fun for the entire family. www.restonmuseum.org

LETTER

A Thank You to Reston and Herndon Communities

To the Editor:

On behalf of the 19 local faith communities represented on the Works Sunday Steering Committee, I write today in to express our heartfelt thanks to the extraordinary people of Reston and Herndon for their 20th consecutive year of whole-hearted support of this unique day of charitable outreach and giving. As in years past, we can only marvel at their overwhelmingly generous response, and assure them of our gratitude, and that of the many people in whose lives they have made a real difference for the good.

Last month, more than 200 Works Sunday volunteers cheerfully stepped up to offer a helping hand, a friendly face, and a ready smile to our neighbors in need. Through their efforts, the hungry, the homeless, the hurting, and people with disabilities among us were touched by one or more of the 21 projects on the Works Sunday 2015 program. And we thank them, and honor them, for their selfless contributions.

However, that's not the whole story...

None of that would have been possible without the astounding largesse of you, the residents of Herndon and Reston, who donated record amounts of ur-

gently-needed food and personal items to our collections for Reston Interfaith and those whom it serves. Yet again, your incredible generosity has helped make Works Sunday a life-affirming celebration of joy, caring and compassion, born of the interplay of the shared values and vibrant diversity that mark our communities. It is truly an honor to work with you all - you who gave so freely of your time, talent and resources to make Works Sunday for 2015 the grand success that it was.

To all these good people - and to the civic-minded local merchants who made it possible for us to approach them via public events at their stores - the 2015 Works Sunday Steering Committee extends its most sincere and heartfelt thanks. During the coming year, we know you will continue to assist those in need by prayer and in deed, and we hope to have the privilege and pleasure of seeing each of you again for Works Sunday 2016.

Wishing God's blessings upon all,

Christopher Wist
St. Thomas à Becket

Catholic Church
Chairperson, Works Sunday
2015 Steering Committee

a.m.-6 p.m. Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free.
Walk to End Alzheimer's. 10 a.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit http://act.alz.org/site/TR?fr_id=7382&pg=entry.

THURSDAY/SEPT. 24

Live More Block Party. 11 a.m. - 2 p.m. Reston Town Center, 11900 Market St., Reston. Learn the benefits of new transportation options, including Silver Line Metro, plus entertainment, face painting, refreshments, giveaways and more.

SATURDAY/SEPT. 26

Reston Multicultural Festival. 11

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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Say What?



By **KENNETH B. LOURIE**

Since I referenced, and initiated last week's column with, one of my favorite cancer stories (the thoracic surgeon quote), I thought it timely to update you with my newest – and most recent (July 31st, in fact) cancer story (yet another doctor's quote, from my oncologist).

Typically, I see my oncologist every three months, a week or so after my every-three-months CT Scan, to discuss the results and to examine me in person. As the years have passed, these post-scan examinations – given that the scan indicates the patient's condition/status, have been less about touching and feeling and more about asking and answering. As my oncologist has explained to me, there's been an evolution of sorts in the medical profession with respect to these post-scan appointments. If the scan shows no/minimal growth and/or movement, the doctor doesn't feel the need to examine me to learn that, since he knows that already from the previous week's scan. Generally speaking, a physical exam will likely not contradict/contraindicate what has already been interpreted by the radiologist. As an example, my oncologist doesn't need to feel if my lymph nodes are swollen if the scan shows they're not.

Up until July 31st, though, I've always had my usual face-to-face appointment/examination. But not this July 31st. That's when I had – after having it suggested by my doctor and his staff – my first phone appointment in lieu of an in-person one. If I had preferred meeting the doctor in his office, it certainly would have been allowed; but presumably, since my scan results were good/not problematic, there was no real need, so I was happy to save myself the 45-minute drive and phone it in.

Sure enough, at 11 A.M., my oncologist called me. I put the phone on speaker so that my wife, Dina, could hear/participate and then we began. It was identical to our usual in-person appointment. He asked me how I was "feeling; any new symptoms, any old symptoms (neuropathy, fatigue, headaches, eating/taste issues) which had gotten worse;" then the usual follow-up question, which led to my new favorite story: "Are you (meaning me) able to do the things in life that you usually do?" "Yes," I responded. Then, out of the blue, he asks: "Can you use chopsticks?" (To myself, I repeat: can I use chopsticks!?) Being a wise guy and sort of guessing his intent (wanting to judge my manual dexterity), I answered honestly and succinctly: "No," I said, and stayed silent, waiting, baiting him almost. There seemed to be some hesitation on his end as if he was processing new information from me – or so I thought, so I felt compelled a few seconds later to add: "But I've never been able to use chopsticks" and laughed out loud.

Now if truth be told, my doctor is Chinese, but we have never, ever had any kind of conversation about Chinese food or anything remotely Chinese, yet he felt it appropriate somehow to throw out this chopsticks reference. I've been laughing about it for weeks. I'm already looking forward to our next phone appointment. Although, given the fact that the next appointment – given any foreseen/unforeseen circumstances – will be scheduled the week after the first PET Scan I will have had in six and a half years (typically when we discuss the results of the previous week's scan), I imagine we'll meet in person. Still, if the PET indicates no change to my current condition, perhaps I won't be examined in person after all, or even phone it in again. Maybe we'll compromise and meet for lunch – at a Chinese restaurant?

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

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Bicyclist Fatality in Herndon

Bicycle Master Plan adopted in 2014 attempts to continue to increase safety of bicyclists on roadways.

BY KEN MOORE
THE CONNECTION NEWSPAPERS

A 38-year-old bicyclist died after being hit by a vehicle on Sunrise Valley Drive in Herndon on Monday, Aug. 31 just after 8 p.m.

The bicyclist has been identified as Andrew Greff Gooden, 38, of St. James, Jamaica.

"The investigation is still ongoing," said Officer Shelley Broderick, of the Fairfax County Public Information Office. She said "all information is available in the release," when asked questions such as whether lack of reflective gear may have put the bicyclist in greater danger.

According to the police department's news release:

"Detectives from the Crash Reconstruction Unit are investigating a crash involving a bicycle and an SUV that occurred on Sunrise Valley Drive near Coppermine Road, on Monday, August 31, shortly after 8 p.m.

"The preliminary investigation suggests that two bicycles were traveling north on Sunrise Valley Drive in the right lane. Neither rider was wearing reflective clothing, nor did they have any lights on their bicycles.

"A 2014 Chevrolet Suburban (SUV), driven by a 29-year-old Fairfax man, also traveling north on Sunrise Valley Drive, approached the bicycles from behind and struck one of the riders; a 38-year-old ...

"The driver of the SUV remained on the scene.

The bicyclist who was struck was transported to Reston Hospital Center and was pronounced dead later that evening. Speed and alcohol do not appear to be factors in this crash. It is still under investigation."

THOUSANDS OF BICYCLISTS are injured on roadways in the Commonwealth of Virginia each year, according to Herndon Town Council documents.

Herndon Mayor Lisa Merkel and the Town Council will issued a proclamation at this week's Town Council hearing declaring September as Virginia Bicyclist and Pedestrian Awareness Month in the Town of Herndon, "to recognize the importance of safety for all individuals traveling on the roadways; and promote bicycling and walking as healthy, efficient and sustainable forms of transportation."

A goal is to raise awareness about the importance of sharing the road, in order to reduce the number of crashes and injuries.

"Hundreds of partners, including towns, cities, counties, businesses, local organizations, schools and sporting groups from across the state, are teaming up with DRIVE SMART Virginia, Bike Virginia, the Virginia Highway Safety Office at the Division of Motor Vehicles and other like-minded organizations," according to Merkel.

ABOUT 106 CRASHES involving a bicycle were recorded in 2012 in Fairfax County, according to the Fairfax County Bicycle Master Plan. In 2011, there were 85 reported crashes and 86 in 2010.

There were four fatalities involving bicyclists in 2010 and one in 2012.

"Failing to yield the right-of-way is cited most often as the leading cause of most crashes, whether fault is attributed to the cyclist or motorist," according to the Bicycle Master Plan.

Among police officers, cyclists, and motorists: levels of understanding vary widely, according to the Fairfax County Bicycle Master Plan, adopted in the fall of 2014. "Law enforcement is a cornerstone of an effective local bicycle program," according to the Fairfax County Bicycle Master Plan.

"All parties agree that more clarity is needed about some laws, especially related to right-of-way at trail crossings and sharing the road," according to the Master Plan.

In 2010, there were five hit and run crashes where a motorist fled after an accident involving a bicyclist; there were six hit-and-run incidents in 2011 and two in 2012.

"Improving the safety of current and future bicyclists in Fairfax County is a fundamental and core element of the Fairfax County Bicycle Master Plan. Safe, clear and consistent accommodations for cyclists enhance safety for all road users, for example, by reducing speeding, delineating roadway space, and encouraging safe interactions between all modes."

❖Oct. 27 at 3 p.m.: Board of Supervisors Public Safety Committee considers approval, actions to implement Commission Report. (Gov't Center)

One other opportunity for the public to weigh in on the Commission's deliberations is the second of two public input hearings, to be held Monday, Sept. 14 at Walt Whitman Middle School, 2500 Parkers Lane in Alexandria. The meeting starts at 7:30 p.m., to be done by 9:30. Call me if you need a ride!

Lovaas

FROM PAGE 5

❖Oct. 8: The Ad Hoc Commission discusses and votes on adoption of recommendations. Meeting 7:30-9:30 p.m. in rooms 9/10 at the FC Government Center, 12000 Government Center Parkway, Fairfax

❖Oct. 20 at 11 a.m.: Commission Chair Hershman presents Report of the Commission to the FC Board of Supervisors, Gov't Center Main Boardroom.

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28 Yard Sales

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