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August 16-22, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Education Learning Fun

Solar Eclipse 2017 Local experts offer instruction in safe viewing.

By Marilyn Campbell

ome local science teachers went back to school recently for a lesson on the upcoming solar eclipse on Aug. 21 when a total solar eclipse cuts a path across the U.S. Instructors from Fairfax, Arlington, and other Northern Virginia counties attended a halfday workshop led by professor Harold Geller, Ph.D., of the Department of Physics and Astronomy at George Mason University.

During the event, which was sponsored by the Virginia Space Grant Consortium, teachers received ideas on teaching their students about the eclipse. "We tested the teachers' knowledge," said Geller. "They also worked in small groups to develop a lesson plan on the eclipse."

Teachers also got a hands-on outdoor session on safe viewing of the sun and solar eclipse as well as a hands-on lesson on the moon's phases. Geller said the lesson and safety precautions can be applicable to anyone with an interest in the event. "Everyone seems to know the date ... but many are not aware of the times," said Geller. "They vary by location. In Washington, D.C. on 21 August 2017 the partial solar eclipse will begin at 1:18 p.m. The peak or maximum will be at 2:43 p.m. The partial solar eclipse will end here at 4:02 p.m."

Details For more information, see https://

eclipse2017.nasa.gov/.

For those who may be unaware of the specifics, Geller underscored the importance of understanding what a solar eclipse is. "Most simply, it's the phenomena which occur when the moon gets in direct line of sight between the Earth and the sun," he said. "In the D.C. metropolitan area, between 81 and 85-percent of the sun's disk will be blocked by the moon."

For those in the Washington, D.C. region who are wondering what will be visible, Geller said, "At the start of the eclipse, it will appear that a dark disk is blocking out the light from the sun. As we proceed to maximum, more and more of the sun's disk will be blocked by the moon. Then, after the peak, less and less of the sun's disk will be blocked by the moon."

For those wishing to see the eclipse without leaving the Washington, D.C. region, "The best place to view the eclipse is in the path of totality, that is, wherever the shadow of the moon will totally block all the light from the sun," said Geller. "Another very important factor is the weather. You should have a direct line of sight to the sun, no interfering clouds. So an open field, with no interference along the line of sight to the sun between 1 and 4 p.m. in this area, would be best."

Safety is a factor that Eric Bubar, Ph.D., associate professor of biology and physical sciences at Marymount University underscores.

"Never look directly at the sun, unless you can approved solar viewing glasses," he said. "These might be hard to find at the moment. Most online vendors are sold out."

For those considering using their sunglasses instead of eclipse glasses, Bubar offers a warning. "Your sunglasses are not suitable for viewing the sun," he said. "No matter how dark, expensive or polarized they are, don't use them. Polarization and UV blocking are great for decreasing the ambient brightness outside, but direct sunlight light can pierce right through and cause damage to your eyes. The only safe way to see the sun with your own eyes is through eclipse glasses or appropriate solar filters."

"No one should ever look directly at the sun without proper protection," added Geller. "Only special equipment should be used, whether looking directly at the sun or indirectly at the sun. Only a limited number of manufacturers' products have been tested for safety. Make sure you are using one of these or that you use an indirect



PHOTO COURTESY OF HAROLD GELLER George Mason professor Harold Geller led a workshop for science teachers that included an outdoor session on viewing the Sun and the upcoming solar eclipse safety.

method for observing the sun."

Bubar recommends using the list of vendors certified by the American Astronomical Society. "Also, look at the glasses and make sure there are no holes or punctures in the viewing material," he said. "Even a small crease or puncture can make them unsafe."

Eclipse enthusiasts should not be fooled by glasses that appear similar to eclipse glasses that have been certified for safe viewing, says Bubar. "The material in solar filters can look a lot like aluminum foil but is completely different," he said. "If you can't find solar viewing glasses ... you can see it indirectly with a pinhole viewer."

Instructions for using this method can be found by visiting: (https://eclipse.aas.org/ eye- safety/projection) for how to do this.



News



Go, Reston! Reston Association's Larry Butler and Cate Fulkerson were determined, but couldn't quite win the day.



Time to relax and enjoy! Team Kalypso Sports Tavern on Lake Anne proudly display their Merchants Cup and award for the Most Creative Boat Design. From left, owners George and Vicky Hadjikyriakou, with patrons and service crew Alan Hood and Mike Henderson.

Wild and Wet Success Inaugural Cardboard Boat Regatta held at Lake Anne.

By Andrea Worker The Connection

he idea started with Melissa Romano, co-owner of the Lake Anne Brew House. "We're always thinking about ways we can get folks out here and showcase our wonderful community, and this just sounded like it would be a lot of fun."

A bit of talking among the merchants and residents, the Lake Anne Association, and others and "Voila!" – the first annual Lake Anne Cardboard Boat Regatta took to the waters on Saturday, Aug. 12.

"We had a great committee and an army of dedicated volunteers to pull this off in a relatively short time. We only got started in the early Spring," said Elizabeth Didiano, the Executive Director of the Reston Historic Trust & Museum, the non-profit that is the beneficiary of proceeds from the event.

Didiano wasn't heaping false praise on the organizing group. The regatta ran like any professional race, with official timekeepers, judges and marshals.

And, of course, there were rescue personnel – a flotilla of paddle boarding life guards supplied and captained by Steve Gurney of Surf Reston Paddle Boarding at Lake Anne



Close call! A team of young Cardboard Regatta competitors are sinking fast, but still manage to touch the dock and finish, averting a watery disqualification.

on standby, accompanying the boaters all along the course.

TWENTY TEAMS were signed up in three categories: Cadet Class for student rowing "sailors," Navigator Class for mixed teams of students and adults, and the all-adult "Skipper Class." (Spoiler Alert, The overall best time was not won by a boat from the

Skipper Class)

There was also a "Titanic Trophy" to be earned by the boat that experienced the most spectacular sinking.

The Lake Anne Brew House went headto-head with the Lake Anne Coffee House and Wine bar in the last heat. There was fierce competition between the two, with staff and patrons of each cheering on their favorites, but neither entrant made it across the finish line. Actually, Romano's Brew House boat didn't really make it much past the starting dock. The Coffee House boat, a semi-sleek design that was wrapped in a mile's-worth of black duct tape, did eventually make it out to the Skipper Class buoy, but after about 20 minutes of bailing and trying to stay afloat, crew Meghan Thompson, the executive chef of the establishment, and mate Casey Brown were finally convinced to throw in the towel and allow themselves and the remains of their boat, to be escorted back to the dock.

The Reston Association itself was wellrepresented, with the RA executive director Cate Fulkerson, and senior director of Recreation Larry Butler giving it their best against a duo from Griffin Owens Insurance. The community's governance group lost out on their heat, but it was a hard-fought battle to the end. After several hours of competition, excitement, fun and wet wipe-outs, the winners were finally declared and went to the podium to accept their cardboard trophies and the congratulations of presenter Kurt Rose of the Trust's Board of Directors and the cheers of the crowd.

WINNERS are:

Cadet Class: The Cereal Killerz Navigator Class: Nova Labs Skipper Class: What the Duct

The winners of the "Titanic Trophy" were the crew of BoatMobile, although it was a tough decision for that one. The Lake Anne Coffee House could have won on the amount of time it took them to let their ship go down, and the Brew House Gang just made sinking look like a lot more fun than all that rowing.

The award for Most Creative Design and the Merchants Cup were both given to the team from Kalypso Sports Tavern on Lake Anne. If the size of the crowd or the volume at which they cheered weren't enough to convince that the inaugural Lake Anne Cardboard Regatta was a resounding success, then the fact that all 30 slots for next year's race were taken by pre-registration during the event. See everyone next year on Aug. 11, 2018.



Melissa Romano and Tracy Converse never really made it much past the dock, but they still enjoyed the brief ride. Romano, co-owner of the Lake Anne Brew House, was the idea-woman behind the event. Converse is a brewmaster at the establishment, and said it was "a really fun thing to do for a good cause."



The sailors from the BoatMobile don't look too distressed at having to be rescued. The Team was proud to accept the "Titanic" Trophy for best sinking.

OPINION On Events in Charlottesville

What some representatives had to say about hate, learning. The work of creating a more just and bigotry and the deaths and damage that resulted.

Gov. Terry McAuliffe:

"I convened an emergency cabinet meeting to discuss the next steps we, as a commonwealth, must take in order to begin the arduous process of healing our community and confronting the racism that stubbornly remains in our nation. The events of this weekend have only strengthened our resolve to combat hatred and bigotry, and I want Virginia to be a leader in the national conversation about how we move forward. I have directed my team to impanel a commission with representatives from community organizations, faith leaders, and law enforcement to make actionable recommendations for executive and legislative solutions to advance our mission of reconciliation, unity, and public safety."

Sharon Bulova, chairman, Fairfax **County Board of Supervisors:**

"The tragedy that took place in Charlottesville does not represent who we are as Virginians. I am incredibly saddened by the hatred and bigotry that was displayed and my heart goes out to the family and friends of the three individuals who tragically lost their lives. We must all do our part to set the tone in our own communities by exemplifying values of acceptance and kindness. As it is often said, 'Be the change you want to see in the world.' That is where we all have incredible power and influence every day in our communities."

U.S. Sen. Mark Warner:

"Virginians mourn the life taken in this morning's events and reject this hateful violence in Charlottesville. We condemn the in-

tolerance behind it and those who would pass it off as a legitimate political movement. Those who traveled to Virginia to incite unrest don't understand the Virginia-born values that make our country great."

U.S. Sen. Tim Kaine

"Virginia has come so far in recent decades to put division behind us. ... It's sickening to see the displays of violence and bigotry that were brought to Charlottesville by white nationalists, which tragically led to injuries and at least one death today. This is not who we are. Charlottesville is a vibrant community that recognizes the deep scars from our past and has rejected hatred in favor of inclusion.

"The fact that people like David Duke cited the President to justify their views is a disturbing reminder that divisive rhetoric has sadly contributed to a climate where individuals who espouse hate feel emboldened. As they seek publicity through their hateful tactics, let's pull together - regardless of party, race or religion - to reject hatred in no uncertain terms and stand together."

U.S. Rep. Gerry Connolly:

"We banished hate a long time ago in Virginia. We must condemn this bigotry and not turn a blind eye to racism."

U.S. Rep. Don Beyer:

the lawn of the Uni-

versity of Virginia with the Ro-

tunda of the University in the

background heightened that con-

trast of the ignorance of those in-

volved in the march of our history

and the rule of law and their

shouts of Heil Trump, white power,

and other racist, anti-immigrant,

anti-Semitic, homophobic and mi-

sogynistic language. They de-

manded their rights to assemble

and speak while waving Nazi flags.

They wanted their rights as white

persons with no recognition of the

rights of anyone who might not

look like them. They wanted to use

"I join the great and passionate majority of Virginians who hold these values dear: abhorrence for racism and hatred, respect for law, and respect for one another. It is especially sad that this ugly incident occurred in the home of one of America's most treasured centers of equal society will never end and we will rededicate ourselves to that in the days and weeks ahead."

U.S. Rep. Barbara Comstock:

"The Attorney General has done the right thing in opening a federal investigation that will have the full support of the Department of Justice. AG Sessions: 'The violence and deaths in Charlottesville strike at the heart of American law and justice. When such actions arise from racial bigotry and hatred, they betray our core values and cannot be tolerated.'

"The neo-Nazi march and the hate and racism on display in Charlottesville are vile, have no place in Virginia, and are denounced by Republicans and Democrats alike in our great Commonwealth."

Del. Marcus Simon:

"The scenes of white supremacist, racist neonazis marching proudly in Charlottesville along with heavily armed self-proclaimed militiamen chanting racist slogans and obscenely taunting counter-demonstrators are beyond disturbing. Virginia is better than this.

"Virginia's political leaders have the power to raise the level of discourse. To educate, inform, and enlighten with thoughtful discussion and debate. What's happened over the last 24 hours in Charlottesville is not happening in a vacuum and it's not an aberration. It's what happens when we demonize the other among us.

"What makes Virginia great is our growing diversity. Our openness to new and better ideas. Our willingness to accept everyone who comes here looking to build a better life, a stronger commonwealth and better world.

"We are better than the image that's being broadcast to the world today."

A Lesson from Charlottesville

By Kenneth R. "Ken" Plum STATE DELEGATE (D-36)

he "Unite the Right" event that happened in Charlottesville this past weekend could have happened in any community in America, but apparently it was the discussion about removing a statue of Robert E. Lee from a city park that led to the white supremacists, Nazi sympathizers, and hate mongers to converge on the city. To bring their message of hate from distant places to Charlottesville, where its university has a world-class law school that teaches the rule of law and where its most famous resident who penned the Declaration of Independence and the Virginia Statute of Religious Freedom lived, created a startling contrast. The photograph widely circu-

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their liberties as Americans to tear at the very fabric of what makes America great.

As the President of the University of Virginia Teresa Sullivan expressed in a letter to alumni, "The University supports the First Amendment rights to free speech and peaceable assembly. Acts of violence, however, are not protected by the First Amendment. Violence and bigotry are not political positions. We strongly condemn intimidating and abhorrent behavior intended to strike fear and sow division in our community." Too bad the President of the United States did not speak so clearly about the event.

One Nazi sympathizer who seemingly could not control his hate for society as he knows it rammed the only weapon he had available, his car, into a crowd of

people killing one and injuring more than a dozen. Fortunately, none of the agitators fired the guns they were carrying for certainly a blood bath would have followed.

Where did these people come from? Apparently from all over the country. It was a rally to unite right wing causes of white supremacists, alt-right and Nazi sympathizers. They apparently felt safe crawling out from the figurative rocks under which they live and parade in public with torches to spread their revolting messages of hatred. They did not just happen. When leadership at all levels of government support openly and forcefully the rule of law under which we live and there is a general understanding of our history these people do not have many public displays of

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Opinion

Fairfax Police Reform — Crucial Areas Off Limits

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www.fairfaxcounty.gov/

policecommission/)

And, I interviewed

Chief Roessler on

community televi-

sion on Aug. 4 about

implementation

progress. Overall, I

progress as we

approach two

much

found

By John Lovaas Reston Impact Producer/Host

olice Chief is a critical job in Fairfax County. Chief Ed Roessler, with a force of 1400 armed officers, is responsible for keeping us safe in a state with lax gun laws and a country with more guns per capita than any advanced country in the world. It can be tough, scary, even deadly out there for police officers. Because their work involves such risks, police share a special bond and protect each other. They expect their superiors to do the same. Chief Roessler is leading an attempt at major reform of this department with a culture in which change is not easy.

The members of the Ad Hoc Commission on Police Practices, created by the Fairfax Board of Supervisors following the shooting death of John Geer and stonewalling of the tragedy by the FCPD and the County, were aware of the culture as we formulated recommendations to restore community confidence in their police by making the force more accountable and transparent.

We were also aware that in the 75 years since FCPD's creation, not one officer had been charged, much less convicted, of any wrongdoing

in line-of-duty killings, all of which were investigated exclu-

sively by fellow officers out of public view. Accordingly, the Commission, on which I served, included among its unanimously agreed 202 recommendations specific measures to address the lack of independent, transparent investigations in a force where only police officers investigate fellow officers.

I recently reviewed the latest publicly available progress report (dated June 7) on implementation of the Commission's recommendations. (To see status of implementation of Commission Oct. 2015 final recommendations, go to



INDEPENDENT PROGRESSIVE

years since the final report. Just 48 of 202 recommendations remain classified as either "under review" (15), meaning not yet approved, or "in progress" (33). Unfortunately, many of those remaining are the reforms most critical to restoring public confidence.

Under the Report's Independent Oversight and Investigations section, none of the recommendations to include independent investigators to supplement the police officers investigating police killings, or other misconduct for that matter, have been approved. Recommendations to fund investigators to work for the Common-

wealth Attorney looking into police killings are technically still "under review" but not likely to see the light of day. Proposals for modest funding of independent investigators available to the new Independent Police Auditor (IPA) and the new Civilian Review Panel, both recommended by the Commission were deleted by the Board of Supervisors. Hiring of an impressive IPA, separate from FCPD, to review police investigators' work adds new oversight. How effective he will be remains to be seen. The steel blue curtain remains closed.

As of June 7, progress in implementing other sections of the Commission's recommended reforms varied, and stalled in crucial dimensions.

For example: Key Communications reforms involving timely public information on police actions remain "under review," with approval doubtful. The Recruitment and Diversity (an obvious FCPD weakness) section of the Report actually offered no gamechanging measures to improve diversity. Under Mental Health, steps to expand and deepen a promising start to diversion first for mentally ill offenders to treatment rather than county jail still lack approval.

In the broad Use of Force section, approval to require recommended drug testing for officers involved in shooting deaths is still under review; as is the adoption of body cameras for all officers and SWAT teams. Body cameras can add great value to transparency and accountability, but raise complex management and possible abuse issues. But, two years after our report, there has been no movement, not even a pilot test.

A new progress report is due in October. We might see movement, but don't bet on it. Four police associations (wannabe unions) active in FCPD remain resistant to key reforms and, given frequent news of suspicious police killings around the U.S. by what I believe is a tiny minority of police officers, may harden their positions as a siege mentality spreads and is encouraged by the White House.



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www.fairfaxcounty.gov/huntermill/ for more.

Submit entertainment announcements at www.connectionnewspapers.com/

Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

at Congregation Beth Emeth, 12523 Congregation Beth Emeth community Shabbat BBQ dinner, stay for family-Prospective members are our guests.

Summer Concerts. 7:30-8:30 p.m. at

Frying Pan Farm Park, 2739 West Ox

Concert. 6:30-10:30 p.m. Herndon Night Live show with food, beer, and wine are available, will be cancelled www.herndonrocks.com/ for more.

parksandrec@herndon-va.gov or call

11940 Market St. Reston Association presents a feature film. Refreshments

Children's Shows. 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. 123 Andres in concert. Visit www.fairfaxcounty.gov/huntermill/

Herndon Dulles Chamber 101. 8-9:30 p.m. at ArtSpace, 750 Center St., Herndon. Speakers include John Boylan, new president and CEO of the chamber and Vice Mayor Jennifer Baker will talk about the state of the town. Fran Rucker, director of business development will speak about involvement with the chamber and company brand. Email Franr@dulleschamber.org or call 571-323-5313 for more.

THURSDAY/AUG. 24

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560 for more.

Summer Concerts. 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. The Difficult Run String Band in concert. Visit www.fairfaxcounty.gov/huntermill/ for more.

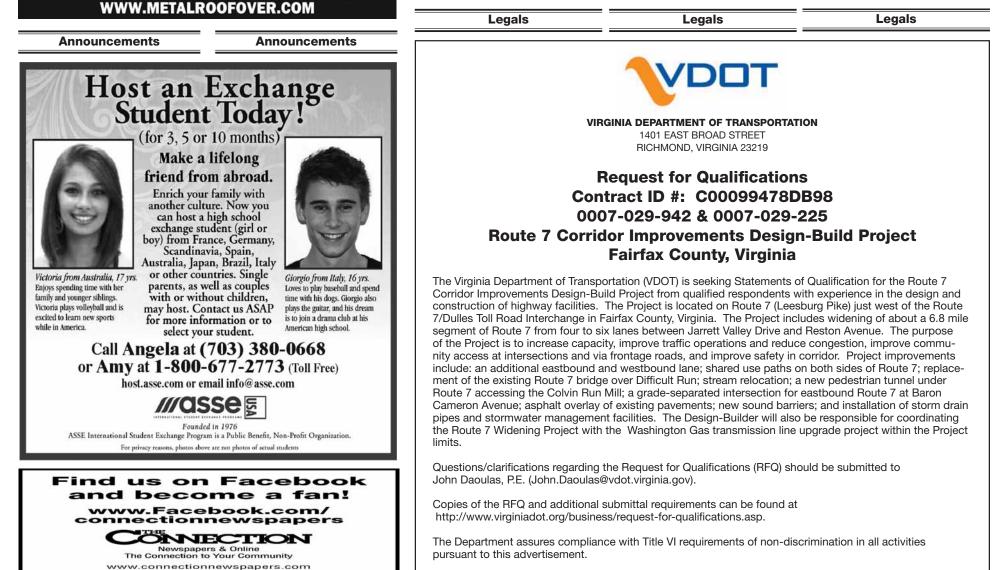
FRIDAY/AUG. 25

Junk Food in Concert. 6:30-10:30 p.m. Herndon Town Green, 777 Lynn St. Food, beer, and wine are available, will be cancelled if it rains. Visit www.herndonrocks.com/ for more

SATURDAY/AUG. 26

Storytime Live. 10 a.m.-noon at Kiddie Academy of Reston, 12320 Pinecrest Road, Reston. Stories and a visit from Curious George. Visit www.kastorytime.com/ for more.

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Calendar

ONGOING

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From Page 6

Reston Concerts on the Town. 7:30-10 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. David Akers and the Soul Shakers. Free. Visit restontowncenter.com

THURSDAY/AUG. 31

Dollars and Sense Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Dollars and Sense Book Club will be discussing "Ponzi's Scheme: The True Story of a Financial Legend" by Mitchell Zuckoff. Free. Call 703-689-2700 for more.

SATURDAY/SEPT. 2

- Lake Anne Jazz & Blues Festival. 1-9 p.m. at Lake Anne Plaza (Waterfront) - 1609 Washington Plaza, Reston. Line up includes:
- Jazz & Blues Festival Line Up: • 1 p.m. Cheick Hamala Dibate
- I p.m. Cheick Hamala I
 2 p.m. Sam Gunderson
- 3 p.m. John Lee & Michael Pavone
- 4 p.m. Integriti Reeves
 5 p.m. Mykle Lyons Sextet
- 5 p.m. Mykle Lyons Sext
 6 p.m. Gigi MacClaughlin
- 6 p.m. Gigi Macciaugi
 7 p.m. Kriss Funn
- 8 p.m. Crush Funk Brass
- Free. Visit www.lakeanneplaza.com for more.

MONDAY/SEPT. 4

Herndon Labor Day Festival. 11 a.m.-5 p.m. Outdoor festival on Lynn St. Virginia wine tastings, craft beers, music, craft show, and food vendors. \$20 wine and craft brew tastings, \$2 additional beer tastings or \$5 general admission. Email parksandrec@herndon-va.gov or call 703-787-7300 for more.

SUNDAY/SEPT. 10

DogFest. noon-3 p.m. at Reston Town Center, 11900 Market St., Reston. 4th annual Washington DC DogFest Walk 'n Roll with festivities, graduate speakers, dog demonstrations, music, food, and more. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities. Free. Proceeds benefit Canine Companions for Independence – Capital Chapter. Visit cci.org

WEDNESDAY/SEPT. 13

Contact Center Nation. 9:30 a.m.-3 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Networking and call-center professionals meeting. Visit www.contactcenternation.com for more.

SATURDAY/SEPT. 16

- 8K Race and 2K Walk/Fun Run. 8:30 a.m. at South Lakes High School, 11400 South Lakes Drive, Reston. In memory of Timothy P. Susco. This race is hosted each year by Tim's family to honor and remember his life, as well as to promote brain aneurysm and organ donation awareness. Visit www2.fcps.edu/SouthLakesHS/
 ChalkFest. 11 a.m.-5 p.m. at Reston Town Center,
- 11900 Market St. Rain or shine. Registration fee for participation
- includes supplies. Call 703-467-9797 or email info@publicartreston.org for more.

SUNDAY/OCT. 1

Quetzel in Concert. 3 p.m. at CenterStage. Hunters Woods Village Center, 2310 Colts Neck Rd, Reston. East Side musicians committed to continuing the legacy of 70-plus years of Chicano Rock. \$20 Reston/\$30 Non-Reston. Call 877-775-3462 for more.

Plum

From Page 4

their beliefs. But when leaders from the highest levels of government give them a wink and a nod they move out into the sun light. They do not represent any of what makes America great. In contrast, their disgusting and vile behavior makes us appreciate the real meaning of freedom for all and should motivate us to fight against those who would seek to take our country down a road of bigotry and exclusion.



l Had a Dream



By KENNETH B. LOURIE

Which apparently, according to my oncologist, is not unusual. In fact, he's had them, too. What I am referring to, in a general sense, are cancer dreams. The 'cancer dream' I had was my first. Actually, it was not so much a dream, with a beginning, middle and an end, as it was a fragment; a moment in subconscious time that provided (illuminated would be too strong a characterization) an opportunity to possibly see my future and prepare accordingly.

Before I share my dream, let me give you a bit of context relating to my cancer condition. I am nearly five months into my ninth year post diagnosis. I have stage IV non-small cell lung cancer, the terminal kind. Stage IV, if you don't know (and I certainly didn't know stage IV from stage left until my oncologist told me in late February 2009) means the tumors have metastasized (moved from its original location, which is rarely good) and are inoperable (which means surgery is not an

option/recommended/reasonable). Ergo, the "13 month to two year" prognosis I was given and the associated 2 percent chance of survival beyond five years. To say then that cancer/my mortality is constantly on my mind is an understatement of epic proportions.

Given the unlikely still-living situation in which amazingly I find myself, I am regularly waiting for disappointing/discouraging health-related symptoms/news. With every five-week cycle of pre-chemotherapy lab work/24-hour urine collection and chemotherapy infusion, followed by quarterly CT Scans and semi annual brain and/or lower abdomen MRIs, I am at the mercy of results which at this juncture rarely manifest themselves in any symptomatic/life-changing way. In short, I rarely know what the cancer is doing until my oncologist tells me. So far, mostly so good. As a result of this general lack of symptoms, I am always anticipating the day when I am not so lucky and wondering how it will happen/how I'll react when "the cancer," as "Forrest, Forrest Gump" said it, asserts its insidious hold. This was the dream fragment I had.

The only real symptom of my lung cancer/treatment shows up in my lab work: specifically my creatinine level, which measures kidney function. And kidney function, per conversations with my oncologist, is a major concern. The damage I've incurred already is irreparable and likely to get worse and a constant worry (I've recently had a "liquid biopsy" in an attempt to determine non-surgically the genetic mutation of my tumors which could possibly enable me to switch my chemotherapy to one which is not filtered through the kidneys). In the interim however, or until there is an "actionable" match, I am still preoccupied with this risk. The fear of dialys is/a kidney replacement weighs heavily on my mind.

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

News

Reston Celebrates National Farmers Market Week

The SNAP at Market program receives recognition.

By Mercia Hobson The Connection

lthough there are 8,600 farmers markets across the country, the Reston Farmers Market located at Lake Anne Plaza is drawing statewide attention. On Saturday, Aug. 12, the Fairfax County Park Authority helped Reston Farmers Market celebrate the 18th Annual National Farmers Market Week and the success of farmers markets across Fairfax County. While market-goers enjoyed the many special activities for the event - cooking demos, gift basket raffles, and educational information distribution — it was the words of kevnote speakers highlighting the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps) at Market, which drew attention.

IN OPENING REMARKS, Chelsea Roseberry, the Farmers Market coordinator for the Fairfax County Park Authority, drew attention to Reston Farmers Market's 20th season and acknowledged, "the extraordinary efforts of Market Managers Fran and John Lovaas for their tireless advocacy for the Reston Farmers Market."

Roseberry praised the market's "SNAP at Market program," an initiative that ensures the community's most vulnerable have protection against hunger and food insecurity. "Making fresh fruits and vegetables affordable is the mission of our program, and we do this by doubling the value of SNAP benefits each family has to spend at a farm market," she said.

Roseberry said the Reston Farmers Market boasts a record breaking SNAP at Market program, as



From left: Terri Siggins, Fairfax Food Council and Minnie Orozco, Cornerstones, with Chelsea Roseberry, Fairfax County Farmers Market Coordinator; John and Fran Lovaas, **Reston Farmers Market Managers;** and Bill Threlkeld, of Cornerstones, before the National Farmers Market Week Celebration held at the Reston Farmers Market, Saturday, Aug. 12.

it brings the opportunity for its low-income beneficiaries to access local, fresh, and nutritious fruits and vegetables at \$1 to \$1 match, doubling their buying power up to \$20. Roseberry cited that as of July, Reston Farmers Market's SNAP at Market program had served nearly 500 customers and distributed more than \$30,000 in SNAP benefits.

Sara Leonard, board chair of Cornerstones, provided additional credence to the reported statistics. "This is nearly one-half of the total amount of SNAP benefits redeemed in all Virginia markets to date," Leonard said.

Rodney Taylor is the director of Food and Nutrition Services for



Isaiah Fetty, Spring Valley Farm, accepts the "SNAP at Market 2017 Vendor of the Year" award presented by Chelsea Roseberry at the 18th **Annual National Farmers Market** Week celebration in Reston.

come to the market and get people

Bill Threlkeld cited additional

reasons. "The Reston Farmers Mar-

ket has some great success because

it is a Saturday morning market,

surrounded by communities with

both low and high income, and has

access to public transportation.

These elements, together with

signed up for benefits."

Fairfax County Schools and a Herndon, county and school partmember of the Fairfax Food Counners, faith communities, local noncil that works to promote healthy profits including Herndon-Reston FISH and Cornerstones. food access. He described the impact of healthy food access on stu-Speaking after the event, dents' academic performance. Roseberry acknowledged one of "This improves student eating habthe reasons the Reston Farmers its and health, which maximizes Market SNAP at Market program the opportunities for student acais so successful is because of Cordemic and extracurricular sucnerstones. "They get people to

cess," he said. Vice Mayor of Herndon Jennifer Baker said the Herndon Farmers Market (open Thursdays, April -Nov. 9, 8 a.m.- 12:30 p.m.) also offers the SNAP at Market program. Baker praised public-private organizations for forming partnerships to help end childhood hunger, mentioning the Town of



RM AT SUNNYSIDE

and vegetables, free of toxic chemical residues and sell them at the Reston **Farmers Market held Saturdays 8** a.m.- noon, through December.

> some marketing and word-ofmouth, have energized the Reston Farmers Market with SNAP participation."

> FOR MORE INFORMATION about the SNAP at Market program at the four Fairfax County Park run markets - Reston, Herndon, Lorton and McCutcheon/MV visit fairfaxcounty.gov/mountvernon/ documents/2016_town_meeting/ 2016 market.pdf and for the six Community Foodworks farmers markets in Reston, Chantilly, Huntington, Oakton, Springfield, and Tysons, as well those in D.C. and Arlington, contact csinger@cfwdc.org





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