



Reston CONNECTION

CONNECTION
FAMILIES

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Peter Stevenson of Reston with son Matt at the Day 2 rest stop of the Pan-Mass Challenge. More than 6,200 riders from all over the world — including a few from Reston — journeyed to the Boston area for the Pan-Mass Challenge (PMC), an annual cancer fundraiser in the form of a weekend-long bike-a-thon.

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Cycling to Raise Funds for Cancer Research

Participants in Pan-Mass Challenge keep involved.

BY ASHLEY CLAIRE SIMPSON
THE CONNECTION

More than 6,200 riders from all over the world — including a few from Reston — journeyed to the Boston area for the Pan-Mass Challenge (PMC), an annual cancer fundraiser in the form of a weekend-long bike-a-thon.

PMC started small in 1980, when Billy Starr of Boston launched a modest cycling event to raise money for the Dana-Farber Cancer Institute. Today, it is an annual, weekend-long fundraiser of epic proportions. To date, the Pan-Mass Challenge has raised almost \$600 million for Dana-Farber.

2017's Pan-Mass Challenge weekend began on Aug. 4 with riders embarking upon one of 13 designated routes. All official PMC routes remain within Massachusetts, and range in length from 27 to 192 miles. The longer ones take riders two days to complete. Collectively, all of the millions of miles pedaled are to help cure cancer.

"We announced a \$48 million goal in January, and we believe we will meet or exceed it," Starr said. "We're sitting at \$41 million and still counting. Some of the biggest months of fundraising are August and September — it's that final push before the fundraising period ends on Oct. 1."

EVERY RIDER-EARNED DOLLAR goes directly to Dana-Farber, he added, which makes it easy to garner both community and corporate support.

Starr's personal vendetta against cancer drove him to organize the Pan-Mass Challenge 38 years ago. When he was in his early 20s, he lost his mother, uncle and cousin to different forms of cancer in three successive years. He pursued a number of physical challenges as a way to cope with such loss, and it was the cycling that stuck.

"My mother died of melanoma," Starr said. "Being from Boston, I grew up hearing all about the Jimmy Fund. Since the 1950s, that fund has raised much money for Dana-Farber. So, as for who and what cause I wanted to benefit, it was an obvious choice. Dana-Farber is a world-class institute. It was then, and it is now."

Part of the Pan-Mass Challenge success formula is to hold every single rider personally responsible for raising a decent sum of money. Upon registration, participants must enter their credit card information as collateral against sizable fundraising minimums. While intimidating for some, Starr insisted that the financial commitment that comes with the PMC is like paying upfront to reserve your dream vacation.

"The money that we raise is at the center of this whole thing that we call the PMC," Starr said. "We were the first people in the country to say to registrants, 'Put your credit



Peter Stevenson of Reston with son Matt at the Day 2 rest stop of the Pan-Mass Challenge.

card up,' and it changed the paradigm of the PMC to one that required commitment and not just good intentions. PMCers realize that they're doing quite a lot for people. You're signing up for a vacation with a higher spiritual cause."

Reston resident Peter Stevenson took his fourth consecutive vacation to Massachusetts with his bike. This year, he rode one of the two-day routes, amounting to a total 162 miles, alongside his teammates of the PMC team, "Conquering the Great Hill."

"We're comprised of about 10 people, and we even had our own jerseys for Day Two of the ride," Stevenson said. "Team members included my son and one of his friends, along with a few people from Great Hill Partners, who are investors that I have been working with for the past decade. One of our riders is a cancer survivor who is remarkable to talk to. All of us had been touched by cancer in our families."

Their route, which started in Babson and ended in Provincetown, amounted to 162 miles. Some of those miles were painful, and most brought intangible rewards.

"This year went great," Stevenson said. "There was good weather on Day One, and great weather on Day Two — with some challenging winds within the last 20 miles to the finish. There was lots of camaraderie, good vibes, and excellent ride support with thankful citizens cheering for us all along the way. It felt like a real mission that we accomplished as a team. While it's a ride, not a race, our team did get after it which

"We averaged over 16.5 miles per hour, even with all the hills on Day Two, and felt great after crossing the finish line in Provincetown."

— Reston resident Peter Stevenson



John Deputy, the head photographer covering the Pan-Mass Challenge, along with Ed Shanahan (right) of Reston. The men drove the entire 192 miles length, photographing riders and spectators, then leapfrogging ahead to new locations.

made the ride all that more exhilarating. We averaged over 16.5 miles per hour, even with all the hills on Day Two, and felt great after crossing the finish line in Provincetown."

THIS TEAM has been conquering the Pan-Mass Challenge together for three years and will likely begin planning for next year's PMC before they know it. According to Stevenson, it's quite easy to find yourself addicted to the PMC experience.

"It was just outstanding," Stevenson said. "The event is unbelievable each year and this year was no different. The whole experience leaves a lasting impression on all that participate. You're greatly humbled, and sad, and happy, and excited, and motivated all throughout the weekend — from check in on Friday to the ferry ride back on Sunday afternoon. The mission is even more important. The event is one of the best organized events I have ever experienced and it's even more incredible that the whole thing is comprised of volunteers."

Ed Shanahan, another Reston resident, was one of those volunteers at the 38th Annual PMC. He has the unique perspective of the event as both a volunteer and a cyclist. After the 2017 PMC, Shanahan's first as a volunteer, his conclusion of absolutely everyone who plays any kind of role in the PMC is: "the level of dedication of absolutely everyone involved is mind-boggling."

Through his first five PMCs as a cyclist, riding 192 miles each time in the classic

Sturbridge-to-Provincetown route, Shanahan became hooked to the experience. When he was injured midway through the training cycle this year, he knew without question that he had to remain involved.

Shanahan donated his time and talents to the 38th Annual Pan-Mass Challenge as an event photographer. Needless to say, Shanahan's PMC experience was a little different this year.

"Instead of having a joyous and fun celebration on the bike, you're working," he said. "It was a fun job. Although I would prefer to go back as a cyclist next year, I understand firsthand now how important it is that so many people contribute to the PMC in such a meaningful way."

Shanahan first signed up for the Pan-Mass Challenge when cancer had finally struck too many blows against his loved ones for him to take sitting down.

"When I first looked up the PMC, everything from the fundraising to the mileage requirements just seemed so daunting," Shanahan said. "I thought, 'maybe someday down the road.' In 2011, a friend of mine was given a fatal diagnosis. I decided I wanted to do something to honor him, so I decided to do the ride. I booked the closest hotel to Sturbridge and when I was able to sign up in January 2012, I did."

Whether he traverses the Pan-Mass Challenge paths next year by bike or in a car, chasing cyclists down to capture their images, Shanahan does not yet know. He will definitely be there, though.

"Doing six PMCs is nothing when you take a look at all the riders every year," he said. "Something like 80 percent of participants are returnees. A lot of people you talk to up there — including some of the teammates I usually ride with — have completed more than 25 PMCs. I know I'll be involved somehow. We'll see how I feel. It will be an honor to contribute in any way."

PHOTOS CONTRIBUTED

CONNECTION FAMILIES

Time for School Making the transition from summer to the classroom.

BY MARILYN CAMPBELL

As children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is



The ritual of back-to-school shopping offers an opportunity to think about school anew.

an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put

things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school

year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

For younger students, separation anxiety may become an issue as they move into a parent-free environment each day, says Aiken. "In these cases, contact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their new classroom will look like," said Thomas.

"Older students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extra-curricular activities can be seen by everyone in the family."

"Parents, remember to take some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that your children are off and running in their new learning adventures."

Another Community Meeting Scheduled To Discuss Density Increase

BY FALLON FORBUSH
THE CONNECTION

Fairfax County scheduled a fourth meeting to discuss a contentious zoning amendment with the public on Monday, Sept. 25, at 7 p.m. at Lake Anne Elementary School.

The proposed amendment would alter the zoning regulations by changing the density cap in Reston for areas that are zoned Planned Residential Community (PRC) District. The current cap for these areas, which the majority of Reston is zoned, is set to an average of 13 people per acre. The Fairfax County Department of Planning and Zoning is recommending raising the cap to an average of 16 people per acre.

The amendment would also increase the maximum number of dwelling units per acre for PRC zoned land. The maximum number is currently 50 dwelling units per acre.

Government officials were met with significant pushback from Restonians during the original three community meetings about the amendment earlier this summer on May 3 and May 15 at the North County Governmental Center and May 24 at Lake Anne Elementary School.

"Public feedback is critical to

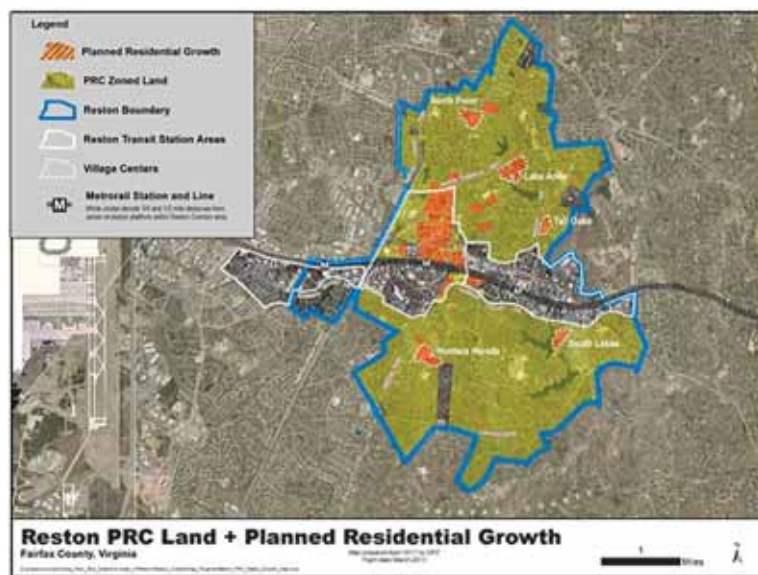


PHOTO COURTESY OF THE FAIRFAX COUNTY DEPARTMENT OF PLANNING AND ZONING

After much concern from the community, the Fairfax County Department of Planning and Zoning updated the map to show where the planned high-density areas of the PRC District areas are, shown in red within the yellow-green on this map.

the land use process, and this is why we held three public meetings in May to hear from residents on the proposed zoning ordinance amendment," Cathy Belgin, deputy zoning administrator of the county's Department of Planning and Zoning, wrote in an email. "The proposed amendment is intended to align the ordinance with the adopted Reston master plan. We have listened closely to what residents have said at these meetings and by email, and we are

working to answer the questions that have been raised."

MANY INDIVIDUALS stood up to voice concern for congestion, claiming Reston would not be able to accommodate the increased density the new zoning amendment would allow.

But Belgin and her colleagues at the planning and zoning department are pushing for the amendment, saying it is required to implement Reston's comprehensive

sive plan.

The Reston Master Plan Special Study began in 2009 and concluded when the Fairfax County Board of Supervisors adopted it on June 2, 2015. The document updated Fairfax County's Comprehensive Plan to integrate changes to Reston, including residential neighborhoods, Village Centers, commercial areas and the Reston Transit Station Areas (TSAs).

"The Fairfax County Comprehensive Plan includes transportation improvements to support the additional density," Belgin said. "In April 2017, the board adopted a plan to pay for road improvements to support future development around the metro stations in Reston."

The \$2.2 billion Reston Transportation Funding Plan will construct roadway improvements, intersection improvements and new roadways to add to the Reston TSA's road network to improve connectivity to, from and around the transit stations.

"County staff is now working on implementation of the initial projects and the timelines for the rest of the projects," Belgin said.

The funding plan will use \$1.2 billion in public funding over 40 years. The county expects in-kind contributions from developers to pay for \$716 million, but private funding will make up the \$350 million balance.

The Board of Supervisors ap-

proved a new road fund for commercial developers and a service district tax for residential and commercial property owners within the TSAs. These property owners will begin paying the fees in 2018.

THE PROPOSED CHANGE to the zoning ordinance is simply to align the regulations with the Reston master plan, according to Belgin.

"I appreciate hearing from the community and acknowledge the time and effort of the Reston 20/20 Committee and Rescue Reston in providing their view of the proposed amendment," Hunter Mill District Supervisor Catherine Hudgins wrote in an email. "As the process moves forward, consideration will be given to all requests, opinions and comments related to the proposed zoning ordinance amendment that staff will be bringing forward for consideration by the Board of Supervisors."

Despite an overwhelming pushback against the amendment from Restonians who attended the meetings in May, the amendment is scheduled to be presented to the Board of Supervisors for authorization in November; Planning Commission public hearing in December; and Board hearing in January 2018.

CONNECTION FAMILIES

Back to Hunters Woods

For Olivia Seaton, 9, and her five-year old twin brothers, Will (left) and Sam (right) getting to their school on the first day of classes and the rest of the year is a two-step commute. First, Mom and Dad drive them to Hutchison Elementary School in the Town of Herndon. Then the children take a bus to Hunters Woods Elementary School for the Arts and Sciences in nearby Reston. The children are enrolled in the FCPS magnet school. "I love acting," Olivia said about her school.



PHOTO BY MERCIA HOBSON/THE CONNECTION



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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

Announcements

ENTERTAINMENT

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

ONGOING

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be

eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market St., Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

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.

SATURDAY/SEPT. 2

Lake Anne Jazz & Blues Festival.

1-9 p.m. at Lake Anne Plaza (Waterfront) - 1609 Washington Plaza, Reston. Jazz & Blues Festival Line Up: 1 p.m. - Cheick Hamala Dibate; 2 p.m. - Sam Gunderson; 3 p.m. - John Lee & Michael Pavone; 4 p.m. - Integrity Reeves; 5 p.m. - Mykle Lyons - Sextet; 6 p.m. - Gigi

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- Administrative support for practice outreach functions such as Coffees for Parents, Workshops for Teachers, etc.

Requirements: We are seeking a person with proven organizational skills who is comfortable working with numbers. Experience working at a medical office and especially invoicing is highly desirable. Strong interpersonal skills are also essential as this position requires frequent interaction with parents and clinicians. To apply, please send a CV with a letter of interest with the subject line "Office Administrator" to mshtuhl@gmail.com

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Food for Neighbors

At the sorting location, volunteers prepare food for delivery to participating schools. On a weekly basis, the schools then distribute the food, so on Saturday, Sept. 9 at 9:30 a.m. the upcoming drive is at the Collection Spot, 11710 Plaza America Drive, Reston. Visit www.FoodForNeighbors.org.

MacLaughlin; 7 p.m. - 8 p.m. - Crush Funk Brass. Free. Visit www.lakeanneplaza.com.

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. Call 703-787-7300 or visit herndon-va.gov/recreation.

Muscle Up Mondays. 6:30 p.m. at the pavilion, 11900 Market St., Reston. Muscle up your Mondays with free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Free. Go to www.crunchreston.com or call 571-267-5000.

SATURDAY/SEPT. 9

Food For Neighbors. 9:30 a.m. at the Collection Spot, 11710 Plaza America Drive, Reston. Collecting food to provide nutritional support to students at multiple area schools, including Herndon High School and Herndon Middle School. Visit www.FoodForNeighbors.org.

ChalkFest Workshop. 11 a.m.-1 p.m. at the fountain square, 11900 Market St., Reston. Take part in a free Chalk Workshop with artist Penny Hauffe. Free. Go to publicartreston.org or call 703-467-9797.

SEPT. 9-20

Northern Virginia Senior Olympics. Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us.

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.

Dog Daze and Wagfest. 10 a.m.-1 p.m. The Water Mine Family Swimmin' Hole at Lake Fairfax Park will open for dogs-only swimming. Dogs can swim in Rattlesnake River for a suggested donation of \$10 per dog. The day will also include a canine resource fair. Learn about the county's nine dog parks, find out how to volunteer as a dog park monitor and learn about dog park etiquette. Visit www.fairfaxcounty.gov/parks/rec/watermine/ or call 703-324-8662.

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Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published "And So It Begins," a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today's task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, "Speedy Gonzales, the fastest mouse in all of Mexico," I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for - so far as I could understand, what needed to be waterproofed (I'll spare you any details about the process since I'm unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what's been done after they've left. I am not in anybody's way and I don't serve as any kind of resource other than answering the most basic questions: "Is that the basement door?" "Do you mind if we shut off the water?" "Is there a hardware store nearby?" As such, I am the least-bit helpful.

The man working today is new to me/the project. He's not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn't even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

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

Helping After Harvey

Give locally in Texas;
give money not stuff.

The scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

Houston Food Bank

Donate online www.houstonfoodbank.org
Displaced families and individuals will need to be fed for a long time.
535 Portwall St.
Houston, TX 77029
713-223-3700

Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online ghcf.org
5120 Woodway Dr.
Suite 6000
Houston, TX 77056
713-333-2200

The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online www.homelesshouston.org
2000 Crawford Street, Suite 700
Houston, TX 77002
713-739-7514
www.homelesshouston.org/take-action/donate/

Houston Humane Society

Donate online at www.houstonhumane.org
[www.houstonhumane.org/\(Give\)/giving/](http://www.houstonhumane.org/(Give)/giving/)

general-donation

14700 Almeda Road
Houston, TX 77053
713-433-6421

San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.

Donate online at sahumane.org
4804 Fredericksburg Road
San Antonio, TX 78229
210-226-7461 or 210-518-9742.

Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.

www.austinpetsalive.org/hurricane-harvey-evacuations/

Donate online at www.austinpetsalive.org/donate/donate-now/

A Monumental Problem

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



Virginia has more Confederate monuments than any other state in the country, according to the Southern Poverty Law Center (SPLC). With 223 by SPLC count, Virginia tops other states like Texas with 178, Georgia with 174 and South Carolina with 112. Drive through most any small town in the Commonwealth and the statue of an unnamed Confederate soldier can be found on a pedestal near the center of town, near the courthouse, or sometimes by the cemetery. Messages of valor and honor are often chiseled into the pedestal. A notable exception is Richmond, once capital of the Confed-

eracy, that has a whole street, Monument Avenue, with five different Confederate leaders—Robert E. Lee, J.E.B. Stuart, Jefferson Davis, Stonewall Jackson, Matthew Fontaine Maury, sculpted at a super-human scale on an extra-high pedestal to ensure that everyone must look up at them.

More and more individuals and communities are raising questions about the appropriateness of the statues. After all, they attempt to put in a place of honor individuals who led armies against the United States of America. They were in armies that fought for the right of Southerners to own slaves. Contrary to the argument that the Civil War was about states' rights, the right that was being claimed by the Southern states including Virginia was a right to own another human being to be used as

slave labor. Why should anyone leading such an effort be glorified?

The role the men depicted in the statues played in defending slavery is repulsive enough, but the events leading up to erecting the statues make them even more problematic.

The statues were not erected near the end of the Civil War but were put in place between 1896 and 1915 during the "Lost Cause" effort to rewrite history and portray the Confederacy's cause as noble. In 1896 the Supreme Court upheld that "separate but equal" was constitutional.

Following that ruling, Virginia and the other southern states started passing Jim Crow laws that almost eliminated African Americans from voting and separated the races in schools, buses, social events and most of life. Southerners started spinning their tales of how wonderful the South had been before "the War of Northern

Aggression" and how honorable were the men who served in the Confederacy leading to the monuments.

That history is important for all to learn. It should be taught and explored in our schools. Likewise, the artifacts of the period should be preserved in our museums along with the statues of individuals who played a role in the history.

Public spaces should be reserved for the comfort and enjoyment of all our citizens. They need not be part of sending an underlying message that it was acceptable to take part in an insurrection for the purpose of being able to enslave others. The monuments need to be shipped off to museums where they can be viewed in their historic context. Otherwise, we face a monumental problem of demonstrations like the one that took place in Charlottesville happening again.

COMMENTARY

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SENIOR VOLUNTEERS

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and

meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

FRIDAY/SEPT. 1

Public Comment Deadline. The Fairfax County Department of Transportation (FCDOT) is seeking public input on the location of 10 new bikeshare stations in Reston. Follow this link to submit

comments: www.fairfaxcounty.gov/fcdot/bike/restontysonsbikeshare.htm. Call 703-817-1307 or visit www.datatrans.org or www.livemore.us for more.

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about

resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. Visit parkinsonsfoundation.org or call 703-904-7600 for more.

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