



Oak Hill Herndon CONNECTION

Perfect Weather Draws Perfect Size Crowd

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WELLBEING

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William Haglan, 7, and his sister Virginia, 5, play Corn Hole Toss, one of the yard games set out by Herndon Parks and Recreation at Herndon's Labor Day Festival.

Democratic-Endorsed Candidate Wins School Board Election

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Explore Private and Public Herndon Garden Gems

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Making Wishes Come True

Kari Hartbauer of Make-A-Wish Foundation visits The Goddard School in Herndon acknowledging the children's effort of raising \$500 for this cause.

NEWS

Robin Cohen Appointed Director Of Childhood Center

The Beth Emeth Early Childhood Center (BEECC) in Herndon promoted Robin Cohen to center director for the 2017-2018 school year, beginning Tuesday, Sept. 5.

Cohen worked as curriculum developer for the center prior to her promotion and brings 25 years of experience to the position.

"Robin Cohen was a natural selection as our BEECC director," Linda Eisinger, executive director of Congregation Beth Emeth, said in a press release.

In 2000, Cohen was the founding preschool teacher of the Capital City Public Charter School in



PHOTO COURTESY OF MYERS PUBLIC RELATIONS

Robin Cohen

Washington, D.C. She has a bachelor's degree in psychology from Brandeis University in Massachusetts and a master's degree in education from Harvard University. She also studied the Reggio Emilia educational philosophy in Italy.

BEECC enrolls students aged 2 to 5 years old across Northern

Virginia, including Reston, Herndon, Vienna and Fairfax, and is open to all children regardless of ethnic, cultural or religious background. Jewish customs, traditions and the Hebrew language are taught at BEECC. The curriculum is also influenced by the Reggio Emilia Approach.



PHOTO COURTESY OF THE TOWN OF HERNDON

14 Years On The Job

Robert Boxer, retired director of public works after 14 years in the position, was recognized on Aug. 8 for his work by Town of Herndon Mayor Lisa Merkel and members of the Herndon Town Council. Town staff, past and present, and generations of Boxer's family were present for the occasion. Dana Singer, the department's program and projects coordinator, was promoted and named his replacement on July 31.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Luke Patelunas, of Herndon, earned a Bachelor of Arts in architecture from Miami University (Oxford, Ohio).

Sarah Kurtz, a University of Iowa student from Herndon, was awarded academic honors for the spring 2017 semester.

Kevin Keens, of Herndon, graduated from High Point University (High Point, N.C.).

Desmarais Painter, of

Herndon, graduated from High Point University (High Point, N.C.).

Hayley Tarleton, a resident of Herndon majoring in integrated marketing communications, was named to the dean's list in Ithaca (N.Y.) College's School of Communications for the spring 2017 semester.

Zachary Wallace, of Herndon, graduated from Coastal Carolina University (Conway, S.C.) with a Bachelor of Arts in communication.

Collin Hanley, of Reston, qualified for the summer 2017 dean's list at Belmont University (Nashville, Tenn.).

VDOT Virginia Department of Transportation

Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

Tuesday August 29, 2017 Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	Monday, October 2, 2017 Hilton Garden Inn Richmond South/Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	Tuesday, October 10, 2017 Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Thursday, October 12, 2017 Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).



The Herndon Labor Day Festival necessitated a large support team- 60 volunteers from The Herndon Woman's Club and 30 volunteers and staff members from the Herndon Parks and Recreation Department.



Charles H. Harbaugh, IV, Mayor of Middletown receives his craft beer sample from Gerri Ludwig, Herndon Woman's Club, at the Labor Day Festival.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Perfect Weather Draws Perfect Size Crowd

The Herndon Parks and Recreation Department and The Herndon Woman's Club produce a successful Labor Day Festival.

BY MERCIA HOBSON
THE CONNECTION

It's official. Summer's gone, and fall is here, at least in the Town of Herndon. On Monday, Sept. 4, 11 a.m.- 5 p.m., the Herndon Parks and Recreation Department and the Herndon Woman's Club (HWC) produced one of the town's most popular annual events, the Labor Day Festival, which featured wine and craft beer tastings, live music, and vendors. Proceeds from the event will support various efforts of the town and HWC, including scholarships for students at Herndon High School, sponsorships for campers at Camp Easter Seals, Link Against Hunger Donation, USO gift bags, and more.

WELL BEFORE DAWN, Herndon's Department of Public Works barricaded lower Lynn Street. They created a pedestrian friendly streetscape in the Historic Downtown District, directly in front of and beside the Herndon Municipal Center. Locals and visitors alike safely meandered down the traffic-free "promenade" and enjoyed the day.

Mark Buackington of Ashburn waited under the tent at Two Twisted Posts Winery. He held his souvenir glass. Asked how he heard about the festival, Buackington



Mark Buackington of Ashburn came to the Herndon Labor Day Festival with his wife. "I'd be here rain or shine," he said.

said his wife suggested they come for the day. "I do enjoy it. I'd be here rain or shine. This kind of event brings the community outdoors and brings them together. Herndon, keep on doing this," he said.

In the earlier days of the Herndon Labor Day Festival, jazz music was all the rage but for this festival, classic rock, rhythms, roots, and oldies dominated. The Acoustic Sound Tent offered shade and seating for festival goers. On the Lawn Stage behind the Municipal Center, music from the Woodstock generation pulsed.

Holly Popple is the Performing Arts/Special Events Supervisor for Herndon Parks and Recreation. "We found recent crowds respond well to cover music. The musicians here are fully accomplished. When one [band] is up, the other is down. And we're piping the music all over the festival," she said.

Cynthia Hoftiezer, Deputy Director of



The Janglebachs from Laurel, Md. played the music of the Woodstock generation at the Herndon Labor Day Festival. From left: Tom McDuffee on bass guitar, Steve Rosch on keyboard, and Vicky Blacker, vocals.

Parks and Recreation, Town of Herndon agreed. "The event has evolved. It is a wine and beer tasting," she acknowledged. That being said though, Herndon Parks and Recreation Department was ready for the many young families who came that day. Children played the yard games set out on the Town Green and readily danced to the country rock, pop, and soul music. Stephen Vides-Sanchez commented how nice it was to see small local businesses and bands featured at the festival. With Vides-Sanchez was his friend, Cody Rush. He said, "I work locally. I live locally. It is important to get the word out to support small businesses."

Kat Link was one of the craft vendors. She is the Founder and Product Creator for "Ooh Baby, Baby!" Link said, "I've lived in Herndon my whole life. Graduated from Herndon High School and this is my new business, 'Ooh Baby, Baby!' I came to do this show because I love the Town of Herndon.

I couldn't think of a better place to have my first show."

GIVEN THE FESTIVAL'S EASY ACCESS from the W & OD Trail, many town residents walked or cycled from their homes; people from nearby Reston could be seen coming into town on the W & OD Trail too, many riding bikes from Bikeshare.

Charles H. Harbaugh, IV is the Mayor of Middletown, Va. Harbaugh holds the distinction as the youngest person ever to win a mayoral election in Virginia. Asked why he came to the festival, Harbaugh replied, "I love going to events in other towns." He added it's good to see how they do things. "It's also a good opportunity for me to promote our events," he said mentioning Middletown's Farm-to-Table Dinner on Sept. 10 to benefit adults with disabilities in the NW Works Program.

Pat Stark is a member of HWC. Asked how many volunteers were needed for the day's event, Stark began adding them up. "Thirty, plus twenty, plus ten more. That's 60 volunteers," she replied. Hoftiezer from Parks and Recreation estimated another 30 people from the town worked or volunteered on the day of the event. Hoftiezer added the festival could not be produced without the support of the Herndon Department of Public Works who secured the area with barricades and fencing and brought in the picnic tables, as well as the Herndon Police Department "The Herndon Police Department has always done great, making sure we have safe events. That's their number one priority." Carolyn Berrigan sat on a landscape wall near The Acoustic Tent eating BBQ with her new husband, Cory. She did a little people watching. "You know, sometimes there are not enough people at events like this, and it feels awkward. Sometimes there's too many, and you have to fight the crowds. But here? In Herndon? It's the perfect size crowd."

OPINION

Disparity, Poverty Hidden by Communities' Wealth

“How hard would it be for someone to invite me in for a bowl of soup?”

COMMENTARY

BY STEPHANIE BERKOWITZ
NORTHERN VIRGINIA FAMILY SERVICE

The U.S. Census Bureau confirmed in July what we already know: many Northern Virginia residents are doing well financially. In fact, Loudoun County, the City of Falls Church and Fairfax County are the three wealthiest jurisdictions in the U.S. while Arlington and Prince William counties and the City of Fairfax also rank in the top 20.

The new Census Bureau numbers mask the fact that there are pockets of poverty throughout our region, and many of our neighbors are struggling.

Having worked at Northern Virginia Family Service (NVFS) for 18 years, I have met countless residents who come to us for help finding affordable housing, food, healthcare, medications and job training. Without support, these issues continue to negatively impact the families around us, creating larger barriers to self-sufficiency and the opportunity to thrive in our booming region.

I'm thinking of Zaheer Iqbal, who emigrated to the U.S. from Pakistan with a master's degree in English literature, a Fulbright scholar-



ship and having worked with the U.S. military in Pakistan fighting the Taliban. In spite of his experience and education, the best job he could find was cleaning toilets and working as a cashier at an Annandale gas station. (Did I mention he also speaks seven languages?) Zaheer “graduated” to a job as a hotel night clerk in Fairfax, leaving that job every morning to go to our six-month Training Futures job program. Training Futures saw his potential and helped him make valuable connections within the business community.

He recently landed a job with a government contractor. But it took Zaheer four years of sleepless nights and uncertainty about how he would support himself and his twin boys to get to that point.

When I think about the disparity in our region, I think of the 77-year old woman who has been coming to our Hunger Resource Center in Manassas on and off for 20 years as her situation changes. (She asked that I not use her name because she doesn't want her family to know she continues to rely on the food bank.) When she was raising her son as a single mother and working as a waitress, there were times when she had to choose between paying the mortgage and feeding her family. At one point, her house was in foreclosure. Today, she is living off her monthly social security check, which doesn't cover her basic expenses. She is drawn

to the fruits and vegetables at the Hunger Resource Center and, on the days they have eggs, she “celebrates” by making an omelet. As a senior living alone, she says she feels invisible to her neighbors. “How hard would it be for someone to check up on me or invite me in for a bowl of soup?” she asks through tears.

And when I think of the challenges facing so many of our neighbors I am thinking of Carla Rocha, who grew up in Reston and graduated from high school in Sterling. All she wanted was a safe, affordable place to live with her son. Instead, she lived in her car, slept on friends' floors and stayed in transitional housing provided by Second Story – one of many outstanding nonprofits in Northern Virginia that provide a safety net for vulnerable children and youth.

Carla moved five times in six years. “I could adapt easily,” she told me. “It was harder on my son. That is a lot of change for a kid.”

With support from nonprofits like NVFS and Second Story, Carla has a great job and has been able to buy her own place. But for many other residents, living wage jobs and affordable housing remain elusive.

For nearly 100 years, NVFS has been committed to helping vulnerable residents become self-sufficient. If you are proud to call Northern Virginia home, help us in creating a stronger community where all families and individuals can thrive. Maybe you can start by inviting someone in for a bowl of soup.

The writer is president and CEO of Northern Virginia Family Service.

LETTERS TO THE EDITOR

Fomenting Disunity and Hate

To the Editor:

I was appalled to read the letter (“American Values,” Aug. 30) by a group of Democrat politicians, libeling Donald Trump. No fair-minded person could honestly construe anything Mr. Trump said as a “defense of Nazism.”

Mr. Trump's initial response was: “We condemn in the strongest possible terms this egregious display of hatred, bigotry, and violence on many sides.” Who but an actual fascist could disagree?

Trump then re-stated: “Racism is evil — and those who cause violence in its name are criminals and thugs, including KKK, neo-Nazis, white supremacists, and other hate groups are repugnant to everything we hold dear as Americans.” No honest person — politician or not — could interpret this as support of Nazism.

As to the facts in Charlottesville, many of the original protestors were not neo-Nazis or Klansmen, but simply there to protest the re-

moval of Robert E. Lee's statue from the park named after him. Similarly, not all the counter-protestors were club-wielding, rock-throwing antifa — some just believed the statue should be removed. So again, Mr. Trump was undeniably correct that some [not all] on both sides were fine people.

It's hard to avoid the conclusion that the Democrat politicians who signed the defamatory letter to the Connection are primarily interested in fomenting disunity and hate by hyping fears of neo-Nazis among the voters.

Michael Crawford
Great Falls

For Tax Reform Benefiting All

To the Editor:

Trump wants to cut taxes for the rich who already have too much — who already translate their wealth into power to pervert our political and economic systems.

If Republicans are serious about tax reform, then why not go back to their favorite period in history — when Ike was president?

Under Ike's 90 percent top income tax, we had world-class living standards, science and research, public schools, road and media — we had Fairness Doctrine reporting with real investigative journalism.

Why? Because, instead of stealing from innocent hardworking Americans like my dad, the rich paid their fair share for membership in the society that benefits them most.

Go ahead and reform taxes, but do it to benefit all Americans, not just the top 1 percent.

A.J. O'Brien
Herndon

Deer Hunting Effects Misrepresented

To the Editor:

Did you receive a disturbing flyer in the mail about archery hunting in Fairfax County? The flyer displays a graphic depiction of a deer with an arrow through its face (from N.J.) and claims that

bowhunting is responsible for deer vehicle collisions (DVCs). This flyer from an anonymous source has raised many questions, as it was designed to do. However, the question you should be asking is: Are these claims true?

To not bury the lead, the answer is no. This flyer goes beyond a simple misunderstanding of ecological systems or DVCs. It falsely represents an analysis of VDOT data and takes a single sentence from the scientific literature out of context with the dubious intent of convincing you that the science supports their position when it does not.

The VDOT data used in the flyer were acquired through a Freedom of Information Act request. The DVCs in the data were mapped against the Fairfax County Deer Management Program in order to investigate the flyer's claim that 92 percent (287 of 310) of the DVCs occur within 1 mile of a park undergoing deer management. We found that claim was false. In order to include 287 DVCs, we had to count DVCs within one and a half miles from parks, not one mile.

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LETTERS

FROM PAGE 4

Why does that matter? First, it is a lie in the flyer and shows the author's willingness to reject reality and replace it with their own fantasy. Second, 92 percent of Fairfax County is within one and half miles of a property in the Deer Management Program. Therefore, 92 percent of the DVCs happen on 92 percent of the area of Fairfax County. The VDOT data do not support the claim that DVCs increase because of deer management activities.

There is a research project in the City of Fairfax investigating an experimental deer sterilization method. The flyer claims that only three DVCs occurred in the city during the time of the study. However, the VDOT data shows seven. The flyer goes on to attempt to claim that the sterilization study has decreased DVCs. To investigate this claim, I used VDOT data from 2005 to 2016 for the City of Fairfax. Prior to the study being implemented in 2014, the City of Fairfax averaged 1.3 DVCs per year (12 DVCs in 9 years). During the study, the City of Fairfax averaged 2.3 DVCs per year (7 in 3 years). The number of DVCs has actually increased during the time of the deer sterilization study. However, as an honest man, I cannot suggest that this slight increase is a result of the sterilization project. The increase, while real, could be caused by any number of factors.

The flyer goes on to claim that an article published in the Journal of Wildlife Man-

agement in 1985 supports the long-held belief by those that oppose hunting that bowhunting actually increases deer populations. The article in question is "Reproductive Dynamics and Disjunct White-tailed Deer Herds in Florida" by Richter and Labisky. This study did find that female deer in hunted populations had an insignificant increase in fawns versus deer in non-hunted populations. Why? Here is where we lose the authors of the flyer because we have to apply a little ecological knowledge, or maybe read the entire article they misrepresent. This article goes on to explain that hunted deer populations are more healthy deer because they are in better balance with their environment and are better capable of reproducing than non-hunted deer because non-hunted deer are less healthy. That does not mean that hunting will increase the deer population.

In fact, hunting reduces the deer population because it overcomes the slight increase in reproduction associated with healthy deer. Hunting is how deer populations are managed in Virginia and the declining deer herd in the state is testament to the efficacy of the method.

There are other false claims in the anti-hunting flyer, but I hope that I have made my point. Perhaps there is a reason the author of the flyer did not sign their work. I will sign mine.

Kevin R Rose
Certified Wildlife Biologist

Registration is OPEN NOW

Registration ends on October 13, 2017

Winter 2017-2018 Season

This material is neither sponsored or endorsed by Fairfax County School Board or the Superintendent.

Great Falls Basketball is a non-profit educational organization

Explore Private and Public Herndon Garden Gems

The upcoming Herndon Garden Tour features pesticide-free, wildlife, shade, xeriscaping, bog, and butterfly gardens.

BY MERCIA HOBSON
THE CONNECTION

The Annual Herndon Garden Tour is Sunday, Sept. 10, noon until 4 p.m. Although the garden tour has been a June tradition since 2005, this year the tour is scheduled not in the heat of summer but on a fall afternoon. Plants thrive even after summer's heat and will continue to bloom through autumn.

Visitors will be delighted by the five private gardens on this year's self-guided tour, along with a bonus sixth garden, the Butterfly WayStation at Runnymede Park. Local plein air painters will have their easels up, and painting live in the gardens. Music by local performers will add a special touch. A professional photographer will



The stunning gardens of Craig Villalobos and Steven Humes at 101 Pearl Street await tour goers on this year's Herndon Garden Tour.



A water garden and freely roaming established beds cover what once was all grass at the home of Maury Cagle and Alieda Van Doren-Cagle. Their garden sanctuary at 900 McDaniels Court is featured on this year's Herndon Garden Tour.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The garden of Maury Cagle and Alieda Van Doren-Cagle is an oasis of serenity. The garden highlights natural plantings and is on the Herndon Garden Tour scheduled for Sunday, Sept. 10, noon-4p.m. Gardeners will be on hand to answer questions.

be on site to give hints on how to photograph close ups of florals and landscapes. Bring the whole family for a welcome break and take a step into the garden gems of Herndon.

Gardeners will be on site to answer questions. They have been working long and hard getting ready for the tour, and are thrilled to share some of their winning gardening secrets (and failures) with tour goers. Visitors will ex-

perience a broad range of garden types as they visit the six sites: pesticide-free, wildlife, shade, xeriscaping, bog, and butterfly.

The featured gardens include those of Steven Humes and Craig Villalobos at 101 Pearl St.; Vicky Robertson at 809 Monroe St.; Maury Cagle and Alieda Van Doren-Cagle at 900 McDaniels Court; Paul and Signe Friedrichs at 958 Tympani Court; Rob and Julie Nirschl at 654 Old Hunt Way;

and the Butterfly WayStation at Runnymede Park, 195 Herndon Parkway.

Tickets are \$15 through Sept. 10 with children 12 and under free. Tickets may be purchased using a credit card by calling the Herndon Community Center, 814 Ferndale Ave. at 703-787-7300 (cash and checks accepted on site). Tickets may also be purchased using cash and check at the Herndon Florist, 716 Lynn St. up

until Saturday, Sept. 9, 3 p.m., the day before the tour. The florist is closed on tour day.

Cultivating Community Initiative, a group of volunteers and town staff dedicated to neighborhood beautification and community spirit, produces the Herndon Garden Tour. For more information, contact the Communications Office at 703-435-6800 Ext. 2084 or visit information@herndonva.gov

Car, Truck, and Bike Show Returns to Historic Downtown District

See restored, customized, and retro-mod vehicles; talk to the owners.

BY MERCIA HOBSON
THE CONNECTION

While white walls will be all the rage and bike chrome will shine at the 16th Annual Herndon Car, Truck & Bike Show, expect to see some vehicles that far exceed the delivery condition of any Sunday cruising classic, muscle machine, or hard-working vehicle that rolled off the assembly line.

On Sunday, Sept. 10 from 10 a.m.-3 p.m. in Herndon's Historic Downtown District, 777 Lynn St., the Herndon Rotary Club is producing the daylong show for the fourth year originally founded by the Herndon Police Benevolent As-



Last year's 15th Annual Herndon Classic Car Show brought hundreds of car and bike buffs out to see the classics.

sociation and hosted by AARP Dulles.

There is no charge to spectators. Rain or shine.

This year, registration is open to all models of cars, trucks, and motorcycles. Day

of registration for participants begins at 7 a.m. and is \$15. Pre-registration by Wednesday, Sept. 6 is available online for \$10.

The first 75 entries receive Dash Plaques.

Participants compete for 20 Top Awards, Owner and People's Choice Awards, and Sponsor Trophies. When the barricades open to the public at 10 a. m., expect to hear DJ music by Retro Sounds Fred Cheshire.

Proceeds from the show benefit scholarships for George Mason University School of Nursing students and projects of the Herndon Rotary Club. Griffin-Owens Insurance Group in Herndon is the Title Sponsor. Rotary is seeking additional sponsors for both the car and motorcycle divisions.

There is so much to see. Plan to make a day of it and visit any one or more of Herndon's 14 dining establishments located in the Historic Downtown District, steps or within easy walking distance from the show. The vast majority are locally owned and operated, and offer a variety of dining options.

For more information about the show including advance registration, visit www.herndonclassiccarshow.com or contact Hayward Hull a thullh@aol.com or 571-259-4087.

PHOTO COURTESY OF JESSICA HULL

Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

With her one-year old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinary Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high"

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella

term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "The also have a lot of potassium and fiber, which can make you feel full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendy cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said.

Cabbage and other greens are low and calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."

Most commonly seen in dark red, beets come a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them whole, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve

quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.



**Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 24 | 2:00 pm**

Roasted Beet Salad

2 each, red and golden beets, wash but not peeled.
2 TBSP, olive oil
3 oranges, peeled and segmented
1/4 cup, fresh mint, chiffonade
4 oz., feta cheese, sliced into 1/2" cubes or crumbled
1 mango, sliced in 1/2" cubes
micro greens or pea shoots (optional)

Vinaigrette
1/2 cup, olive oil
2 TBSP., balsamic vinegar
1 TBSP., orange juice
salt and pepper to taste

1. Preheat the oven to 400° F.
2. Coat the beets with the olive oil and season with salt and pepper. Place the beets in a roasting dish and cover. Place in the oven and roast for about 1 to 1 and a half hours or until tender. Remove from the beets from the oven and let cool. Peel when cooled. Cut into 1/2" pieces
3. While the beets are roasting, prepare the vinaigrette. Place the ingredients in a bowl and whisk to combine.
4. Place the beets, mango, orange, and pea shoots in separate bowls. Drizzle each with a tablespoon of vinaigrette and toss to coat.
5. Arrange the salad attractively on the plate. Top with pea shoots and drizzle with the vinaigrette and top with the mint.



The Fairfax County Board of Supervisors presented a proclamation to declare September as Suicide Awareness and Prevention Month.



Doing the walk in 2016 to raise awareness and funds and prevent suicide.

September Is Suicide Prevention Month

Area agencies, organizations and citizens engage to raise awareness and prevent deaths.

BY ANDREA WORKER
THE CONNECTION

At its meeting on July 11, the Fairfax County Board of Supervisors presented a proclamation, designating September 2017 as Suicide Awareness and Prevention Month.

Suicide is the 11th leading cause of death in Virginia. On average, one person dies by suicide every eight hours in the state. According to the statistics published for 2017 by the National Capital Area branch of the American Foundation for Suicide Prevention (AFSP), suicide is the second leading cause of death for ages 15-34 in Virginia, third for ages 10-14, and fourth among people 35-54.

"So many of these tragedies are preventable," said Ellen Shannon, area director for the region's AFSP chapter, "if only we can end the stigma and get people talking. It's not a conversation that we're comfortable having, but if we listen, and talk, we might just save a life."

Studies show that more than 50 percent of all people who attempt suicide tell someone about their intentions, but too often people considering suicide are afraid to ask for help, and those who think they see the signs of trouble are reluctant to be wrong and then offend, or cause embarrassment.

Wendy Gradison, CEO of Psychiatric Rehabilitation Services, Inc. (PRS) that runs Northern Virginia's crisis hotline and textline, agrees. In a statement, Gradison said that by "turning up the volume, we can make it OK to have a conversation, make a call or send a text. Making a call or sending a text [to our CrisisLink] saves lives."

PRS reports that for every death, 278 people are able to move past that crisis moment, and the numbers could increase to the positive if more people can be reached. The nonprofit has contributed to those survival statistics, handling nearly

34,000 crisis calls and exchanging more than 33,000 crisis text messages from the Northern Virginia region in 2016 alone through its CrisisLink program.

All of the area organizations that support mental health and fight against suicide are actively engaged in that battle all year long, 24/7, but during Suicide Awareness and Prevention Month, those efforts get magnified to engage as many citizens as possible in the conversation.

Who's doing what to promote suicide awareness and prevention during September, and how can to get involved? Here are just a few of the events and activities taking place in the area:

Out of the Darkness Walk

The 10th annual Fairfax/NoVA Out of the Darkness Community Walk to benefit the American Foundation for Suicide Prevention, National Capital Area Chapter, (AFSP) takes place on Saturday, Sept. 16, starting at 11 a.m. Check-in begins at 9 a.m. The walk begins and ends at the Fairfax County Government Center in Fairfax.

Online registration for the event at www.afsp.donordrive.com is open until noon on the Friday before the walk, but individuals and teams can still register in person at the walk from check-in until the start of the walk.

The event is family and pet friendly. Walkers and spectators are encouraged to come early in order to explore the resources area. Representatives from local agencies and non-profits will be on hand to offer information and news about upcoming events.



From left: Capt. II Dennis Kotecki, Wellness and Fitness Program Manager, Fairfax County; Karrie Leigh Boswell, retired Fairfax County firefighter and chair of the Out of the Dark Community Walk; and Ellen Shannon, area director, National Capital Area, American Foundation for Suicide Prevention.

The organizers say it's also a good time to simply "connect and gain support" from others with similar experiences.

Working closely with the AFSP and leading the charge for the walk for the second year in a row is retired Fairfax County firefighter, Karrie Leigh Boswell, who has been an advocate for firefighter line-of-duty

death benefits during her 27-year career. She got involved in the cause to prevent suicide deaths when "trying to make sense" of the suicide "of one of our own, Nicole Mittendorf." Mittendorf was a firefighter from Woodbridge, who took her own life in April last year and whose death sparked investigations into cyberbullying as a possible contributing factor in her death.

Boswell says she felt compelled to get involved and do her part for suicide prevention for everyone, but particularly for her "brother and sister" firefighters and rescue personnel. "If you think there's a stigma among the general public when it comes to talking about your mental health or feelings of suicide," said Boswell, "it's even greater in those ranks and with law enforcement. We feel like we're supposed to be the ones helping, not the ones needing help."

Boswell is committed to doing what she can personally and to building a community to tackle the tragedies of suicide. "Nothing ever gets done without a broad-based coalition," she said.

"Last year we had about 1,000 walkers and raised about \$150,000," said Boswell. Those numbers made the Fairfax Walk number 18 of the 411 AFSP-sponsored walks that took place across the country in 2016.

Her goals for this year? "Double? Triple? Ultimately to break a million dollars!" Boswell is pleased that half of the funds raised will remain here in the community, with the other half going to

SEE SEPTEMBER, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

September Events Highlight Suicide Prevention Month

FROM PAGE 8

fund scientific research, and national suicide prevention and advocacy efforts.

AFSPorg offers seminars and workshops for clinicians as well as the general public. The group also raises funds for research and resources and advocates at all levels of government to “find better ways to prevent suicide, to educate and to procure resources.”

Contact information: Website www.afsp.org, Twitter @AFSP_NCAC and on Facebook.

24 Hour Work-Out of the Darkness

Organized by Fairfax County’s LiveWell program and Fire and Rescue’s Well-Fit program, this 24-hour workout event is a “great companion piece” for the Out of the Darkness Walk,” said Capt. II Dennis Kotecki, wellness and fitness program manager with Fairfax County. The action also takes place at Government Center, starts at 8 a.m. on Friday, Sept. 15, and concludes an hour before the Walk check-in begins on Saturday morning.

“We are really looking for ways to help our county employee community stay fit, physically and mentally ... and it’s just a great, fun experience and way to support efforts to prevent suicide.”

The Workout is open to all Fairfax County government employees, retirees, family members and first responders from surrounding jurisdictions. The activities are divided into 30-minute sessions and include opportunities for individual exercise as well as group fitness classes.

“We’ll have it all going on,” said Kotecki. There will be cycling, Zumba, a walking labyrinth, a kids’ fitness zone, kettleballs and routines using TRX equipment.

Like the Out of the Darkness Walk, the Work-Out will also have a mental wellbeing expo, from 11 a.m.-2 p.m. on Friday, with information about community resources, as well as county employee benefits.

Eligible participants can learn more, register and select workout activities and timeslots at m.signupgenius.com/#!/showSignUp/20f04aaba92fa1fbg-workout2.

#CallTextLive

PRS, Inc. Is launching its third annual #CallTextLive campaign, using that hashtag to reach out directly through social media to engage the community and encourage those in need to make contact with people who can help. The campaign works to educate the community about what resources are available, and what they can do to get help, or give it.

On the PRS website, the organization has posted an interactive Calendar of Events. Throughout the month of September on the calendar viewers can click on links that guide them to resources, training classes, ways to volunteer or donate, inspirational messages, and actions that anyone can take to help raise awareness and prevent suicide.

On Sept. 10 on the PRS calendar, there’s information about World Suicide Prevention Day. Sept. 21 invites people to join in on “Selfie Day!” by sharing pictures on PRS’s social media platforms dressed in a #CallTextLive T-shirt. Sept. 16 and 17 direct viewers to information about, and registration for, a two-day ASIST training session. ASIST is a suicide intervention workshop. The sessions are open to “virtu-



PHOTO CONTRIBUTED

Rowing to raise funds — from the 2016 “Work-Out of the Darkness, which precedes the Out of the Darkness Walk to prevent suicide. For the second year, Fairfax County will host a 24-hour workout event for county employees, family members and firefighters and law enforcement from neighboring jurisdictions, from 8 a.m. on Friday, Sept. 15, until 8 a.m. on Saturday, Sept. 16.

ally anyone older than 16, regardless of prior experience or training.”

In addition to running the CrisisLink Hotline and Textline, PRS offers training workshops and programs such as “CareRing Services” to maintain supportive contact with area older adults.

Contact information: Website – prsinc.org. The Crisis Hotline number is 703-527-4077. Text “CONNECT” to 85511 to reach the PRS Textline.

NAMI Northern Virginia “Help Shine a Light” Walk

The local affiliate of the National Alliance on Mental Illness will host its annual Walk on Saturday, Sept. 23, in Tysons Corner, with check-in starting at 9 a.m.

NAMI Northern Virginia has been serving residents of Fairfax, Arlington, Alexandria, Falls Church and Loudoun County for 40 years. They offer numerous classes, clubs, and support for individuals living with mental health conditions, as well as support groups, sessions and resources for the families, partners, and friends of those individuals.

Contact information: Website www.nami-northernvirginia.org. Helpline 571-458.7310 Email at info@nami-vova.org.

Other mental health resources are available through the county on line at www.fairfaxcounty.gov, and through the Fairfax-Falls Church Community Services Board. Emergency mental health services with the CSB are available 24/7 by calling 703-573-5679, or coming directly to the Merrifield Center at 8221 Willow Oaks Corporate Drive, lower level, rear entrance, in Fairfax.

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NEWS

Democratic-Endorsed School Board Candidate Wins

Keys-Gamarra overcomes Republican-advantage in low-turnout August.

BY MICHAEL LEE POPE
THE CONNECTION

Guardian ad litem and Fairfax County Planning Commission member Karen Keys-Gamarra swamped Republican Chris Grisafe and two other candidates in a special election Aug. 29, one that Democrats say is a sign of strength for their party heading into the fall. The seat was vacated by Republican-endorsed former School Board member Jeanette Hough in May, days before the deadline for the race to be on the ballot in November. Democrats cried foul, attacking the Republicans throughout the campaign for trying to rig the vote by engineering an August special election so the voters would be older and whiter and ostensibly more inclined to vote Republican than the much larger pool of voters in November.

"It backfired," said at-large School Board member Ryan McElveen, adding that the cost to taxpayers was about \$300,000 for the special election. "That became the narrative, and it's what people were talking about."

After it was clear that she had won more than 60 percent of the vote, Keys-Gamarra arrived to a raucous crowd of campaign volunteers and party faithful assembled at the Elks Lodge in Pine Ridge. Lt. Gov. Ralph Northam introduced the victorious Democrat with a speech that some in the crowd compared to the kind of delivery popularized by professional wrestlers, a newfound sense of ebullience for the typically but-toned-down candidate for governor. Keys-Gamarra thanked those who worked on her campaign without the benefit of a list, which she said she said she had been too busy to write.

"Today is so much bigger than me," said Keys-Gamarra. "This sends a message that every student, every citizen, deserves a voice."

ON THE CAMPAIGN trail, Keys-Gamarra focused on a theme of



PHOTO BY ANDREA WORKER

Karen Keys-Gamarra won the special election for the open school board seat vacated by Jeanette Hough.

Election Results

- ❖ Karen Keys-Gamarra: 41,436 votes, 64 percent
- ❖ Chris Grisafe: 21,315 votes, 33 percent
- ❖ Michael Owens: 1,408 votes, 2 percent
- ❖ Sandra Allen: 787 votes, 1 percent

leveling the playing field for students across the county. She would frequently say that all students deserve the same opportunities no matter what ZIP code they live in. That was a message that resonated with voters in Virginia's most populous county, which has pockets of poverty scattered around some of the wealthiest neighborhoods in the county. Supporters say that was the right message for an at-large seat on the School Board, which represents all parts of the county.

"Karen was really focused on this issue of equity," said Tamara Derenak Kaufax, who represents the Lee District on the School Board. "She understands that poverty brings challenges, and that was something she talked about at every campaign appearance."

Some Democrats were worried that the controversy surrounding the recent vote on renaming J.E.B. Stuart High School might undermine Keys-Gamarra, who agreed with those wanting to change the name. But as the precinct numbers rolled in Tuesday night, it became clear that issue might not have been the flashpoint some had feared. Democrats were closely watching precincts like Belvedere

and Barcroft for a sense that voters there might be pushing back against the move to strip the high school of its controversial Confederate name.

"If there was going to be a backlash, that's where you would have seen it," said U.S. Rep. Gerry Connolly (D-11). "But she won those precincts."

Campaign manager Peter Dougherty acknowledged that turnout for the August special election was low compared to November. But he said the numbers this week exceeded his expectations, which he assumed would be maybe 6 percent or 7 percent of registered voters. Instead turnout was closer to 10 percent. Keys-Gamarra ended up with more than 41,000 votes — 64 percent, almost doubling the turnout of her Republican-endorsed opponent. Dougherty said he was surprised to see his candidate win in precincts like Fairfax Station, which is traditionally GOP territory.

"I think this shows that Democrats are really excited right now," said Dougherty. "Voters wanted someone who would stand up to what we saw in Charlottesville, and I think Karen's message was the antidote to that."

BULLETIN

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

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

- ♦ **Sunday, Sept. 17** at 2:30 p.m. at Reston Community Center: Hunters Woods Village Center, 2310 Colts Neck Road, Reston.
- ♦ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.
- ♦ **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescoopvtv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

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.

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. parkinsonsfoundation.org. Call Natalie McCall

nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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Nothing To Do With Cancer, Almost

By KENNETH B. LOURIE



How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-unencumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit.

Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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

CALENDAR

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

ONGOING

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

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.

THURSDAY/SEPT. 7

Lunch Bunch Thursdays. 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit restontowncenter.com for more.

Fashion Tip Thursdays. 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, learn the Fall 2017 color palette. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com.

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

North Point Village Fall Kick-Off Event. 10 a.m.-2 p.m. at North Point Village Center, 1492 North Point Village Center, Reston. Meet former Redskin Dexter Manley, test skills on The Gauntlet Obstacle Course, bounce and slide for hours, balloons, and face painting. Visit www.northpointvillage.com/ for more.

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 for more.

Art With A Heart. 1-4 p.m. at the Market Common Clarendon, 2800 Clarendon Blvd. Artists doing caricatures, face painting, auction, hosted by Touching Heart of Herndon. Call 703-901-7355 or visit www.touchingheart.com

Artist Reception. 5-7 p.m. at the Greater Reston Arts Center, 12001 Market St., #103, Reston. Artist Sue Wrbican talks about her exhibit "Well Past the Echo," which is on view from Sept. 9 through Nov. 18. Call 703-471-9242 x 114 or visit restonarts.org.

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 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

Herndon Garden Tour. noon-4 p.m. at Herndon Community Center, 814 Ferndale Ave. Tour of five elegant and eclectic gardens in the Town of Herndon. Tickets \$15; kids 12 and under are free. Visit www.herndon-va.gov/gardentour

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. Visit vendors including veterinarians, dog boutiques, the Park Authority and more. Learn about the county's



PHOTO CONTRIBUTED

Art Crawl

Music is part of the Third Thursday ArtCrawl, Sept. 17 at 750 Center St., Herndon.



PHOTO BY DAWN MURPHY

Kathmandu Fruit Sellers

Photographers are invited to the Reston Photographic Society's monthly gatherings at the Reston Community Center Hunters Woods. RPS member, Dawn Murphy, captured the vibrant colors and street life in Nepal's cities in "Kathmandu Fruit Sellers."

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 to participating teens, 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 for more.



PHOTO BY CHRISTA SOLTIS

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.

TUESDAY/SEPT. 12

Rehearsal Starts. 7-9 p.m. at Herndon Middle School, 901 Locust St., Herndon For the Herndon Wind Ensemble, open to all instrumentalists. Public performances throughout the year. Free. Visit herndonregionalwindensemble.com for more.

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.

Elections Have Consequences. 7:30-9 p.m. at Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. League of Women Voters will look at the scope, history, and overall effect of the number of Virginians who don't believe that their vote counts and stay home on election day. Free. Call 703-476-5758 or visit www.lwv-fairfax.org

THURSDAY/SEPT. 14

Steel Drum Sandy. 11:30 a.m.-1:30 p.m. at the pavilion, 11900 Market St., Reston. Musicians are one of a variety of different entertainment each week at Fountain Square, every Thursday, through Oct. 19. Free. Go to www.restontowncenter.com for more.

Lunch Bunch Thursdays. 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit restontowncenter.com for more.

Fashion Tip Thursdays. 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, how to wear plaid this season. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com.

FRIDAY/SEPT. 15

Lullabye a Lamb. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

Chalkfest. noon-11 p.m. at Reston Town Center, 11900 Market Street, Reston. Professional artists and sponsors will create chalk drawings on the pavement. Viewing is free. Call 703-467-9797 or email info@publicartreston.org.

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. 8:30 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.

Fairfax County Brewfest 2017. noon-6 p.m. at Mustang Sally Brewing Company, 14140 Parke Long Ct A-C, Chantilly. Featuring live music from Scott Kurt and Memphis 59 and The Blues Buckets. A portion of the proceeds will benefit K9 for Warriors, \$10 pre-sale online; \$15 at the door (while tickets last) includes admission and logo tasting glass. Visit www.msbrewing.com

Lulu's Fate in Concert. 4-6 p.m. at Art Space Herndon, 750 Center St., Herndon. Traditional Appalachian and Americana music. Free. Visit www.artspaceherndon.org

Lullabye a Lamb. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/

SUNDAY/SEPT. 17

Exercise with Athleta. 11 a.m.-noon at Reston Town Center, 11900 Market St., Reston. Season finale with RoHiB Zumba. Free. Call 703-668-0256 or visit stores.athleta.net/store-4866/