

# Short-Term Rentals Debated

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Fairfax County Zoning Administrator Leslie Johnson addresses the community during an open house about zMod, the county's initiative to modernize its Zoning Ordinance.



## A Taste of Napa Valley in Reston

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PHOTO BY FALLON FORBUSH/THE CONNECTION  
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# Home LifeStyle



**This Fairfax kitchen was enlarged to create a space for a family of five.**

PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

## Fairfax Kitchen Gets Makeover

When a Fairfax family of five decided that their 1970s-era kitchen needed to be brought into the 21st century they enlisted the help of Nicely Done Kitchens and Baths. The homeowners also wanted more space for entertaining and to accommodate their large family.

"This was a particularly interesting project," said designer Cathy Goss of Nicely Done Kitchens and Baths. "It involved incorporating four different functions into one uniquely-sized space."

Two adjacent rooms were combined to allow space for an island, pantry, command center and a station for cooking and the subsequent clean-up. The design team

removed a wall between the kitchen and dining room to create a larger kitchen area. They also incorporated two different backsplashes into the design: a marble subway tile with a marble accent under the range hood and a cut stone surface at the glass cabinets. LED under-cabinet lighting accents the quartz countertops.

"The cabinetry is a beautiful example of reverse raised panel paired with eclipse glass doors," said Goss. "The project resulted in a beautiful and ultra-functional centerpiece to this Fairfax family's home."

— MARILYN CAMPBELL



PHOTO COURTESY OF THE DC DESIGN HOUSE

**The 2017 DC Design House, located in Potomac, Md., will be open to the public from Saturday, Sept. 30 until Sunday, Oct. 29.**

## Design House Designers Revealed

The designers who will transform the 10th Annual DC Design House were announced recently.

Among the 23 men and women who will give the Potomac, Md. home a makeover are Alexandria-based designers Susan Nelson and Todd Martz; Lisa Tureson of Herndon; Margery Wedderburn of Great Falls; Mary Amons of McLean; Josh Hildreth of Reston; Keira St. Claire-Bowery of Cabin John, Md.; and Bethesda, Md.-based designers Kelley Proxmire, Lorna Gross, Marika Meyer, Erica Burns, Karen Snyder and Camille Saum.

The selection process is competitive and being chosen to design one of the home's rooms is con-

sidered one of the most prestigious honors in the industry.

The Washington, DC Design House, a nonprofit entity, began in 2008 as a design show house event for the Washington, D.C. area. Each year, local designers donate their time and talent to makeover a grand home that opens to the public for tours. Proceeds raised from tour ticket sales benefit Children's National Health System.

This year, the home is located at 9004 Congressional Court in Potomac, Md., and will be open from Sept. 30 through Oct. 29. Tickets are \$35. Visit [www.dcdesignhouse.com](http://www.dcdesignhouse.com).

— MARILYN CAMPBELL

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## 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:

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

**Cooper's Hawk beckons to local wine lovers who seek quality wines: ultimately the menu items pair well with the wines.**

PHOTOS CONTRIBUTED



## A Taste of Napa Valley in Reston

**Cooper's Hawk Winery and Restaurants offering upscale dining experience.**

BY ALEXANDRA GREELEY  
THE CONNECTION

**W**ith the late August opening of the ultra-glamorous Cooper's Hawk Winery and Restaurants Reston location, upscale dining got another member in an elite gathering of area restaurants. With its expansive dining area and bar seating plus the enclosed private section, Cooper's Hawk beckons to local wine lovers who seek quality wines: ultimately the menu items pair well with the wines. Indeed, at the main entrance patrons find a wine-tasting room that will make people feel like they have come to a Napa Valley winery — only this is in Reston.

The brainchild of owner/founder-CEO Tom McEnery, Cooper's Hawk with its numerous locations, takes an unusual approach to dining out: wine and wine pairings take center stage. McEnery's idea for this extensive restaurant group came after he had worked in a specialty restaurant in Illinois.

A graduate of Purdue with a degree in Restaurant and Hotel Management, McEnery had

**“The French chef taught epicurean cuisines, and he impacted me with the basic culinary principles: pay attention, respect food, and understand how making dishes comes together and sets us apart.”**

— Laurence Cohen,  
executive chef at Cooper's Hawk



**Laurence Cohen,  
Executive Chef,  
Cooper's Hawk**

the restaurant training and business background to initiate a unique restaurant business. This he did 12 years ago, when he realized that few wineries had their own restaurant. So as an ardent lover of wine and high-end cuisine, he and his wife launched their first restaurant in Orland Park, Ill.

Since then, the brand has spread across the Midwest and the Southeastern US: Reston's Cooper's Hawk makes 30 restaurants in all. McEnery has also established a

Cooper's Hawk wine production facility in Illinois, where about 60 different wines are aged and bottled. Not surprisingly, the Cooper's Hawk wine labels are the only ones the restaurants sell.

But besides the compelling wines, of course, comes the outstanding dishes served on the extensive menu that features such appetizers as candied bacon and artisan cheeses and Mexican drunken shrimp to

soups and main course salads to assorted burgers and sandwiches (what about a peppercorn ranch burger?); luncheon entrées; and select chicken, beef, and seafood entrées. And, yes, pasta...and whatever else one might want to order, never, ever skip the gnocchi carbonara, made in-house and paired with pancetta, chicken, peas, and sheets of Parmesan cheese.

**IN CHARGE OF** Reston's Cooper's Hawk's kitchen crew is executive chef Laurence Cohen, who comes to this job with years of top-class experience. And he started cooking as a child with his mother and grandmother, where he got to experiment with different recipes. Cooking was not his first career choice, but something he began as the result of an accident elsewhere. He soon realized, however, that he loved cooking, and attended the Baltimore International Culinary College, after which he went to work with a French chef in Ireland. “The French chef taught epicurean cuisines,” he said, “and he impacted me with the basic culinary principles: pay attention, respect food, and understand how making dishes comes together and sets us apart.”

And before heading off to the kitchen to resume his cooking duties, Cohen paused and noted, “I love food and I love cooking. It is more and more appetizing.”

### Cooper's Hawk Gnocchi Carbonara

The restaurant's most popular dish, and no wonder... If you wish, add shrimp or pulled chicken to the dish when the cream begins reducing. Serves 2 to 4

**Ingredients:**  
2 tablespoons extra virgin olive oil  
2 tablespoons butter  
Two 1/8-inch-thick slices pancetta, cut into 1/4-inch x 10-inch slices  
20 ounces cooked gnocchi, precooked and cooled  
2 garlic cloves, thinly sliced  
1/2 cup Cooper's Hawk chardonnay  
1 cup fresh chicken stock  
2 1/2 cups heavy cream  
Kosher salt and fresh cracked black pepper to taste  
2 tablespoons finely chopped fresh sage  
1/2 cup peas  
1/3 cup Reggiano Parmesan cheese, grated  
Freshly shave Parmesan cheese

#### Procedure

In a medium-hot pan, add the olive oil and butter. When butter melts and turns slightly brown, add sliced pancetta. Toss until pancetta starts to brown. Add gnocchi and toss until gnocchi browns slightly, 3 to 4 minutes. Remove from pan, and set aside. Add the garlic, and toss until garlic softens, about 1 minute. Do not brown garlic.

Add wine, and reduce by half; add chicken stock, reduce by half, and add cream, and bring to simmer. Begin to reduce sauce, add gnocchi, and cook over medium-low heat until the sauce coats the back of a spoon. Season to taste with kosher salt and fresh ground black pepper. Add sage, peas and 1/2 of the parmesan cheese and stir to incorporate.

Remove to a platter and garnish with the remaining freshly shaved Parmesan Cheese.

### Making Fresh Gnocchi

**Ingredients:**  
1 Pound Golden Yukon Potatoes  
3 to 4 Large Egg Yolks  
1/2 cup Freshly Grated Parmesan Cheese  
1/4 tsp Freshly Grated Nutmeg  
1/2 tsp sea salt  
1/4 tsp freshly ground black pepper  
1 cup all-purpose flour, plus more for dusting board and dough

#### Method

Bake the potatoes in a preheated 400 degrees F oven for 1 hour until fork tender. Let sit until cool enough to handle, cut in half, and scoop out the flesh.

Pass the potatoes through a potato ricer. Make a mound of potatoes on a table or work surface with a well in the middle, like making pasta, add 3 of the egg yolks, the cheese, nutmeg, salt, and pepper. Mix in the potatoes and mix well with fingers. Sprinkle 1/2 cup of flour over the mound and, using your fingers, press it into the potatoes. Fold the dough over on itself and press down again. Sprinkle on more flour, little by little, folding and pressing the dough until it just holds together, (do not to knead it.) Work any dough clinging to your fingers back into the dough. If the mixture is too dry, add another egg yolk or a pinch of water. To test if the dough is the correct consistency, take a piece and roll it with your hands on a well-floured board into a rope 1/2-inch in diameter. If the dough holds together, it is ready. If not, add more flour, fold and press the dough several more times, test again.

Keeping work surface and dough lightly floured, cut the dough into 4 pieces. Roll each piece into a rope about 1/2-inch in diameter. Cut into 1/2-inch-long pieces. Lightly flour the gnocchi as you cut them. You can cook these as is or form them into the classic gnocchi shape using the back of a large fork.

As you shape the gnocchi, dust them lightly with flour and scatter them on baking sheets lined with parchment paper.

When ready to cook, bring a large pot of water to a boil and add a few TBL of salt. Drop in the gnocchi and cook for about 90 seconds from the time they rise to the surface. Remove the cooked gnocchi with a skimmer, shake off the excess water, toss with a bit of oil and cool on a sheet pan in refrigerator until ready to use.



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Reston Farm Market**, Saturdays, through Dec. 9, 8 a.m. - Noon, Lake Anne Village Center, 11401 North Shore Drive, SNAP accepted, bonus dollar program. (CLOSED for Multicultural Festival Sept. 23)  
**Herndon Farm Market**, Thursdays through Nov. 9, 8 a.m. - 12:30 p.m., Old Town Herndon, 700 Block of Lynn St., by the Red Caboose. SNAP accepted, bonus dollar program

## 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](http://www.nvso.us).

## 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](http://www.contactcenternation.com).

**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](http://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](http://www.restontowncenter.com).

**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](http://restontowncenter.com).

**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](http://restontowncenter.scoutandmollys.com).

## FRIDAY/SEPT. 15

**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](mailto:info@publicartreston.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/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## 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



## Art Crawl

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

donation awareness. Visit [www2.fcps.edu/SouthLakesHS/](http://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](mailto:info@publicartreston.org).

**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](http://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](http://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/](http://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 RoChiB Zumba. Free. Call 703-668-0256 or visit [stores.athleta.net/store-4866/](http://stores.athleta.net/store-4866/).

## MONDAY/SEPT. 18

**Photography Exhibit**. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings on the third Monday of the month. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

## WEDNESDAY/SEPT. 20

**"Mean to Be."** 7 p.m. in the Jo Ann Rose Gallery at Reston Community Center Lake Anne. The Reston Historic Trust & Museum presents "Meant to Be: How Reston Almost Wasn't" with Timothy Beatley. Free. Seating is limited, reservations are welcome. Contact 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com) for more information or to RSVP.

## THURSDAY/SEPT. 21

**Food for Kids Community Packing**

**Event**. 10-11:30 a.m. in Room 6 at Dominion Energy, 3072 Centreville Road, Herndon. Email [LynnieB517@verizon.net](mailto:LynnieB517@verizon.net) or visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org).

**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](http://restontowncenter.com).

**Fashion Tip Thursdays**. 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, Victorian collars and accents. Call 571-526-4185 or visit [restontowncenter.scoutandmollys.com](http://restontowncenter.scoutandmollys.com).

**Third Thursdays Art Crawl**. 6 p.m. 750 Center Street, Herndon. ArtSpace exhibits art throughout Herndon. Free. Go to [www.artspaceherndon.org](http://www.artspaceherndon.org).

## FRIDAY/SEPT. 22

**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/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## SATURDAY/SEPT. 23

**Reston Multicultural Festival**. 11 a.m.-6 p.m. at Lake Anne Plaza. A celebration of the diversity and community spirit that is found in Reston, featuring music, entertainment, dress, food, and cultural treasures from all over the world. Everyone is encouraged to dress in attire from their own cultural roots. All ages. Free. Rain or shine. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**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/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

## SUNDAY/SEPT. 24

**Walk to End Alzheimer's**. 1:30-5 p.m. at Reston Town Center, 11900 Market St., Reston. Join in and unite in a movement with the Alzheimer's Association Register at 703-359-4440 or [samartey@alz.org](mailto:samartey@alz.org) [alz.org/walk](http://alz.org/walk).

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## Employment

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## Legals

### ABC LICENSE

Sodexo Operations, LLC trading as Sodexo Operations, LLC, 11600 American Dreamway, Reston, Fairfax VA 20190 . The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. Lorna Donatone, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## NEWS

# Third RA Director Resigns

**At-Large Director Ray Wedell is the third director to resign from the RA Board this year.**



PHOTO COURTESY OF THE RA

**Wedell**

BY FALLON FORBUSH  
THE CONNECTION

**R**eston Association At-Large Director Ray Wedell resigned from the association's board, effective Sept. 1. His term was to expire in April 2018.

Wedell was elected to the board in 2015 and was a member of the Board Operations Committee, which is responsible for reviewing and setting board agenda items each month.

The announcement by the RA mentioned no reasoning for Wedell's resignation. Wedell did not respond to inquiries for comment from the Connection.

He is the third director to resign from the RA Board this year.

In June, former At-Large Director Eve Thompson resigned amidst complaints alleging she failed to disclose conflicts of interest during votes regarding Lake Anne, which were later dropped. The RA Board filled her vacant seat by appointing Sridhar Ganesan to a vote of 6-1 — Wedell casting the only vote in favor of another candidate.

In December 2016, former North Point District Director Dannielle LaRosa announced that she would resign her seat in April 2017, exactly two years before her term was to expire in April 2019. She attributed her premature exit to the mounting time commitment needed for the job and her desire to spend more of her time with her three young children who are still living at home.

LaRosa's seat was added to the

spring RA election. RA members vote each spring to elect three new individuals to the board. The nine-member board is made up of eight directors chosen by the members, with four serving specific Reston districts. The ninth member is selected by Reston apartment owners.

The resignations and spring election shook up the leadership, leaving a majority of the board to newly-elected or appointed Restonians. Only three of the nine-member board are individuals who held their seats prior to the election: Lake Anne/Tall Oaks District Director Sherri Hebert, At-Large Director Michael Sanio and South Lakes District Director Julie Bitzer. After the election, the board members voted Hebert to be president of the board and Sanio — who was previously the board's vice president — to secretary.

### Call For Candidates

By unanimous consent of the directors, the RA issued a call for candidates who are interested in serving out the remainder of the term for the vacant at-large seat, which runs through April 2018.

Any association member can submit a statement of candidacy by U.S. mail, via email to Sabrina Tadele at [stadele@reston.org](mailto:stadele@reston.org) or in-person at RA headquarters by noon Sept. 22. Certified candidates will meet with the board on Sept. 28 to discuss interests and qualifications. Visit [reston.org/](http://reston.org/).

## Suspect Charged in Abduction and Attempted Sexual Assault in Reston

Dominique Ashley Childs, 33, of Reston was charged with the abduction and attempted sexual assault of a 22-year-old woman who was walking on the 1200 block of North Shore Drive in Reston on Aug. 14, according to the Fairfax County Police Department.

Childs was arrested in Manassas on Monday, Aug. 28, after FCPD detectives received a tip. He was charged with abduction with intent to defile and is being held without bond in the Fairfax County Adult Detention Center, according to police.

The victim was walking in the afternoon of Aug. 14 when Childs allegedly approached her from behind, and dragged her into nearby woods, according to police. Once in the woods, he tried to remove the victim's clothing, but



**Dominique Ashley Childs, 33, of Reston**

PHOTO COURTESY OF THE FAIRFAX COUNTY POLICE DEPARTMENT

then left suddenly, according to police. Anyone with information about this incident is asked to call Detective Christian at 703-246-7866 or police at 703-691-2131.

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# BULLETIN

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://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](http://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](mailto:theinsidescoopvtv@gmail.com) or on 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](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://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](mailto: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. [parkinsonfoundation.org](http://parkinsonfoundation.org). Call Natalie McCall [nmccall@onelifefitness.com](mailto: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](http://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](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto: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](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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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. <b>-Werner Heisenberg</b>			

## "Kenny's Story"



By **KENNETH B. LOURIE**

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy. Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to ISpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not 'free-wheeling,' not a father and know zero about cars, I do feel his pain - literally.

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M\*A\*S\*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total "1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives - and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"prescriptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander - and wonder what is it that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ...", but I have to tell you: I don't like "Kenny."

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

# Rosh Hashanah — Not Just a New Year

BY RABBI LEIBEL FAJNLAND  
DIRECTOR OF CHABAD OF RESTON-  
HERNDON



PHOTO CONTRIBUTED

**R**osh Hashanah is not just the Jewish New Year. It is the first step in a month long process of self-discovery, a month which guides us towards a deeper place within ourselves, our universe, and our Creator.

What is Rosh Hashanah? Rosh Hashanah is a reality check.

Instinctively, we are wrapped up in what we need, what we want, where we need to go and what we need to do. Not in a bad way necessarily, but life — when left to its own devices — is me, me, me. We need to work with that. Life is supposed to be about our responsibilities — the responsibilities we have to ourselves, and to our loves ones.

But ultimately, life is a gift, and it is granted for a reason: To lead a meaningful life, and strive towards a higher purpose than simply fulfilling our own needs and wants. And that ought to be our North Star.

This is not to suggest that we do not partake of the world, and enjoy the fruits of our labor. Yet simultaneously we must ask ourselves why? How? Are our motives purposeful? Am I divorced from the world around me?

Rosh Hashanah is about setting our self-image, our desires, our neuroses and our various gravitational pulls to the side, and affirming that we will endeavor in this new year to lead a more meaningful life, even when it is uncomfortable.

That is Rosh Hashanah. But that is only the beginning.

**Rabbi Leibel Fajnlend**

Real commitment is not an easy thing. Genuine, full-bodied commitment doesn't come from a simple conversation with oneself. Rosh Hashanah begins a 10-day process of trying to find authentic connectedness, a genuine bond, with those around us, and ultimately with the Divine. Day by day, we peel away layer after layer of our own ego and self-interest.

Until the 10th day: Yom Kippur.

At that point, we're ready for Oneness.

We set aside our physical needs — our food and drink — and we zero in on the core of our lives, the central point of our existence and the North Star by which we will find a life of meaning.

We connect. For real.

Once we have done that, Sukkot — the Festival of Tabernacles, the next holiday of the month — is a natural consequence. We can resume life. But it is done within a simple wooden hut under the wide open sky called a Sukkah. Surrounded by its flimsy walls and leafy roof, we are enveloped in a divine cosmic embrace.

At one with the vulnerability around us. Not ensconced away from it. Aware of our responsibility to repair our broken world.

So now you have the Tishrei journey, the spiritual path of this month. And perhaps we never needed it more urgently than now.

The call of the Shofar nudges us toward finding an authentic sense of bonding with something loftier and greater than us.

With best wishes for a Happy New Year for the Jewish calendar year of 5778.

## High Holiday Services Schedule

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

For information on Chabad's open to the community services for Rosh Hashanah (Sept. 20-22) and Yom Kippur (Sept. 29-30), as well as to reserve, visit [www.chabadrh.org](http://www.chabadrh.org).

Membership is not required to join. All are welcome, regardless of

background or affiliation. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly, with a Hebrew-English Prayer Book (Machzor) making it enjoyable and meaningful for both the seasoned and the unversed.

The services will be traditional, yet thoroughly contemporary, interspersed with traditional and modern Jewish

tunes, English readings and a running commentary led by Rabbi Fajnlend.

In addition, a special children's program will accompany the adult services.

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829, visit [www.chabadrh.org](http://www.chabadrh.org), or write to [Rabbi@chabadrh.org](mailto:Rabbi@chabadrh.org).

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.*

**The Mount Pleasant Baptist Church** of Herndon invites the community to join them for praise and worship followed by a stirring message from the Word of God on Sundays starting at 8:30 and 10:30 a.m. (with Sunday school at 7:30 and 9:30 a.m.). Visit [www.mtpleasantbaptist.org](http://www.mtpleasantbaptist.org) or call 703-793-1196.

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. Visit [ShalomDC.org](http://ShalomDC.org).

**Hope Fellowship Church** will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m.

The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. Call 703-599-3527 or visit [www.hopefellowshipchurchloudoun.org](http://www.hopefellowshipchurchloudoun.org).

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. Call 703-938-2391 or visit [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**Washington Plaza Baptist Church** will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center.

The group is studying the Gospel of Mark. Services follow at 11 a.m.

**St. Timothy's Episcopal Church**

needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email [shawl@saint-timothys.org](mailto:shawl@saint-timothys.org) or visit the Pastoral Care page at [www.saint-timothys.org](http://www.saint-timothys.org).

**Nondenominational Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation.

\$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit [www.meditation-dc.org](http://www.meditation-dc.org).

## OBITUARY

### Evan Hershey Helmuth

Evan Hershey Helmuth passed away in Los Angeles, Calif. on July 18, 2017 of complications from a stroke. Born in 1977, Evan lived in Reston until age 10, when he moved with his family to Ames, Iowa. For many summers, he attended the Interlochen Arts Camp in northern Michigan, followed by three years of high school at the year-round Interlochen Arts Academy. He graduated from the Academy in 1995 as a theater major, receiving the school's highest award for an individual arts graduate. He further pursued his dramatic studies at the University of Southern California School of Dramatic Arts, where he received numerous awards and graduated in 1999 with the Jack Nicholson Award for outstanding actor. He lived in Los Angeles since that time.

Helmuth's film credits include the Farrelly Brothers' "Fever Pitch" where he appeared opposite Jimmy Fallon and

Drew Barrymore as Fallon's Red Sox-loving sidekick Troy; William Brent Bell's 2012 horror movie "The Devil Inside" as Father David; and Joshua Michael Stern's 2013 Steve Jobs biopic "Jobs" starring Ashton Kutcher. His TV credits spanned the likes of ABC's "Alias," CBS' NCIS, Fox's "Bones," TNT's "Rizzoli & Isles" and more recently CBS' comedic drama "Battle Creek."

Evan is remembered as a warm, kind, generous, and talented person by family and friends. He is survived by his sister, Erika Fairchild Helmuth Saunders of Hershey, Pa.; his stepmother, Paula Forrest of Ames, Iowa; and his beloved dog Sasha. He was preceded in death by his father John William Helmuth and his mother Kerry O'Brien Helmuth. Memorial contributions can be sent in Evan's name to the University of Southern California School of Dramatic Arts and the Interlochen Center for the Arts, Theatre Division.

## COMMENTARY

### Plum

FROM PAGE 5

for at least 15,000 years before that time. That makes all of us except for Native Americans descendent of immigrants. There is seldom a day that passes that I do not meet someone who may be brand new or first or second generation Americans who are making our communities, society and economy stronger and better. Many choose to ignore the history of immigrants especially most recently that of dependent children. They may be undocumented, but they are not "illegals" — people are not illegal. Certainly our im-

migration system needs work. Endless paperwork, complex bureaucracy and an entanglement of laws sometime stand in the way of people who should be given a path to citizenship that can be navigated. I thought that Richard Cohen, head of the Southern Poverty Law Center, expressed it best when he said of the decision to rescind DACA that it was "one of the most senseless, heartless, inhumane acts of any president in recent memory."

We should know better and certainly we must insist that all act better!

### Lovaas

FROM PAGE 5

ducted, including findings of fact, evidence collected and witness statements."

The Panel will hold public meetings on issues within their jurisdiction and police policies and practices. At these meeting, public comment is invited to assist the panel in making their reports for improved policies and practices to the Chief of Police and the Board of Supervisors.

To find out how they work, i.e., the specific authorities and procedures of the Independent Police Auditor or the Civilian Review

Panel, go to their respective websites:

❖ IPA — [www.fairfaxcounty.gov/government/board/policeauditor/](http://www.fairfaxcounty.gov/government/board/policeauditor/)

❖ CRP — [www.fairfaxcounty.gov/policecivilianreviewpanel/](http://www.fairfaxcounty.gov/policecivilianreviewpanel/)

Both the IPA and the CRP may be contacted via email at [IPAPoliceAuditor@fairfaxcounty.gov](mailto:IPAPoliceAuditor@fairfaxcounty.gov) and by telephone at 703-324-3459. If you are interested, you might contact them and ask to be put on the mailing list for their reports and schedules of their meetings.