

Reston CONNECTION

Kids R First (KRF) volunteers, Valerie War-riner, Martha Chamberlin, Patty Gehring, and Susan Ungerer, CEO and Founder of KRF pack up donated school supplies for needy public school children in participat-ing Fairfax and Loudoun County Schools.

PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10



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Another  Community Partner

Senior Living Community Cuts the Ribbon for Showroom, Information Center

Hunters Woods at Trails Edge to open in spring 2019.

BY ANDREA WORKER
THE CONNECTION

“Hunters Woods at Trails Edge promotes Bob Simon’s vision where residents can live, work, play, and now, grow older.” Those were the words of David A. Ross, Partner and President of Atlantic Realty Companies on July 24, as he welcomed a crowd of local dignitaries, members of the project leadership team, and a number of interested local residents to the opening of the Hunters Woods at Trails Edge showroom. The next “grand opening,” is scheduled for spring 2019, when the senior living community opens its actual doors. In the meantime, the public can preview the living spaces and amenities and meet with representatives of IntegraCare – the company that helped develop and will manage the facility – at the model home-like space located in the Hunters Woods Village Center, just across the street from the community that is quickly taking shape on a 4.3-acre lot.

Ross has long been associated with Reston, having served as Chairman and President of the Greater Reston Chamber of Commerce, among his many board positions and interaction with business and charitable organizations, so when he invokes the spirit of Reston founder Bob Simon when speaking of the senior living project, he does so with experience and a history of involvement with the community.

“It’s fitting that this development should be launched here in Reston,” he said, noting that Hunters Woods at Trail Edge will offer a wide range of services and amenities.

“It really is unique among senior living opportunities,” agreed Rick Irwin, CEO of IntegraCare.



Cutting the ribbon to open the Hunters Woods at Trails Edge senior living community’s showroom from left, Ashleigh Dorfman with the Greater Reston Chamber of Commerce, Cissy Nickle, IntegraCare, David Ross, Partner and President, Atlantic Realty Companies, Mark Ingraio, President and CEO, Greater Reston Chamber of Commerce, Susan Garvey from Supervisor Cathy Hudgins’ office, Rick Irwin, CEO IntegraCare, and Eric Walker, IntegraCare.

Irwin believes that the complex reflects the best of Reston, allowing aging adults to “stay in the fabric of the community.”

HUNTERS WOODS AT TRAILS EDGE will consist of 90 Independent Living apartments of various sizes, 81 Assisted Living apartments, 24 Memory Care accommodations, and 15 Extended Care apartments that include private space for care companions. Residents will also have several dining room options from which to choose, family/living spaces for guests and relatives, activity and fitness centers, a barber shop

and hair salon, a surround sound theatre, library and computer center, indoor parking, and an onsite therapy center.

Hunters Woods at Trails Edge has the added benefit of being directly connected to the Hunters Woods Village Center via the Turquoise Trail, which runs the entire length of the property and includes a pedestrian walkway built underneath Colts Neck Road. The section of the Trail that connects the two properties will be lighted.

Not only will Hunters Woods at Trails Edge residents have easy access to the restaurants and retail across the street, they

will also have “access to the brilliant Reston Community Center within the Village Center,” said Cissy Nickel, Community Integration Director for IntegraCare.

“More activities, more resources and a theatre and dance venue right on their doorstep.”

And if residents want to take advantage of more of what Reston offers without taking on the traffic, there will be a bus stop located on the premises that will help them connect with other areas and to other transit options.

All these options and opportunities appealed to Restonians Dottie and John Kraft, who were among the attendees at the opening of the showroom.

“It’s good to plan ahead, consider the pros and cons of different living possibilities,” said Dottie, who likes the idea of so many activities and connections to the community that the senior living development offers. She says she and her husband enjoy apartment living in Reston Town Center, with its diversity, but there’s “something to be said for having all of this all in one place, and it being a place where you can continue to live going forward.”

FOLLOWING A RIBBON-CUTTING CEREMONY, the showroom is now open to the public, Monday-Friday, 8:30 – 5 at 2254B Colts Neck Road in the Hunters Woods Village Center. Weekend appointments are available. Walk-ins are welcome to stop by and see the mock-up kitchen, bathroom, living room and bedroom, but appointments are suggested so that visitors can get the “full scoop” and experience the personal service that IntegraCare is all about. Call them at 888-902-4733 and check out the website for property renderings and more information at www.integracare.com.



An impressive turnout for the opening of the Hunters Woods at Trails Edge senior living community showroom and information center.



Dottie Kraft of Reston is checking out the interactive information and amenities board at the opening of the Hunters Woods at Trails Edge senior living community’s showroom. Kraft is happily ensconced in an apartment in Reston at the moment, but came by to “do a little research and plan for the future.”

In-Service Training

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



The only common requirement for holding elective office is that one be a registered voter in the state meaning then of course that you must be at least 18 years of age.

You do not need to be a resident of the district you hope to represent although you will have to move into the district if you win. The concept of a citizen legislature is that it is made up of people from all walks of life in the community who can collectively speak for the community at large. Supposedly there would be no professional politicians—just regular everyday folks. Such an approach should work out well to have the community broadly represented.

In the past, because of laws and practices, most legislatures have been filled mostly with old white men. Recent years have seen a shift including in Virginia as more women are running for office and getting elected. This year has more women, young people, and people

of color running than ever before.

With the diversification of who sits in the legislature the challenge becomes taking people of many different backgrounds, perspectives and constituencies and bringing them together to work for consensus on legislation to get a majority vote. While skills acquired in business and civic activities teach many of the soft skills of interpersonal relationships and team building that are transferable to a legislative body, there are unique differences that are important to recognize.

Most legislatures with which I am familiar have orientation programs to acquaint new members with where the bathrooms are, rules of order in committee meetings and on the floor, and operating procedures around the capitol. Putting legislation together, developing a strategy for its passage, and keeping constituents back home happy are most often handled by the political party caucuses or helpful mentors.

Another source of in-service training I have found invaluable are conferences put together by professional associations, specifically the National Conference of State Legislatures (NCSL).

I am at their national conference this week.

NCSL keeps up with what is happening in state capitols around the country and through publications, conferences and consultancy keeps legislators informed. The association is truly non-partisan, although its leadership—chosen from among state legislators across the country—maintain their party allegiance while the staff is able to stay out of the partisanship.

Virginia of course had the first representative legislature in the western world beginning in 1619. Not everyone followed the Virginia model however in writing their constitution of organizing their legislatures. I continue to be amazed as I work with colleagues from around the country as to the number of different ways that legislative bodies can organize themselves and do their business. No one has a corner on the best way to do the people's business, but we can learn from taking a look at how other states conduct their business.

NCSL refers to the states as the laboratories of democracy. The description is appropriate as we all face mostly the same challenges. Our responses are different, however. By getting together for what some would call a conference, but what I think is more appropriately called in-service training, we can do a better job for the people we represent.

COMMENTARY

LETTERS TO THE EDITOR

Gerrymandering Continues to Mess with Our Elections

To the Editor:

No matter where we stand on the political spectrum, the possibility that anyone interferes or tampers in our elections is unacceptable. Meanwhile, gerrymandering continues to mess with all

our elections.

Gerrymandering is drawing voting districts to expand the impact of some votes and shrink others. In 2019, Virginians will elect 100 state delegates and 40 state senators. In 2020 another national census will be taken, and in 2021 the incumbents elected in 2019 (with more influence from the majority party) will draw voting maps that favor their own re-election. Having incumbents draw their own districts is a serious conflict of interest. Unless we find a fairer way,

this process will be repeated in 2029, 2031, and so on.

You can help by (1) identifying which candidates favor fair redistricting, (2) voting for them, and (3) checking out OneVirginia2021.org. where you (like more than 80,000 other Virginians) can send a message to your representatives demanding an independent commission to apportion districts fairly.

Karen Scarfone
Clifton

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

Raising Money for 'Night of Magic'

The Northwest Federal Credit Union Foundation recently celebrated its fourth annual Neon Night Glow Run, raising money for their ninth annual Night of Magic, which the NWFCU Foundation hosts at Inova Children's Hospital. There were 250 participants in this year's race, with proceeds going towards the annual event, which creates a memorable evening of fun for critically ill children and their families.

"This year's Neon Night Glow Run was a tremendous success, grossing over \$13,000," said Executive Director of the NWFCU Foundation, Alexandria Shade. "We appreciate our community sponsors

and race participants for coming together to support our program with Inova Children's Hospital and the children receiving treatment there."

The NWFCU Foundation was established in 2004 to promote and manage Northwest Federal Credit Union's philanthropic activities. The mission of NWFCU Foundation is to empower youth to achieve their goals by helping them learn and celebrate life and supporting their health and well-being. The NWFCU Foundation is a 501(c)(3) organization. Donations are tax deductible to the extent permissible by law for those who itemize deductions. For more information, visit www.nwfcufoundation.org.



PHOTO CONTRIBUTED

Participants in the 2018 Neon Night Glow Run begin the race



For Reston Nonprofit Kids R First

School supply program reaches 23,500 Northern Virginia students.

By MERCIA HOBSON
THE CONNECTION

The Reston-based nonprofit organization, Kids R First (KRF) is back for its 20th Anniversary helping needy children in public schools across Northern Virginia through its school supply distribution program. Since its beginning in 1998 through last year, KRF has donated a reported \$3.8 million in school supply items to 360,500 children. Its members, many of whom are former teachers, believe that having access to school supplies builds confidence in children to achieve with success.

KRF purchases the supplies to donate using funds from sources such as contributed donations, grants, awards, and their two fundraisers, the Golf Classic held at Hidden Creek Country Club in Reston and their Gift Wrapping Programs for the holiday season and other special occasions.

KRF's two corporate sponsors are paramount to the success of its mission. Office Depot in Reston provides KRF significant discounts on its purchases of school supplies. For every \$1 KRF spends at Office Depot, the organization can purchase \$4 worth of school supplies. The organization's other significant corporate sponsor is Walmart who gives KRF major discounts on school supplies too.

KRF program makes it possible for the children's supplies are custom-ordered by

grade level by each participating school. In doing so, the child has appropriate supplies.

For the 2018-2019 school year, CEO and Founder Susan Ungerer reported KRF is serving 23,500 public school children in Northern Virginia. Breaking the statistics down even further, Ungerer said that this year KRF is donating the custom-ordered school supplies to 2,350 needy children at seven schools in Herndon and 2,379 needy children at seven schools in Reston.

As the massive distribution, sorting and pick up of supplies per school was beginning to dwindle down at the end of last week, Ungerer looked over at the volunteers. She expressed how proud she was of all who helped in any way with the effort.

Ungerer also announced her pride the Catalogue for Philanthropy had recently chosen Kids R First once again to be "One of The Best" Small Charities. Ungerer called attention to the organization's high fundraising percentage, noting that 98 percent of every dollar donated returns to help the KRF's children. To find out more about KRF, contact sungerer@kidsrfirst.org.

Kids R First volunteers Ellen Scheinfeld of Reston, Valerie Warriner of Herndon and Linda Greeley of Ashburn near the end sorting the custom-ordered school supplies the organization is donating to 23,500 needy students in Northern Virginia.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Registration for Senior Olympics Ends Aug. 24.

The Northern Virginia Senior Olympics (NVSO) includes more than 60 events that exercise the mind as well as the body. To qualify for the NVSO you must be at least 50-years-old by Dec. 31, 2018. The deadline for online registration at www.nvso.us is Aug. 24.

Paper registrations, available at most county recreation and

senior centers, must be post-marked no later than Aug. 20. There will be no onsite or day of event registration. The games are scheduled to commence Saturday, Sept. 15 and end Sept. 26.

The NVSO began in 1982 with about 80 entrants. In 2017 nearly 800 Northern Virginians took part. The NVSO is one of the largest annual senior events in the region.

Last year's oldest medal winner was 101-years-old.

This year the NVSO is adding three new events: canasta at The Jefferson in Arlington; croquet at the Walter Reed Community Center in Arlington; and beach ball wallyball at the Providence RECenter in Falls Church. (Wallyball is like volleyball but played in a racquetball court,

where it is legal to hit the ball off of the walls.)

The NVSO's basic registration fee is \$13. A fee of \$2 is added for each event entered. Some events require additional fees including bowling, cycling, golf and orienteering.

The NVSO is also seeking volunteers to help at its venues across Northern Virginia. Those interested

in volunteering should contact RSVP Northern Virginia at 703-403-5360 or email RSVP at rsvp@volunteerfairfax.org For a complete list of events and venues, visit www.nvso.us The NVSO is a joint project of the cities of Alexandria, Fairfax and Falls Church and of the counties of Arlington, Fairfax, Fauquier, Loudoun, and Prince William.

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THE CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 22, 2018

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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WELLBEING

Required Vaccinations for School

Local clinics offer free immunizations.

BY MARILYN CAMPBELL

As parents compile back-to-school task lists, health officials say that along with backpacks, notebooks and pencils, parents add the vaccinations that are required by Maryland and Virginia state laws in order for students to attend school. Now is the time to get those immunizations to avoid the back to school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year," said Mary Anderson, Montgomery County Department of Health and Human Services. "We urge parents to go now and not wait. We offer vaccines at clinics every day of the week at four different locations."

Appointments are not required for immunization visits in Montgomery, Arlington and Fairfax counties. The Alexandria Health Department, however offers services by appointment only.

"We would certainly encourage parents to make an appointment now," added John Silcox, Fairfax County Health Department. "Appointments fill up quickly, and there are some walk-in appointments, but the closer you get to school the more crowded our clinics get."

Fairfax County has five clinics which offer vaccines. "School-required immunizations are always free at our clinics, whether a person has insurance or not," said Silcox. "We highly encourage parents to call the clinic that is most conveniently located to them so that they have you vaccines in time for school."

Parents must bring a copy of the child's existing immunization record. "A parent or designated adult must be with the child when the go to get vaccines," said Anderson. "If a parents doesn't have or can't find their child's record, we can try to reconstruct it."

As recently as May, the Washington, D.C. region saw a case of a vaccine preventable disease, says Anderson. "There was a case of measles that this particular individual had contracted outside of the country," she said. "But this is a reminder about the importance of vaccinations because if you had come in contact with this individual and hadn't been vaccinated you could have gotten sick."

Local Health Departments Offer Free Vaccines

ALEXANDRIA

<https://www.alexandriava.gov/health/info/default.aspx?id=11444>

ARLINGTON COUNTY

<https://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>



PHOTOS COURTESY OF FAIRFAX COUNTY

Parents are encourage to get required vaccines now to avoid the back-to-school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year. We urge parents to go now and not wait."

— **Mary Anderson, Montgomery County Department of Health and Human Services**

Immunization Requirements

MARYLAND

<http://www.montgomeryschoolsmd.org/info/immunizations/>

VIRGINIA

<http://www.vdh.virginia.gov/immunization/requirements/>

Some students may be granted an exemption from the Virginia and Maryland state requirements for religious or medical reasons. "There is an exemption form that people would need to get filled out and turn into their school in order to be exempt from the state requirement."

FAIRFAX COUNTY

<https://www.fairfaxcounty.gov/health/immunization/school>

MONTGOMERY COUNTY

<https://www.montgomerycountymd.gov/HHS/RightNav/SeventhGradeImmunizations.html>



The Shouse Village swim team collected more than 300 pounds of food donations for A Simple Gesture. (Standing, left: Bob Park, right: Melissa Carey)

Giving Back with A Simple Gesture

Reston charity collects non-perishable donations.

BY CARLYN KRANKING
THE CONNECTION

The Shouse Village swim team closet houses all kinds of items, from folded-up bed sheets with spray-painted team slogans to large canopies that provide shade for the swimmers. This summer, the closet also became a storage location for more than 300 pounds of canned goods.

"There is a giant box in the closet that is more than two grown men can pick up right now," team spirit leader Melissa Carey said.

Saturday, Carey announced the donation total at the swim team end-of-season banquet. Due to the generosity of Shouse families and that of visiting teams, this Vienna team helped stock the shelves of food pantries through A Simple Gesture.

In June 2015, Reston resident Bob Schnapp started A Simple Gesture locally after he came across an article about the nonprofit in California. He began with about 20 members of his congregation, Shoreshim, then expanded by word of mouth to friends and neighbors. The nonprofit seeks to make it simple for local donors to provide food for people in Reston, Herndon and surrounding areas.

"They're our neighbors. We've got extra resources, why can't we help them?"

Schnapp said. "Somebody said to me, 'Well, people here are very generous, all you have to do is make it easy.' And this makes it easy."

The first step to becoming a donor is signing up online on coolgreenbag.org. Donors will then receive a cool, green bag, fill the bag with nonperishable foods and leave it outside their house on designated collection days every two months. Volunteer drivers from A Simple Gesture pick up the donations, leave new green bags for the donors and bring the contributions to various local food pantries.

"It's striking that in this part of the county, where people seem to have so much, we still have hunger," A Simple Gesture volunteer Bob Park said. "There's a simple way to help ease that problem."

While food pantries receive a lot of donations during the holiday season, contributions tend to go down at this time of year. A good thing about A Simple Gesture, Schnapp said, is that it addresses this lull in donations by providing "a steady stream of food all year round."

Schnapp said he has found people to be very passionate about alleviating hunger. Now, 900 local donors are signed up with A Simple Gesture in Reston, and since the nonprofit's start, this community has collected 80 tons of donations. Schnapp said the residents of Reston want to help people who need it. "A little-known fact is that everybody else in Fairfax County fought having the Embury Rucker shelter in their area. Reston asked for it," Schnapp said. "And that's the kind of people that live here."

The Shouse Village swim team collected more than 300 pounds of food donations for A Simple Gesture, Reston.



PHOTOS BY
CARLYN KRANKING
THE CONNECTION

LIVING HEALTHY LONGER

SEPT. 15-26

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

ENTERTAINMENT

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

ONGOING

Art Exhibit: Herndon Town Calendar Competition. Through Aug. 8, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. This exhibit features finalists in the 8th Annual Herndon Town Calendar Competition. Jurors evaluated images submitted to the competition by photographers and select finalist photographs for the exhibit. Visitors to the gallery can vote for the People's Choice. The 12 winning photographs and People's Choice will be announced during the Awards Reception on July 29. Visit www.artspaceherndon.org.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays through August. At Reston Town Center Pavilion, 11900 Market St., Reston. Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Alcohol permitted at restaurants only. Visit www.restontowncenter.com/concerts.

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Square Park. Free performances of heart-centered music for children. No performances on Labor Day or Columbus Day. Visit www.restontowncenter.com/events.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

SUMMER CAMP

Reston Community Center is gearing up for an exciting 2018 summer camp season, with selections that offer something for everyone. Want to play chess, kick a soccer ball or practice tae kwon do? Want to make jewelry, play paintball or design a video game? Find all that and more through RCC. Registration is ongoing, but camps are filling quickly. Visit www.restoncommunitycenter.com or call 703-476-4500.

WEDNESDAY/AUG. 1

Where's Waldo Scavenger Hunt Grand Prize Party. Noon at Scrawl Books, 11911 Freedom Drive, Reston. Celebrate another successful "Shop Local" scavenger hunt for Waldo throughout Reston. Everyone who found Waldo at participating local businesses in the Reston Town Center and turned in their completed game boards to Scrawl is eligible to win. The winner will be drawn at random during the party, but everyone is invited to come celebrate. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free.



Cardboard Boat Regatta

The Reston Historic Trust & Museum holds the second annual Lake Anne Cardboard Boat Regatta. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum. Teams of all ages will construct and decorate their own life-size cardboard boats. Boats will then take to the water in timed heats. Saturday, Aug. 11, noon-6 p.m. at Lake Anne, Reston. Contact Alexandra Campbell at info@restonmuseum.org or 703-709-7700.

Visit restontowncenter.com.
Wine Wednesday. 6 p.m. at The Tasting Room, 1816 Library Street, Reston. Discuss favorite books over a glass of wine at the Tasting Room in Reston Town Center with folks from Scrawl Books. Guests are asked to purchase their own food and beverages. Must be 21 to participate. Visit www.scrawlbooks.com or call 703-966-2111.

AUG. 1-15

Share A Haircut. 10 a.m.-9 p.m. at local Hair Cuttery locations. Give back to those in the community with Hair Cuttery's annual Share-A-Haircut program. For every child's haircut (up to age 18) purchased Aug. 1-15, a free haircut certificate will be donated to a child in need. Email lynnieb517@verizon.net with Assistance League of Northern Virginia with questions.

THURSDAY/AUG. 2

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps.

Creative Response: Heather Spence. 7 p.m. at Great Reston Arts Center, 12001 Market St., #103, Reston. Join the Greater Reston Arts Center one Thursday of each month to hear a creative professional respond to the work on view in the gallery. The short presentation will be followed by open conversation. Sponsored by Reston Community Center. Free and open to the public. Visit restonarts.org.

THURSDAY-SUNDAY/AUG. 2-5

70th Annual Fairfax County 4-H Fair and Carnival. At Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy old-fashioned family fun with carnival games, rides and tempting foods. Friday features the free Big Truck Night event from 5-

7:30 p.m. "No Horn" hour is from 5-6 p.m. Tractor Pull at 4 p.m. on Saturday. Stop by the 4-H Fair throughout the weekend as exhibitors display their winning entries and get their farm animals ready to show. Try a turn at farm chores, watch stage entertainment and enjoy horse and livestock shows. Thursday and Friday - free parking and discount tickets for unlimited rides. Admission to the 4-H Fair and Carnival is free; \$10 per car parking fee on Saturday and Sunday. Visit www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair for details.

FRIDAY/AUG. 3

Totally Trucks. 8:30 a.m.-12:30 p.m. at RA's Central Services Facility, 12250 Sunset Hills Road, Reston. Check out all the big trucks that Reston Association uses to make Reston beautiful. In addition, there may be a police and fire truck on display. Children will receive a "Totally Trucks" construction helmet. Horn free hour 8:30-9:30 a.m. Rain or shine. \$1 per person, 0-2 years old; \$2 per person, 3 and older. Register through web1.vermontsystems.com/wbwc/varestonhoawt.wsc/splash.html, email Ashleigh@reston.org or call 703-435-6577.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Reston Community Center's Summerbration featuring Anthony Swamp Dog Clark. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

SATURDAY/AUG. 4

Concerts on the Town: Chubby Carrier & the Bayou Swamp Band. 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com.

MONDAY/AUG. 6

Open Orchestra Rehearsals. 7:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Members of the Reston Community Orchestra for open rehearsals during July and August. For those who have wondered what it would be like to play with the Reston Community Orchestra, looking for a chance to play between seasons or semesters or who have an instrument that's collecting dust but keeps calling them to come back. Music and stands provided. \$20 per session; \$75 for all four. Register at restoncommunityorchestra.org/2017-2018-concert-series/open-rehearsals/.

WEDNESDAY/AUG. 8

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com.

THURSDAY/AUG. 9

ALS Association Fundraiser. Not Your Average Joe's, 1845 Fountain Drive, Reston. Every Thursday in August, NYAJ's donates 15 percent of the bill to The ALS Association. Diners must tell their server "I want to help fight ALS" for bill to count towards donations. Email kpcuddihy@gmail.com or visit webdc.alsa.org/goto/margespeeps.

Alzheimer's Association Raffle. 6-9:30 p.m. at Jimmy's Old Town Tavern, 697 Spring St., Herndon. Raffle fundraiser for Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Free admission. Visit www.alz.org/walk.

FRIDAY/AUG. 10

Fractured Nursery Rhymes Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join local Great Falls author, Judy Politzer for a fun-filled lesson on the alphabet

based on her book, *Fractured Nursery Rhymes, Fairy Tales, and Potpourri*. Visit www.scrawlbooks.com or call 703-966-2111.

Summerbration Concerts. 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Don't just watch, get up and learn dance steps from a pro at Reston Community Center's Summerbration featuring Scott Kurt & Memphis 59 with country dancers (dancing and instruction). Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Visit www.restoncommunitycenter.com or call 703-390-6166.

WEDNESDAY/AUG. 11

Dog Day. 11:30 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. The K9 Caring Angels, a non-profit group dedicated to helping the community by training Service, Therapy, and Comfort Canines will bring two dogs to share their loving paws and happy tails with people in need to Scrawl Books. The event is free, but guests are asked to help support the organization through donations or by contributing requested items, including Pet Valu Perform Ultra Brown Rice and Lamb Puppy Food, outside toys, dog beds, blankets and shampoo. Visit www.scrawlbooks.com or call 703-966-2111.

Lake Anne Cardboard Boat

Regatta. Noon-6 p.m. at Lake Anne, Reston. The Reston Historic Trust & Museum holds the second annual Lake Anne Cardboard Boat Regatta. Festivities are free of charge, with all team registrations and sponsorships benefiting the Reston Historic Trust & Museum. Teams of all ages will construct and decorate their own life-size cardboard boats. Boats will then take to the water in timed heats. Contact Alexandra Campbell at info@restonmuseum.org or 703-709-7700.

Concerts on the Town: U.S. Navy Sea Chanters. 7:30-10 p.m. (rain or shine) at Reston Town Center. These family-friendly concerts include a wide range of musical styles including Motown, swing, blues, jazz, Latin fusion, Celtic, bluegrass and zydeco and take place every Saturday night through Aug. 25. Free. Visit www.restontowncenter.com.

MONDAY/AUG. 13

Donation Deadline. During bank hours at Sonabank, 11527 Sunrise Valley Drive, Reston. Sonabank is collecting school supplies at all branches, including: notebook paper, three-ring binders, spiral notebooks, composition notebooks, No. 2 pencils, pencil pouches, colored pencils, calculators, crayons, pencil erasers, dry erase marker, glue sticks, bottle glue, pocket folders, three-prong folders, pocket dictionaries, markers, highlighters, rulers, tissues, hand sanitizers, copy paper, sticky notes, backpacks and blunt-end safety scissors. Visit www.sonabank.com.

Open Orchestra Rehearsals. 7:30 p.m. at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Join members of the Reston Community Orchestra for open rehearsals during July and August. For those who have wondered what it would be like to play with the Reston Community Orchestra, looking for a chance to play between seasons or semesters or who have an instrument that's collecting dust but keeps calling them to come back. Music and stands provided. \$20 per session; \$75 for all four. Register at restoncommunityorchestra.org/2017-2018-concert-series/open-rehearsals/.

New Board Chair Leads Public Schools

Corbett Sanders reviews current educational issues.

BY GERALD A. FILL

Mount Vernon School Board Member Karen Corbett Sanders was elected chairwoman of Fairfax County School Board July 12 for the 2018-2019 school year.

Q: How do you feel about being elected by your peers as chair for the upcoming school year?

A: I am honored and humbled.

Q&A It is a great school system that prides itself on fairness and professionalism, and delivering a quality education to all our students. I intend to help make sure we continue the tradition of being one of the best public school systems in the country.

Q: What are your goals as chair?

A: One of my top goals is to get the School Board to coalesce around a Strategic Plan that we are now working on. Also, to make sure the Strategic Plan coincides with the budget and One Fairfax [policy].

Q: What is the School Board doing about improving school safety?

A: As you can imagine when looking at security we need to look at it in the context of what can we do to prevent an incident from occurring: from planning, type of personnel, and facilities. Following the Parkland, Fla., school shooting in February, the School Board requested that our Superintendent Scott Brabrand conduct an internal review of FCPS' security programs, policies, and practices. This was in addition to the Virginia General Assembly Committee formed to study and recommend school safety at the state-wide level by the House of Delegates and most recently by the Governor. Delegates Krizek, Sickles and Watts are on the House Committee and solicit ideas from school board members and FCPS staff. Delegate Krizek has put together an advisory round table to gather insights from local community members. Recent reports by the Secret Service and the Virginia Joint Legislative Audit and Review Committee identify the school climate, threat assessments and early warning systems as the most important factors in preventing incidents of school violence. FCPS' security re-

Bio

Karen Corbett Sanders was raised in Fairfax County. She is a retired international business executive, a community advocate for health care and education and a past PTA president. She has served on international boards of directors and operating companies as well as the quality board of Inova Children's Hospital and the Dean's Advisory Board of Boston University's Wheelock School of Education. She was elected to the School Board in 2016 to represent the Mount Vernon Magisterial District. She served as vice chair during the 2017-2018 school year.



view had similar findings.

The review examined current security processes, opportunities for improvements to existing programs and structures, and consideration of new initiatives to further reduce risk in the short- and long-term. Along these lines, the security review focused on three key areas:

- ❖ **School climate and Mental Health Studies** have shown that a key component of preventing tragedies such as Parkland is creating a positive school climate. Mental health supports are essential in providing support to students that may be in crisis. The superintendent has recommended hiring 18 additional school-based mental health support staff members such as psychologists or social workers. All high schools currently have full-time psychologists and social workers. Additional staff would enable all middle schools and targeted elementary schools to have full-time mental health support.

- ❖ **Planning, and Personnel Training:** Hire additional staff members to improve training in all schools, such as enhanced lockdown drills, threat assessments (a structured process for identifying and assessing threats), visitor management procedures, including visitor management systems and protocols, and increase the frequency of school-based security exercises. In addition, table top exercises would be conducted annually. A tabletop exercise provides participants emergency scenarios to evaluate each school, such as a crisis management plan and response; at least one lockdown drill each year would be conducted during a lunch period and/or between classes; and grade level appropriate training scripts and videos would be provided to staff for use in the lockdown drills.

- ❖ **Physical Security:** Require all classroom doors to be locked at all times and to re-

TJHSST Admissions Statistics for Class of 2022

	Applicants	Percent	Admitted	Percent
GENDER				
Male	1,683	53.3%	278	57.3%
Female	1,477	46.7%	207	42.7%
Total	3,160		485	
ETHNIC				
White	870	27.5%	111	22.9%
Black	220	7.0%	10	2.1%
Hispanic	276	8.7%	23	4.7%
Asian	1,633	51.7%	316	65.2%
Multiracial/Other*	161	5.0%	25	5.2%
Total	3,160		485	
SCHOOL TYPE				
Public	2,996	94.8%	460	94.8%
Private/Home	164	5.2%	25	5.2%
Total	3,160		485	
Reduced Fee or Waived Fee Paid	336	10.6%	7	1.4%

SOURCE: FAIRFAX COUNTY PUBLIC SCHOOLS

place outdated dual-keyed door locks initially and possibly additional cameras in middle and elementary schools in the future. All schools currently have locked doors with cameras at the entrance.

The recommended enhancements were presented to the School Board at its June 18 work session and consensus was reached to present the recommendations as part of the FY 18 year-end budget review scheduled for July 26, 2018. Public hearings on the budget review recommendations were held on July 12 and July 17.

In addition to the actions that should be implemented as part of the year end budget review process, the School Board requested additional information on a number of areas which include additional interior cameras for middle schools and elementary schools and where they would be located, the effectiveness of an options based approach to risk assessment in some instances, and a review of procedures for administrative buildings. Once the superintendent has completed the review and assessment of the items requested by school board members in the June work session, the School Board will have a second work session on the second report.

Q: The Opioid Task Force Report reflected an increase in abuse of prescription drugs in the county. What is the school system doing to tackle this problem?

A: I personally visit the schools and urge awareness by the teachers, parents and students about the long-term adverse consequences of prescription drug abuse as well as abuse of illegal drugs.

Also, the FCPS is working with our county partners to implement several recommendations of the County Opioid Task Force. The Board of Supervisors funded six substance abuse specialists for FCPS. In 2018-2019, the specialists will begin working in the Langley, South Lakes, Herndon, West Potomac, and Robinson Pyramids. These pyramids were selected based on 3 years of Youth Survey and discipline data. The specialists will tailor prevention activities to fit the needs of the school communities. Their

responsibilities will include assisting with substance abuse assessments, short-term early intervention counseling support and referrals to outside services. Additionally, the school system includes opioids and other substance abuse education issues in our health curriculum beginning in the early grades. We encourage parents to keep lines of communication open with their children, and engage them in conversations about substance abuse.

Q: Due to pending litigation affecting TJ admissions policy, you can't comment on the lawsuit. However, what can you say with respect to ongoing admissions policy?

A: The admission's policy has been debated and modified numerous times to address community concerns regarding the makeup of the school. This School Board recognizes the importance of having a diverse student body and staff and have emphasized equity of opportunity as a priority in our policy making and have asked the superintendent to set this issue as a priority in the implementation of the Strategic Plan. Included in my response is, at your request, the admissions statistics for the incoming TJ freshman class this fall. [See chart.]

Q: What would you like to say as you prepare for your role as chairwoman of the School Board?

A: As the School Board chair, I am enthusiastically looking forward to working with my colleagues in continuing the important work of supporting our students and teachers as we implement the FCPS Strategic Plan and the One Fairfax Policy.

Making One Fairfax a reality means every FCPS student has equity and excellence in their educational experience. The goals of the Strategic Plan provide a framework for ensuring that we inspire and empower students to achieve academically, make healthy choices, and are capable of making responsible and ethical decisions in our rapidly changing world. I want every child to love learning and experience joy in their classrooms.

Fairfax County School Board Budget

Overall, FY 2019 Budget is \$2.9 billion that includes an additional \$53.1 million as part of a multi-year plan to enhance teacher salaries, and \$43.9 million for a step increase for all eligible school employees. The district's cost per pupil is projected to be \$15,318 for FY 2019, fifth out of the 10 area school districts. Eighty-six percent of the budget is allocated to instructional programs.

English for Speakers of Other Languages (ESOL) provided ESOL services to English learners in Grades K-12, Level 1 to Level 5 in all FCPS schools and centers during FY 2018 at a cost of \$77.1 million (approximately 2.5 percent of the operating budget) to provide ESOL services to 27,572 students. An additional \$15.8 million is provided by state and federal grants.

Special Education: 26,730 students are projected to receive special education services in FY 2019. Special education is approximately \$537 million, or about 18.7 percent of the operating budget.

Projected FCPS enrollment this fall is 190,168 students.

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NEWS

In an effort to increase the bee population in Virginia after a reported near 60 percent total colony loss by reporting beekeepers in the Commonwealth, individuals 18 years and older may receive up to three free bee hives through the Virginia Department of Agriculture and Consumer Services Beehive Distribution Program.



Where Have All the Honeybees Gone?

Virginia General Assembly establishes the Beehive Distribution Program, after the shocking number of total winter colony losses.

BY MERCIA HOBSON
THE CONNECTION

The winter losses of honeybee colonies over the 2017 – 2018 season were greater than expected. To address the problem and increase the number of actively managed bee colonies, the 2018 Session of the Virginia General Assembly established the Beehive Distribution Program.

“An individual who submits an application to the Department of Agriculture and Consumer Services for a beehive unit through the Program will be registered as a beekeeper with the Department ... Individuals may receive no more than three basic beehive units per fiscal year (July 1 thru June 30). Only residents of Virginia who are 18 years of age or older at the time the application is submitted are eligible to receive a beehive unit through the Program.”

“The winter losses were 59.5 percent,” said Keith Tignor, State Apiarist. This is the highest rate since 2000 when the state began monitoring winter losses. It is the fourth highest reported in the nation for total winter all colony loss with only Arizona, Tennessee and Louisiana reporting higher losses according to the nonprofit Bee Informed Partnership.

Virginia Department of Agriculture and Consumer Services said “VDACS staff found high levels of Varroa mites and nosema infections in wintering bees. Both of these maladies shorten the lifespan of worker bees, increasing mortality rates in winter months.”

VDACS cautions that applicants must comply with all state and local requirements related to beehive management and other beekeeping activity as well

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Tim Field of Herndon checks his honeybee hives. Although his hives did not suffer colony loss, 60 percent of reporting beekeepers in the Commonwealth of Virginia did, the fourth highest loss percentage in the United States.

as contact the locality in which the beehive(s) will be located to ensure compliance with all applicable ordinances.

Applications for beehive units may be submitted electronically to the at www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml

BULLETIN

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

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

THROUGH AUG. 3

Public Comment Period. The Metropolitan Washington Airports Authority is hosting three public hearings to inform and solicit comments from the community about proposed toll rate increases along the Dulles Toll Road. An "online open house" will be available at www.dullestollroad.com/toll/toll-setting-process throughout the comment period. It will contain an explanation of the informational exhibits and a comment form. Comments may also be submitted at the public hearings, via email to dtcomments@hntb.com or mailed during the comment period to: MWA Public Comment Period, c/o HNTB, 2900 South Quincy St., Suite 600, Arlington, VA 22206.

FRIDAY-SUNDAY/AUG. 3-5

Tax-Free Holiday. During Virginia's sales tax holiday, qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star and WaterSense products can be purchased without paying sales tax. Visit tax.virginia.gov/virginia-sales-tax-holiday for details.

SATURDAY/AUG. 4

The Gardner School Open House. 10 a.m.-noon at The Gardner School of Herndon, 2655 West Ox Road, Herndon. Learn more about The Gardner School of Herndon, now enrolling for ages 6 weeks to PreK. Free. RSVP to sara.shoulars@thegardnerschool.com or call 703-657-6939.

WEDNESDAY/AUG. 8

Is Your Website Wasting Time? 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. Jennifer Ferraro Randolph and Kevin Taylor, both of cdx, will explore the hidden power of the website's backend, and the benefits of tapping that power for small and medium-sized businesses. Visit restonchamber.org for more.

THURSDAY/AUG. 9

Public Meeting. 7-8 p.m. at North County Government Center - Community Room, 1801 Cameron Glen Drive, Reston. Fairfax County's Police Department will provide an overview of the Deer Management Program. Contact the Fairfax County Wildlife Management Specialist, Dr. Katherine Edwards at 703-246-6868 for more.

WEDNESDAY/AUG. 15

Candidate Filing Deadline. 5 p.m. Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, ages 18 or older, are eligible to run for appointment to the RCC Board of Governors. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Visit www.restoncommunitycenter.com or call 703-476-4500.

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Fortitude For a Fortnight



By KENNETH B. LOURIE

Intestinal or otherwise. "All hands to the pump," (Downton Abbey), emotionally speaking. The weight of it all is not too much to bear, but it is pretty close to it:

- ◆ 24-hour urine collection on Tuesday;
- ◆ Pre-chemotherapy lab work and quarterly CT Scan on Wednesday (not often occurring on the same day but this cycle unfortunately they did);
- ◆ Balance of Wednesday and Thursday waiting for lab results which ultimately determine whether I'm approved for chemotherapy on FRIDAY;
- ◆ Thursday through Monday (or longer): waiting for scan results from previous Wednesday (my life doesn't hang in the balance exactly, but it's definitely hanging somewhere);
- ◆ Friday: my actual chemotherapy;
- ◆ Sunday through Thursday (post chemotherapy): feeling lousy, hardly eating, irregular sleep, tired all the time (typical post-chemotherapy side effects)

◆ And finally, per my July 25 column entitled "Phoning It In," talking with my oncologist over the phone to discuss my scan, my treatment going forward, my life, etc.

In summary: Tuesday, July 24 to Monday, Aug. 6, two weeks of cancer "centricity."

Considering this first paragraph, no wonder I used the word hope and expressed per pen the written emotion so much in my previous two columns. When cancer or any other treatment for a serious disease, operation, recuperation, physical therapy and so forth is concerned, ultimately, what else is there?

Whether you're following doctor's orders and/or supplementing it with non-Western, holistic-type alternatives, rarely are there any guarantees other than as they say "death and taxes" and for a time was said in the 1940s and 50s: "The Washington Senators finishing last in The American League."

Nevertheless, hope springs eternal, as a formerly long-suffering life-long member of Red Sox Nation can attest: three World Series Championships since 2004 after breaking/braking the "Curse of the Bambino," (the 86-year drought since the Red Sox had last won the World Series in 1918 - Babe Ruth's last season playing for the Red Sox).

And as I live on/write on nine years and nearly eight months past a "13-month to two-year" prognosis diagnosed back in late February 2009, I am eternally hopeful - and always forever grateful.

And in spite of my amazing, miraculous good fortune, the last thing I do, and I mean the absolute last thing I do, is take any of it for granted. That is why the emotion so often expressed in pen and in person is hope. I am never going to betray/dismiss who and/or what has power over my outcome/life expectancy.

I mean, at the end of the day (heck, at the beginning of the day), I am a mere mortal and don't presume for a minute (or even a second) that living in the "Kenny lane" is sufficient to defeat the greatest advisory mankind has ever known: cancer. And though I am generally positive and optimistic, I am cautiously so.

After all, I'm just not supposed to blow by (live through) my original prognosis as if it was an arbitrary statement. It was the real deal, and when you first hear it, it's a surreal one at that. But here we are, late July, 1918.

At this actual real-time Friday-morning moment, I am on hold with oncology confirming that my pre-chemotherapy lab results are acceptable for today's infusion. (Otherwise, this fortnight will be extended by seven days.) As any cancer patient under treatment knows, one's presence is never really confirmed until the medical staff advises you. Soon, I will be advised.

In all the intervening moments, I am still waiting to hear back concerning the results from my CT Scan on Wednesday. Hopefully (there's that word again), we will hear before the weekend. It's so much easier to suffer through/anticipate the fortnight when news is known sooner rather than later.

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



Take a Glimpse into a Hollywood Inspired Master Bathroom Remodel

The Master Bathroom is the place where most of us start our day. It sets the tone. A bathroom that is organized and has a calming, spa-like feeling in the design can help you prepare for your day in a pleasant and streamlined fashion that can help you become more successful in your life. Recently, a couple came to Abbey Design Center knowing they needed to upgrade and change their master bathroom. They wanted a more open and organized structure that fit their needs. They commissioned Abbey Design Center to remodel their master bathroom and create a functional bathroom space with ample storage which was warm, inviting and included luxurious hints of Hollywood glamour.

The Northern Virginia homeowner's bathroom renovation wish list included more storage, better accessibility, a larger shower and that "Hollywood"

style. Once Abbey's designers knew what their clients wanted, they also knew exactly what had to be removed and revised from the current space. Abbey's professional redesign of the bathroom floor space made it open and functional. They accomplished this by removing the corner tub and tearing down the wall separating the existing water closet. This opened the room up to bring a more organic flow to the space. These seemingly small changes made a big impact and showed off an enlarged open floor plan for the bathroom.

Abbey Design Center's professional team of craftsman then installed a vanity to replace the corner tub and enhanced the space with a custom-built cabinet bench with a quartz top. This luxurious touch also provided extra functional seating and storage. The shower was then enlarged and took over the space that

was once an enclosed water closet. The smaller, dated bathroom vanities were replaced with two tall cabinets that made a dramatic visual impact as well as giving the homeowners even more storage for bathroom essentials. Lastly, new built-in linen cabinets were installed to accommodate the spa essentials of any Hollywood inspired retreat.

Finishing touches like the natural textured stone tiles and warm desert color palette brought this glamorous California dream to life. The result was an earthy and organic luxury spa-like bathroom that this couple was happy to enter into and start their mornings in each day. Abbey Design Center took their project beyond expectations to deliver this project. Let Abbey help you turn your house into a home that you will be happy to come home to each day.



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