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Reston CONNECTION



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The handsomely crafted cardboard boat "Lake Anne Coffee & Wine Bar" rolled over dockside seconds after launching during the final heat of the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11.

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Ten-year-old Yumna Ahmed meets Captain Jack Hardin of the Reston District Police Station at her neighborhood's National Night Out event Aug. 7.



Residents of Hickory Cluster celebrated National Night Out with a potluck dinner. From left: Walter Prybyla, Silvia Merrill, Bob Anderson, Lani Young, Betsy Heilman, and Lauri Swift.

PHOTOS BY CARLYN KRANKING/THE CONNECTION

Communities Gather Against Crime in Reston

National Night Out brings Reston neighborhoods together.

BY CARLYN KRANKING
THE CONNECTION

In a community-building gesture in Reston, residents of Hickory Cluster gathered for a potluck dinner on Aug. 7. They talked to their neighbors and even met a family that had just moved in.

"In this day and age, everybody's on their cell phones and they don't get to see each other. They don't get to talk to each other," said Lani Young, neighborhood watch coordinator for Hickory Cluster. "I just wanted our neighbors to have a place to come to meet each other and enjoy themselves."

The Hickory Cluster community gathered in celebration of National Night Out, a nationwide crime-prevention event held the first Tuesday of August, which seeks to build relationships between neighborhoods and local police officers. As neighbors get to meet one another and enjoy their community, as those in Hickory Cluster did, they also talk with members of local police departments who visit the events in their area.

"National Night Out is a national campaign to show crime is not welcome in your community," said PFC Katy Defoe, Crime Prevention Officer at the Reston Station. "The police come in for no other reason but to hang out, have a party and sit and chat."

Defoe said National Night Out gives officers the opportunity to meet with communities that may not typically get to see the police unless something's wrong. This year, 14 communities in Reston participated, including all of Reston's county housing units, which Defoe said was a "win."

One of these communities, Island Walk Apartments, held a highly attended neighborhood celebration with a baking competition and face painting. Police officers handed out stickers and safety-pin police badges while interacting with young resi-



Ayesha Abdullahi, 15, Basma Ibrahim, 13, Ahlam Ali, 15, and Sarah Dauod, 14, are some of the youth volunteers who helped plan the National Night Out event as well as other community events at Island Walk. "These things wouldn't go on as smoothly, or at all, without them," CPDC Community Impact Strategies Manager Sharon Blacketor said.



Fatma Dahab, 11, Abrar Ahmed, 8, and Yumna Ahmed, 10, enjoy face painting as they celebrated National Night Out.



Abrar Ahmed, 8, Yacqub Ahmed, 7, and Haset Marcos, 9.



Zubaida Abdalla, 15, paints ten-year-old Isahaq Mohamed's face.



Rawan Hassan, 12, paints a butterfly on ten-year-old Yumna Ahmed's face.

dents. The fire department even attended, until they left on a call. Residents say it is important to see the police in a casual setting. "Little kids like my sisters, they need

to know that they can trust the police," youth volunteer and Island Walk resident Ahlam Ali, 15, said. "Right now, everybody's like, 'Police officers are bad; police officers

are hurting people,' when in reality, we have police officers like the ones that came today who are active in the community and here for actually helping."



A wake of waves crashes as “River Sea Chocolates Wild Sloth” docks at the pier at the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11. Later during the awards ceremony, the team accepted the Skipper First Place Award finishing with an astounding time of 2:05.



“USS Bucket” based in Herndon is all speed ahead with a strong start at the 2nd Annual Lake Anne Cardboard Boat Regatta. The ship placed Second in the Skipper Class with a time of 2:45.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Crazy Fun at the Lake Anne Cardboard Boat Regatta

Proceeds benefit the Reston Historic Trust & Museum.

BY MERCIA HOBSON
CONNECTION

Cardboard plus duct tape equaled boats at the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11 hosted by the Reston Historic Trust & Museum (RHT) and key presenting sponsor by Griffin-Owens Insurance Group of Herndon. Billed as a family-friendly event, the regatta was free and open to the public for viewing. All proceeds from the Cardboard Boat Regatta supported the Reston Historic Trust & Museum.

With a healthy dose of competition, pride and cooperation thrown in, thirty-two teams competed for first, second and third place awards in three age-based trophy categories, the People’s Choice Award and the not-so-coveted but highly amusing, Titanic Award given to the team with the most spectacular boat sinking.

Spectators assembled on the lakefront plaza well before noon. With the sun high in the sky and blazing, the heat was intense but it did not deter a reported crowd of 1,000 individuals.

Patrons, as well as the Boatwrights and crews of the competing vessels, checked out the assembled fleet, dry-docked before the start of the race awaiting inspection. Repeatedly, spectators were overheard discussing a given boat’s seaworthiness vs. its aesthetic design.

Boatwrights had to follow specific rules for the construction of their vessel, or it

would be disqualified. The boats had to be made of cardboard but no waterproof cardboard could be used. Duct tape, masking tape, strapping paper tape, wood glue and contact cement could secure the cardboard pieces together, but no metal or plastic staples, clamps, nails or screws were permitted. Boats could be painted with a water-based paint or sealer.

ALL CREW MEMBERS had to be inside or on top of their craft and could propel it with oars, paddles and even their hands. No motor power or kick-power allowed.

Teams competed in one of the sixteen timed heats of two. Teams powered their boats out to and round a buoy then back to the pier. If a boat capsized, it could be flipped upright, and as long as one member of the crew legally got it back to the pier, it would not be disqualified.

In an interview before the race, contenders Lea Daniel, 11, of Great Falls and her brother, Quincey spoke about making the boat, “Cinder,” and how they designed it. “It took us about 40 hours, and it’s an original design,” said Lea. Pointing to her rescue dog, Cinder, Lea added: “Cinder loved coming outside to help us paint. He’s a team player.”

Lea’s brother, Quincy, said, “We added a pontoon to the side so that hopefully it keeps us stable.” Mom Alina told how the children, who are members of the NoVa Labs, did not want to go to a weekly summer camp but instead asked to stay home where they researched how to build a boat and then constructed it together.

This being the second year of the regatta, some veteran boatwrights modified last year’s entries. Shane Smith of Maker Faire NoVa said, “Last year we flipped real fast at the dock. This year, we have modified the



In Heat 2 of 16 during the 2nd Annual Lake Anne Cardboard Boat Regatta, Team Captain Ariel Boatwright of “A Book Oar Two” brings the bow forward as one crew member paddles ferociously to bring the boat dockside and the other stretches to touch the dock with her paddle thereby stopping the clock.



Pirates Lea Daniel, 11, from Great Falls and her brother, Quincey, 14, prepare to launch “USS Cinder” at the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11. The team placed first in the Cadet Class with a time of 2:14.

design to include outriggers. It went from canoe to trimaran.”

Sam Winkelstein, of NoVa Labs, said, “Our boat is computer designed and contains 300 individual laser cut pieces glued together in a ribbed structure.”

Announcer and President of the Reston Association Board of Directors Andy Sigle kept up a lively banter. He cheered crews onward, especially those with, as he termed, inauspicious starts. “They are quickly pulling ahead. Paddle, paddle,” Sigle called out.

In an interview the day after the event,

organizer Kurt Rose said he expected proceeds from the 2nd Annual Lake Anne Cardboard Boat Regatta held Saturday, Aug. 11 to reach \$10,000 through funds from boat registrations, contributions, t-shirt sales and memberships to Reston Historic Trust.

FOR MORE INFORMATION about membership or donation to the Reston Historic Trust (RHT) that operates the Reston Museum & Shop located at 1639 Washington Plaza, Reston, visit www.restonmuseum.org or phone: 703-709-7700.

OPINION

Back to School Safety Tips

BY SUPERVISOR
JOHN C. COOK
BRADDOCK DISTRICT

The sleepy days of summer are coming to an end. In a few weeks children will don their backpacks and step into yellow buses when the Fairfax County Public Schools start on Aug. 28. Back to School season is a hectic time for many Fairfax families.

This increase in activity means we all must take extra precautions to keep our children and neighbors safe, especially on the road.

Our entire community should be aware during the morning and afternoon school commutes. This time of day will bring a flurry of buses, carpools, cyclists and pedes-

trians all across the county. Morning commutes will be more crowded as more than 1,700 school buses get back on the road. Drivers should leave a few minutes earlier to allow for more time in their commute.

School buses carry thousands of children to school and back every morning and afternoon. Please respect their important role in our community. When a school bus is stopped with red flashing lights, all cars must stop unless they are in another lane divided by a median. So if you are traveling in a two lane roadway that has no median, all cars going both directions have to stop when the bus is loading or unloading. The same goes for a two lane roadway with a center turn lane



and a four lane roadway without a median separation. The only time you can continue driving when a bus is stopped is if you are driving on the other side of the median.

It is important to also keep in mind that many children will be walking to school and to neighborhood bus stops. Make sure to yield to children crossing the streets, especially near schools. Look out for crossing guards and follow their instructions. Keep your car off the cross walk when stopped. Be prepared to stop for children who may make unexpected movements into roadways. And finally, follow the school zone speed limits when the signs are flashing. Most school zones have

a 25 mph speed limit, but they may vary.

Parents, please remind your children about street, pedestrian, and bus safety.

Try to get to the bus stop early so no one gets hurt while rushing to catch the bus. If you are crossing a roadway, make sure that cars are stopped in both directions before crossing. Teach them to use designated crosswalks if they are available and only approach the bus once it has come to a full stop. If you have young drivers in the family, take time to review the rules about school zones and school buses.

Every Fairfax County child has the right to an education. We all must work together to protect that right by making sure students travel safely to and from school. Please help us keep Fairfax County students safe this year.

Back to School

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

Last week I had the opportunity to visit one of my grandsons' schools, and I was genuinely impressed. Parents were invited to come by last week to meet the teachers because his school started on Aug. 15. It was one of the friendliest environments I have experienced — smiles everywhere, genuinely warm greetings for all, and an obvious feeling of caring for all children and parents and grandparents coming into the school. My grandson was clearly eager to get back to school and to see his teachers. He has some special needs that require additional understanding and assistance, and he is clearly getting it in his school setting.

The teachers and administrators wore the school's special tee shirt and were giving high-fives all around.

As one who taught in the classroom for several years, many old memories came back to me. I remember the need to always be "on" in the school day for students who needed help or attention. In most careers we can coast on a bad day and make up for it later; not so with teaching. You are always the center of attention and must be appropriately responsive to student needs whenever they occur. Students can learn as much about life from your body language and attitude as they can from the subject you are teaching them.

While teachers are assigned a grade level or a subject area, ultimately teachers are teaching children more than just content. I am convinced my son who teaches students in automotive technology



is teaching as much about attitude, work habits, developing confidence and being a good citizen as he is about an automobile.

Our daughter who teaches multiply challenged children at the elementary level is demonstrating for parents, the school, and the community the inherent value and potential for every student regardless of the challenges they might face. My wife who was a preschool teacher and director demonstrated how important it is that young children get off to a good start and is now teaching other teachers to do the same.

Increasingly school divisions are getting an exception to the "Kings Dominion Law" requiring that schools begin after Labor Day. Fairfax County Public Schools is

one district now starting before Labor Day.

I have always opposed the current law and have voted to repeal it many times.

A bill carried over from the past session for further consideration would leave the decision of the starting date for schools up to the local school division based on the unique circumstances of the community.

The legislature can do much more to support education of our children than dabble in the starting date for schools. Pay for Virginia teachers lags below the national average by about \$4,000. Clearly teachers do not stay in the profession for the money, but they should not have to suffer with low pay because they chose to educate our children. At least in the community we can express appreciation and offer our thank you to our teachers for the important work they do!

LETTERS TO THE EDITOR

Democracy Threatened

To the Editor:
I remain very concerned about the Supreme Court Nomination, particularly in light of the recently released recording of Representative Nunes revealing the RNC's strategy with regard to ending the Mueller investigation. The American people deserve to know [what] the nominee to the Supreme Court, the highest court in the land, [said] under oath to the

Senate in order to get his last judgeship. Additionally, [the administration of] our current president is under investigation for conspiracy with a foreign government to throw an election. Every day we discover new facts, many of them on tape, which further erode our faith that "checks and balances" are currently in place to prevent the complete destruction of our democracy. Allowing Mr. Trump to

choose the man who will ultimately be charged with deciding if a sitting president can be indicted is simply not acceptable. I very much appreciate the integrity of my representatives and will work tirelessly to get you re-elected. Please continue the fight on our behalf.
#ReleaseTheRecords

Sue Gleason
Vienna

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:

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Legalizing Short-Term Rentals

BY KEN MOORE
THE CONNECTION

Providence District Supervisor Linda Q. Smyth experienced a short-term rental operating illegally in her neighborhood. “I have the distinction, perhaps dubious, of being the board member with an Airbnb situation a half block from my house,” said Smyth.

“So I’ve seen the operation of it, it has not been a happy situation, it’s been a disruption for the neighbors, and it’s been difficult,” she said.

Smyth was one of three supervisors to vote against the short-term lodging regulations that passed the board on Tuesday, July 31, to go into effect on Oct. 1.

“If we had required that the host be present during the short-term lodging contract period, I think I could have gone along with it, because the host is the neighbor and that’s the person the neighbors would know,” she said. “But because we are not doing that I really still have major reservations because of experience.”

“I cannot support it,” Smyth said.

Despite the estimated 1,500 short-term rentals operating in the county to date, the county has only received 80 complaints about short-term lodgings, according to county documents.

“I do believe that owner operators, where they are not present during the rental, where the home isn’t the owner’s residence, are really operating a business in our neighborhoods,” said Springfield District Supervisor Pat Herrity. “And it does change the residential character of our neighborhoods, and I’ve always supported protecting those neighborhoods,” he said, during the board’s meeting Tuesday.

“But I am concerned, on the other side, that we lose tourism benefits, that this really is like Uber and Lyft, part of the new economy. It is something done across the country,” Herrity said.

Herrity, who represented the second vote against the short-term lodging plan, asked the board on July 31 to take more time to study the “complexity of the issues.”

“I think there’s good reason that the General Assembly took two years to address it,” he said.

Braddock District Supervisor John C. Cook was the final vote against the plan.

“I share some of Supervisor Smyth’s overall concern with the concept, but I also recognize that we have to be responsive to a changing economy,” Cook said.

“To me, the way to address the impacts on the surrounding community are to enforce existing law,” he said. “We have a zoning ordinance and we have it for a reason.”

“Occupancy limits are designed to make sure our homes don’t overwhelm the area,” said Cook.

FOR MORE THAN A YEAR, county planning commissioners, planning staff and Board of Supervisors have been interacting with county residents about regulating rent-



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Possible listings through short-term rental sites, including Reston.

Where to stay



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Great Falls Dreamy Studio
\$68 per night - Free cancellation
★★★★★ Superhost



ENTIRE GUEST SUITE - 2 BEDS
Clean modern home comforts
\$58 per night - Free cancellation
★★★★★ Superhost



ENTIRE APARTMENT - 3 BEDS
Walk to the Potomac River from a spacious home.
\$79 per night - Free cancellation
★★★★★ Superhost



ENTIRE GUESTHOUSE - 1 BED
Carriage House LOFT
\$145 per night - Free cancellation
★★★★★ Superhost

Possible listings through short-term rental sites, including McLean and Great Falls.

als such as those advertised on Airbnb, VRBO and FlipKey.

Interest has been high.

More than 7,500 people took part in an online survey. Hundreds of people attended dozens of public meetings. More than 45 people signed up to speak at the Board of Supervisors public hearing on the topic on July 10, 2018, cumulatively speaking for hours. The public hearing before the Planning Commission in May lasted more than four hours.

“I am fortunate that the McLean Citizens Association, they represent 60,000 residents in my district, took this very seriously,” said Dranesville District Supervisor John W. Foust.

“And they recognize that this is going to be a balancing act, they identified the advantages, additional income for the homeowners, making homes more affordable, providing a cheaper alternative to hotels, and providing an opportunity to meet people from other states and countries,” said Foust.

“They warn that there are concerns that they wanted raised. And one was the impact on the character of the neighborhood, very legitimate, introduction of commercial uses in a residential area, parking and traffic on local streets, safety and security, noise and trash, impact on homeowner association and condo agreements, and enforceability,” he said.

Sully District Supervisor Kathy Smith, as chairman of Development Process Committee, spearheaded the board’s efforts to finalize regulations to be passed.

“We’ve been at this for a long time. The General Assembly took a couple of years to come up with the code allowing us to do this,” said Smith.

“In reflecting, we’re really here because people change how they do things, we’ve developed a sharing economy, we have shared rides, we have this with the housing,” said Smith. “And sometimes local government is a little bit behind the changes.”

SURVEY RESPONSES revealed that 82

New regulations will permit homeowners to rent out homes up to 60 days a year.

following requirements:

❖ Owners or renters must be permanent residents of the property they offer for short-term lodging

❖ Properties may be rented for no more than 60 days per calendar year.

❖ Lodgers will be limited to six adults, all be associated with the same rental contract

❖ Only one contract per night is allowed

❖ Operators must identify an authorized agent, not including themselves, who will be available in to address problems that arise while a property is being rented.

❖ There must be one designated parking space available for lodgers.

❖ Postings must include the short-term lodging permit number

❖ Postings must identify the location of the required parking space

❖ Properties may not be rented for events or commercial purposes like parties, weddings or fundraisers.

❖ Properties must be made available for inspection by county code enforcement inspectors upon request, and comply with state building safety rules

❖ Two-year permit will cost \$200

❖ Operators must pay transient occupancy taxes

❖ Homeowners associations and community associations can still prohibit short-term lodgings within their subdivision or development

MOUNT VERNON District Supervisor Daniel Storck identified short-term rentals as entrepreneurship.

“This is the new economy, this is entrepreneurship, this is exactly what it is. You’re always kind of skating near the edges of what’s legal or not legal, what the rules are or not the rules, because that’s part of what creates change in society,” said Storck.

“We’re here, and now we have to address it. As an entrepreneur I don’t want to shut it down but at the same time, I have a lot of concerns,” he said.

Chairman Sharon Bulova said the board’s decision “was not an easy one.”

“Short-term lodging, while people have been doing that sort of thing over the years, it hasn’t really had a name and hasn’t been something that’s been recognized in our zoning ordinance. But it’s becoming something that is popular and that people are doing,” Bulova said during the meeting. “Without any kind of regulation or oversight I feel that we could be interfering with the quiet enjoyment of people’s neighborhoods and homes.”

“There were many factors to consider and various ways the county could go about regulating or restricting. Through today’s decision, the Board of Supervisors aimed to strike the right balance between allowing short-term rentals to operate in Fairfax County under certain circumstances, while protecting the character and quiet enjoyment of residential neighborhoods in Fairfax County,” she said.

percent of respondents thought short-term rentals should be allowed in single family homes; 74 percent answered that they should be allowed in townhouses; 76 percent answered they should be allowed in condominiums. Fully 40 percent of respondents said they had first-hand experience with short-term rentals.

“While it would be nice to wait, I don’t think waiting is going to yield us any new information that we don’t already have today,” said Lee District Supervisor Jeff McKay.

“You’re going to have people who don’t understand it, you’re going to have people who love it and want no regulations, and you’re going to have people who don’t want these anywhere in the county,” he said.

The county will examine how the regulations are working after 18 months.

“I do think it is an issue that we need to set rules of engagement, put them in the ordinance, test them, see what’s happening, allow people who are doing these in a way that doesn’t impact the rest of the community, a legal means by which to do that,” said McKay.

NEW RULES go into effect Oct. 1, 2018, allowing homes to be rented out as short-term lodgings with restrictions.

“I think the enforcement issue is going to be a big deal,” said Foust. “I do remind people that this is currently illegal, and we’ve got thousands of people doing it. So we’re going to make it legal, let’s hope that they respect that it will now be legal and they live within the confines of the law.”

These rentals will generate an estimated \$428,268 in new transient occupancy taxes a year based upon the estimated 1,500 active listings, according to the county. Of this amount, \$249,823 would go to the county’s budget fund and the remaining amount would be used to support tourism and regional transportation as required by state law.

SHORT-TERM RENTALS will be allowed in single-family homes, townhouses, condos, mobile homes and apartments with the

Deer Management Program Set to Start Sept. 8

Officials hold public information meetings ahead of program launch.

BY ANDREA WORKER
THE CONNECTION

Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

There are probably very few county residents who can claim to have never seen a deer in their travels around our region. Sadly, quite a few can claim having experienced an up-close-and-personal whitetail encounter on the roadways.

In a 2016 study, Virginia was ranked 13th in the nation for the number of deer-vehicle collisions. The latest study by State Farm Insurance companies puts the Commonwealth in 11th place. Since 2010, the state has averaged 111 deer-vehicle collisions reported annually, but those numbers are probably underestimating the actual events according to Dr. Katherine Edwards, the county's wildlife management specialist.

"The real number could be three or four times higher than that," said Edwards, noting that the Virginia Department of Transportation is called to pick up 1,500-1,600 deer carcasses each year and that field work has also shown that probably only 25 percent of the deer who are hit actually die on the roadside.

Edwards, along with Sgt. Earit Powell of the Fairfax County Police Department, and Kristen Sinclair, an ecologist with the Fairfax County Park Authority, are the county officials charged with the supervision of the program and they have been hosting a series of public information meetings prior to the launch to explain the logistics and answer any questions or concerns from citizens. The trio have already hosted two meetings; one at Fairfax County Government Center, and a second at the North Government Center in Reston.

THE SESSIONS OPEN with a bit of history explaining that public safety was the impetus behind the development of the program. Following a fatal deer-vehicle collision in 1997, and public demand for local government to address the issue of deer population, the Board of Supervisors mandated that a strategy to control the deer population in the area be put in place. The strategy addressed public safety concerns and also the increasing damage being done by the deer to private property and ecosystems of public parklands,

Today, the deer management program is implemented by the Fairfax County Police Department in partnership with the Fairfax County Park Authority and the Northern Virginia Regional Park Authority.

Powell heads the deer harvest operations. Edwards is the wildlife management specialist, and Sinclair is the expert on all things related to the natural environment which the deer inhabit — and which they are in danger of permanently damaging.

The over-browsing of the parklands by



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Sgt. Earit Powell, Fairfax County Police Department; Dr. Katherine Edwards, county wildlife management specialist; and Kristen Sinclair, county Park Authority ecologist, meet with the public at the North Governmental Center in Reston to discuss the upcoming deer management program, slated to begin on Sept. 8.



PHOTO BY MARY KIMM

Deer by the roadside: Saturday, Sept. 8, marks the start of the Fairfax County 2018-2019 Deer Management Program.

deer is "hindering forest regeneration," said Sinclair, by their consumption of seedlings and saplings, shrubs and bushes, changing the very composition of the forest over time.

Gathering accurate data on the deer population and their ecological impact continues to be challenging, Sinclair admits, but efforts have been increased and scientifically improved over the last several years.

She oversees hundreds of "browsing plots" throughout the county's park system

and in conjunction with the Northern Virginia Regional Park Authority.

The ecologist provided data showing that the impact of unchecked deer populations on parklands allows for the proliferation of non-native, invasive plant species and slowly erodes the biodiversity of these habitats.

"Over-browsing by deer can lead to a loss of ecosystem services," said Sinclair, "negatively affecting native plants, insects and

birds in the area."

THERE ARE THREE methods of deer harvesting that the county employs, all permitted under the Commonwealth's Department of Game and Inland Fisheries: archery, managed firearms hunts, and sharpshooting conducted at night by police personnel in closed-park situations.

❖ Archery is the number one management tool as it has been shown to harvest the most deer with the highest degree of safety for hunters and for the general public in such high-density areas as Fairfax County. The archery harvest will run from Sept. 8 through Feb. 23, 2019.

The hunters must complete a bow hunting education course, pass proficiency tests and criminal background checks before being assigned to a hunt cluster under the oversight of a cluster supervisor. Each hunter has a personal ID number and their equipment should be marked with that number. All activity by the hunters is logged into a database within 24 hours and are monitored.

"They are also required to field dress any deer they harvest, and to remove the carcass covered and as discreetly as possible," said Powell.

The hunts are conducted from 30 minutes prior to sunrise to 30 minutes past sunset. Parks remain open during the harvests, but Powell notes that every precaution to protect citizens is taken. Hunting can only be done from raised deer stands using the ground as the backdrop. Hunters must remain 100 feet from any private property line, and at least 50 feet from a trail. Entering private property is strictly prohibited without the consent of the property owner.

"We have had zero safety incidents," said Powell, "and we work diligently to keep things that way."

Questioned about "wounding rates" versus proven kills, Powell insists that every effort is made to track "unrecovered hits." Powell himself can take to the woods to try and find a wounded animal or determine if the deer died later from the hit. The wounding rate between 2014-2018 is between 4-to-7 percent. "But even that is too high," added Edwards, who vows that they will keep working to reduce that number.

❖ Managed firearms hunts have been scheduled in the Sully Woods area, on Wednesday, Nov. 28, Wednesday, Jan. 9, 2019, and Wednesday, Feb. 6, 2019. Again, strict control and supervision is employed to ensure hunter and public safety. Hunters are assigned tree stands by 6 a.m. and the hunt concludes with all participants vacating the stands by 1 p.m.

❖ Planned night time sharpshooting operations by specially-trained police personnel are scheduled for the Annandale Community Park, Bull Run Regional Park, Huntley Meadows/Dogue Creek Stream Valley, and Loftridge Park/Clermont Park. Officials are also considering sharpshooting at Fry-

SEE DEER MANAGEMENT, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO COURTESY OF TERRI'S TABLE

Cutting fresh produce into bite-sized pieces can make school lunches appealing to children, advises Terri Carr of Terri's Table.

Lunches That Make the Grade

Ideas for packing healthy foods that children won't want to trade.

BY MARILYN CAMPBELL

For many children, one of the exciting back-to-school rituals is selecting a new lunchbox. For parents, that means choosing midday fare to pack in those lunch-pails. While fresh ideas for healthy and satisfying meals may flow freely at the beginning of the school year, as the weeks pass, it can become easy to slip into a lunchtime rut of daily turkey sandwiches. Local nutritionists and culinary instructors offer ideas designed to serve up lunchbox love all year long.

"Making healthy lunches is just about parents educating themselves on the healthy food options that are available and then teaching their kids to make healthy food choices," said Mary Murray of Reston-based Teri Cochrane, Beyond Nutrition. "With my own kids, I just kept bad food choices out of the house so they didn't have those options."

Trade junk food favorites like potato chips for healthy alternatives like plantain chips, advises Murray. "Plantain chips are actually very good and they're also good for you and still have the crunch. If kids were to bring some extra to share with their friends, more kids will see that they're actually delicious."

"Protein and vegetables are remarkably important, but underrepresented," said Sara Ducey, professor, Nutrition and Food at Montgomery College. "A lot of carbs or snacks, stuff like chips, end up in children's lunchboxes because they have a social value for kids who feel like they're open to being judged."

There is a social component to lunchbox fare that should not be overlooked, continues Ducey. "Lunches should be exciting and appealing, especially when children are feeling like they might be judged," she

said. "Cutting fruit into larger pieces for example, keeps them from turning brown as quickly. A Granny Smith apples for example is less likely to turn brown than a Red Delicious apple."

Packing a lunchbox with foods that are hearty and nutrient-dense is a key to maintaining a feeling of satiety throughout the day, advises Ducey. "You want your kids to have a stable blood sugar," she said. "Beans are good for protein and keeping their blood sugar stable. Try things like white bean hummus, chili and stews and soups that are made with beans."

Involving children in the process of selecting and preparing the items that go into their lunch boxes is a key to increasing the chances that those healthy items will actually be consumed, advises Terri Carr of Terri's Table, a cooking school in Potomac, Md. "Children love to cook and the desire for cooking classes in this area is tremendous. Carr offers classes on cooking with children.

"Many kids will eat fresh baby carrots, celery and cucumber, which are also hydrating," added Carr. "Crunchy dried fruit like blueberry, apples and mangos can go in their lunchboxes instead of chips and they're usually a hit."

Replacing fruit juice with natural fruit water by soaking fresh fruit in water to add a burst of flavor without added sugar is another option offered by Cochrane's firm. Stevia or monkfruit can also be added to sweeten the taste without increasing the sugar content.

"When it comes to beverages, children should only have whole milk and water in their lunchboxes," said Ducey. "Whole milk keeps the child fuller longer. Skim milk actually spikes sugar and they're full at first, but hungry soon after. And a hungry kid doesn't learn as well."

As important as the food that goes into a child's lunchbox are the containers that hold each dish, suggests Ducey. "Invest in good quality stainless steel containers and utensils rather than plastic," she said. "Plastic can transmit chemicals into your food, so stainless steel is a good alternative."

"Lunches should be exciting and appealing, especially when children are feeling like they might be judged."

— Sara Ducey, Professor, Nutrition and Food at Montgomery College



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

ONGOING

- 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.
- Homegrown Yoga.** Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit homegrownpoweryoga.com to sign up.
- The Elden Street Tea Shop.** Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.
- Small Business Support Sundays.** Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.
- All-comers' Group Fun Run.** Thursdays, 6:30-7:30 p.m. at Potomac River Running, Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 or visit potomacriverrunning.com/reston/.
- Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com.
- WEDNESDAY/AUG. 15**
- Dog Days of Summer.** 4-7 p.m. in the Pavilion at Reston Town Center. Dogs and owners can frolic in the Pavilion 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.
- Get Woke! Book Club.** 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. This progressive book club



Wytold

focuses on reading titles that cover timely political issues. The August meeting will focus on a discussion of housing access and incarceration and how those issues are connected. Attendees are asked to read either "Evicted" by Matthew Desmond or "The New Jim Crow: Mass Incarceration in the Age of Colorblindness" by Michelle Alexander. Free. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/AUG. 16

Learn How to Ride the Bus and the Metro. 10 a.m.-1:30 p.m. meet at RA Headquarters. Become familiar with the regional transit systems. Learn how to read bus schedules and route maps, how to determine and pay fares, how to signal the driver to stop, as well as other travel skills. Stop at the Silver Line, and learn how to determine the fare and purchase Metrorail fare cards, read the rail system map and board the train to travel by rail. Free. 55+. Registration required: 307221010. Visit www.reston.org.

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$7 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

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.

FRIDAY/AUG. 17

Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join teacher Kesha Menefee from Winwood Children's Center for a special story time. 10 percent of the day's profits will be donated to the school. Free. 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. Reston Community Center's



Wytold & Gina Sobel

Wytold is a DC-based composer and cellist who has performed his original compositions with the National Symphony Orchestra in collaboration with GRAMMY-nominated Christylez Bacon. Gina Sobel is known for her improvising prowess on flute, and is an accomplished vocalist, saxophonist and composer. Sunday, Aug. 26, 5-7 p.m. at ArtSpace Herndon, 750 Center St., Herndon. \$20. Visit www.artspaceherndon.org for tickets.

Gina Sobel

Summerbration featuring Cristian Perez Band. 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. 18

Concerts on the Town: T Sisters. 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.

SUNDAY/AUG. 19

Author Patty Pearson. 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join author Patty Pearson for a discussion of her novel, "FLY GIRLS." Recommended reading for ages 10 and up, "FLY GIRLS," introduces a remarkable but, until recently, little-known group of women who answered their country's call in its time of need. Their story is one of patriotism, persistence, love of flying, and the willingness to do good without personal gain. Free. Visit www.scrawlbooks.com or call 703-966-2111.

History of the Saxophone. 7-8 p.m. at Reston Town Square Park. Take a musical journey through the history of the saxophone as Professor of Saxophone Timothy Roberts and conservatory students perform a mix of music from the Baroque, Broadway and Belle Epoque. Free. Call 703-476-4500 or visit restoncommunitycenter.com.

WEDNESDAY/AUG. 22

The Wednesday Morning Book Club: The Intersection of Past and Present. 9 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Book Club focusing on biography, memoir and history. In August, the group will discuss, "Americans in Paris: Life and Death Under Nazi Occupation" by Charles Glass. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Meet Me at the Movies. 10 a.m., doors open 9:15 a.m. at Bow Tie Cinemas, 11940 Market St., Reston. Reston Association presents a feature film. Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org, call 703-435-6577, or visit reston.org.

Dog Days of Summer. 4-7 p.m. in the Pavilion at Reston Town Center. Dogs and owners can frolic in the Pavilion 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. 23

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.

Lunch in the Park at GRACE. Noon-1 p.m. at GRACE, 12001 Market St. #103, Reston. Bring a lunch to the GRACE gallery and enjoy a Creative Response session about the current exhibition, Building Worlds. Produced by Reston Town Center Association and Reston Community Center. Free and open to the public. Visit restonarts.org.

FRIDAY/AUG. 24

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 The Swingin' Swamis with swing 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.

SATURDAY/AUG. 25

Family Day. 1-3 p.m. at GRACE, 12001 Market St. #103, Reston. Greater Reston Arts Center opens its doors for a free day of family art making and exploration in the gallery. All ages. Free and open to the public. Visit restonarts.org.

Concerts on the Town: Landau Eugene Murphy, Jr. 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.

SUNDAY/AUG. 26

Reston Century Bike Tour. 6:30 a.m.-5 p.m. Riders select 33, 66 or 102 mile routes starting and ending at Reston Town Center. Rain or shine. Post-ride party in the Pavilion with food and music for participating cyclists. Register online at restonbikeclub.org.

2018 Reston Youth Splash and Dash. 8:30 a.m. CORE Foundation

presents the inaugural Reston Youth Splash and Dash in cooperation with the Reston Association. This fun-filled event offers an introduction to triathlon featuring a swim / run combination for children aged 6-15. Visit corefoundation.raceentry.com/race-reviews/reston-splash-and-dash to register.

Wytold & Gina Sobel. 5-7 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Wytold is a DC-based composer and cellist who has performed his original compositions with the National Symphony Orchestra. Gina Sobel is known for her improvising prowess on flute, and is an accomplished vocalist, saxophonist and composer. \$20. Visit www.artspaceherndon.org for tickets.

MONDAY/AUG. 27

Little Hands Have Big Fun. 9:45-10:30 a.m. (ages 2-3); 11-11:45 a.m. (ages 3-5) at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Preschoolers can have big fun in the "Little Hands on the Farm" program. Children, 2-5 years old, are invited to come to the Kidwell Barn classroom to learn all about farm animals and farm chores and enjoy a story, craft or game. \$8 per child, and an adult must attend with the child. Pre-paid reservations are required. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

WEDNESDAY/AUG. 29

Dog Days of Summer. 4-7 p.m. in the Pavilion at Reston Town Center. Dogs and owners can frolic in the Pavilion 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. 30

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.

Author Ariel Kaplan. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. "We Regret To Inform You" is a witty, heartfelt Young Adult novel that puts the college admissions process into perspective. Visit www.scrawlbooks.com or call 703-966-2111.

FRIDAY/AUG. 31

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 Chris Vadala with the Rick Whitehead Trio. Parking is free in the ParkX parking garage from 6:30-9:30 p.m. during the concerts. Call 703-390-6166 or visit restoncommunitycenter.com.

SATURDAY/SEPT. 1

Entry Deadline: 10th Annual Expressions Portrait Competition and Exhibit. 5 p.m. Preference will be given to works adhering to the traditional definition of portraiture: "a painting, sculpture, or other artistic representation of a person, in which the face and its expression is predominant." Up to 25 finalists will be selected to exhibit their work at ArtSpace Herndon. \$35 (non-refundable) for up to two entries. Visit ArtSpaceHerndon.org and select the Calls for Art page for details.

Deer Management Program Explained

FROM PAGE 6

ing Pan Farm Park. These operations will be conducted between November 2018 and March 2019, but no hunts will take place over the Thanksgiving holidays or during the winter holiday season between Dec. 19, 2018 and Jan. 2, 2019. The venison from the harvest is donated primarily to homeless shelters through the nonprofit "Hunters for the Hungry."

Hunting deer as a method of controlling their population is not always met with approval. Some residents object to destroying an animal that is just trying to survive in a vanishing wilderness. But as Edwards explained, other, non-lethal methods like tagging deer with birth control drugs or sterilization "just haven't proven effective or are cost prohibitive, although we continue to stay up to date with the latest research and will adjust our program accordingly."

THE DEER MANAGEMENT program is ultimately about public safety, said Edwards, "and the protection of the environment, and about helping sustain a population of healthy deer as part of our natural surroundings."

There is one more public meeting scheduled for Thursday, Aug. 16, at 7 p.m. at the Mount Vernon District Police Station Community Room at 2511 Parkers Lane in Alexandria. A complete list of the parks where deer harvesting will take place, and the methods that will be employed at each, including dates for managed firearm and sharpshooting operations, is available on the county's website at www.fairfaxcounty.gov/wildlife/deer-management-program. The site also provides historical data on the numbers of deer harvested in past operations by location, by method, and by sex and more information about the logistics, requirements, and frequently asked questions.



Reston resident Tammi Petrine talks about the effects of deer over-browsing on her property with Mark Gauntner, who will be joining the deer management team in September.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Gwyn Whittaker, CEO of GreenFare caf in Herndon, has a few questions for Sgt. Earit Powell who heads the deer harvest operations.

Edwards, Powell and Sinclair welcome comments and questions from residents of the county, and are more than willing to speak with local groups, HOAs and other organizations, or private citizens looking for advice on how to coexist with hooved neighbors. Their contact information can be found on the website.

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August 22, 2018

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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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NEWS

Reston Splash & Dash Will Make Children Feel Like Superheroes

Locally Acclaimed Musician Ted Graber to produce & entertain at the event.

By **MERCIA HOBSON**
THE CONNECTION

Registration is open now. The CORE Foundation and Reston Association created a new Aquathlon series, the 2018 Reston Youth Splash and Dash, a USA Triathlon sanctioned event, the perfect swim-run introduction for children to triathlons. Splash and Dash is scheduled for Sunday, Aug. 26, start time 8:30 a.m. Local musician Ted Graber agreed to produce the event and will be entertaining.

Splash and Dash is not a "competition" but a "participation." Organizers stress they want every child to feel like a superhero, so volunteers have been urged to wear superhero outfits, cheer and high-five all the athletes as they swim at the Lake Audubon Pool and run the race course on the nearby Reston paths. CORE Foundation believes every child should have the chance to cross the finish line and feel like a rock star.

Proceeds from the event benefit underserved youth in the community. Athletes optionally have the opportunity to give an additional donation or fundraise as part of the "Race with Purpose: CORE Cares" program.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Registration is open for the newest young triathlete experience, the 2018 Reston Youth Splash and Dash, a swim-run non-competitive event for children 6-15 on Aug. 26 at the pool at Lake Audubon and on nearby paths.

As for distances, children 6 years old swim 50 meters and run 1 K; 7-10-year-olds swim 100 meters and run 1K; 11-15-year-olds swim 150 meters and run 2K. The event cost is \$25 plus a \$10 USAT annual membership fee unless the child is already a member. Registration is limited to 150 participants. Event organizers state floatation devices will be allowed, but those swimmers will not be eligible for awards, adding: if the child will use a device or has swimming anxiety or a special need, note such in the comments section at registration or contact info@corefoundation.org.

Visit the following sites for more information: Sign up your child: corefoundation.raceentry.com/race-reviews/reston-splash-and-dash; Volunteer: signupgenius.com/go/

904054fa9a92fa20-20181; if you know a child who might benefit from a complimentary registration: tkohler@corefoundation.org.

The CORE Foundation is noted for helping people be the change they want to see in the world.

Founded by Doug Bushée, the CORE Foundation is a 501(c) 3 nonprofit organization that can act as an umbrella for other clubs, organizations and social entrepreneurs wanting to do good work and succeed. The organization does this by providing resources such as tax preparation and filing, bookkeeping, liability coverage for organizations and volunteers, business planning support, banking services, and more. For additional information about the CORE Foundation contact Taralyn Kohler at tkohler@corefoundation.org or visit corefoundation.org.

Apply for Citizens Fire Academy

An eight-week Citizens Fire & Rescue Academy (CFRA) program will show participants what firefighters and paramedics do every day. The CFRA is open to county residents 18 and older. Each session will cover different aspects of the organization, providing an overview of the department and its uniformed and civilian workforce. Program topics include: fire suppression, emergency medical services, training, recruitment, special operations, and other interesting topics. CFRA applications will be accepted until Aug. 31. The Academy will begin Sept. 20 and will meet for eight consecutive Thursdays, from 6



FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT PHOTO

p.m. to 9 p.m. and ending on Nov. 8. See <https://www.fairfaxcounty.gov/fire-emergency/cfra>.

BULLETIN

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

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

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).

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.

THROUGH FRIDAY/AUG. 17

Disaster Preparedness Kits. Community members are invited to visit participating Allstate agencies to receive free Allstate Foundation disaster preparedness kits, while supplies last, and localized information from the American Red Cross. Visit www.allstate.com. The following allstate agents are participating:

- Robin Hill: 5222 Rolling Road, Burke
- Denni Cravins: 203 Elden St., Suite 304, Herndon
- Ray Manfredi: 6506 Loisdale Road, Springfield
- Joe Nadimi: 8212-C Old Courthouse Road, Suite 1, Vienna

TUESDAY/AUG. 21

Sponsors Wanted. Floris Elementary is hosting a Boosterthon Fun Run, a fun character and fitness-focused fundraiser. Each student receives a customized Boosterthon t-shirt with the school logo on the front. Students' laps will be tallied on the back. Email ghughes@kw.com to sponsor the t-shirt or learn about other sponsorship opportunities.

WEDNESDAY/AUG. 22

2018-2019 Social Media Trends. 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. With 4 billion people around the world now online, new digital behaviors are emerging. To keep up, business owners need to rethink their strategies, create new capabilities, and quickly adapt. Rachel Adler will present her expert analysis of the major trends in digital and social and share how businesses can take advantage of the biggest opportunities in 2018 into 2019. Visit restonchamber.org for more.

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Progressing, But So Am I



By KENNETH B. LOURIE

"Slow progression" does not mean we are now progressing slowly. Quite the opposite in fact. During this past Monday's "Phoning It In" appointment when the three semi-amigos – me, my wife Dina, and my oncologist – discussed/assessed my most recent CT scan results, a decision was made to fight potential cancer fire with treatment fire.

In effect, we are doubling down, decreasing my present every-seven-week infusion schedule back down to every three weeks and likewise reducing my three-month CT scan interval to two months. All of which changes my "manageable" life to one more cancer centric. Not all appealing but as the South Korean woman driving the white Cadillac told "Hawkeye" in a long-ago M*A*S*H episode: "That's where the water is."

And so we are returning to the scene of the crime (three week intervals) so to speak, and hoping we can nip this tumor growth in the bud thereby enabling yours truly to live longer and hopefully prosper (and live long enough as well to see the new Star Trek series with Patrick Stewart returning as Jean Luc Picard).

I don't want to be totally naive and presume that since the same medication has worked for five years, there's no reason to think, with a little tweaking, it can't continue to work for another five years. However, my oncologist did say he's had patients where a similar approach worked to slow/stop the growth (after an unspecified period of stability like me) so to quote my late father: "The idea has merit."

Ergo, the honeymoon is over. Now the hard part begins, again. One week not feeling well, two weeks feeling pretty well. Then waiting for scan results as if my life depended on it (duh!).

It's nothing my family and I haven't experienced off and on going on nine and half years since my diagnosis/prognosis. Still, after the last five years of relative calm (since I was hospitalized and began the "miracle" drug alimta), life has been normal-ish with infusion intervals widening and scan results indicating some initial shrinkage ("like a frightened turtle"), followed by nearly five years of "stable" CT scans.

But so what else is new in the cancer-patient world? (That's a rhetorical question.)

Cancer returning with or without a vengeance to patients who perhaps had expected otherwise. Cancer is not exactly a disease you forget you had or one that you presume you'll never see or worry about again. Nothing could be further from the truth. The truth being: you are scarred for life – sort of. You become a lifelong member of the biggest club in the world. A club, as Grouch Marx might joke, you'd rather not join, especially if they'd have you as a member.

"Cancer Sucks" as a meme is the most insincere form of flattery – for a reason: people die. Cancer leaves a wake and in its path devastation and destruction. Its swath cuts across generations, cultures, demographics, ethnic backgrounds and gender identifications.

If there's any fear we share collectively it is a diagnosis of cancer. Living with it and trying not to die from it has been the bane of my existence – and millions more, many of whom have already succumbed to its ravages. Continuing research into the cause and effect has given me years my oncologist told me I probably didn't have. ("13 months to two years" was my original prognosis.)

How lucky am I. (Not a rhetorical question.)

Now I face another hurdle. Or rather, more of the same hurdle I've managed to jump over for nine-plus years. Whether the 10 percent-ish tumor growth is the real deal or merely just a blip on the cancer radar, only time and treatment will tell. This is the uncertainty all of us cancer patients endure. It's not ideal, but ideal left the building on Feb. 27, 2009.

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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