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Reston CONNECTION

Laura Beth Konopinski sculpts glass depicting change and showing the connection between human experiences and animal instincts in the 'Building Worlds' exhibit at Greater Reston Art Center, on display through Saturday, Sept. 15.

Science Fiction, Fact and Fantasy Collide

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Reston Pools Go to the Dogs

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Children line up and are ready to hit the deck for the 2018 Reston Splash and Dash, produced by CORE Foundation. Event proceeds benefited "Kids Helping Kids," a CORE Foundation program that enables triathlon experiences for low-income youth.



PHOTOS BY MERCIA HOBSON/
THE CONNECTION

Super Heroes Splash and Dash in Reston

Aquathlon draws 150 participants as it raises funds for 'Kids Helping Kids.'

BY MERCIA HOBSON
THE CONNECTION

Early Sunday morning, Aug. 26, 150 children along with their family members arrived at Reston Association's Lake Audubon pool, 2070 Twin Branches Road for the 2018 Reston Youth Splash and Dash, a two-stage swim/run event. The CORE Foundation presented the inaugural participatory challenge as a noncompetitive aquathlon. The child's age determined the swim and run distances.

Doug Bushee, Board chair and founder of the CORE Foundation addressed the youth. "You are all Super Heroes," he assured them. As the children lined up on the pool deck, Bushee urged the crowd to make some real "Reston noise."

Next, Bushee explained one of the purposes of the 2018 Reston Splash and Dash was to introduce young athletes to a multi-sport event, and while the theme of the aquathlon was Super Heroes, Bushee cautioned, "Not all super heroes wear capes."

Bushee called attention to and thanked the following Super Heroes who were not wearing capes: members of Reston Association, parents, lifeguards, Fairfax County police officers and sponsors who helped make the event possible. He gave special acknowledgment to all the volunteers and especially event organizer Taralyn Kohler and Mary Ellen Wolfe.

Proceeds from the 2018 Reston Splash and Dash would benefit the Core Foundation Program, "Kids Helping Kids." Funds enable youth from low-income families to participate in triathlon experiences.

One of the younger participants in the 2018 Reston Splash and Dash completes the required 50-meter swim, which is two laps of the pool, a long way for little arms and legs.



Lillian Bank, 7, of Arlington receives her body marking for the 2018 Reston Splash and Dash produced by CORE Foundation and held at Lake Audubon in Reston on Sunday, Aug. 26.



Even the younger athletes run out of the transition area with a natural high cadence and drive their arms forward to get them in a race pace to finish the second part of the CORE Foundation's 2018 Reston Splash and Dash.



Sculptor Timothy Harper incorporates salvage yard and alleyway finds with obsolete machines, dismantled toys and decaying plant matter to create interactive objects giving them a second beautiful life.

PHOTO BY MERCIA HOBSON/
THE CONNECTION

Science Fiction, Fact and Fantasy Collide in GRACE Exhibit

'Building Worlds' features works by regional contemporary painters, sculptors, and interdisciplinary artists.

BY MERCIA HOBSON
THE CONNECTION

Five regional artists who share an interest in the role of science fiction, fact and fantasy push the boundaries of their media and invite viewers to enter their new worlds in the current exhibition, "Building Worlds" at Greater Reston Art Center, 12001 Market Street, Suite #103, Reston on display through Saturday, Sept. 15.

Through the artists' innovative uses of space, lush vegetation and organic material, Michael Booker, painter; Rachel Guardiola, interdisciplinary artist; Timothy Harper, found-object sculptor; Laura Beth Konopinski, glass sculptor; and Katherine Tzu-Lan Mann, painter, alter the viewers' perceptions about being human as they the artists alter the human environment.

Erica Harrison, Associate Curator and Festival Director Greater Reston Arts Center defined reality and fantasy as the "in between creative space" for the artists featured in Building Worlds. "I wanted to find artists who were exploring alternate realities," she said. Artists who worked through complex issues using "dystopian elements of current realities and imagining different outcomes," Harrison said.

Building Worlds is a perfect

example of what Greater Reston Arts Center does, said Lily Sigel, executive director and curator of GRACE, before the Opening Reception and Curator's Talk in late July. "This exhibition of regional artists follows an exhibition by a national artist on humanity. It represents our commitment to show regional and national artists on the same walls," said Sigel.

In conjunction with Reston Community Center, GRACE offers two workshops with Building Worlds artists Tim Harper and Rachel Guardiola. On Sept. 8, 1 to 3 p.m., Tim Harper hosts Crankable Creations, 402689 for ages 6-99 at 12001 Market Street, where participants will learn to create a kinetic art box. On Saturday, Sept. 15, 1 to 3 p.m., Rachel Guardiola hosts Sensory Scenery, 402690 where participants will create one-of-a-kind works of art. To register go to the Reston Community Center website, click on Register for Classes & Activities and scroll to the Visual Arts category.

The Building Worlds Exhibition at Greater Reston Arts Center is free and open to the public at 12001 Market Street, #103. It runs through Sept. 15. Many of the works are for sale through the artists. The gallery is open Tuesday - Saturday, 11 a.m. - 5 p. m. For more information, visit restonarts.org and info@restonarts.org.

OPINION

America Needs Unions

BY DAVID BRODER
PRESIDENT, SEIU VIRGINIA 512

This Labor Day, while some of us attend barbeques or spend quality time with our families, millions of Americans will go to work.

Americans are now working longer hours for lower wages. Despite an increase in our educational attainment, fewer of us have paid sick days, parental leave or employer-based healthcare. Even fewer of us have retirements we can count on.

Unions are a solution to our broken economy.^o

Working people who form unions with their co-workers earn higher wages, have better health care, have more secure retirements, and are safer on the job.

The statistics are overwhelming. Working people in unions earn 30 percent more than their non-union counterparts, and are nearly five times more likely to have a guaranteed pension. Women workers who are union members earn nearly \$9,000 a year more than their non-union counterparts. For African-American workers, the union differential is also about \$9,000, and for Latino workers the yearly advantage is more than \$11,000.



COMMENTARY

Unions have made all the difference in my family's life.

I'm the great-grandson of eastern European Jewish immigrants, who fled anti-Semitic violence, and came to this country with nothing. Thanks to my grandparents' union, my father was able to go to college. Thanks to my

mother's teachers union (in which she was a powerful leader), our family never had to choose between seeing a doctor and putting food on the table, and my parents can now retire and live with dignity.

It's no wonder that more people are speaking out, organizing and voting for the rights to form a union.

Across the country, in deeply-conservative states like Oklahoma and West Virginia, union teachers and community allies have successfully mobilized for improvements to our education system, teacher pay and workers' rights.

Here in Virginia in 2016, a bipartisan majority of voters rejected the anti-worker constitutional amendment known as "right to work," while last month, voters in Missouri rejected the state's right-to-work law by a 2:1 margin.

Across the country, 61 percent of Americans

support unions, according to a recent Gallup Poll. Young workers are even more supportive, and are joining unions in record numbers, in order to fix a broken economy.

When workers join together to form unions, we all benefit.

Strong unions raise wages, improve health care, and expand retirement security for all workers, union and non-union. Unions have played important roles in the civil rights movement and women's rights movement, and continue today to fight for racial, immigrant and environmental justice.

Here in Northern Virginia, unions have helped lead fights to raise wages, increase mental health funding, create jobs, and ensure health care for up to 400,000 people through Medicaid Expansion.

So, this Labor Day, whether you're enjoying a burger with family and friends or you're hard at work at your job (or maybe your second or third job), I invite you to join us.

Let us all unite together on our jobs, in our communities, and at the polls this November, to demand a better economic future for all people!

Learn more at AmericaNeedsUnions.org

David Broder of Vienna is the president of SEIU Virginia 512, a union of home care providers, and county employees in Fairfax and Loudoun.

Un-Gerrymandering Legislative Districts in Virginia

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

On Aug. 30, I and my colleagues in the General Assembly will return to the State Capitol in Richmond at the request of Governor Ralph Northam to un-gerrymander eleven House of Delegates districts that have been found by a panel of federal judges to be unconstitutional. The court's action was based on a finding that the districts as drawn violated the equal protection of the law afforded to everyone by the United States Constitution. In the redistricting of 2011, the Republicans who had a majority in the House of Delegates packed African Americans in the Richmond-Hampton Roads regions into the eleven districts that have been found unconstitutional. From a partisan perspective the packing resulted in African Americans who historically vote Democratic to be limited in their influence over voting outcomes throughout the region. From a legal perspective African Americans were denied their constitutional protection from the gerrymandering that put them into fewer districts over which they might have an influence.

The requirement to un-gerrymander legislative districts in Virginia is not new. Most recently and earlier this year the congressional districts in the Richmond-Hampton Roads region were found to be unconstitutional. When the districts were redrawn Democrats won an additional congressional seat with an African-



COMMENTARY

American candidate.

Unravelling a partisan gerrymander is not easy. With the congressional districts, the courts had to redraw them because the General Assembly could not come to an agreement as to how it should be done. There is serious concern as to whether the General Assembly will be able to redraw the district lines for the House of Delegates or whether it will revert to the courts for correction. With any of these revisions there are likely to be winners and losers, and legislative bodies have not shown the ability to draw lines that will disadvantage a member(s) in re-election. With the congressional redistricting, for example, one member of Congress lost a seat to the African-American candidate who ran in a newly redrawn district.

To correct the clear racial discrimination in the eleven districts that have been found to be unconstitutional, it will be necessary to redraw more than thirty district lines as currently con-

stituted. As the redrawing takes place some voters will find themselves in new districts as will some incumbent legislators. The election outcomes are likely to be different as the racial bias of how the districts have been drawn is removed.

The courts have not taken up cases of gerrymandering when allegations of partisan discrimination are alleged. The courts are interested in issues of constitutional protections most often found when racial discrimination can be shown. Issues of removing partisanship from the redistricting process, as some have expressed it—to have the people choose their elected representatives instead of legislators choosing their constituents—have been resolved in other places by having an independent, nonpartisan commission draw the lines. I first introduced a bill to establish such a commission in Virginia in 1982 and have introduced such a bill many times.

The General Assembly must carry out its responsibility to undo the racially discriminating districts that currently exist. Additionally, it should take the next step to put an independent non-partisan commission in place.

LETTERS TO THE EDITOR

Majority Wants a Secure Border

To the Editor:

It's the cliched language which grates: "breaking up families," "shocked the conscience," "from their mothers' arms" ("Isolating the Children," Connection, Aug. 22-28).

Not one to pass up an opportunity to make political capital instead of offering practical solutions, Del. Ken Plum (D-36) inveighs

SEE LETTERS, PAGE 11

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POETRY CORNER

Oh, My Children!

BY MILAN LIN

I weep for you.
My heart aches for you
I pray for you.
My well wishes come to you

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Stuck in coal mines down
Locked up behind bars
Runaways and homeless

Abused by Inhumans
Friends enemies and alike
Even at foster homes
Where love should sparkle

Stolen your childhood
Changing to brutal grownups
Hardening your tender hearts
To survive by hook or by crook

Forced to carry arms
Fight for dirty fanatics
Denied of education
Future dreams and hopes

Oh! my helpless children
Come to my arms of cradle
Oh! dear God of mighty
Send them to me for rescue

Milan Lin, PhD from Cornell, and her husband Chris Rodrigo - originally from Sri Lanka - have been Reston residents for the last 10 years.



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Bostonian Wins Reston Farmers Market Raffle

Kelly May (center), who just moved to Reston from Boston, wins Reston Farmers Market raffle, a basket of market goodies and cook book. She is pictured with Hala Elbarmil (left) and Chelsea Roseberry (right) of the Fairfax County Park Authority in the Market on Saturday, Aug.25. (Park Authority sponsors the Reston Farmers Market)



Teen Sex Trafficking Hits Close to Home

How vulnerable teens are targeted.

By WALLICIA GILL
AND BRAD SWANSON

This article first appeared in *The Blue View* www.blueview.org. It has been slightly edited.



Kay Duffield



Teresa Hartnett

Local experts say that Northern Virginia is a teen sex trafficking hotspot, but most people know very little about this growing crime. A better understanding among the public will help to combat the problem, agree both police and victims advocates.

MORE THAN 100 LOCAL VICTIMS A YEAR

According to law enforcement records compiled by the Northern Virginia Human Trafficking Task Force, approximately 500 sex trafficking victims were “identified” – brought to the attention of law enforcement – in northern Virginia in the 4-year period from January 2013 to February 2017.

That averages to about 125 sex trafficking victims identified in the area per year. Experts believe that only a small minority of trafficking victims are brought to light, but they don’t have good insight into what the fraction really is. The trend in identifying victims in the region is upward, and experts believe the practice is growing, but some part of the increase may also come from more awareness and better discovery.

Of the approximately 140 sex trafficking victims identified in the year from January 2016 to February 2017, the latest data available, most were female, but a significant minority were not. Experts say boys and young men, especially from the LGBTQ community, are as vulnerable to trafficker recruiting as girls and young women – and less likely to come forward.

The average age of sex trafficking victims in the USA is 12-to-15 years, but in this area the average appears to be somewhat higher, 15-18. Consequently, only about a third of the total identified last year were technically juveniles, but the average age of the “adult” victims is not available.

The ethnic backgrounds of sex trafficked women typically mirror that of the region, and this appears to be the case for this area as well. In broad socioeconomic terms, girls in poverty, dysfunctional families and neighborhoods with more crime appear more

susceptible to becoming trafficking victims, although high income and stable family life are no barrier.

“Any victim I have personally met from Northern Virginia is upper income demographic,” said Teresa Hartnett, coordinator of the Trafficking Task Force, which brings together law enforcement agencies, government agencies and nongovernmental organizations in the fight against trafficking.

Vulnerability is the key to understanding why girls and young women get trapped into sex trafficking, according to Kay Duffield, who serves both as co-chair of the Victims’ Services Committee of the Trafficking Task Force and executive director of the non-profit Northern Virginia Human Trafficking Initiative. Girls are not kidnapped off the street and bound in chains. The typical pattern is for a girl who is lonely, unhappy, rebellious, adventurous, or some combination, to meet a trafficker, who poses as a friend and over time gains influence through empathy, attention and acceptance. The initial meetings typically happen online or in shopping malls or other public places. The trafficker is patient, waiting for the payoff from a successful recruitment.

After winning a girl’s trust, a typical tactic is for the trafficker to break her will by raping her, or staging a gang rape, sometimes filming the episode for blackmail, according to Hartnett. Drugs are another method of control. Also common is threatening harm to family members if the victim comes forward. But some victims are ensnared by emotional dependence, or fear, without strong-arm tactics being necessary. Often the victim keeps up a show of normality — going to school, spending time with her family — while she is being subjected in her unsupervised time to involuntary sex.

The average period of being trafficked, is difficult to determine. In some cases, after a few instances, the victim is deemed unsuitable, or the trafficker is caught, or moves

“Any victim I have personally met from Northern Virginia is upper income demographic.”

— Teresa Hartnett, coordinator,
Northern Virginia Human Trafficking
Task Force

on. But in other cases trafficking is a one-way journey and its victims are unable to return.

FORTY PERCENT OF VICTIMS RETURN TO TRAFFICKING

Of the approximately 500 northern Virginia victims identified by police in 2013-17, only about 300 were “recovered” — removed from the trade, reunited with families, or sent to live elsewhere. In other words, this data shows that 40 percent of those identified slipped back into sex trafficking.

The reasons differ in each case, but are often tied to the same factors that led to vulnerability in the first place. Being returned to live in a dysfunctional family and neighborhood doesn’t strengthen a girl’s will to resist the false affection and security of an experienced trafficker.

The experience of being trafficked can destroy a young woman or teen’s self-esteem and dignity and skew her ability to function.

“Starting over is very hard,” said Hartnett. “It can get overwhelming, and some survivors lose hope. If they lose momentum going forward, they slip backwards into what’s familiar — and what they have come to think they deserve.”

Trafficking victims who are able to recover often take many months or years of counseling and emotional support to regain their autonomy and self-confidence.

Traffickers typically are not solo operators but rather are linked and have special-

ized functions, similar to street level drug distribution, according to Hartnett. Some are adept at recruiting, and then passing the victims to pimps who control one or two victims at a time. But not all trafficking is low-level. Networks operate across state lines moving victims both to take advantage of high demand in a different area and to isolate the victims from potential sources of help.

Gang-led trafficking varies in intensity across the country. In northern Virginia, gangs typically do not practice trafficking as an organized activity although some gang members traffick as individuals, says Duffield.

Not all trafficking is done by third parties. Family members, including drug-addicted parents, sometimes sell their own children to traffickers.

GROWING PROBLEM IN NORTHERN VIRGINIA

From anecdotal evidence, sex trafficking appears to be growing in the region, say experts. They point to two factors. First, the typical buyer of teenaged sex is married, male, with children, and money to spend. That’s a common profile in affluent northern Virginia.

Forced sex is sold in a market, and responds to buying pressure like any other.

“We need to do something on the demand side,” said Duffield. “Traffickers are going to create that product until demand is gone.”

The second factor explains why areas like Springfield, Dumfries and Tysons are trafficking hotspots: trafficking follows the highways. Traffickers, whether local or interstate, like mobility and the anonymity of travel nodes, as do buyers. Converging highways make for easy contact, fast access to motels, and quick exits. The tangle of major roads in northern Virginia draws in sex trafficking like a neon sign.

If someone knows a victim of trafficking, call the National Human Trafficking Hotline at 1-888-373 7888. If danger is imminent, call 911.

Recent Cases

❖ A Washington, D.C. man was sentenced on Aug. 17, 2018 to 18 years in prison for forcibly sex trafficking a minor.

According to court documents from Eastern District of Virginia, Justin Shayne Robinson, 27, lured the 16-year-old victim to a motel in northern Virginia. Once the minor victim arrived, Robinson directed sexualized photos to be taken of her, and created and posted online advertisements for commercial sex acts with the minor. Robinson and his co-conspirator, Markus Jakeem Plummer, 27, of Woodbridge, then trafficked the minor over a period of roughly a week. Robinson and Plummer took all the proceeds of the minor’s commercial sex acts for their own benefit. Robinson and Plummer used force and surveillance to ensure that the minor continued to see clients and was unable to escape the motel. Robinson used violence to force the victim to continue working for him, including choking her and leaving medically documented bruising on her leg and neck. Co-Conspirator Markus Plummer is scheduled for sentencing on Sept. 28.

❖ On July 20, 2018, a Virginia man was sentenced to 186 months in prison and 10 years of supervised release for multiple crimes related to

the prostitution and exploitation of a 15-year-old minor. Abdul Karim Bangura Jr. aka “AJ”, 22, of Triangle, Va. pleaded guilty in August 2017 to all counts of an indictment charging him with sex trafficking of a minor, conspiracy to engage in sex trafficking of a minor, interstate transportation of a minor for the purposes of prostitution, and production of child pornography.

According to admissions made in connection with his plea in the Eastern District of Virginia, Bangura and his co-defendant Christian Hood conspired to recruit a 15-year-old girl to work as a prostitute and to advertise her prostitution services on Backpage.com. Bangura also transported the minor to hotels in Virginia, Maryland, and Washington, D.C. for prostitution dates, and he took a portion of the money she made from commercial sex customers. Bangura also used a phone to record a video of himself having sex with the minor. In August 2017, a year ago, Hood was convicted at trial of sex trafficking and conspiracy to engage in sex trafficking of this same minor.

These unrelated cases were brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse.

New Law To Keep Traffickers in Jail

On June 25, 2018, Gov. Ralph Northam signed human trafficking legislation that adds offenses related to human trafficking to the list of crimes for which bail can be denied, keeping traffickers in jail and better protecting trafficking victims. Locally, Kathleen Murphy (D-34) and Kathy Tran (D-42) were cosponsors.

“Human trafficking is a threat to public safety here in Virginia and across the United States,” said Northam. “This legislation will help us prevent these crimes by making it more difficult for human traffickers to post bail and leave jail to intimidate witnesses or continue their criminal activity.”

“Human trafficking is a dehumanizing crime that robs its victims of their dignity, their identity, and their freedom,” said Attorney General Mark Herring.

While prosecuting traffickers, local law enforcement found that traffickers would pay their own bail and bail out their victims continuing the cycle of abuse and trafficking. This legislation will keep traffickers in jail.

This legislation adds the following offenses that are attributable to human trafficking to the list of crimes for which there is a rebuttable presumption against admission to bail: Taking or detaining a person for the purposes of prostitution or unlawful sexual intercourse; receiving money from procuring or placing a person in a house of prostitution or forced labor, receiving money from the earnings of a prostitute, and commercial sex trafficking, where the alleged victim is a family or household member.

NEWS

FCEDA President/CEO Gerald Gordon to Retire



Gerald Gordon

Gordon will take university post in South Carolina, depart at end of 2018.

Gerald L. Gordon, Ph.D., whose work as leader of the Fairfax County Economic Development Authority to build and diversify the county's business community and economy helped to lead its transformation into a top business location, announced Monday, Aug. 27 that he will retire at the end of this calendar year. Gordon lives in Burke.

Starting in January, Gordon will serve as a fellow in the College of Charleston's Joseph P. Riley Center for Livable Communities, where he will be working with faculty, staff and students to support the economic and cultural vibrancy of the City of Charleston, S.C. He also will teach in the college's Master of Public Administration program. Additionally, Gordon will be consulting with institutions in northern Virginia and will serve on a local board.

Gordon has been with the FCEDA since 1983 and has led it since 1987, during which time office space in Fairfax County grew from 32 million square feet to more than 117 million, making it the second-largest suburban office market in the nation. Fairfax County is home to 10 Fortune 500 headquarters, and also many top companies in a broad set of industry sectors, including information technology, aerospace and defense, cybersecurity, data analytics, financial services and personalized medicine.

At the same time, jobs in the county grew from 243,000 to more than 600,000. As a result, the real estate tax rate has decreased from \$1.47 to \$1.15.

The FCEDA is led by a seven-member Commission (board) appointed by the Fairfax County Board of Supervisors. Fairfax County Board Chairman Sharon Bulova and FCEDA Chairwoman Catherine Lange congratulated Gordon for his work on behalf of the county.

"Throughout the past 30 years Jerry Gordon has been on the leading edge for moving Fairfax County into the world-class business location it is today," Bulova said. "No one is a fiercer advocate for Fairfax County and I will personally miss working with him."

Gordon holds a bachelor's degree from The Citadel, a master's degree from The George Washington University, and a doctorate in international economics from The Catholic University of America. He is the author of 13 books on strategic planning and economic development. His most recent book is "Understanding Community Economic Growth and Decline: Strategies for Sustainable Development" (Routledge Press, 2018).

In the last decade Gordon has chaired the boards of the Fairfax Symphony Orchestra, the Arts Council of Fairfax County, the Board of Governors of the Tower Club, the Foundation for Fairfax County Public Schools and the George Mason University Honors College. He also has served on the board of the International Economic Development Council, of which is he is a Fellow Member and Honorary Life Member.

The FCEDA Commission will lead a search for Gordon's successor.

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Giant Grocery Store Coming to Herndon; takes over former Shoppers Food Warehouse location.

New Wave of Development In and Around the Town of Herndon

Regency Centers, owners and operators of grocery-anchored retail centers depict on their website that a Giant grocery store is moving into the former Shoppers Food Warehouse space in the Village Cen-

ter at Dulles located at 2445 Centreville Road, Herndon. A photograph rendering of the new store is on the Regency Centers website. Construction crews are on site demolishing parts of the building.

ENTERTAINMENT

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

WEDNESDAY/AUG. 29

Hunter Mill Road Historical Tour. 8:30-11:30 a.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Join a narrated bus tour conducted by local historian/tour guide Jim Lewis. Although focused on the Civil War era, the tour covers some 275 years. Participants will be getting off and on the bus to check out tour treasures up close. 55+. \$35/RA members, \$42/non-members. Program 307221027. Visit www.reston.org.

Dog Days of Summer. 4-7 p.m. in the Pavillion 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

JamBrew. 6 p.m. at Jimmy's Old Town Tavern, 697 Spring St., Herndon. Local music and local brews, featuring Sub-Radio and Crys Matthews with brews from Ono Brewing Company. Visit jambrew.com.

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

National Book Festival in Washington, D.C. 9 a.m.-5 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Charter bus trip to the Washington Convention Center for the National Book Festival. This annual event is a celebration of the joy of books and reading that is sponsored by the Library of Congress and gives attendees the opportunity to visit with more than 175 award-winning authors, illustrators and poets who will talk about and sign their books. Children under 18 must be accompanied by an adult. Program, 307011612. \$30/RA members; \$38/non-members. Visit www.reston.org.

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



Patrons swing to the sounds of King Teddy during Summerbration in 2017.

Summerbration

Reston Community Center's Summerbration concerts features live entertainment under the stars at Reston's newest outdoor stage. Select concerts also feature professional dance instruction. Fridays through Aug. 31, 7-9 p.m. at Reston Station, in the open-air plaza atop Wiehle-Reston East Metro. Free. 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.

entries. Visit ArtSpaceHerndon.org and select the Calls for Art page for eligibility details and registration information.

MONDAY/SEPT. 3

Labor Day Festival. 11 a.m.-5 p.m. Downtown Herndon and Herndon Municipal Center Town Green, 777 Lynn St., Herndon. An annual one-day outdoor street festival featuring live music all day, Virginia wineries, craft beers, a craft show, sponsorship gallery, and a variety of food vendors. Partial proceeds go to scholarship programs. Admission with wine tasting or craft brew tastings (4 craft brew tickets) - \$25; entrance only, designated drivers - \$5; children 12 and under free; no pets allowed; tastings end at 4 p.m. Call 703-787-7300 or visit herndon-va.gov/recreation.

WEDNESDAY/SEPT. 5

55+ Bike Ride to Capitol Hill. 9:30 a.m.-3 p.m. at Wiehle-Reston East Metro Station. Join the 55+ bike riders for a multi-modal ride to Capitol Hill and the surrounding area. Meet at Reston's Wiehle Metro station and take the Metro into the city. Bring a bike in good repair, a Metro pass or money to buy one, some money for lunch in DC and a lock. Helmets are mandatory. The biking distance will be about 15 miles. \$8/RA members, \$10/non-members. Program 307220701. Visit www.reston.org.

Dog Days of Summer. 4-7 p.m. in the Pavillion 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/SEPT. 6

Trip to Paradise Springs and The Winery at Bull Run. 11 a.m.-4 p.m. Bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston.

Paradise Springs Winery is a relaxing winery with a large tasting room with seating indoors and on the outdoor patio. The Winery at Bull Run has an authentic style 19th century setting. Wine tastings not included. Pack a picnic lunch to enjoy. 55+. \$25/RA members, \$32/non-members. Program 307221604. 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. \$8 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

FRIDAY/SEPT. 7

Dog Paddle. 4-7 p.m. at Dogwood Pool, 2460 Green Range Road, Reston. Bring dogs for a final dip this season. Current Dog License required. Dogs must remain under control and sociable at all times or will be asked to leave without refund. Female dogs in heat are not permitted. Fees are per dog. Register online at www.restonwebtrac.org (\$8) or walk up (\$10) on the day.

SATURDAY/SEPT. 8

Back-to-School Bilingual Storytime. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join author and Spanish teacher Tracey Kyle for a bilingual story time featuring her books, "Gazpacho for Nacho," "Food Fight Fiesta" and "A Paintbrush for Paco" with a chance to toss "tomatoes," and hear stories. Visit www.scrawlbooks.com or call 703-966-2111.

Fundamentals of Drawing. 1:30-

3:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Basic Fundamentals of drawing will be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from live nude models. \$150 for the eight-week session. Call 703-956-6590 or visit artspaceherndon.com.

WEDNESDAY/SEPT. 12

Hike and Lunch Outing. 9:45 a.m.-1:30 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Join for a guided hike in Great Falls. Travel by bus to the starting point near Colvin Mill and follow Difficult Run to Great Falls. This moderately strenuous hike will move at about 3 mph over natural trails and take between 90 and 120 minutes. Enjoy the hike and then lunch at Great Falls with others who share this interest. Lunch will be provided. 55+. \$25/RA members, \$32/non-members. Program 307220703. Visit www.reston.org.

Dog Days of Summer. 4-7 p.m. in the Pavillion 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.

FRIDAY-SATURDAY/SEPT. 14-15

ChalkFest. Friday, noon-11 p.m. (professional artists/sponsors); Saturday, 8 a.m.-4:30 p.m. (open to all) at Reston Town Center, 12001 Sunrise Valley Drive, Reston. ChalkFest At Reston Town Center is presented by Public Art Reston and Reston Town Center. All are invited to create chalk drawings on Market Street. The event is open to professional artists, amateur artists, businesses, families, and kids of all ages. There will be prizes for professional artists, amateur artists, families and kids, in addition to the "Audience Choice Awards." Registration fee for Saturday

participation includes supplies. Call 703-880-1177 or visit publicartreston.org.

SATURDAY/SEPT. 15

Community Yard Sale. 8:30 a.m.-1 p.m. at 1900 Campus Commons Drive, Reston. Eighty-five families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. Sign-up to have a booth or stop by to browse for great bargains. Booth space is two parking spaces. Tables are not provided. Space is limited. Vendors must pre-register with payment to secure a space. All sales are final. No refunds unless canceled due to rain. \$39/RA members, booth space; \$49/Non-members, booth space. Activity #307201304. Go to www.restonwebtrac.org to register.

Digital Photography Essentials Workshop. 9 a.m.-1 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital SLR (DSLR) or mirror-less camera who are interested in learning how to successfully use their camera beyond automatic/program modes. The features and concepts discussed are relevant to all digital cameras including many point-and-shoot cameras, contact the instructor to confirm camera is appropriate. \$125; \$99 before Sept. 1. Call 703-956-6590 or visit artspaceherndon.com.

SUNDAY/SEPT. 16

Apple Picking at Stribling Orchard. Noon-4:30 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Spend the afternoon picking apples in Markham, Va. Plan a family day: pack a picnic, pick pumpkins and shop at the Harvest House. RA members: \$10 /non-members: \$12 (adult 13+); RA members: \$8 /non-members: \$10 (child 3-12); free (ages 0-2). Program 307011617. Visit www.reston.org.

Intermediate Digital Photography One-Day Workshop. 1:30-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This "beyond the basics" class is for alumni of the Digital Photography Essentials class or those who currently use Aperture and Shutter Priority shooting modes and want to learn how to successfully shoot in full manual shooting mode for complete control of image exposure. The features and concepts discussed are relevant to all digital SLR (DSLR) and mirror-less cameras, contact the instructor to confirm camera is appropriate. Class size limited to 8. \$125; \$99 before Sept. 1. Call 703-956-6590 or visit artspaceherndon.com.

WEDNESDAY/SEPT. 19

Dog Days of Summer. 4-7 p.m. in the Pavillion 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/SEPT. 20

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia invites community members to help pack food for its Weekend Food for Kids program which provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year. Arrive at 9:30 to help with setup. Email LynnB517@verizon.net. Visit northernvirginia.assistanceleague.org.

WWW.CONNECTIONNEWSPAPERS.COM

FAITH

Wishful Thinking

BY RABBI LEIBEL
FAJNLAND
DIRECTOR OF
CHABAD OF
RESTON-HERNDON



Rabbi Leibel
Fajnlend.

PHOTO CONTRIBUTED

It's that time of the year again. The High Holy Days are upon us and we might as well face the passing of another year. This time of year you might be wondering to yourself: What do I have to show for this year? Is it a "write-off," or did I achieve my stated goals? What will I wish for in the coming year? Is it a repeat of last year's wishes?

It must be exasperating to discover that, in fact, this year's wish list is really no different to last year's, or the year before- or the year before that! Each year the various media outlets poll hopes and dreams in advance of the New Year and invariably it goes something like this: 1. World peace; 2. Security; 3. Success (both financial and with relationships - we call it "Nachas"). Every year! Shouldn't it change? Surely, if last year's wishes were fulfilled we should have new ones for the New Year, and if they weren't fulfilled, why ask again?

So I wonder if maybe we're aiming too high.

I wonder if the lesson of the past year is to get more realistic and start aiming for something more within reach, something that might actually happen in the next year. A little less idealism and a little more realism.

Literally translated, Rosh Hashanah (The Jewish "New Years Day") means "head" of the year.

In the Jewish New Year, the analogy is clear: just as the head is the origin of all vitality in the entire body — the brain instructs the movements of the body — so too

it is with Rosh Hashanah. In it, and through it, is decreed the energy, vitality and blessing of the next twelve months. These are indeed solemn days, moments in time that will affect you long after they are gone; our conduct has far reaching consequences.

And so rather than hoping for the "big" changes, whether personal or global, we should be asking ourselves, "what will I do" to see these lofty wishes realized? Rather than lowering our wishes, elevate our conduct. The meditation of the past year is phrased thus: has my life and behaviour of the last 12 months been consistent with the wishes and hopes that I express over this solemn period? Have I been in touch with my in-

ner, ideal, self and lived another day to reach those goals, or have I been disconnected from myself, living a surreal existence chasing the immediate opportunity and instant gratification?

While it may seem far fetched that our Rosh Hashanah resolutions will impact history, our Sages OBM teach us, in one of the most moving High Holiday prayers, that "Repentance, Prayer, and Charity avert the evil decree." Indeed, when considering which actions we should take on to enable us to realize our wishes, our focus should be in these three areas of life: the earnest regret of Repentance, expressing the desire to be truer to oneself; coming closer to G-d and ourselves through Prayer, and an increased awareness of one's responsibility towards others - the ideal of charity or Tzedaka.

By all means, make a wish. Then make it come true.

Shana Tova!

High Holiday Services Schedule

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

For information on Chabad's open to the community services for Rosh Hashanah (Sept. 10-11) and Yom Kippur (Sept. 18-19), as well as to reserve a seat, visit www.chabadrh.org. Membership is not required to join. All are welcome, regardless of background or affiliation. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly, with a Hebrew-English Prayer Book (Machzor) making it enjoyable and meaningful for both the seasoned and the unversed. The services will be traditional, yet thoroughly contemporary, interspersed with traditional and modern Jewish tunes, English readings and a running commentary led by Rabbi Fajnlend.

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

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829, visit www.chabadrh.org, or write to Rabbi@chabadrh.org.

Reston Multicultural Festival Returns to Lake Anne Plaza

The Reston Multicultural Festival, a celebration of the diversity and community spirit that is found in Reston, will be held on Saturday, Sept. 22, 11 a.m. - 6 p.m. at the Lake Anne Plaza. This annual event brings together the people of Reston to celebrate their rich medley of cultures. Family, friends and neighbors are treated to music, entertainment, dress, food, and cultural treasures from all over the world that are all right here. Everyone is encouraged to dress in attire from their own cultural roots and share the stories that we gather on the pathways of our lives.

The Multicultural Festival features a Naturaliza-

tion Ceremony, National Heritage Award Fellows, arts & crafts, entertainment, Art Mirrors Culture 3D exhibit, delicious food, and family activities from around the world.

Reston Community Center presents the Reston Multicultural Festival; it is hosted by Lake Anne Plaza and co-sponsored by Reston Association, with partners from a variety of Reston-based organizations and businesses.

Free, rain or shine, for all ages.

For more information, contact Kevin Danaher, RCC Community Events Director, at 703-390-6166 or kevin.danaher@fairfaxcounty.gov



Suicide takes nearly 45,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRS CrisisLink and Connection Newspapers to learn how you can help save lives.

1-800-273-TALK
prsinc.org/calltextlive



Alzheimer's Conference to Be Held in Fairfax

The Alzheimer's Foundation of America's (AFA) national Educating America Tour will visit Fairfax on Thursday, Sept. 27, for a free Alzheimer's and caregiver educational conference. The conference is open to family and professional caregivers, individuals living with Alzheimer's disease and the general public, and will be held at the Waterford at Fair Oaks, located at 12025 Lee Jackson Memorial Highway, in Fairfax, from 9 a.m. to 2 p.m.

The conference is designed to connect people with information about Alzheimer's disease, brain health, healthy aging and caregiving, as well as to give them a place to have their questions answered. Guests will hear from dementia and caregiving experts who will share their research, services and stories and teach attendees about dementia, practical steps on how to be a better caregiver, and improving quality of life for those with Alzheimer's disease.

"Knowledge is a powerful tool. We want to equip as many people as possible with important information that will help them," said Charles J. Fuschillo, Jr., AFA's president and chief executive officer. "With more than 140,000 people in Virginia living with the disease, and many more serving as caregivers, we aim to help individuals understand Alzheimer's disease and improve their quality of life through education and empowerment."

THE KEYNOTE SPEAKER will be Dr. Peter Davies, director of the Litwin-Zucker Center for Alzheimer's Disease & Memory Disorders at the Feinstein Institute for Medical Research. Davies is also a professor of pathology and neuroscience at the Donald and

Barbara Zucker School of Medicine at Hofstra/Norwell. For more than 35 years, Davies' research has been focused on the biochemistry of Alzheimer's disease, with a specific interest in the development of new treatments and diagnostic tests for Alzheimer's disease. He will provide an update on Alzheimer's disease research, its symptoms, and the steps researchers are taking to find a better treatment and cure.

The next session will be a panel discussion on long-term care strategies and options. Learn the different types of care plans available, and their benefits. Find out how to ensure a better quality of life for loved ones by providing dependable and affordable care.

There will also be a discussion in the five pillars of brain health, led by Sarah Lenz Lock, senior vice president of Policy, Research and International for AARP. She is also the executive director of the Global Council on Brain Health. Lock will educate people about how to improve and maintain brain health as they get older while reducing risks.

THE CONFERENCE will conclude with a session on tips to improve a difficult caregiving day. Led by Lindsey Vajpeyi, BA, ADC/MC, director of education and outreach for the Insight Memory Care Center, the session will offer strategies to help caregivers reduce their stress and improve their health, while providing the best possible care for their loved ones.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register, visit: <https://alzfdn.org/event/afa-educating-america-tour-fair-oaks/>.

Using the Libraries for Successful School Year

Fairfax County Public Libraries provided a few suggestions for using the libraries to help students succeed this school year.

- ❖ Get support and guidance from library staff. Library staff are trained to help students find legitimate information sources online including historical newspapers, speeches, reference databases, trusted websites and more.

- ❖ Use the library branches to read and study. There are reading nooks, tables and chairs, quiet study rooms and small group study rooms.

- ❖ Take advantage of free online tutoring sessions with a Virginia certified teacher.

- ❖ Free homework help research.fairfaxcounty.gov/c.php?g=758032&p=5455538 is available 24/7 through the library. Among the online resources, there's live homework help with a teacher through Credo Reference, a service for students in grades 3-12.

Girls on the Run Gains Two New Board Members

Girls on the Run of NOVA has two new members on its board of directors: Chris Holland and Christine Klein.

"Chris and Christine have greatly supported our organization in a number of ways prior to their appointments to our board. They bring experience, expertise and new energy to the table. We are excited to continue to work with them in this new role as we work to inspire every girl across the Northern Virginia region to be strong and confident," said Katey Comerford, GOTR NOVA's executive director.

Klein is currently senior vice president, meetings and business partnerships at the National Defense Industrial Association. She is a past coach for Girls on the Run and currently serves at the chair of Strong Girls Celebration for GOTR NOVA. "The opportunity to be involved and contribute to an organization that

promotes a healthy lifestyle and an environment for girls to be strong and confident is extremely gratifying and a pleasure," said Klein.

Holland comes to GOTR NOVA's board as a service area manager for Wegmans Food Markets at the Chantilly store. He also leads the company's community outreach in the Northern Virginia area. Holland has been an active supporter of GOTR NOVA programming in recent years as someone who believes in giving back to one's greater community. Holland said, "I personally and professionally work hard to help families live healthier, better lives. I am excited about the opportunity to further these efforts through my new role with GOTR NOVA."

For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

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BULLETIN

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

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

* Wednesday/Sept. 26, 10 a.m.-2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon.

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).

LETTERS

FROM PAGE 4

against separation from their presumed parents of children entering the United States illegally. The sincerity here is a tad suspect since we recall nothing of this censure when separation was practiced, to a degree, by the previous administration.

I suspect the vast majority of illegal immigrants know that their entry is illegal. Unfortunate as they are, children who have made it here across considerable land expanse under uncomfortable conditions can probably tolerate clean beds, tasty meals, TV, and recreational facilities while their illegal parents are being detained.

It is incontestable that the vast majority of Americans want a secure border. Del. Plum offers no solutions to an insecure-border problem. Practical suggestions in place of overwrought language would be welcome.

Oft-stated administration policy is controlled legal immigration. What otherwise: open borders, abolition of ICE?

Harry Locock
Reston

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Present and Future Danger



By KENNETH B. LOURIE

Having recently been infused three weeks after my last treatment, no guarantee given certain lab results, I am now on track to have one more infusion before my Sept. 26 CT scan. The plan is, per my "Progressing But So Am I" column (8/15/18), to triple the amount of medicine I will have received before my next scan. This will compare quite favorably to the one infusion I received prior to my July 25 scan.

Moreover, as I've considered the previous quarter's infusion schedule trying to understand possible reasons for the 10-percent-ish tumor growth which occurred, I've come up with a hopefully plausible explanation. Other than that's what cancer so often does, that is.

As my previous years of scans continued to show "stable," my oncologist and I kept increasing the interval between infusions trying to strike a balance between treating the cause and me living with the effect. Over these years, we've gradually extended those infusion intervals from every three weeks, to every four, to five, to six and most recently to seven-week intervals, all the while maintaining my quarterly CT schedule.

Apparently, we've now struck out, so to speak and for the moment at least, we're in sort of a limbo. (Hopefully the bar isn't set so incredibly low that we can't slide under it.)

As for minimizing the growth, could the solution be as simple as more medicine?

As to what my oncologist thinks of this assessment, I've not mentioned to him as I've only recently theorized it (maybe he knew already and that's what contributed to his suggestion that we follow this course of treatment/action).

We did discuss changing medicines, but he was afraid of the side effects it might cause. We also discussed if he'd had other patients who had experienced tumor growth after a period of stability — like me, who after increasing the frequency of the previously stabilizing drug showed stable once again. He said he had — so, rather than presume all is lost, we've agreed to go forward into the great semi unknown. An "unknown" that will likely end in late September when my next scan's results will be reported.

Now that you know the foundation for this column, let me address the substance behind it. There is a scenario which worries me. It's premature I grant you, but it's difficult to play dumb all the time, especially when it involves cancer/your life.

Still, if I've learned anything from my oncologist, it is that discussing scenarios before the evidence is confirmed is a bit of a fool's errand, so waiting until the actual results are in is better. More accurate anyway.

Despite what I've been told, this patient might not be able to be so patient. Ergo: What if my late September scan shows growth — again? What if, even after tripling the amount of medicine I infuse, the tumors grow, maybe even grow more significantly than ever before?

I'd have to say that development would be a problem and a bit more disappointing than July's scan results. If that result in fact occurs, would that square me at a crossroads? I would think. Would that result obliterate the false sense of security I may have had? Hardly. Cancer patients don't have a sense of security, false or otherwise. We have a sense of inevitability.

Somehow, over the next month, I must find a path forward through this cycle of potentially impending gloom. Right now, nothing has happened. Right now, nothing has been determined. I don't feel any different than before and I don't believe I have any of the symptoms my oncologist has advised me about. I still have an appetite and I'm certainly not losing any weight.

I expect to have one more infusion before this next scan, and to feel the usual post-chemotherapy side effects that I do and then recover and feel as I do today: pretty well. One month, exactly, from the date I'm writing this column, to the date of my next scan and hopefully just a few days later for the results.

What worries me most is, sometimes the human body has a mind of its own, and despite the best of intentions and treatment, it is, to quote my late mother, "Enough already."

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



North Hills Pool in Reston goes to the dogs for Reston Association's first of three Dog Paddles. After a pool closes for the season, it is the perfect time to open the gates to man's best friend.



The third annual Dog Paddle produced by Reston Association at North Hills Pool Saturday morning, Aug. 25 proved to be a huge hit not only to the dogs but their people as well.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Reston Pools Go to the Dogs

RA opens pool gates to man's best friend during its third annual 'Dog Paddle' series.

BY MERCIA HOBSON
THE CONNECTION

It was a sweet goodbye to summer as Reston Association (RA) opened the pool gates to man's best friend for its third annual Dog Paddle series, beginning at the North Hills Pool, 1325 North Village Road, Saturday morning Aug. 25. Since RA had closed the pool for the season the week before and the pool had not been drained and cleaned yet, it was a perfect canine swim location.

Willa Suter is the Aquatics Program Manager for Reston Association. In an interview the day before the event, Suter told how last year RA met over "one hundred pooches" during its two Dog Paddle events. Suter said that because of that overwhelming response, RA organizers decided to offer three Dog Paddles this year.

"The other two doggie swim dates are Friday, Sept. 7, 4 - 7 p.m. at Dogwood Pool and Saturday, Oct. 6, 10 a.m.-1 p.m. at Ridge Heights," said Suter. "We are ecstatic to share the pools during the dog days of summer with our fluffy friends. This is a great way to continue serving our furry four-footed friends,"



Lauren Haislip of Reston dries off her hound dog, Abby. "This is her first time. Abby went in the baby pool. I didn't know about it last year."

she added.

Dog owners and handlers can register in advance at www.restonwebtrac.org or in person the day of the event. The dog has to have a current county license. Attendees must sign a liability waiver. The cost in advance is \$6 for RA members and \$8 for non-members. Day of cost is \$10 for everyone.



A tennis ball throw prompts a yellow lab to leap into the water at the Dog Paddle 2018 by Reston Association.



With a little help from his owner this lab makes it into the North Hills Pool for an end of the season Dog Paddle produced by Reston Association.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Latoya Wilson of Herndon, her husband Michael and their dog, Milo return to Dog Days of Summer at the Reston Town Center Pavilion for another late afternoon and early evening of socialization and exercise for both them and Milo.

Pavilion Transforms into an Urban Off-Leash Dog Park

Dog Days of Summer provides exercise and socialization for Fidos and their owners.

BY MERCIA HOBSON
THE CONNECTION

As school starts this week in the local area, summertime exercise and socialization may be done for children and their parents, but it continues for dogs of all sizes and breeds and their owners every Wednesday now through Sept. 26, 4 - 7 p.m. at Reston Town Center. Healthy Hound Playground transforms the RTC open-air Pavilion into a safe fenced-in dog park.

Latoya Wilson of Herndon, her husband Michael and their dog, Milo visited Dog Days of Summer on Wednesday, Aug. 15. "My friend saw a picture about the event, we came last week and had a good time so I figured we'd come back."

The temporary dog park not

only provides a large place for Fidos to burn off a little extra energy and have some dog companionship and stimulation but there are toys, an artificial grass play area, icy-filled wading pools, pet-friendly treats and tables offering information to dog owners by local businesses.

Owners are encouraged to throw the Frisbees and tennis balls, run and play with their dogs, as well as meet and greet other dog owners.

Dog Days of Summer is a free event, open to canines of all ages and their owners or handlers. The event is held at the Reston Town Center Pavilion, 11900 Market Street, Reston and continues every Wednesday now through Sept. 26, 4 - 7 p.m. For more information, visit restoncenter.com.



Dogs of all sizes and breeds and their owners can continue to enjoy Dog Days of Summer every Wednesday now through Sept. 26, 4 - 7 p.m. at

Reston Town Center when the Pavilion located at 11900 Market Street becomes a free fenced-in outdoor dog park for the community to enjoy.