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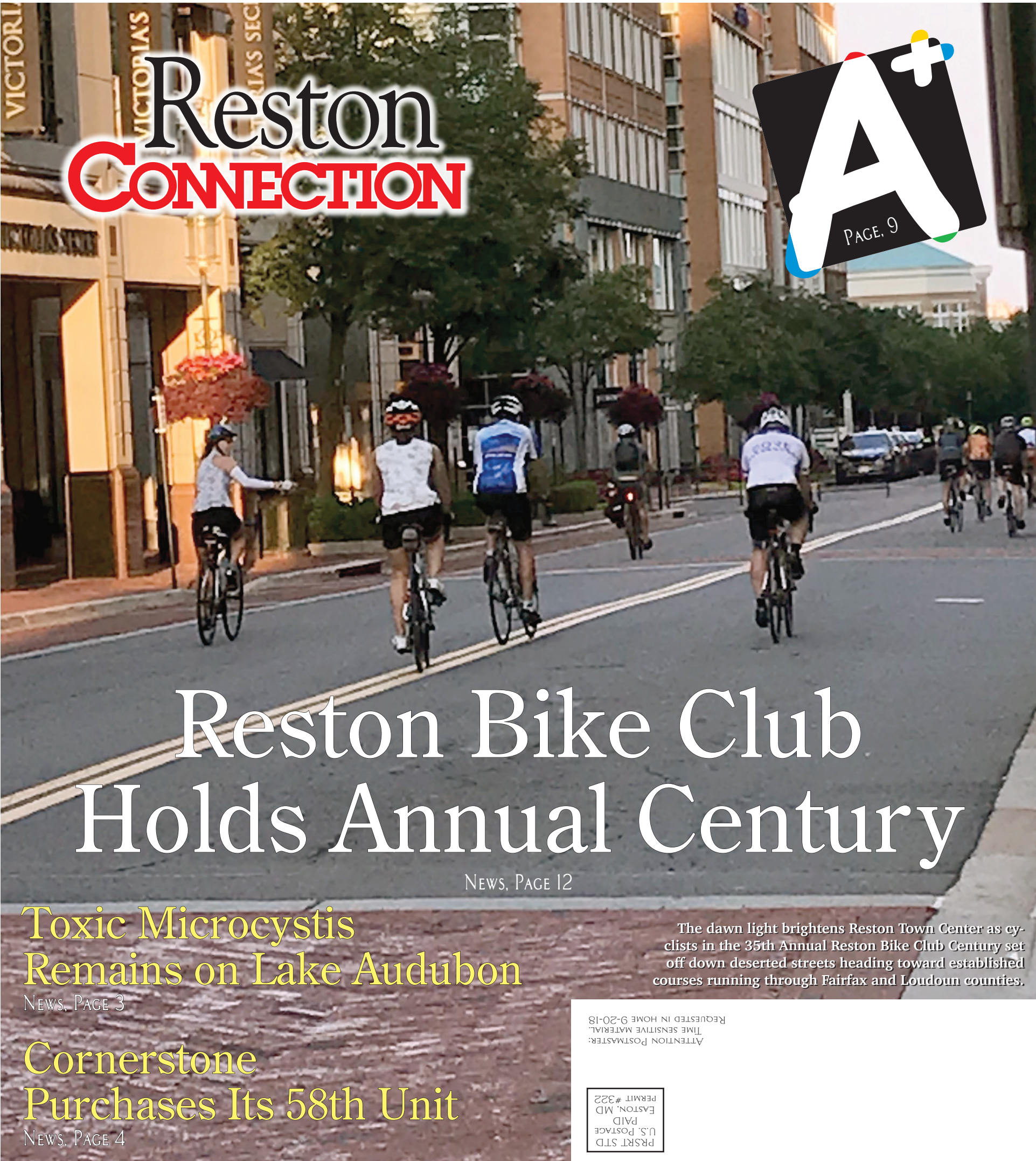
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PAGE. 9



Reston Bike Club Holds Annual Century

NEWS, PAGE 12

Toxic Microcystis Remains on Lake Audubon

NEWS, PAGE 3

Cornerstone Purchases Its 58th Unit

NEWS, PAGE 4

The dawn light brightens Reston Town Center as cyclists in the 35th Annual Reston Bike Club Century set off down deserted streets heading toward established courses running through Fairfax and Loudoun counties.

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PHOTOS BY MERCIA HOBSON/THE CONNECTION



PHOTO BY WILLIAM PETERSON FOR RESTON ASSOCIATION

Just because a person cannot see the toxic Microcystis algae floating on the surface of the water, does not mean it is not present. It can migrate throughout the water column, floating on the water's surface in low light and sinking in high light intensities.

The toxic algae bloom named Microcystis on Lake Audubon appears like spilled green paint or pea soup on the surface of the water. A drop in water temperature will help get rid of the bloom.

Toxic Microcystis Remains on Lake Audubon

What you don't know can harm you.

BY MERCIA HOBSON
THE CONNECTION

A toxic alga bloom named Microcystis has been discovered on Lake Audubon, Reston Association (RA) recently announced. As of Friday, Sept. 14, warning signs posted the week before by RA on the banks of the lake remained. The signs advised people and pets to avoid all contact with the lake water.

The adverse health outcomes from human exposure to Microcystis are abdominal pain, headache, sore throat, vomiting and nausea, dry cough, diarrhea, blistering around the mouth, and pneumonia according to EPA.gov. Microcystis can produce a family of toxins known as microcystins that have been linked to liver cancer. Some species of the algae can produce toxins that can be lethal not only to humans but also to livestock and fish.

The EPA states the most common expo-

sure to the toxins are during recreational activities when the contaminated water is ingested, comes in direct contact of exposed parts of the body and is inhaled through the aspiration of water containing the toxins.

The microcystis bloom appears like spilled green paint or pea soup. Since Microcystis is composed of gas vesicles, it can migrate throughout the water column, floating on the water's surface in low light intensities and sinking in high light intensities. Wind-driven currents may cause the buoyant blooms to amass on shorelines presenting a higher risk to human and animal health cites the United States Environmental Protection Agency (EPA.) Toxins are released when the cells break apart.

If one comes in contact with contaminated water, the EPA states the Centers for Disease Control (CDC) recommends to rinse off with clean, fresh water as soon as possible and seek medical treatment especially if any of the symptoms mentioned above are recognized. Symptoms may appear within hours or days.

2018 is not the first time RA discovered Microcystis. The Reston Annual State of the



Reston Association posted warning signs advising people and pets to avoid all contact with the water at Lake Audubon.

Environment Report (RASER) published in July 2017 reports that algal blooms have occurred in Lake Audubon before but are beginning to happen more frequently and

with greater severity. "Microcystis, a genus of blue-green algae which form algal blooms of economic and ecological importance, was present in the fall of 2015."

The report explains that Lake Audubon has a high watershed-to-lake surface area, the highest of any of the four Reston lakes thus making it the most challenging lake to protect. This is due to the lake's susceptibility to external nutrient loading from phosphorus in stormwater runoff. Microcystis blooms occur in quiet, warm waters that are nutrient-rich. The use of nitrogen-based fertilizers on lawns and phosphorus enhances the ability of these algae to proliferate. Other lakes, such as Lake Anne and Lake Newport have experienced similar algal blooms. RA stated consultants told that a drop in water temperature would help get rid of the bloom.

After an additional inspection of Lake Thoreau on Sept. 7, RA reported the lake is experiencing another bloom of the purple-tinted *Planktothrix rubescens* algae, however, no toxin testing was performed there. Reston Associations reminds all members there is no swimming in any of Reston's lakes.

Reston Design Guidelines Updated

Public Hearing scheduled Sept. 27; community members urged to contribute comments.

BY MERCIA HOBSON
THE CONNECTION

The Reston Association Board of Directors will hold a Public Hearing on proposed amendments to the RA Design Guidelines at Reston Association, 12001 Sunrise Valley Drive, Reston on Thursday, Sept., 27, 6:30 - 10:30 p.m. Community members are encouraged to contribute comments and

suggestions. The Reston Association Board seeks to streamline the design review process. The Design Review Board is an independent agency of Reston Association responsible for reviewing exterior alterations/improvements of properties within RA.

Highlights of the proposed changes include revision to the Cluster Design Standards, moving from Panel level review to Consultation level review in considerations for items such as colors, materials, decks,

fences, and more. Additional Cluster changes proposed are to move from Consultation level review to Staff review for items such as air conditioners/heat pumps, artworks, attic ventilators and such. The board is also proposing to eliminate the checklist as it is now provided with the Design Review Board application. Finally, for Single Family Detached, the RA Board of Directors proposes to eliminate Consultation level review and delegate review by staff instead. They also seek to eliminate

the checklist as it is now provided with the DRB application. The proposed changes would be for such matters as art work, awnings, basketball backboards, colors, signs and more.

All members of the Association are invited to attend. Links to a complete list of the proposed changes can be found in the Reston Association Weekly Newsletter, Sept. 14. For more information, contact Margo Collins at margo@reston.org.

Cornerstone Purchases Its 58th Unit

Reston Town Center to be home to a single mom and two children.

BY MERCIA HOBSON
THE CONNECTION

After living at the Embry Rucker Community Shelter for nearly a year, the wait is over for a single mom and her two children. On Oct. 1, they are scheduled to leave the shelter they have called “home,” and move into a two-bedroom 1-bath condominium in Reston Town Center purchased by Cornerstones.

Cornerstones Housing Corporation will lease the unit to the mother at an affordable rate. According to the Cornerstones website: “Northern Virginia has one of the most expensive housing markets in the United States, and it’s often difficult for working families to find housing within their budget.” The mother was selected as the tenant after completing an application and income verification.

Cornerstones Housing Corporation rents their 49 townhouses and 9 condominiums at affordable rates to residents such as this single mother who earn half or less than the area’s median income. Tierra Faggins, Asset Manager at Cornerstones said that if the mother’s income increases, she as a renter can “graduate.” The goal of the program is for renters to become self-sufficient.

Cornerstones has been helping families and individuals by providing a variety of affordable housing

options located throughout the Reston, Herndon and Centreville area through the Cornerstones Housing Corporation. As of August 2018, Cornerstones Housing Corporation successfully added this unit, # 58 to their portfolio after receiving a competitive award. They had one year to purchase a property and find someone appropriate to live in it.

Faggins said the condominium is off Lake Shore Crest Drive in Reston Town Center. “It is a first-floor unit and easily accessible,” Faggins said. She added that the mother is coming out of a difficult situation. “She is so thankful to have the opportunity to live near where she works at a nearby restaurant. She never imagined having her own housing,” Faggins said. According to Faggins, one of the benefits of being a Cornerstones resident is the supportive services, goal setting and counseling provided by Cornerstones care managers.

When the mother went to visit the condominium, Faggins said the community and the neighbors were so welcoming. Although the unit is not entirely furnished yet, Cornerstones hopes the community will respond with donations.

Questions about Affordable Housing? Contact Cornerstones Housing Corporation’s Property Manager Eunice Robinson at 571-323-1420

To donate or for more information visit www.cornerstonesva.org

After Cornerstones Housing Corporation purchased their 58th property, Tierra Faggins, Asset Manager Cornerstones said, “It is an honor to do this on a regular basis. An honor.”



PHOTO BY MERCIA HOBSON/THE CONNECTION

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The audience listens attentively during the presentation by Doug Britt, Reston Association Environmental Advisory Committee (EAC) member and Project Director for the 1st Reston Annual State of the Environment Report, RASER.

Is Reston's Environment Improving?

BY MERCIA HOBSON
THE CONNECTION

Hank Schonzeit lives in Reston. His primary focus is transportation and advocating for responsive traffic remediation. Yet, as a director on the Reston Citizens Association Board and President of the MidTown Reston Condominium, he is known for

voicing the concerns of individuals who want to protect the vision of Bob Simon and the lifestyle of Reston.

Schonzeit, like many other Reston citizens, attended the Wednesday, Sept. 5 program, "Assessing the Environmental Quality of a Place Called Reston."

Reston Historic Trust & Museum hosted the event at the Lake Anne Reston Community Center. In his

SEE ASSESSING, PAGE 10



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Hank Schonzeit and Doreen Woogen of Reston express environmental concerns at the Wednesday, Sept. 5 program, "Assessing the Environmental Quality of a Place Called Reston."

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OPINION

How To Vote

Every year is election year in Virginia; early voting begins Sept. 21.

So many local elections, and critical policy that follows, have been decided by so few votes, no one can reasonably say that their one single vote does not matter.

Just one example: Control of the entire Virginia General Assembly came down to a single delegate race which was so close, it was declared a tie after a recount. It was awarded to the Republican by literally pulling a name out of hat.

Vote. Vote early if you qualify. Vote Nov. 6 if you haven't already voted by then. Make a plan.

First, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at elections.virginia.gov

Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice.

There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Sept. 21-Oct. 12

Closed Monday, Oct. 8, Columbus Day

Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Oct. 15-Nov. 3

Monday-Friday, 8 a.m. to 7 p.m.

All Satellite Locations:

Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310

❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079

❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003

❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

❖ Mount Vernon Governmental Center, 2511

ELECTION DAY, TUESDAY, NOV. 6, 2018

On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov/ or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15.

❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

For more information on voting in Fairfax County:

Fairfax County Office of Elections

12000 Government Center Parkway Suite 323

Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711

Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov

Election Officer Info: 703-324-4735, TTY 711

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FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or

Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, vote.elections.virginia.gov/VoterInformation

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is seven days prior to Election Day by 5 p.m.

You can apply for your absentee ballot online, vote.elections.virginia.gov/VoterInformation

Or print, complete, and sign the absentee ballot application, www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches.

Send in the completed application:

Scan then email the application to

ON THE BALLOT

Fairfax County, Nov. 6, 2018

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Jeff A. Dove Jr. (R)

Gerald Edward Connolly (D)

Stevan M. Porter (L)

replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section.

The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

State Ballot Question One

Question: Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

State Ballot Question Two

Question: Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

absenteeballot@fairfaxcounty.gov or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725

Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted,

Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

Need a Photo ID?

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to

SEE HOW TO VOTE, PAGE 7

Reston
CONNECTION

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COMMENTARY

About Time for the ERA

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



The proposed Equal Rights Amendment (ERA) designed to guarantee equal legal rights for all American citizens regardless of sex has had a long and tortuous history. With the almost daily unfolding stories of abuse of women from lower pay, discrimination in employment, physical and mental abuse and other degradation, it has become obvious that it is about time for the ERA.

Alice Paul of the women's suffragist movement is credited with writing the first draft of the ERA that was introduced in Congress in 1921.

An amendment for submission to the states for ratification as required by Article V of the Constitution did not pass both houses of Congress until 1972 with a deadline of March 22, 1979 for the states to act.

That deadline has been extended twice as the required 38 state ratification has never been met.

Currently 37 states have ratified the ERA although several states have sought under questionable legality to rescind their ratification. Both houses of the Virginia General Assembly have never ratified the ERA, but the State Senate has ratified it in 2011, 2012, 2014, 2015, and 2016.

The Senate resolutions were never reported from the House Privileges and Elections Committee nor were resolutions introduced by House members ever reported from committee.

I have been a supporter of the ERA during my entire tenure in the House of Delegates and a copatron of resolutions to ratify it; I have never had an oppor-

tunity to vote on it because the conservative House Privileges and Elections Committee has never had enough favorable votes to report it to the floor.

I am hopeful that the Virginia legislature will step up to be the state to finally ratify the ERA.

Even with a favorable vote there are certain to be court challenges to the ratification because of the missed deadlines and because of efforts by some states to rescind their earlier ratifications. Even with these challenges the Virginia General Assembly should take action.

The outcome of the 2016 state elections with the increased number of women in the House of Delegates should be enough to nudge Virginia forward. The phenomenal increase in activity by women in various political organizations in Virginia will send a signal to candidates for the House of Delegates in 2019 that they need to support the ERA.

The arguments of the past that women would be drafted into the armed services if the amendment was ratified no longer seem legitimate with women already providing outstanding service in the military. The high-profile stories of women being harassed and abused in work and social situations provide support for the ERA being part of the Constitution.

Virginia's declaration of rights drafted by George Mason became the model for the Bill of Rights of our federal Constitution. Just as Virginia led in the fight to enumerate our rights, the Virginia General Assembly can lead again albeit a little tardy by being the final state needed to ratify the Equal Rights Amendment.

It's about time!

How To Vote

FROM PAGE 6

complete an photo ID application, have your photo taken and to sign a digital signature pad.

Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

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

❖ Wednesday, Sept. 19, 10 a.m. - 2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield, 22150

❖ Monday, Sept. 24, 10 a.m. - 2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church, 22041

❖ Tuesday, Sept. 25, 11 a.m. - 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015

❖ Wednesday, Sept. 26, 10 a.m. - 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170

❖ Thursday, Sept. 27, 10 a.m. - 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101

❖ Thursday, Oct. 4, 10 a.m. - 1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale, 22003

❖ Saturday, Oct. 6, 10 a.m. - 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane. Alexandria, 22306

❖ Tuesday, Oct. 9, 10 a.m. - 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

Police Reform: Progress but not Transformation

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

As we approach the third anniversary of the final Report of the Ad Hoc Commission on Police Practices to the Fairfax County Board of Supervisors, I thought it was time to look at progress of police reform. Not an easy thing to do.

The Commission (on which I served) was charged with looking at the following dimensions of the Fairfax County Police Department:

1) Communications-the concern being lack of transparency.
2) Recruitment/Diversity-getting quality and more representative officers.

3) Mental Health-a huge concern. Over half of incidents between officers and civilians resulting in the use of force involve persons with mental illness.

4) Use of Force — standards, rules for when and how much force is used.

5) Oversight- concern being lack of civilian oversight of police and investigation of killings and serious injury as well as police mis-

conduct, abuse of authority.

The broadly representative Commission unanimously approved 202 recommendations (recs from here on) for improved FCPD policies and practices.

When Commission Chairman Michael

Hershman submitted our Report, he noted that all recommendations were approved unanimously and should be viewed and approved as a whole if their effects were to be truly transformational.

To date, the Board of Supervisors has approved a large majority of the recs. But key recommendations were not implemented; are still "Under Review" (not a snowball's chance); were "approved as modified" (a bit or a great deal); or, are "in progress" (little to great deal).

I served on the Oversight subcommittee, and will limit this first column to a review of those recommendations. We proposed two



INDEPENDENT PROGRESSIVE

new functions:

1) an Independent Police Auditor (IPA) to participate in, monitor and report on investigations of incidents involving death or serious injury, or death of prisoners in custody, and complaints re: use of force; and,

2) a Civilian Review Panel (CRP) to receive and review citizen complaints of police abuse of authority or serious misconduct.

There has been major progress in both areas. A highly qualified Auditor, Richard Schott, is at work although his function was watered during the Supervisors' review. We proposed that he participate with FCPD Internal Affairs investigators and have funds to hire independent investigators to supplement their work if needed in his view. The uniforms resisted and a friendly lawyer opined that Virginia law barred anyone but police officers from investigating fel-

low officers! At least one Commission lawyer disagreed, but the BOS bailed out. Thus, the Independent Police Auditor is barred from investigating, and there is no funding for hiring investigators. The auditor meets with police investigators and reviews IAB final reports. To date, he has issued seven incident reports, all certifying IAB findings that investigated officers acted according to FCPD policy and the law. He recently issued his first annual public report and makes useful recommendations for changes in FCPD procedures and training.

The BOS-appointed volunteer Civilian Review Panel is now in place. However, key CRP recommendations were also weakened in the review process.

The lawyer objected to the recommendation that the CRP have funding for independent investigators to fill gaps the CRP identifies in IAB investigations. The recommendation was disapproved. The central role of the CRP — to receive civilian complaints and hold public hearings with the complain-

ant and subject officer/s present was modified as requested by the police.

The subjects of a civilian complaint will not appear in meetings (no "hearings") with complainants and no new material (e.g., a witness IAB may have missed) may be presented. New material must first be referred to the subject's fellow officers in IAB. Then, when completed, the IAB report may be reviewed by the CRP.

In sum, civilian oversight remains largely outside the steel blue curtain. But, the Independent Police Auditor is providing and making public a quality, professional review of the IAB documentation.

A notable step forward. It is too early to tell what impact he is having, or what impact the CRP will have until the Panel receives and fully reviews civilian complaints about police abuse of authority or serious misconduct.

To file a complaint or for more information, see www.fairfaxcounty.gov/policeauditor/

ENTERTAINMENT

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

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 Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com.

THURSDAY/SEPT. 20

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, 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 at Title I schools in Fairfax and Prince William counties and the City of Alexandria. Arrive at 9:30 to help with setup. Contact Lynn Barron: at LynnB517@verizon.net. Visit www.northernvirginia.assistanceleague.org.

Senior Social: Fiesta Theme. 1-3 p.m. at RCC at Hunters Woods. Celebrate Hispanic Heritage Month with Reston Community Center and Reston Association as they pay tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. Lunch, door prizes and entertainment, while learning about upcoming trips, classes and events.

Program 307221015. Ages: 55+. \$8/RA members, \$15/non-members. Visit www.reston.org.

Third Thursday Arts Crawl. 6-9 p.m. Arts Herndon joins with local downtown businesses, to produce the Third Thursdays Arts Crawl Series. Join in the festive atmosphere; purchase one-of-a-kind handcrafted items; try a free dance or instrument lesson; watch an art demonstration or listen to great live music. Events are located at various venues in downtown Herndon. Admission is free and most participating businesses offer complimentary food samples. Visit www.artspaceherndon.org.

FRIDAY/SEPT. 21

Free Flow Friday. Doors, 8 p.m.; show, 10 p.m. at Breaker's Sky Lounge, 2445 Centreville Road, 4th Floor, Herndon. Newly releasing his EP 'BulletRose' on all streaming platforms, Al'Bei will be performing live. Hosted by KniteLife Entertainment. Visit www.breakersskylounge.com or call call 703-793-6233

SEPT. 23-OCT. 23

Art Exhibit: "Peace and Identity." Gallery hours at at the Waddell Gallery, Northern Virginia Community College Loudoun Campus, 21200 Campus Drive, Sterling. This League of Reston Artists exhibit of two-dimensional art and photography runs Sept. 23-Oct. 23 with an opening reception Wednesday, Sept. 26, 6 p.m. This is Phase II of a two-part project that began in the spring of 2018. Free admission. Visit www.leagueofrestonartists.org.

WEDNESDAY/SEPT. 26

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

Reception: "Peace and Identity." 6 p.m. at at the Waddell Gallery, Northern Virginia Community College Loudoun Campus, 21200 Campus Drive, Sterling. This League of Reston Artists exhibit of two-dimensional art and photography runs Sept. 23-Oct. 23. This is Phase II of a two-part project that began in the spring of 2018. Free admission. Visit www.leagueofrestonartists.org.

SATURDAY/SEPT. 29

A Journey to Latin America. 7:30-9:30 p.m. at United Christian Parish of Reston, 11508 N. Shore Drive, Reston. A Journey to Latin America with The Pro Arte Chamber Orchestra of Greater Washington. \$5-\$30. Call 571-483-8444 or visit www.pacodc.org.

SUNDAY/SEPT. 30

Tri for Love Triathlon. 5:45 a.m. Join two time cancer survivor Taylor Love and friends and participate in the 12th Annual Tri for Love Triathlon. Tri for Love is an event for both rookie and veteran athletes; individual and team participation is welcome. Tri for Love begins at The Herndon Community Center with a 400 yard indoor swim, transitioning to a 15.4 mile W&OD Trail bike ride from Ferndale Drive to Ashburn Road



2018 Reston Multicultural Festival

It is time to "Discover the World in Reston" as the annual Reston Multicultural Festival honors the diversity that is one of the community's greatest assets and brings to life the vision that Reston founder Robert E. Simon had for the unique Northern Virginia community. The Festival will open with a Naturalization Ceremony, where America's newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing world cultures. Saturday, Sept. 22, 11 a.m.-6 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. A complete schedule of events and vendors is available at www.restoncommunitycenter.com/mcf.

and back. The event finishes with a 5k run in and around the W&OD bike and horse trail. Tri for Love Triathlon is USAT sanctioned. To register for Tri for Love Triathlon go to www.tri4love.shutterfly.com or email tri4love@hotmail.com.

SATURDAY/OCT. 6

Dog Paddle. 10 a.m.-1 p.m. at Ridge

Heights Pool, 11400 Ridge Heights 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.

PUBLIC HEARING NOTICE

Proposed Amendments to Reston Association Design Guidelines

Thursday, Sept. 27, starts at 6:30 p.m.

Reston Association

12001 Sunrise Valley Drive, Reston, VA 20191

The Reston Association Board of Directors will hold a public hearing on proposed amendments to the RA Design Guidelines. All members of the association are invited to attend.

For more information, go to <https://bit.ly/2w9wuyJ>



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Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will see that at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.



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NEWS

Assessing Reston Environment

FROM PAGE 5
presentation, Doug Britt, the project leader of the first Reston Annual State of the Environment Report (RASER) produced by the Environmental Advisory Committee (EAC) as a tool for benchmarking the quality of the environment in Reston summarized the findings. Afterward, he highlighted new topics addressed in the 2018 update with progress on some of the recommendations that were put forward in the original 2017 report.

Out of the sixty 2017 RASER Recommendations, Britt identified that one year later, "Half are already being implemented to some extent and twenty-five might be accomplished with existing RA resources or through volunteer support."

Britt emphasized that forty-five of the recommendations do not require any Board action and nine are policy related. "Only six require funding or contract," he remarked.

Britt said that the RASER 2018 working group is proposing new additions to the report. These will deal with wastewater treatment, solid waste, noise pollution, energy use, landscaping and urban agriculture, Biophilic Cities Network and a recommendation report card.

Britt pointed out that one of the recommendations proposed by the Environmental Advisory Committee in conjunction with the specific actions to advance environmental



PHOTO BY MERCIA HOBSON/THE CONNECTION

Doreen Woogen of Reston takes the microphone during the Q & A following the free public program, "Assessing the Environmental Quality of a Place Called Reston."

management was for Reston Association to apply to become a Biophilic City. RA applied and received official acceptance on March 22, 2018. Biophilic Cities are "cities of abundant nature in close proximity to large numbers of urbanites," according to the

website of the same name.

A Q & A followed Britt's presentation. To view the full report visit: <http://www.reston.org/ParksRecreationEvents/NatureEnvironmentalResources/NatureOverview/tabid/959/Default.aspx>.

RASER 2017-SUMMARY

Air Quality- Good. Recommendations: Preserve the tree canopy, promote multi-modal transportation, encourage the placement of more electric cars and promote energy conservation.

Water Resources

Lakes and Ponds - Fair. They remain good for recreation, wildlife habitat and biodiversity but measured poor due to sediment accumulation leading to dredging and the presence of algal blooms and aquatic weeds. Recommendations: Continue monitoring, conduct fishery survey and educate the public about "cultural eutrophication" This is when nutrients, especially phosphorus and sediments, are flushed into the lakes after precipitation events. They accumulate and not only decrease lake depth but stimulate the production of algae over slower growing submerged aquatic plants.

Streams - Poor. Many streams are severely degraded, stormwater runoff is a primary threat and sediment transport affects lakes. However, restoration efforts are showing some improvement. Recommendations: Install monumented benchmarks (poles) in selected streams to measure water height from the ground level and explore collaborative fish survey.

Stormwater Management - Poor.

Streams are disconnected from floodplains and improvement is limited to redevelopment and volunteer actions. Recommendations: Advocate repairing failing structures, preserving the tree canopy and advocating against stormwater mitigation waivers

Drinking Water - Good.

Vegetation

Tree Canopy- Fair. Invasive species and deer browsing impact it. Recommendations: Plant more trees that are native, manage deer, remove invasive and enforce the Design Review Board tree removal policy.

Meadows - Fair. They are targets for development. There are only 50 small transient meadows, and they require management. Recommendations: Encourage native tree plant landscaping not turf and educate residents and rate meadow quality.

Wetlands-Unrated. Recommendations: Request management of Sunrise Valley Park Wetland and explore partnering to inventory, classify and evaluate wetlands.

Wildlife

Birds - Fair. Habitat loss, cat kills and collisions. Recommendations: Protect natural areas, issue guidelines on outdoor cats; monitor bird-building

collisions and reduce outdoor lighting during migration.

Mammals - Unknown. Recommendations: Partner with others to inventory, incorporate wildlife corridors in planning processes and raise awareness about the impact of outdoor cats.

Invertebrates - Unknown. Recommendations: Conduct a BioBlitz to inventory species; remove invasive plants and expand butterfly conservation.

Reptiles- Unknown. Recommendations: Coordinate a BioBlitz to inventory.

Management Issues - Fair. Recommendations: Continue current programs.

Hazardous & Toxic Wasters - Good. Recommendations: Complete storm drain markings and educate the public about the dangers of coal tar-based sealcoats.

Light Pollution - Fair. Guidelines do not address artificial light's effect on humans, plants and wildlife. Recommendations: Contract with a lighting specialist to develop new lighting guidance and eliminate unnecessary roadway lighting.

Educational Outreach - Good. Recommendations: Market and partner to engage more participants; revise materials; promote NatureHouse rental.

BULLETIN BOARD

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).

MENTAL HEALTH SERVICES

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

THROUGH SEPT. 28

Preference Poll. The Reston Community Center (RCC) Board of Governors announces five candidates for its 2018 Preference Poll. This year's candidates are incumbents William G. Bouie, Gerald Zavala and Lisa Sechrest-Ehrhardt, as well as new candidates Richard Stillson and April Tan. The poll seeks community guidance to fill three 3-year positions. Each property in Small District 5 (SD5) will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5 p.m. on Thursday, Sept. 27. Walk-in and online ballots must be received by 5 p.m. on Friday, Sept. 28. Visit www.restoncommunitycenter.com or call 703-476-4500.

WEDNESDAY/SEPT. 19

Yom Kippur Service. 10 a.m.-noon at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Shoreshim will hold a free Yom Kippur service. No tickets or reservations required. Call 571-445-0563 or email info@restonshoreshim.org for event location and details. Visit www.restonshoreshim.org for more.

THURSDAY/SEPT. 20

SEE BULLETIN BOARD. PAGE 12

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A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Registered cyclists for the 35th Annual RBC Century await the 6:30 a.m. start call under the lights of the Reston Town Center Pavilion on Sunday, August 26.

Reston Bike Club Holds Annual Century

1,500 registered riders take part cycling through Fairfax and Loudoun counties.

BY MERCIA HOBSON
THE CONNECTION

The locally-based nonprofit organization, Reston Bike Club held their annual RBC Century on Sunday, Aug. 26 with distance options for cyclists of Half-Metric-33.3 miles, Metric- 64.9 miles, Century-80 -77.9 miles and Century-102.9 miles. The planned routes took cyclists through parts of Fairfax and Loudoun counties. Event organizers reported riders came as far away as California to take part in the event. Registration closed after reaching the stated limit of 1,500 cyclists. Riders arrived at the start/end location, the Reston Town Center Pavilion, well before 6 a.m. Start times ranged from 6:30 a.m.-10:00 a.m., but all riders competing in the full Century had to leave the Pavilion by 9 a.m. to ensure making it back to Reston by event close of 5 p.m.

Harmoz Akhavan who works in Herndon said that he began cycling twenty years ago and continued to do so with his wife, Bitia Nakhai. "The best thing about riding is that it's like meditation; you can just zone out, especially in the morning. It's also about teamwork, being part of a group. You have to do your part as a member of the team because you are going to affect everyone around you."



A cyclist takes a tumble before crossing the start line at the 35th Annual RBC Century held Sunday morning, Aug. 26. He was back up and in the saddle in no time.



One of the first waves of cyclists for the 35th Annual Reston Bike Club Century set out from Reston Town Center on Sunday morning, Aug. 26 shortly after 6:30 a.m. as another wave of cyclists gathers behind them. A reported 1,500 cyclists registered for the event.



Reston Bike Club held its 35th Annual RBC Century Sunday morning, Aug. 26. The event drew cyclists from across the nation and reached its peak attendance capacity of 1,500 riders who set out from the Reston Town Center Pavilion for courses running through Fairfax and Loudoun counties.

Fairfax County Police to Investigate Inmate Death

Detectives from the Fairfax County Police Department are investigating the in-custody death of 68-year-old inmate Haywood Summers. Summers was taken from the infirmary at the Fairfax County Adult Detention Center to the hospital for additional medical attention on Thursday, Sept. 6. The medical examiner will examine the body, but preliminarily, police reported that there were no signs of foul play.

The inmate had been incarcerated at the ADC since Sept. 4. The Fairfax County Sheriff's Office and our department are working collectively to gather all information and to thoroughly document the situation.

We investigate all Fairfax County Sheriff's Office in-custody deaths.

The sheriff's office released the following on Sept. 14:

On Sept. 6, 2018, a 68-year-old African American inmate, Haywood Summers, was transported to the hospital from the Fairfax County Adult Detention Center infirmary. He had been in Sheriff's Office custody for two days.

At approximately 5:25 p.m. on Sept. 13, the inmate experienced a medical emergency at the hospital. Hospital medical staff performed CPR without success.

The inmate was pronounced deceased at 6:03 p.m. Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is currently underway.

BULLETIN BOARD

FROM PAGE 11

Women's Club of Greater Reston. 10 a.m.-noon at Reston Community Center, Lake Anne, Reston. Women's Social Club meeting. Free. Email vakerics@yahoo.com or visit www.wcgr.org for more.

IEP Training: Least Restrictive Environment and Services. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

FRIDAY/SEPT. 21

10th Congressional District Debate. 8-10 a.m. at The National, 18980 Upper Belmont Place, Leesburg. U.S. Rep. Barbara Comstock and State Sen. Jennifer Wexton will debate and address issues that matter most to the Northern Virginia Business Community. Register at business.tysonschamber.org/events/details/virginia-s-10th-congressional-district-candidates-debate-8052.

Gender Differences in ADHD. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. ADHD is commonly diagnosed in childhood, although it is diagnosed much more frequently in boys than in girls. Unlike boys, many of whom show hyperactivity, girls' symptoms may present more toward inattentiveness and disorganization. Patricia Quinn, MD, will discuss the gender differences in ADHD and the implications in diagnosis and treatment. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

FRIDAY-SATURDAY/SEPT. 21-22

Car Free Days 2018. Telework, bicycle, walk, take transit or carpool/vanpool (car-lite). Everyone who takes the free pledge for one or both days will be entered into a raffle.

Registrants will also have the opportunity to participate in several local area events including: PARK(ing) Day, Clarendon Day, The Great Frederick Fair, Try Transit Week, and more. Take the free pledge to go car free or car-lite for a day at www.CarFreeMetroDC.org.

SATURDAY/SEPT. 22

Reston Multicultural Festival (Call for Volunteers). 7 a.m.-8 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. Volunteer Reston is looking for parking attendants, floaters, activity assistants, survey takers, set up/breakdown crew and concession folks to make this event a community success. Volunteers will receive a food voucher and a festival volunteer t-shirt. Email habrock@reston.org or call 703-435-7986. Visit www.reston.org/AboutRestonAssociation/VolunteerOpportunities/VolunteerRestonOpportunitiesOverview/tabid/435/Default.aspx to sign up to volunteer.

TUESDAY/SEPT. 25

Network Night and Wellness Fair. 5:30-7:30 p.m. at Gold's Gym, 2445 Centreville Road, Herndon. The Healthy Workplaces Committee invites participants to enjoy healthy snacks, beer and wine, as well as wellness resources and interactive demos while they meet and greet, mix and mingle at the September Network Night sponsored and hosted by Gold's Gym Herndon (Clocktower). Visit RestonChamber.org or call 703-707-9045.

IEP Training: Least Restrictive Environment and Services. 7-9 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.