

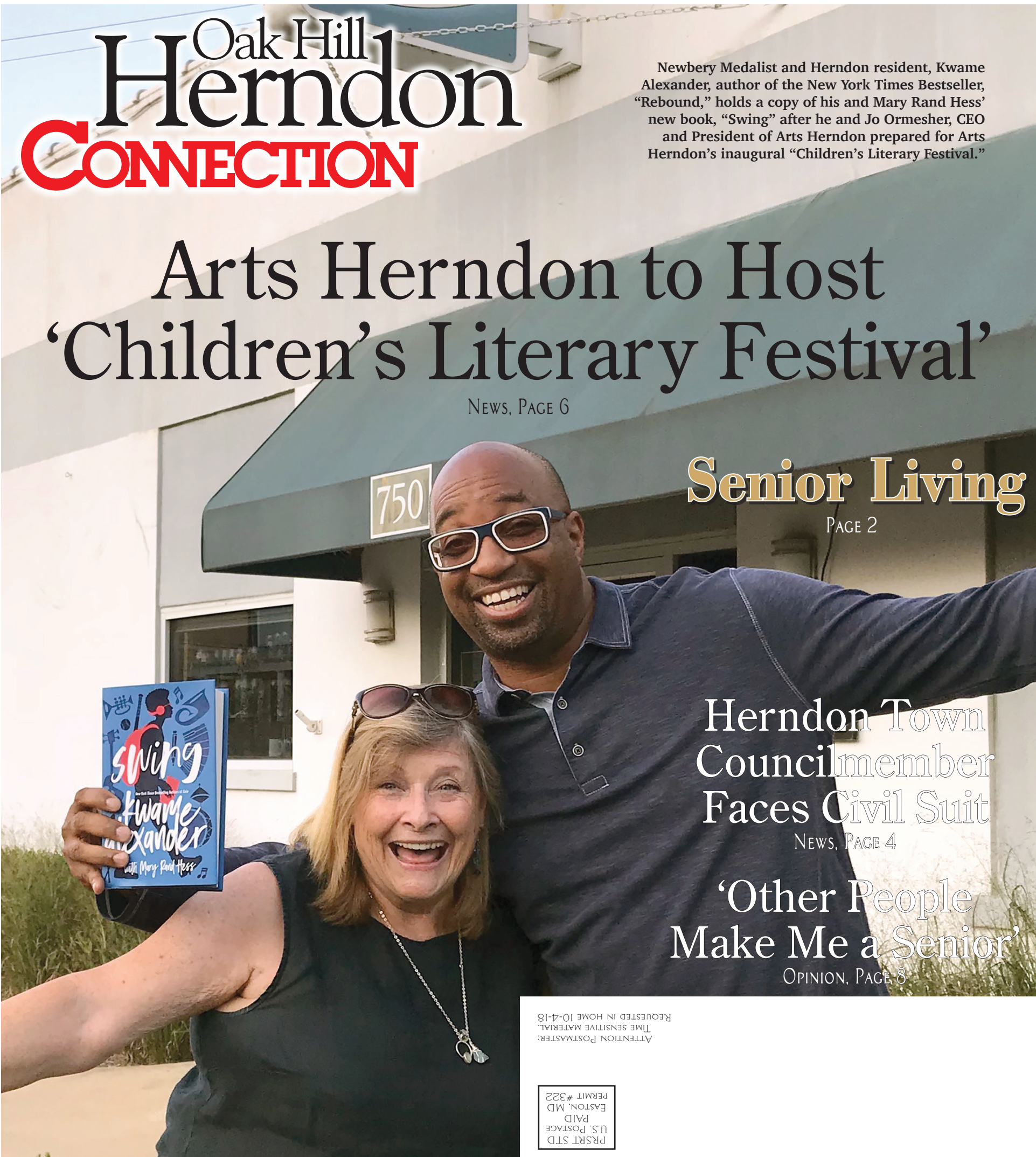
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CONNECTION

Newbery Medalist and Herndon resident, Kwame Alexander, author of the New York Times Bestseller, "Rebound," holds a copy of his and Mary Rand Hess' new book, "Swing" after he and Jo Ormesher, CEO and President of Arts Herndon prepared for Arts Herndon's inaugural "Children's Literary Festival."

Arts Herndon to Host 'Children's Literary Festival'

News, PAGE 6

Senior Living

PAGE 2

Herndon Town Councilmember Faces Civil Suit

News, PAGE 4

'Other People Make Me a Senior'

Opinion, PAGE 8

ATTENTION POSTMASTER:
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PHOTO BY MERCIA HOBSON/THE CONNECTION

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 5 ♦ CLASSIFIEDS, PAGE 6

SENIOR LIVING

Reflection of Fairfax County's 50+ Community Action Plan

Donna Lopez, Assistant Director at the Herndon Senior Center, offers insight on what is available at all Fairfax County Senior Centers.

MERCIA HOBSON
THE CONNECTION

This week is the Connection Newspapers Senior Living Focus edition. The Connection invited local senior program specialist(s) and citizens of all ages to engage in open conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible 'Conversation Starters' given to Donna Lopez, Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services on Saturday, Sept. 29, 2018, as she worked with seniors at the center.

❖ Although you are as old as you feel, what age do you consider to be the senior-citizen

threshold and why?

❖ What factors might be culprits for lower well-being, those that have the most substantial negative impact on a senior's well-being?

❖ How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/ well-being

❖ On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Donna Lopez is Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services. The following reflects



**Donna Lopez,
Assistant Director
at the Herndon
Senior Center**

Fairfax County's 50+ Community Action Plan, as well as the broader variety of programs not only at the Herndon Senior Center but at all of the county's 14 senior centers including the Sully



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services is one of 14 county senior centers, all of which provide a welcoming and safe environment for older adults to socialize and engage.

Senior Center, as presented by Lopez.

Fairfax County's population of adults aged 50 and older is estimated to reach around 452,000 by 2040 – that's about 33 percent of the total county population. With this trend in mind, Fairfax County has adopted the 50+ Community Action Plan to identify and address the needs and interests of older adults 50 and over, and to plan for their continued engagement in the community.

In the September 2017 report of the 50+ Community Action Plan, several of the common challenges facing older adults in Fairfax County include health-related issues, isolation and loneliness, mobility and transportation, limited financial resources and being the target of criminal activity.

Fairfax County's 14 senior centers provide a welcoming and safe environment for older adults to socialize and engage.

Programs, activities and events – each tailored to the specific interests and needs of the center's surrounding community – afford older adults opportunities to pursue hobbies, set and achieve health and fitness goals, learn new skills, and cultivate friendships with others in the community.

All centers offer inclusion services, which provide assistance to participants with minor cognitive and physical disabilities to participate in day-to-day activities as well as offer guidance and referrals to additional programs and services that meet evolving needs. We pro-

vide participants with options for transportation and meals as well.

Each senior center has a participant-led advisory council, which offers insight into the needs and interests of each community. Together with our advisory councils, our center staff plan activities, guest speakers and workshops to address a myriad of topics such as learning about how to use a smartphone or email, understanding Medicare, or even learning to protect themselves from potential scammers.

Speaking for Fairfax County's senior centers, we certainly value our participants' talents and welcome their suggestions and engagement. The opportunities we provide are the result of constant collaboration and partnership with the communities we serve, and we make every effort to ensure that our spaces afford everyone, regardless of age, background or ability, the chance to share their talents, cultivate new ones and enjoy being part of a community of fellowship. We welcome any and all suggestions and questions, just contact your local senior center to learn more.

You can find us online at www.fairfaxcounty.gov, just use the search tool and look for senior centers.

For more information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

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www.connectionnewspapers.com/Calendar

Ford-Kavanaugh Hearing Exposes Sharp Divide in 10th District Race

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

Like many Americans, State Sen. Jennifer Wexton (D-33) said she was riveted by Dr. Christine Blasey Ford's testimony before the Senate Judiciary Committee last Thursday accusing Supreme Court nominee Brett M. Kavanaugh of sexual assault.

"I believe Dr. Christine Blasey Ford," Wexton said, adding that she was impressed with Ford's "courage and grace" as Ford quietly detailed her allegations against Kavanaugh.

On Friday, Wexton declared it was "time for people of good conscience to take a stand," praising Ford for her historic testimony.

"Her courage in a situation designed to put her at a disadvantage, and her grace in the face of powerful men who refused to investigate her claims, allow interviews of key witnesses, or even speak to her were extraordinary," Wexton said.

U.S. Rep. Barbara Comstock (R-10) Comstock, who is friends with Kavanaugh and said he was "an excellent choice" when he was nominated for the high court in July, did not walk back that endorsement when she issued a statement a few hours after Wexton's statement on Friday.

"Both Judge Kavanaugh and Dr. Ford have been ill served by this process," Comstock said.

Comstock blasted Senate Democrats, accusing them of abusing the confirmation process and creating an "overall toxic partisan environment" by withholding Ford's sexual assault allegations "from both Republican committee members as well as the FBI," and then leaking the information to the press "against the explicit request of Dr. Ford...rather than allow for a confidential review.

"This partisan abuse of the process has been a travesty for all involved," Comstock said.

On Sunday night, Wexton responded to The Connection's request for a comment on Comstock's statement.

"Barbara Comstock purports to be a champion of the 'Me Too' movement and would have a real opportunity here to stand up for the victim and to stand up to members of her party and take a leadership role, but she's not doing that," Wexton said.

"Instead, she is holding her old friend, Judge Brett Kavanaugh, to a much lower standard than the one she set for members of the opposing party. Women who are the victims of alleged sexual violence, like Dr. Blasey Ford, deserve our support."

Political experts said the Ford-Kavanaugh hearings could have a profound effect on the Nov. 6 midterm elections, in which a record number of women – more than 200 – are running for house seats.

Virginia's 10th Congressional District has been held



Both candidates had busy weekends, attending back-to-back events and greeting supporters throughout the sprawling 10th Congressional district.

PHOTOS CONTRIBUTED



"I believe Dr. Christine Blasey Ford."

—Jennifer Wexton

"Both Judge Kavanaugh and Dr. Ford have been ill served by this process."

—Barbara Comstock

by a Republican for 38 years, but Democrats believe demographic shifts in the sprawling district - which include sections of Fairfax and Prince William counties and all of Loudoun County – and growing opposition to President Trump's politics, will lead to a Democratic victory on Nov. 6.

In the 2016 election, Trump lost the district by ten percentage points while Virginia Gov. Ralph Northam, a Democrat, won the district by double digits in 2017.

VA 10TH DISTRICT - BY THE NUMBERS

Total population: 827,279
21% Foreign-born, 37% Virginia-born
61% White non-Hispanic, 6.5% Black or African American,
14% Hispanic, 18.3% Other (including Asian)
54.3% BA or higher
\$120,384 Median income,
3.6% Poverty rate
93% have health insurance
*Source: U.S. Census Bureau



PHOTO FACEBOOK POST BY SUPERVISOR JOHN FOUST

The Fairfax Connector Reston-Herndon operating facility officially opens with a Ribbon Cutting Ceremony Wednesday, Sept. 19, after a \$14 million renovation.

Ribbon Cutting held for Renovation of the Fairfax Connector Reston-Herndon Operating Facility

The Ribbon Cutting Ceremony to officially open the newly renovated Fairfax Connector Reston-Herndon Operating Facility in Herndon, located at 268 Spring Street occurred Wednesday, Sept. 19, 2018. The Northern Virginia Transit Committee State Aid and the voter-approved 2007 bond referendum funded the \$14 million renovation project. The facility required updates to the exterior site and interior space, as well as some system upgrades.

With a fleet size of 80 buses and reported capacity of 100 buses, a phased design approach to the renovation allowed operations to continue without interruption.

"Traffic and Transportation ... Two things that will keep Herndon moving," said Bill McKenna. "It was an honor to be part of the Fairfax County Connector Reston-Herndon Garage expansion and upgrade. This will be a vital part of how Herndon will move forward with Metro and traffic by helping to move our residents efficiently and reducing our traffic footprint," McKenna added.

Supervisor John Foust (D-Dranesville) posted that the working environment was now safer, more efficient and more comfortable than before. "The improved facility will also help the Connector meet increasing transit needs in the area," Foust posted on Facebook.

Others on hand at the Ribbon Cutting were Del. Kenneth R. "Ken" Plum (D-36), Del. Jennifer Boysko (D-86), Fairfax County Board of Supervisors Chairman Sharon Bulova, Dranesville District Supervisor



PHOTO COURTESY OF WILLIAM "BILL" MCKENNA

Fairfax County Board of Supervisors Chairman Sharon Bulova speaks at the Ribbon Cutting held for \$14 million renovation of the Fairfax Connector Reston-Herndon operating facility on Sept. 19, 2018.

John Foust, Hunter Mill District Supervisor Cathy Hudgins, and Herndon Councilmembers Richard B. Kaufman and William "Bill" McKenna.

Renovation Highlights as reported by Fairfax County:

- ❖ An existing open bay was enclosed to create a new drive-through bus wash.
- ❖ A small addition was constructed for exterior tire storage.
- ❖ Vehicle lifts and service equipment were upgraded.
- ❖ An automated parts storage system was created.
- ❖ The drivers' lounge and administration areas were modernized.
- ❖ A new covered fueling station was added.
- ❖ The bus parking lot surface was replaced with new heavy-duty concrete.
- ❖ A new parking lot was added for staff.
- ❖ A new restroom was constructed.

— MERCIA HOBSON

ENTERTAINMENT



Carnival & Harvest Fun

Carnival-goers of all ages will enjoy “Fall Carnival Fun” with games, rides and fair foods and beverages. Tickets are \$1 each or 24 for \$20. Rides take three to five tickets. In addition to the Fall Carnival, Frying Pan is hosting “Farm Harvest Days” on Saturday and Sunday. Fall is a busy and exciting time at the park. Watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations from 10 a.m.-3 p.m. For a fee, you can also take a wagon ride around the park or a spin on the carousel. Friday-Sunday, Oct. 12-14 at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Carnival games and rides will be open from Friday, 5-9 p.m.; Saturday, 11 a.m.-9 p.m.; and Sunday, 11 a.m.-6 p.m. Admission and parking are free. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park/fall-carnival-harvest-days.

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

ONGOING

The Elden Street Tea Shop.

Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

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.

YMCA Community Celebration. 10 a.m.-1 p.m. at YMCA Fairfax County Reston, 12196 Sunset Hills Road, Reston. Free community grand re-opening. Everyone welcome. The celebration includes an open house and activities for children and adults of all ages. Tours, demonstrations, activities, giveaways, refreshments, and a new member special offer are scheduled. Call 703-742-8800 or visit www.ymcadc.org/locations/ymca-fairfax-county-reston/.

SUNDAY/OCT. 7

2018 Arts Herndon Children’s Literary Festival. 11 a.m.-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. In collaboration with local author, Kwame Alexander, The National Endowment for the Arts and Arts Herndon presents the first Arts Herndon Children’s Literary Festival. A Newbery Medalist, Alexander founded the Capital BookFest in 2005, and has brought thousands of people year after year to various literary events. Panels and author conversations, featuring adult and teen authors; featuring food, live entertainment, authors and artisans; purchase books, illustrations, specialty artwork, and gifts; strolling entertainment and more. Free and open to the public. Visit www.artspaceherndon.org/arts-herndon-childrens-literary-festival.

Pitchapalooza. 11 a.m. at on the Gallery Stage at ArtSpace Herndon, 750 Center St., Herndon. Pitchapalooza is American Idol for books (only kinder and gentler). Twenty writers will be selected at random to pitch their book. Each writer gets one minute—and only one minute. Dozens of children’s book writers have gone from talented amateurs to professionally-published authors as a result of participating in Pitchapalooza. Visit www.artspaceherndon.org.

SUNDAY-SATURDAY/OCT. 7-13

2018 Herndon’s Arts Week – celebrating the arts in Herndon. With an event every day of the week and something for everyone it promises to be special. Bring the family out for the Children’s Literary Festival or Kids Day at Frying Pan Farm Park. Have a night out with friends at a Jazz Concert, take a Swirladelic Design & Wine class or find out the winners of the 10th Annual Expressions Portrait Competition. Visit www.artspaceherndon.org.

FRIDAY-SUNDAY/OCT. 12-14

Carnival & Harvest Fun. Frying Pan Farm Park, 2739 West Ox Road, Herndon. Carnival games and rides will be open from Friday, 5-9 p.m.; Saturday, 11 a.m.-9 p.m.; and Sunday, 11 a.m.-6 p.m. Carnival-goers of all ages will enjoy “Fall Carnival Fun” with games, rides and fair foods and beverages. Tickets are \$1 each or 24 for \$20. Rides take three to five tickets. In addition to the Fall Carnival, Frying Pan is hosting “Farm Harvest Days” on Saturday and Sunday. Fall is a busy and exciting time at the park. Watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations from 10 a.m.-3 p.m. For a fee, take a wagon ride or a spin on the carousel. Admission and parking are free. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park/fall-carnival-harvest-days.

SATURDAY/OCT. 13

Family Fitness & Fun Fest. 9 a.m.-noon at Town Hall Square, 730 Elden St., Herndon. Bring friends and family for a superhero themed event

to include fitness and nutrition stations, interactive themed games, fitness class demonstrations, and an inflatable obstacle course. Put down the electronics, get outside to move and have fun. Free admission and free parking. Visit herndon-va.gov/recreation or call 703-787-7300.

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.

Reston Home Tour. 10 a.m.-5 p.m. in Reston. The Reston Historic Trust & Museum’s 17th Annual Reston Home Tour focuses on six homes that have undergone major redesign in the form of renovations, additions, complete remodels, extensive landscaping, hardscaping and interior decor. Travel in architectural time from a South Reston 1968 Dutch Colonial to Reston’s newest luxury apartments, Signature, at Reston Town Center where a “taste of autumn,” catered by Balducci’s, will be offered. Tour these homes at your own pace, in any order during the tour. \$30. Call 703-709-7700 or visit restonmuseum.org/hometour.

Prose and Poetry. 2-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author Alfredo Del Arroyo will present his novel *Martes de Infamia: y Otros dias fatales*, and poet Fernando Gudiel will share his poetry in celebration of Hispanic Heritage Month. Adults, teens. Free. Call 703-397-0412.

THURSDAY/OCT. 18

Weekend Food for Kids. 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 for low income children at several Title I schools in Fairfax and Prince William Counties and the City of Alexandria. Free. Email philanthropy@alnv.org or visit www.alnv.org.



SUBMIT YOUR LETTER TO THE EDITOR HERE

www.ConnectionNewspapers.com/contact/letter



Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening

Fairfax County
Design Public Hearing

Tuesday, October 23, 2018
6:30 p.m. to 8:30 p.m.
Presentation starts at 7 p.m.

Dranesville Elementary School
1515 Powells Tavern Place
Herndon, VA 20170

Find out about plans to rehabilitate and widen the westbound Route 7 (Leesburg Pike) bridge over Sugarland Run in order to improve safety, extend the overall life of the bridge and add capacity. The bridge was built in 1947.

The planned improvements include a new, wider concrete bridge deck and widening and repairing the bridge pier and abutments. The project will also extend the acceleration lane from the Fairfax County Parkway (Route 286) on-ramp to Dranesville Road (Route 228) to improve operations. Other improvements include guardrail upgrades and new curb and gutter in the area of the bridge.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) was prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available with the PCE.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2304 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **November 2, 2018** to Mr. Shahrad Behboodi, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email meetingcomments@VDOT.virginia.gov. Please reference “Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Shahrad Behboodi at 703-259-2304.

State Project: 0007-029-113, P101, UPC: 104556
Federal: STP-PM09 (324)

Announcements

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Legals

STATE OF SOUTH CAROLINA, COUNTY OF RICHLAND, IN THE FAMILY COURT

William Thoman
vs.
Tahnee Thomas
Case#: 2018-DR-40-1828

SUMMONS

TO THE DEFENDANT: T AHNEE THOMAS:

YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action, of which the original is on file in the Office of the Clerk of Court, Family Court, for Richland County and to serve a copy of your Answer on the subscribers at their office of Moore Taylor Law Firm, 1700 Sunset Boulevard, Post Office Box 5709, West Columbia, South Carolina 29171, within thirty (30) days from the date of service hereof, exclusive of the day of such service; and if you fail to answer the Complaint in the time aforesaid, the Plaintiff in this action will apply to the Court for the relief demanded in the Complaint.

MOORE TAYLOR LAW FIRM, P.A.


WILLIAM B. FORTINO, ESQUIRE
Attorney for Plaintiff

NOTICE

TO THE DEFENDANT: T AHNEE THOMAS:

TAKE NOTICE that the Summons in the above-entitled action, of which the foregoing is a copy, together with the Complaint herein were filed in the Office of the Clerk of Court, Family Court, for Richland on the May 16, 2018.

MOORE TAYLOR LAW FIRM, P.A.


WILLIAM B. FORTINO, ESQUIRE
Attorney for Plaintiff

You can read any of this week's
15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



News

Arts Herndon to Host 'Children's Literary Festival'

BY MERCIA HOBSON
THE CONNECTION

Sherri Duskey Rinker, author of the international bestseller read-aloud book, "Goodnight, Goodnight, Construction Site," is coming to Arts Herndon's inaugural "Children's Literary Festival," as is Newbery Medalist, Kwame Alexander, author of the tween favorite, "Rebound," and the author and illustrator of the 2015 Caldecott Honor-winning book, "Nana in the City," Lauren Castillo.

They, along with 2018 Newbery Honor Author Renée Watson, "Piecing Me Together" and other favorite authors and illustrators will be on hand to meet and talk with festival-goers at ArtSpace Herndon, 750 Center Street in Historic Downtown Herndon, Sunday, Oct. 7, 2018, from 11 a.m. to 4 p.m.

Arts Herndon, in collaboration with Alexander and the National Endowment for the Arts, will present the one-day Children's Literary Festival, rain or shine. There are no admission or parking fees, and the event is open to the public.

Celebrating literature as an art form and promoting literacy in the community is one of the goals of Arts Herndon. Alexander founded the popular "Capital BookFest" in 2005 which attracts thousands of people year after year.

Families will enjoy the original programming, traditional readings, panels and author conversations featuring both adult and teen authors. In addition, there will be food and all-day strolling entertainment. Books, illustrations, specialty artwork and gifts by artisans will be available for purchase.

Visit www.artsherndon.org for more information or call 703-956-6590.

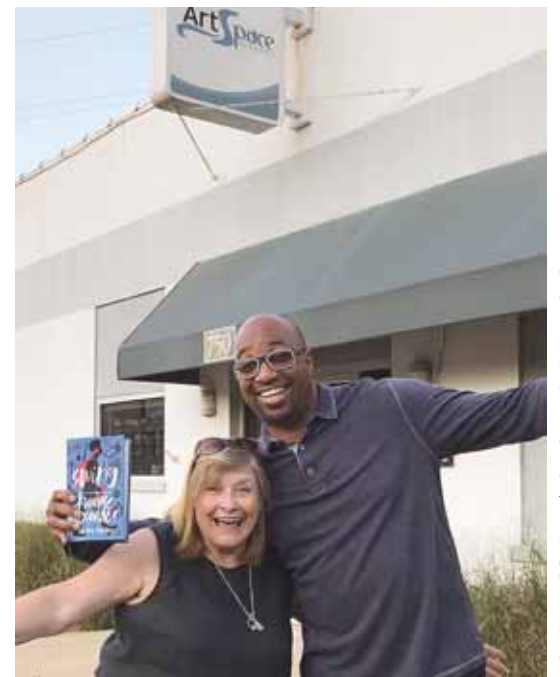


PHOTO BY MERCIA HOBSON/THE CONNECTION

Newbery Medalist and Herndon resident, Kwame Alexander, author of the New York Times Bestseller, "Rebound," holds a copy of his and Mary Rand Hess' new book, "Swing" after he and Jo Ormesher, CEO and President of Arts Herndon prepared for Arts Herndon's inaugural "Children's Literary Festival." The event will be on Sunday, Oct. 7, 2018, 11 a.m. to 4 p.m. at ArtSpace Herndon, 750 Center Street in Historic Downtown Herndon.

Green Lizard Cycling to Host Bike-A-Thon for Herndon High Band

BY MERCIA HOBSON
THE CONNECTION

On Sunday, Oct. 7, Green Lizard Cycling in Herndon is hosting the 3rd Annual Fun Ride Bike-a-Thon, co-sponsored by Herndon Rotary Club. All proceeds from the event will help support the Pride of Herndon Marching Band's trip to Normandy, France in 2019. There they will represent the United States at the 75th anniversary of D-Day and pay recognition to the veterans who served on the U.S.S. Herndon, the destroyer that led the Allied naval flotilla in the assault on France.

EOTH, one of the event supporters writes on their website: "Join us as we ride 25 or 50 miles to raise money for the Pride of Herndon Marching Band to represent the U.S. at the 75th Anniversary of D-Day in Normandy France. Entry fee is \$60, and all proceeds go to the band. We will be raffling off a 2019 Cannondale Quick 6 bicycle, graciously donated by Cannondale DMV. There will be a lunch after the ride and drawings galore! Participants get a t-shirt and a goody bag and post-ride lunch."

Green Lizard Cycling will provide pre-ride tire checks at the start line and the Purcellville water stop. The W & OD Trail Patrol will be out assisting Bike-A-Thon cyclists as needed.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Green Lizard Cycling is raffling a 2019 Cannondale Quick 6 bicycle, donated by Cannondale DMV to help support funds needed for HHS Bands' D-Day 75th Anniversary Trip to Normandy 2019.

Although the regular registration fee is \$60, cyclists may participate for free if they secure a minimum of \$75 in pledges. Registration forms, pledge sheets, sponsorships and raffle tickets are available at Green Lizard Cycling, 720 Lynn Street, Herndon or by contacting either Beth Meyer at bam@greenlizardcycling.com, 907-317-0016 or Vicky Robertson, Rotary Club of Herndon at vicky@vrobertsonhomes.com and 703-867-0271.

BULLETIN

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

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

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).

THURSDAY/OCT. 4

Enjoy Your Strong-Willed Child. 7-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power struggles; stop yelling, lecturing, and nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain – the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper – literally – and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as her purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

OPINION

'Other People Make Me a Senior'

Locals speak out on senior wellbeing in the community.

BY MERCIA HOBSON
THE CONNECTION

The Connection invited local senior program specialist(s) and citizens of all ages to engage in conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible 'Conversation Starters.'

* Although you are only as old as you feel, what age do you consider to be the senior-citizen threshold and why?

* What factors might be culprits for lower well-being, those that have the most substantial negative impact on a senior's well-being?

* How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/wellbeing?

* On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Julie Nash, 68, Reston
"I'll say 60 is the senior citizen threshold. I retired from the government at 57. Physical age is just one factor. I think some seniors are deluding themselves. They feel entitlement. A lot of the elderly become ridged and narrow-minded, and some are looking for an argument. I used to do a lot of bicycling touring, but I had to adjust and instead began walking on the trails.

"Reston feels comfortable and safe for me. I'm doing much educational learning because of a recent surgery. I've been to some of the OLLI classes, the Osher Lifelong Learning Institute; it's a non-profit. I also work with education programs in D.C., and there are concerts in Reston.

"I had a bad time with my Reston condo association. I stood up for others, and myself, and it made an impact. Reston Hospital's



Julie Nash, 68 of Reston believes physical age is just one factor to consider when labeling someone a "senior."



Cheryl Chen, 48, of Reston believes loneliness is one factor for lower well-being among seniors. A second factor is helplessness, as seniors physically may not be able to do things they want or used to do.



Eleanor Benedict will be 90 at the end of October and lives in Herndon, "I don't consider myself a senior citizen. I think it's just a number. Other people make me a senior."

PHOTOS BY
MERCIA HOBSON
THE CONNECTION



Karen Kan, 78, of Reston does not feel like she's a senior. Kan enjoys riding camels on vacation. "Although I feel aches and pains, I still want to be very active."

PHOTO CONTRIBUTED

age. I believe loneliness and helplessness are factors for lower well-being among seniors, as physically seniors cannot always do things they want to do. I even feel that sometimes.

"I feel Reston is a great place for seniors and if finances allow it, Reston is a great place to retire. Reston Association arranges events, senior movies, trips to D.C., things that seniors love. And the events allow seniors to socialize."

Karen Kan, 78, Reston
"Sometimes I don't even feel like I am a senior because I'm still active and want to do the things I like. Although I feel aches and pains, I still want to be very active. What has the most substantial negative impact on a senior's well being? I don't like to lose friends. It really brings me down."

Eleanor Benedict, 90 at the end of October, Herndon

"I don't consider myself a senior citizen. I think it's just a number. Other people make me a senior. (As for lower well-being) health is one culprit. People not acknowledging me (makes a substantial negative impact.) They are absorbed in themselves.

"Ninety percent (of my physical, mental and spiritual needs are met) through the Herndon Senior Center with their classes. I take local transportation. I do it all the time, the buses and the Metro. It's available and up to others to take advantage of it.

"At the Senior Center, we have book clubs, puzzles, dance, Zumba and computer courses. So many things that I can't do them all. Friday Night Live is here within walking distance. We can listen to live music.

(As for financial stability/wellbeing), there are discounts available in the community for seniors depending on income. Even here in the Senior Center, there are discounts. Buses and restaurants have discounts too. It's up to you to take advantage of them.

"Senior voices are heard in the Town of Herndon. The Mayor and Town Councilmembers are aware of our needs. They've been here. They honor us for our past accomplishments and listen to our ideas. The biggest thing is that the town put lights on the W& OD Trail. It can be used after dark and the police patrol it. There will be volunteers to take us to vote. And our Police Chief, Maggie DeBoard does 'Coffee with a Cop.' There's one this week at Starbucks."

Parks and Recreation Programs for Seniors in the Town of Herndon

Cindy S. Roeder, Director of Parks and Recreation Town of Herndon:

The Herndon Parks and Recreation Department programs and facilities are designed to meet the recreation and fitness needs of all segments of our community. For seniors, programs encourage socialization, active lifestyles, and lifelong learning. The community center features dedicated land and water-based fitness classes for seniors as well as group exercise classes for all ages.

Instructional activities like tennis, martial arts, yoga, and dance or art programs like pottery, photography, and knitting encourage adults to recreate with those having similar interests. Independent activities like swimming, walking and use of the strength and cardio equipment are also highly encouraged.

For specific interests or more information contact us at parksandrec@herndon-va.gov or visit www.herndon-va.gov/recreation for more details.

outpatient physical therapy, orthopedic department has an excellent rapport. It has a wonderful atmosphere for healing. During my recent surgery and rehab, I felt very

cared for."

Cheryl Chen, 48, Reston
"I consider the senior citizen threshold to be over 60 years of

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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Presenters



Kayla Shoff
Design Consultant



Rachel Mignogna
Design Consultant



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SATURDAY, October 13th, 2018

12:00pm - 4:00pm



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This dazzling first floor remodel includes the kitchen, dining room, hall bath and living room with fireplace! This remodel touches every room on the first floor and the results are simply gorgeous! Meet the Foster design team, the homeowners and see our work firsthand. Whether you are in the preliminary stages or simply looking to stay in the loop of the latest trends, we guarantee you will walk away with a wealth of knowledge, sure to ease you into your next remodeling project. Refreshments will be served. Please RSVP to (703) 550.1371 for address.

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Design Consultant

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