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August.



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# When to Call Upon an Aging Life Care Professional

Join us as Courtney Lavander, licensed Nursing Home/Assisted Living Administrator, Certified Care Manager and Advanced Level Professional with the Aging Life Care Association, and Vanessa Bishop, founder of Elder Care Consultants, Inc., discuss when is the right time to call upon an aging life care professional.

# Wednesday, August 28

1:00 - 3:00 p.m.

To RSVP, or for more information, please call 877-351-8067 or visit www.TheArtisWay.com/HerndonConnection



Managea





1121 Reston Ave. Herndon, VA 20170

## Calendar

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

#### **ONGOING**

Junior Golf Fairfax Camps, Clinics and **Competition.** Burke Lake Golf Center is located at 6915 Ox Road, Fairfax Station. Pinecrest Golf Course is located at 6600 Little River Turnpike, Alexandria. Twin Lakes Golf

Course is located at 6201 Union Mill Road, Clifton. Oak Marr Golf Complex is located at 3136 Jermantown Road, Oakton. Visit www.fairfaxcounty.gov/parks/golf/junior.

Art Exhibit: For the Love of Art. Trough Aug. 18, gallery hours at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Through a myriad of styles and media - oil, watercolor, pen and ink Angie Magruder, a long-time Reston resident, shares her many talents as an artist in this exhibit at Reston Community Center Hunters Woods. Visit www.restoncommunitycenter.com/

Summer Reading for Teens and Adults. Through Aug. 31 at Herndon Fortnightly Library, 768 Center St., Herndon. Read, log the books and win a prize! The Summer Reading Program is not just for children. Call or stop by the Herndon branch for more information. Call 703-437-8855.

Selected Works by John Charles Koebert. Through Sept. 7 at Artspace Gallery & Studio, 750 Center St., Herndon. John Charles Koebert is holding open Studios at Arts Herndon on Tuesday and Thursday, 2-4 p.m. and Saturdays, Aug. 17 and 24, 11 a.m.-1 p.m. for the duration of his show. Call 703-956-6590 or visit www.artspaceherndon.org

Registration Open: NVSO. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The games run Sept. 14-28. There will be no on-site registration. Paper registrations, available at most local recreation and senior centers, must be postmarked by Aug. 24. Online registrations must be completed by Aug. 31 at www.nvso.us.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket

Reston Farmers Market. Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. www.fairfaxcounty.gov/parks/ farmersmarkets/reston.

### THURSDAY/AUG. 15

**Hunter Mill Nights: Veronneau (world** 

**jazz).** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/ performances/hunter-mill-nights for more.

### FRIDAY/AUG. 16

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit

www.scrawlbooks.com or call 703-966-2111. **Indian Cooking.** 6-7:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Ages 18 and older. Learn to cook healthy vegetarian food from the Aviyal region in India. This will be a demonstration with some hands-on opportunities. \$20, \$16 (55+) with registration; \$30 at the door. Visit

www.restoncommunitycenter.net/ for more.

### AUG. 16-31

Jean-Paul Sartre's "No Exit." Aug. 16-31 at ArtSpace Herndon, , 750 Center St., Herndon. Sartre's classic existentialist play consists of two

women and one man locked up together for eternity in one hideous room in Hell. The windows are bricked up, there are no mirrors, the electric lights can never be turned off, and there is no exit. Featuring Scott Pafumi as Garcin, Skye Lindberg as Valet, Jane Steffen as Inez, and Arianne' Warner as Estelle. Recommended for audience members 14 and up. Call 703-956-6590 or visit www.artspaceherndon.org.

#### SATURDAY/AUG. 17

Dog Tales. 10:30-11:30 a.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Read aloud to Truman, a trained therapy dog. Bring a book or choose a book from the library. Call or sign up online for a 15-minute session. Age 5-12. Registration required. Call 703-437-

Back 2 School Bash (All Ages). 11 a.m.-2 p.m. at South Lakes High School, 11400 South Lakes Drive, Reston. The bash will be an afternoon filled with interactive activities and important information to help prepare children of all ages and grades to go back to school. Learn about the fantastic resources, programs and services provided by community agencies and partnerships in your neighborhood. Free. Contact LaTanja Jones at 703-390-6158 or LaTanja Jones@fairfaxcounty.gov.

Peach of a Program. 1-3:30 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. In the 18th century, Sully historic site was home to more than 1,000 peach trees. Learn about the history of peaches and their uses in the "Peaches and Cream" program. Participants will have the chance to cook in the historic kitchen using peaches and hand-crank peach ice cream. Designed for peach lovers age 6-adult. \$15 per person. Children must be accompanied by a registered adult. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

### SUNDAY/AUG. 18

Superhero Splash & Dash. 8:30 a.m. at Lake Audubon Pool. Calling all kids ages 6-15 to participate in Superhero Splash and Dash produced by CORE Foundation. This family favorite features a superhero themed Aquathon, a swim-run-fun combination. \$30. Visit corefoundation.raceentry.com/reston-splashand-dash/race-information.

**Wood Carving Lessons.** Noon-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Whittle out some time for "Wood Carving Lessons" at Colvin Run Mill with the Northern Virginia Carvers. No reservations are required. These lessons are designed for participants 12-adult. There is a nominal charge for wood blanks. Tours of the mill cost \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. Call 703-759-2771 or visit

www.fairfaxcounty.gov/parks/colvin-run-mill. **Dairy Days.** 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but preregistration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sullyhistoric-site.

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

### MONDAY/AUG. 19

Toddlers and Twos. 10:30-11:30 a.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Early Literacy storytime with stories, songs and fingerplays. Age 19-35 months with adult. Registration required. Call 703-437-8855.

Yoga at the Library. 5:30-6:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Join for a fun and informal yoga session. Focus on the foundations of yoga or get back to the basics. Yoga helps improve balance, strength, and flexibility. Bring a yoga mat or towel. Adults only. Call 703-437-8855.

> SEE CALENDAR, PAGE G www.ConnectionNewspapers.com

# Town of Herndon Celebrates National Night Out

# **Herndon Police** strengthen partnerships with the community.

BY MERCIA HOBSON THE CONNECTION

own of Herndon residents got the chance to get up close and personal with members of Herndon Police Department during 2019 National Night Out held the first Tuesday in August. The annual communitybuilding campaign promoted enhanced police-community partnerships and neighborhood camaraderie to make neighborhoods safer, more caring places to live, enhancing a sense of community. The event was in line with Herndon Police Mission Statement: "To enrich the quality of life and promote a sense of community by providing law enforcement and related services in partnership with the law abiding public."

"Public safety is a shared responsibility, and through active community partnerships we can initiate problem-solving strategies to address crime and other neighborhood issues that affect everyday life," wrote Colonel Maggie A. DeBoard Chief of Police Town of Herndon in the HPD 2018 Annual Report. Chief DeBoard could not attend this year's event. Members

of thirteen Town of Herndon communities planned and hosted the neighborhood block parties, cookouts and other events for local law enforcement and

TOWN OF HERNDON Police Department kicked off 2019 National Night Out with sirens blaring from two motorcades. Shortly before 5 p.m., police approached Stop 1, the senior apartment community Herndon Harbor House located on Grace Street. Residents and other nearby neighbors of Harbor House including children applauded the men and women in blue and support staff as they filed into the shady courtyard turned picnic and games area.

Unlike last year's National Night Out in the Town of Herndon, U.S. Customs and Border Patrol agents did not attend this year's event with the Herndon Police Department. Former Restonian and current Herndon Harbor House resident, Alexander Burke introduced himself to Lieutenant Si Ahmad. "I'm very happy to see you. It is amazing the number of officers you have here tonight," said Burke.

Herndon Harbor House resident Imes Bello greeted Officer L. Scott. "I'm glad they have a woman officer," Bello said to Scott.

Members of the Herndon Town Council tagged along with police. Town Councilmember Jennifer Baker looked at all the officers and neighbors min-



Herndon Harbor House resident, Imes Bello greets the newest member of Herndon Police Department, Officer L.



Alexander Burke, a resident of Herndon Harbor House, takes a picnic break and introduces himself to Lieutenant Si Ahmad, Herndon Police Department.

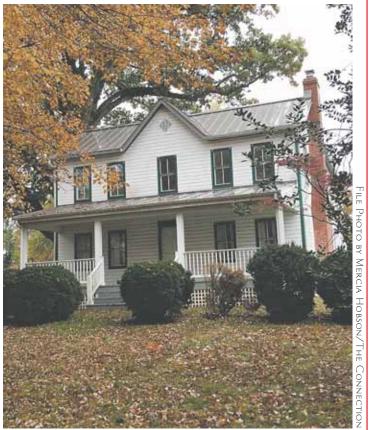
gling, enjoying the good food and playing games together. "National Night Out is a prime example of community policing at its best. We are so fortunate to live in a town where our police officers know our residents in both good and difficult times," said Baker. Supervisor John Foust (D- Dranesville) added: We are fortunate in the Town of Herndon and the county to have outstanding police forces."

Sherri Bonilla of Herndon lives in the apartment unit across from Herndon Harbor House. She brought her two young grandneph-

ews, Kiptyn Tygretts and Zayden Roseboro to the event. "We talked about how the police help us, and we came to National Night Out to meet them," said Bonilla. The boys eagerly sought out explosive detection K-9 Jude and partner SPO Adil Aftab. The boys asked SPO Aftab where Jude slept. SPO Aftab explained that EOD Jude came home with him at night. "His bed is right outside my bedroom door because he wants to sleep in my bed," replied SPO Aftab.

National Association of Town Watch Incorporated (NATW) introduced National Night Out in 1984. At that time, the event involved a reported 2.5 million neighbors in 400 communities in 23 states. In 2019, the celebration attracted 38 million neighbors in 16,000 communities in all 50 states, U.S. territories and military bases worldwide according to NATW.

ACCORDING TO HERNDON POLICE, citizens can follow news on road closures, events, and incidents at @HerndonPolice on Twitter and also follow www.facebook.com/ Facebook, Herndonpolicedepartment and Instagram @HerndonPolice. Citizens can connect with Herndon Police online at www.herndon-va.gov/public-safety. To report a community issue or action concerning the Herndon Police Department or its employees, call 703-435-6846 or visit the station at 397 Herndon Parkway, Herndon.



Ellmore Farmhouse within Frying Pan Farm Park, 2739 West Ox Road, Herndon, Hunter Mill Supervisory District, Owner: Fairfax County Park Authority.

# Selecting a New Life for Historic Ellmore Farmhouse

# Park Authority welcomes comments on curator applications.

By Mercia Hobson The Connection

airfax County Park Authority announced it is asking the public to submit comments in writing by Friday, Sept. 6, 2019, regarding the two applications under review for its Resident Curator Program at the historic Ellmore Farmhouse, 2739 West Ox Road in Herndon. Curators are determined through an open and competitive application process, based on several criteria, including a formal proposal, demonstrated experience, competency in historic preservation techniques, financial capabilities, and the incorporation of public benefits. Completed applications can be viewed online at www.fairfaxcounty.gov/ parks/resident-curator-program/ellmore.

The Evaluation Team will hold a meeting open to the public concerning the applications on Thursday, Sept. 12, 9 a.m. in the Park Authority boardroom, 9th floor of the Herrity public comment at that time.

letters and completed applications sent to Stephanie Langton, resident curator program manager, Applicant #1 stated: "We have been coming to Frying Pan Farm Park for more than a decade with our four children. ... We would enjoy the opportunity to make the Ellmore Farmhouse a place where children can learn and play again. Our children, much like the Ellmore and Smith children, have had the opportunity to spend time learning about farming and caring for animals through the 4-H... Living in the Ellmore Farmhouse would allow us more time to learn and share with others about the original families and animals that lived here on this prop-

Regarding skills, Applicant #1 stated: "I do not have any specialized skills in historic preservation projects outside of the general remodeling and construction skills I have learned over the years doing projects on the houses I have Building, 12055 Government lived in... I am a Mechanical Center Parkway, Fairfax, but Engineer working in Aerothere will be no opportunity for space... On a daily basis, I am required to pay attention to In the first of the two cover details, follow strict standards,

SEE ELLMORE FARMHOUSE, PAGE 6





SPECIAL PULLOUT TAB

# **Newcomers & Community Guide**

August 28, 2019

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

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

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

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# Home Life Style





This kitchen and dining area by Anthony Wilder Design/Build includes a workstation concealed behind doors (shown open and closed) to keep the family organized.

# Home Organization For a New School Year

Accessories and design elements to create a smooth start.

> BY MARILYN CAMPBELL THE CONNECTION

s a new school year looms large over the horizon, the hectic reality of packing lunches, buying school supplies and making space for new backpacks comes into focus. Making time for home organization can decrease stress before the school bus arrives.

The kitchen is often the of nucleus or command center of a family's home, especially during the school year. To help quell the chaos, Shannon Kadwell of Anthony Wilder Design/Build suggests centralization. "A snack station and breakfast center can be great for letting the kids get food on their own while you get together meals and lunches," she said. "The snack station [can be] a drawer in the kitchen that kids can go into at anytime to get healthy snacks. Granola bars, nuts, crackers, dried fruit, can be pre-measured for individual servings for easy grab and

Getting dressed in the morning can become a source of tension, but Sallie Finney Kjos of Grey Hunt Interiors says that she incorporates an elegant design solution

into the bedrooms of her clients homes that helps ease the daybreak anxiety.

"Get a basket for each kid and roll their outfits for the day, tie them together and place them upright in the basket," she said. "Give your kid independence and let them pick out their own clothes. Not only will their outfits match, but you'll know that they didn't create a mess finding the perfect shirt."

In fact, baskets can offer a versatile and chic method of organization throughout one's home says, Courtney Thomas of home accessories store, The Picket

## "Baskets are an easy and often inexpensive way to contain clutter."

— Courtney Thomas, **The Picket Fence** 

Fence. "They are available in endless sizes and styles," she said. "Baskets are an easy and often inexpensive way to contain clutter. Larger ones are perfect for blankets and pillows, smaller ones keep toys corralled, and there are even baskets with file hangers to keep ... papers organized. If baskets aren't your style, we also love using vintage boxes and crates to serve the same function."

Getting creative with clear containers can help maintain order without sacrificing a home's aesthetic, says Thomas. "You can find options that are much more stylish than the traditional plastic tub," she said. "Since they are seethrough it's easy to see what's inside and find what you need. Use mason jars for pencils and crayons." A coffee table can serve double duty as both a home accessory and a clandestine storage space, says Kjos. "They can be a catch all for busy families," she said. "Consider topping them with a few decorative boxes to hold needed items." Over the course of a school year, a home's mud room can become a black hole of backpacks, soccer cleats and lacrosse sticks. "Having a locker with a

door for each child gives the mudroom a clean, organized feel," said Kadwell. "The kids don't need to be neat and tidy inside their own spaces."

Back-to-school organization can extend to the laundry rooms, continues Kadwell. "Set up drop stations to have kids drop off clothes that are in need

of washing," she said. "Have bins in an easy to get to space for the kids that are labeled whites, darks and towels. Kids can place their clothing in them according to the labels. This helps cut down the laundry time by having them already sorted."

A family calendar to keep track of deadlines, appointments, and events is a must-have, continued Kadwell. "[Place it] at a level kids can see," she said. "This can be a whole wall that you can paint with a magnetic chalk paint and create a paneled wall effect."

www.ConnectionNewspapers.com

# Congregation Beth Emeth Names New Youth Director

ongregation Beth Emeth (CBE) has announced the appointment of Zach Moskowitz as Youth Director. His appointment comes as the previous Youth Director, Jenny Rubin, moves to a full-time position with the United Synagogue of Conservative Judaism (USCJ) youth programs. Moskowitz started as Youth Director on July 22, and will also teach in Beth Emeth's Religious School starting in the fall.

"We are thrilled to have Zach join our staff in this full-time role," says Melissa Heifetz, the synagogue's Executive Director. "He has the skills, enthusiasm and commitment to our youth programs to bring us to the next level."

Moskowitz is excited to be taking up the position of Youth Director. "I literally grew up in the halls of Beth Emeth, where both of my par-

ents have spent years teaching children at all levels," he says. "From Beth Emeth Early Childhood Center (BEECC) through Confirmation, Beth Emeth was my



Zach Moskowitz

second home. I was an active member of the synagogue's youth groups from middle school through high school, making lifelong friends along the way. I realize all of the amazing things that Beth Emeth's youth programs did for me, and it is my

goal to provide excitement, community, and a strong Jewish identity for the next generation. I look forward to beginning this new journey in our Beth Emeth community."

Moskowitz has been Beth Emeth's Kadima (middle school youth group) Advisor for 6 years, as well as serving on the regional youth program staff supporting USCJ programs for middle school through high school. He was also CBE's Interim Youth Director in 2015. In addition to his roles with Beth Emeth and regional youth programs, he has worked as a childcare professional for the past four years through the Fairfax County Program, School Age Child Care (SACC). To learn more, visit bethemeth.org.

### BACK TO SCHOOL



From left: Gail Porter, Principal, and Amanda Dorr, Assistant Principal, Floris Elementary

# Floris to Teach Positivity, Global Citizenship

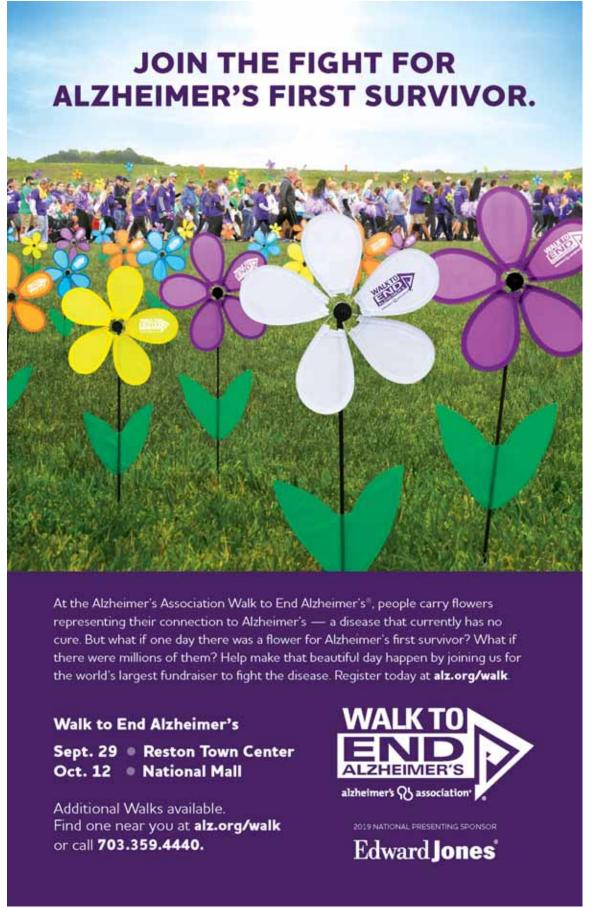
ail Porter, Principal, Gloris Elementary, Herndon: We are excited to welcome our Floris Elementary families back to school for the 2019-2020 school year! At Floris, we are committed to ensuring that all students engage in high levels of learning while maintaining strong relationships with our students and families. To support this endeavor, we look forward to bringing The Positivity Project to Floris. Through this program, our staff will teach and model character strengths throughout the year to empower our students to build and maintain positive relationships. In addition, we continue to embed Portrait of a Graduate elements into daily lessons, with a focus this year on Global Citizenship.

continues to register new fami- Elementary remains a great lies, order materials and sup- place to teach and learn, and plies and prepare for the return we look forward to another inof teachers. Our fabulous custodial team has spent the entire the Eagles!"

summer thoroughly cleaning the building, and the PTA is gearing up to welcome families, provide volunteer opportunities, and offer other exciting events and activities.

Looking ahead, we are hoping to break ground soon for a new outdoor classroom, where students and teachers can continue the learning while enjoying nature. Our hope is to build a space to encourage stewardship skills for the environment and an appreciation of nature.

Our enrollment continues to grow with approximately 847 students attending. We look forward to reconnecting with families at our Open House/Back to School Event on Aug. 22. For additional details, please refer to our Floris website at: https:// florises.fcps.edu/ We are com-Our wonderful office team mitted to ensuring that Floris credible school year. Soar with





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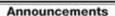
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Announcements







## People and Pets

### Assisting **State Senator**

Virginia State Sen. Jennifer Boysko (D-33) of the Town of Herndon gets some keyboard assistance from her two rescue kittens she recently adopted.



# Ellmore Farmhouse

From Page 3

and know the requirements of a task prior to acting on it."

In the other cover letter and completed application, Applicant #2 stated: "After rehabilitation and renovations are completed, ServiceSource proposes using the Ellmore Farmhouse as a "launchpad" for one of our Long-Term and Community Integration Services (LTCIS) programs. A group of approximately 15 people with disabilities and staff will gather at the Ellmore Farmhouse from 8 a.m.-4:30 p.m. Monday-Friday... ServiceSource has a 47-year history of providing high-quality, innovative programming in Northern Virginia. In FY 2018, we served more than 4,000 people with disabilities through longterm and community integration services, senior services, employment supports, and other services." Regarding skills, Applicant #2 stated: "To rehabilitate and renovate this historic property, ServiceSource has selected Pizzano Contractors as a partner for this project...Pizzano Contractors was an early adopter in the "Green Building" movement and continues to demonstrate leadership in this area...Pizzano Contractors continue to include LEED design and best practices

in their projects... Additionally, Pizzano Contractors has extensive experience in renovating historic properties, including former residences, for modern times-a major asset for the Ellmore Farmhouse project."

According to the Park Authority, the farmhouse is a two-story, 3,300-square-foot property within Frying Pan Farm Park. Members of the Ellmore family occupied the two-story, 12 room home for more than 50 years, operating a productive dairy farm there through 1945. In February 2001, the Park Authority purchased the property for inclusion within Frying Pan Farm Park. The Resident Curator Program provides the opportunity for individuals, nonprofit and for-profit organizations to secure long-term lease agreements in beautiful public park settings. The curator leases are without charge in exchange for a financial commitment towards approved rehabilitation of the Park Authority's underutilized historic properties.

additional information, www.fairfaxcounty.gov/parks/resident-curatorprogram. Or contact Stephanie Langton, manager of the Resident Curator Program, at 703-324-8791. Web: https://www.fairfaxcounty.gov/parks/parknews/2018/z-ir126.

### CALENDAR

From Page 2

WEDNESDAY/AUG. 21

**Hunter Mill Melodies: 123 Andrés** (children's songs). 10-10:45 a.m. at Frying Pan Park visitor center pavilion, 2739 West Ox Road, Herndon. Free series of children's shows and family performances Wednesdays through Aug. 21.

Dog Days of Summer. 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet

friendly giveaways, and more. Free. Operated by Healthy Hound Playground and Isy's Ways. Visit restontowncenter.com for more.

### THURSDAY/AUG. 22

Design & Wine: "Summertime **Collage."** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. "Summertime Collage" with Mary Sears. The summer isn't over yet, so come and make some happy memories and share some funny sunny surprises. \$45. Call 703-956-6590, email info@artsherndon.org or visit www.artspaceherndon.org.

**Hunter Mill Nights: The United** States Navy 'Cruisers' (pop rock). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road,

Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/ performances/hunter-mill-nights

### SATURDAY/AUG. 24

Dairy Days. 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site, Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/ sully-historic-site.

## BULLETIN

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

#### DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

#### THURSDAY/AUG. 15

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

### TUESDAY/AUG. 20

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/ #dmv\_2go

International Network Night. 5:30-7:30 p.m. at Hunters Wood at Trails Edge, 2222 Colts Neck Road, Reston. International Network Night with Greater Reston Chamber and Dulles Regional Chamber. Connect and network with 200 business leaders. Enjoy food and drinks compliments of Hunters Woods at Trails Edge. Members, \$20; future members, \$30; an additional \$10 at the door. Visit www.restonchamber.org.

### WEDNESDAY/AUG. 21

Public Comment Sought. The Office of Intermodal Planning and Investment, the Virginia Department of Transportation, and the Department of Rail and Public Transportation, under the leadership of the Commonwealth Transportation Board (CTB), are developing a plan to study Virginia's 179 miles of the Interstate 95 corridor between the Woodrow Wilson Bridge in Alexandria, Virginia and the North Carolina border. The first comment period will end Aug. 21, 2019. Additional comment opportunities will be available throughout the study period. For more information about the study, or to view meeting materials and access the online engagement tool, visit VA95Corridor.org.

### MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

**Community Emergency Response Team** 

**Training.** 7-11 p.m. at at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

### Don't Monkee Around With Me



### By KENNETH B. LOURIE

I mean, he didn't even examine me, which he rarely does. (The CT scan pretty much tells him what he needs to know, so he says.)

In addition (or is that subtraction), he didn't even ask me the standard questions he typically does about my quality of life, activities of daily living and general health and welfare. In fact, near the presumptive end of our appointment, as peculiar and uncharacteristic of an appointment as it was, I felt compelled to blurt out the answers to all the questions that he didn't bother to ask that for years he's always asked: any pain, shortness of breath, coughing, headaches, neuropathy, muscle weakness or any new or persistent symptoms? All he could muster was a perfunctory "Do you need any prescriptions filled?"

And then the semi-out-of-the-blue-bombshell: "Are you familiar with Palliative Care?"

Followed by the offer to refer us to a book that he thought we might find helpful/useful.

Helpful? Useful?

I didn't say it at the time because the entire appointment was so odd and impersonal almost. But WHAT?! Palliative Care? What are you talking about? He has never brought up palliative care before. (Although way back when, he had given us a brochure titled "Final Wishes.")

You see, we know about palliative care. We've attended multiple conferences organized by LUNGevity, "the largest national lung cancer-focused non-profit in the country" where palliative care doctors often have spoken. Palliative Care is not hospice care but it's a transitional level of care to be sure.

If I'm transitioning, I wish somebody would have told me, and not by asking about my familiarity with this type of care.

In a word, palliative care is a type of downsizing, as best as I can describe its subtleties; separate and apart from hospice care which is, if vou don't know it. "the last train to Clarksville." if you get my euphemism (and hopefully someone is meeting you at the station)? But so far as I've been told, I'm not on the last train to Clarksville or any other final destination.

In fact, I rarely take the train. Not that being on or off the train matters when one comes to the end of the line.

Nevertheless, as I review in my mind what my oncologist said this past Monday, I have to wonder if he was feeding me a line, throwing me a line or just reciting a line that is required of oncologists in their regular communications with their cancer patients - a sort of caveat emptor for long-time cancer survivors who are inexplicably still alive (as evidence of such sentiment, my oncologist refers to me as his "third miracle").

But I didn't feel much like a miracle on Monday. I felt more like a dope. Like I was being told something I didn't realize, sort of an emperor has no clothes "something." It was a feeling I had never experienced before; during or after any of our appointments.

Previously, even at the initial Team Lourie meeting in late February 2009 when the hammer came down, I had - though having it in utter disbelief - a grasp of the obvious: "terminal cancer," with a "13-month-to-two-year" prognosis to boot. The particulars of which would be sorted out over the following weeks and months beginning with my first chemotherapy six days later.

And boy were they ever sorted. Ten years and almost six months later, I'm still sorting.

Was I just given an updated "terminal" diagnosis/prognosis or was my oncologist merely having an off day?

Obviously he knows that his words carry enormous weight and significance and create terrible burdens for his patients and their families. But he can't simply toss out the phrase palliative care like it has no impact. Its impact is huge.

It's akin to being hit by a speeding train, the likes of which would prevent one from getting anywhere near Clarksville, let alone being on the

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

# OPINION

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- MARY KIMM

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### LETTERS TO THE EDITOR

## Wexton Too Extreme for the 10th

To the Editor:

Congresswoman Jennifer Wexton (D) claims to represent the 10th congressional district as a moderate seeking broad-based appeal to win in this swing district. Yet, following repeated unanswered inquiries to her office over a period of six months, I finally received this response regarding her position on the impeachment of the President of the United States: "I am very concerned by ... [his] disdain for the law" and claims, with unwavering confidence, "ten separate attempts...to obstruct justice" and "links between the Trump campaign and the Russian government" despite facts to the contrary. She states that "firing FBI Director James Comey" represents "the president's flagrant disregard [for the law]" and as evidence of "normalizing of authoritarian tactics" despite the President's constitutional authority to appoint and remove members of the Executive Branch. Members of Congress have a moral obligation to help educate constituents using facts. Yet, nothing she writes in her response is objective nor factual. Rather, the position she takes is full of immature, emotional dribble and a series of extreme talking points fed to her by the Democratic party. Jennifer tests since during the school year,

Wexton is not the moderate she pretends to be when elections roll around. The 10th Congressional District deserves strong, independent-minded leadership and Jennifer Wexton has none of what we need. This is one of many positions that she has taken that are too extreme for the 10th.

Please, check for yourself and do your homework. We can do better.

> **Ethel Pascal Great Falls**

### 'Summer Break' that Wasn't

To the Editor:

The final school bell rings and rushing to get out of school I can sense a feeling of relief on everyone's face that summer break is finally here.

I am a rising senior in high school and to this day I still do not understand the reason behind summer assignments. The argument many teachers may use is to keep our minds fresh over the summer or to make sure students have a background on the subject before coming into the class on the first day. The reality of it is that To the Editor: high school students' summer breaks are never real breaks. Coming into sophomore and junior year the dreadful SAT and ACT are two tests you cannot move out of the way. The summer is a very popular time to study for these two

time is of the essence. In addition, students will use endless amounts of time applying to and trying to find the best institution or university where students will spend their next four years. Not to mention a number of high school students, including me, have fallen victim to taking summer courses which you must work on for months.

As you can see, being a high school student means the summers have little "break" to offer, which means that summer assignments have little priority. Walking into class on the first day you can often see over half the class starting with a zero because of these summer assignments. The fact is that the content in summer assignments are often repeated in class anyway so the easiest fix for students and teachers is to get rid of them.

> **Ethan Pham** McLean

### Senators Urged to Restore **Fairness**

I heard, hundreds of children came back from school one day to an empty house, their parents having been taken into custody without warning for being undocumented immigrants. The president has claimed that undocumented immigrants are a threat to the country, but the thought that the parents of schoolchildren constitute any measure of threat that would make the trauma inflicted on these kids justified is prepos-

I urge Sen. Kaine and Sen. Warner to keep working hard to bring justice and fairness into this country, because we need good people like them in positions of power at this critical moment of our country's history. Any energy they could direct towards trying to abate these terrible policies and bring some relief to these families is both necessary and well appreciated. I urge the Senators to please keep fighting for the best interest of all the American people.

**Anthony Murphy-Neilson** Herndon

### What Do You Think?

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

Letters to the Editor By email: editors@connectionnewspapers.com The Connection 1606 King St. Alexandria VA 22314 Online: www.connectionnewspapers.com/ contact/letter

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