

Reston CONNECTION

WELLBEING

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Feeling the Blues, Touched by Jazz's Golden Age

NEWS, PAGE 3

The 13th Annual Lake Anne Jazz & Blues Fest held Saturday, Aug. 31 offered a shady, family-friendly venue and featured many of the region's top musical artists, local food vendors and select craft beers and wines.

South Lakes Teacher Remembered

NEWS, PAGE 3

Great Falls Author To Talk at Reston Sunrise

NEWS, PAGE 5

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SEPTEMBER 4-10, 2019

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CALENDAR

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

ONGOING

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.

Senior Olympics. 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 public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit 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. 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.

FRIDAY/SEPT. 6

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.

SATURDAY/SEPT. 7

Native Plant Festival and Sale. 9 a.m.-2 p.m. at Ellanor C. Lawrence Park's Cabell's Mill, 5235 Walney Road, Chantilly. Spend a day shopping, playing games, winning prizes and enjoying food at the "Native Plant Festival and Sale" at Ellanor C. Lawrence Park. Enjoy games and crafts for the kids and take a guided nature walk. Take a wagon ride for \$2 and purchase lunch at one of the food trucks. Call 703-324-8730 or visit www.fairfaxcounty.gov/parks/eclawrence.

Dog Daze. 10 a.m.-1 p.m. at The Water Mine at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine is going to the dogs as it closes out the swimming season. The water park is open for canine-only swimming. Stop by the Canine Resource Fair and visit with a host of dog-centric vendors. Take advantage of the low-cost rabies clinic from noon-2 p.m. Suggested donation is \$10 per dog. Proceeds benefit the Fairfax County Animal Shelter and the Fairfax County Park Foundation. Dog food donations will be collected. Call 703-471-5415 or visit www.fairfaxcounty.gov/parks/lake-fairfax/.

Back-to-School Book Party. 10:30 a.m.-2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Celebrate the first week of school with a Back-to-School Book Party benefitting the Northern Virginia Association for the Education of Young Children (NVAEYC), with face painting, temporary tattoos, and a story time every half hour. Visit www.scrawlbooks.com or call 703-966-2111.

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Visit www.scrawlbooks.com or call 703-966-2111.

Children's Chalk Contest. 2-4 p.m. at Monroe Street Studio, 761 A Monroe St., Herndon. Young artists up to age 17 may work on their own creative pieces in designated spaces within our parking lot. Chalk will be provided; we recommend parents bring their own seating. Event will be canceled if rain is forecast or ground is wet. Free. Visit www.monroestreetstudio.com for more.

Dinner and Movie Night. 5 p.m. at Anatolian Bistro, 13029 Worldgate Drive, Herndon. Fixed price dinner and movie of choice at AMC Worldgate 9. Cost includes dinner, soda, tip and movie ticket. Sponsored by New Beginnings, a support group for separated/divorced men and women. \$35 at door. Advance RSVP required. Email NewBCarol@verizon.net or visit www.newbeginningsusa.org.

Author Event: Peter Kageyama. 8 p.m. at the CenterStage at RCC Hunters Woods. Peter Kageyama, author of *For the Love of Cities: The*

Love Affair Between People and Their Places and Love Where You Live: Creating Emotionally Engaging Places, will bring his expertise to an exploration of how Reston exemplifies his ideals. \$15 Reston/\$20 non-Reston. Visit www.restoncommunitycenter.com or call 703-476-4500.

SUNDAY/SEPT. 8

Get Fired Up. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill's blacksmith will be firing up his forge – watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Sunday Afternoon Dance. 2:30-4:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Dancers of all skill levels (18 years and older) convene the second Sunday of the month to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to today's more modern dance selections. A mini-lesson, door prizes and light refreshments add to the fun; partners are not required. Cost is per-session, payable at the door. \$5-\$10. Call 703-390-6157.

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.

Country Western Dance. 5:30-7:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Dancers 18 and older, line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Refreshments will be provided. No square or contra dancing. Ticket admission purchased at the door. Cost is per session, payable at the door. \$5-\$10. Call 703-390-6157.

TUESDAY/SEPT. 10

Reston Chorale Auditions. 5:30-6:30 p.m. at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Chorale is auditioning all voice parts for the 2019-20 Season. Visit www.RestonChorale.org and click on "Join Us" for more information. To schedule an audition, email RCAuditions@restonchorale.org or call 703-834-0079.

'Country Music' Screening. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Ken Burns' latest series tells the exciting story of American Country Music. Enjoy a free screening before it premieres on PBS. Call 703-689-2700 or visit www.fairfaxcounty.gov/library/events.

FRIDAY/SEPT. 13

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.

"Cyber Conflicts and Geopolitics." 2-4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in a roundtable discussion on current events and U.S. foreign policy options. The topic for September is "Cyber Conflicts and Geopolitics." The speaker will be Gen. James Clapper. Scrawl books will be selling his book "Facts and Fears: Hard Truths from a Life in Intelligence" and will include a book signing by the author. Discussion materials are available at the Info Desk. Adults. Free. Call 703-850-3697 or visit www.fairfaxcounty.gov/library for more.

FRIDAY-SATURDAY/SEPT. 13-14

Kids Wish Kids Good Night. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.



Faith Foundations Breakfast

Saturday, October 5 • 9:30 am – 11 am

Join us for "What Your Faith Means to You," an intimate conversation presented by our local community faith leaders. They will share how their faith has helped them through life's changes. Enjoy our chef-prepared breakfast while you feed your faith and gain inspiration from our community's cultural diversity. All denominations are welcome!

THIS EVENT IS FREE AND OPEN TO THE PUBLIC

Space is limited. RSVP to 703-834-9800 or godeh@talloaksal.com.



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During the 13th Annual Lake Anne Jazz & Blues Festival, the bronze statue of Reston founder Robert E. Simon sitting on the lakeside bench.



Feeling the Blues, Touched By Jazz's Golden Age

13th Annual Lake Anne Jazz & Blues Fest.

BY MERCIA HOBSON
THE CONNECTION

The Lake Anne Plaza waterfront bustled all afternoon and evening Saturday of the 2019 Labor Day weekend during the 13th Annual Lake Anne Jazz & Blues Fest. A go-to for music lovers, the lineup, selected by Eve Thompson and Vaughn Ambrose, Friends of Lake Anne, showcased a full spectrum of talented jazz and blues artists, many hailing from the Washington D.C. area-BIG Whitson, VCM, Jamal Brown Quartet, Michael Pavone, Feedel Band, and Shacara Rogers and the Vaughan Ambrose Octet.

Visitor Ken Hundley, who said he called Reston home since 1987, stood on the Plaza and listened to the music a stone's throw away. With the harmonious pairings of friends, craft beers, food and the musical experience surrounding him, Hundley said, "I love this place, Reston. I'm here because I love the community, jazz and blues, and beer of course."

The festival offered a Plaza-wide beer and wine garden plus hunger-vanquishing food options. According to event emcee Andy Gable, organizers shook things up this year adding outdoor-tented tables and more. "One of the new items is seating in the shade with tables, more food vendors and a greater number of beer and wine options," Gable said.

Asked why he was there, 46-year Reston resident Ron Skillson said, "We are one of the pioneers and never left. I like music for one, and I like the atmosphere. It's wonderful here in Lake Anne with the morning Farmers Market and the festival in the afternoon and evening. It's sponsored by Reston Community Center where I serve on the board. Now I'm going to get a beer to go with my pretzel."

As blues music filled the air, Li Ballard and her husband Steven sat on the wall banking Lake Anne Plaza, looked over the water and smiled. Asked why they came, Li said, "We live in Hawaii now but we used to work in Reston 30 years ago. We have a company here in Virginia, and I was closing our brick and mortar store. I saw this in the paper. The music drew me, the jazz, and we are reminiscing all the wonderful times we had here."

Lake Anne Plaza hosted the Lake Anne Jazz and Blues Festival sponsored by Friends of Lake Anne



VCM performs at the 13th Annual Lake Anne Jazz & Blues Fest held Saturday, Aug. 31, 2019.



Visitors at the 13th Annual Lake Anne Jazz & Blues Fest might be prepping to pair a little salt and malt with the music as they stop at the Nordic Knot fresh-baked pretzel booth.

and the Lake Anne Plaza Merchants with support from Reston Community Center.

South Lakes Teacher Remembered

Community recalls a man who served God, family and his students.

BY MERCIA HOBSON
THE CONNECTION



PHOTO CONTRIBUTED

Simon H. Chang, South Lakes High School teacher.

A beloved father, South Lakes High School teacher and coach Simon H. Chang, 39, of Ashburn died after a motorcycle crash. Fairfax County Police Department reported detectives from their Crash Reconstruction Unit were investigating after Chang was found dead near a motorcycle, Thursday, Aug. 22. Chang was reported missing by his family on Aug. 16, when he did not show up for his job at South Lakes High School in Reston.

According to the preliminary report, detectives believe Chang was riding a motorcycle from Lee Highway to northbound Fairfax County Parkway when the motorcycle ran off the right shoulder of the ramp and came to rest in a wooded area. Detectives have found no indication that any other vehicles were involved and have not determined if speed or alcohol were factors.

Kim Retzer, Principal of South Lakes High School, said in a statement: "Mr. Chang was a beloved member of the Seahawk family. He will be remembered for his positivity and dedication to our staff and stu-

dents. He will be greatly missed. We have been in contact with Mr. Chang's family to offer our condolences and support."

No memorial service is planned at the request of the family, according to Greg Lee. "Please continue to pray for his family and those mourning the loss of our dear brother," wrote Lee, the organizer for a fundraiser to support Chang's son Benaiah. According to Lee, all proceeds to Chang's GoFundMe account will go to Benaiah's mother and be used directly "for the benefit of Benaiah's healthy growth and development throughout his childhood and into adulthood."

As of Sept. 2, nearly \$17,000 was raised of the \$10,000 goal. Condolences continued to pour in describing a man who served God with passion, possessed a contagious laugh and positively influenced youth as a teacher and basketball coach at South Lakes High School.

Condolences

Condolences via www.gofundme.com/f/in-memory-of-simon-chang-for-his-son-benaiah

Grace Yu-Bray: "Simon and I went to VT together... And I remember him being the most loud, spunky, crazy, hilarious guy in those days! He was a guy super passionate and on fire for the Lord who encouraged me and everyone around him to get out of our shell — be free."

Tanya Moore: "Mr. Chang had a significant impact on both of my children.


He was a knowledgeable, car-


ing educator."

Teresa Talebian: "He made others laugh and appreciated all the good and positive there was in life."

Chelsea Eddy: "Simon was so full of life and added so much positivity to SLHS. Thank you for taking the time to listen, for all the laughs and for always allowing me into your room with open arms."

Carmen Rioux-bailey: "Simon was a thoughtful student, a teacher who cared, and most importantly, a proud father who loved his son."






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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental

"Men don't always realize how stressed they until they start talking yoga classes."

**—Dawn Curtis,
East Meets West Yoga**

stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

Write

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
The Connection
1606 King St.
Alexandria VA 22314
editors@ConnectionNewspapers.com

Great Falls Author to Visit Sunrise Senior Living

Great Falls author and illustrator Judy Politzer will discuss and sign her new book at Sunrise Senior Living in Reston on Saturday, Sept. 7, at 2 p.m.

As part of Sunrise's new community forum, "Creative Conversations," Politzer will discuss how she came to write and illustrate her newest book, "Fractured Nursery Rhymes, Fairy Tales and Potpourri," a work that was originally written for children but is enjoying mass appeal with readers of all ages.

"My book is enjoyable to all generations," Politzer says, "Grandparents, parents, aunts and uncles can sit beside their children and laugh together. Or they can read it all by themselves and find just as much joy."

In her book, Politzer revises the sometimes-gruesome endings to traditional fairy tales, giving them a happy, healthy twist instead. The author, a long-time resident of Great Falls who is also deeply involved in the local art community, created large, colorful pieces of art for her children when they were young, many based on popular fairy tales, which she uses to illustrate

her current book.

Christina Bernstein, Executive Director of Sunrise Senior Living in Reston, says the new "Creative Conversations" forum, "Creates sustained dialogue with the community and celebrates the creative and intellectual talents of our seniors in a way that creates dialogue across generations."

Kristin Clark Taylor, designer and facilitator of the program, says, "Ms. Politzer's visit will touch everyone who comes to hear her, young and old alike. What we're looking for with this forum is healthy dialogue and discourse, and the fact that Judy will be bringing along some of the actual artwork that appears in the book will really demonstrate how a project like this comes together."

The event at Sunrise Senior Living, 1778 Fountain Drive in Reston, is free and open to the public. A dessert reception with the author will follow.

No RSVP is necessary, but for more information contact 703-956-8930 or Reston.DOS@sunriseseniorliving.com. An early arrival is recommended (1:45 p.m.) because capacity crowd is expected.

"Grandparents, parents, aunts and uncles can sit beside their children and laugh together. Or they can read it all by themselves and find just as much joy."

—Judith Politzer



PHOTO BY KRISTIN CLARK TAYLOR

Great Falls author and illustrator Judith Politzer will appear at Sunrise Senior Living in Reston on Saturday, Sept. 7, at 2 p.m. to discuss her new book.

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Announcements

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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors
Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney
Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff
Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives
Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District
John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District
Walter L. Acorn (D) unopposed

Lee District
Rodney L. Lusk (D) unopposed

Mason District
Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District
Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District
Dalia A. Palchik (D), unopposed

Springfield District
Linda D. Sperling (D)
Patrick S. "Pat" Herrity (R) incumbent

Sully District
Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abrar E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board
Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board
Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board
Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board
Tamara J. Derenak Kaufax, incumbent

Mason District, School Board
Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board
Pamela C. Ononiwu
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board
Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board
Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.
Corrected in the version below:
❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board
Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District
Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

District 45
Mark H. Levine (D), incumbent, unopposed

District 46
Charniele L. Herring (D), incumbent, unopposed

District 47
Patrick A. Hope (D), incumbent, unopposed

District 48
Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49
Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53
Marcus B. Simon (D), incumbent, unopposed

District 67
Karrie K. Delaney (D), incumbent, unopposed

District 86
Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30
Adam P. Ebbin (D), incumbent, unopposed

District 31
Barbara A. Favola (D), incumbent, unopposed

District 32
Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33
Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34
J. C. "Chap" Petersen (D), incumbent, unopposed

District 35
Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36
Scott A. Surovell (D), incumbent, unopposed

District 37
Dave W. Marsden (D), incumbent, unopposed

District 39
George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

BULLETIN

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

SUNDAY/SEPT. 8

Homecoming Worship Service. 10 a.m. at Unitarian Universalist Church in Reston, 1625 Wiehle Ave., Reston. Join us to celebrate the new church year. Homecoming is an opportunity to rededicate oneself to nourishing spirituality, serving the community and seeking justice together. All are welcome. Visit www.UUReston.org or call 703-956-9155.

TUESDAY/SEPT. 10

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

WEDNESDAY/SEPT. 11

Preference Poll Candidate Forum. 6:30 p.m. at RCC Hunters Woods, in the CenterStage, located at 2310 Colts Neck Road, Reston. The Reston Community Center (RCC) Board of Governors announces five candidates to fill three 3-year positions. This year's candidates are incumbents Beverly Cosham, Michelle Moyer and Paul Thomas, and first-time candidates Laurie Dodd and Robert Petrine. Voting begins on Sept. 6, 2019. Visit www.restoncommunitycenter.com or call 703-476-4500.

SATURDAY/SEPT. 14

2019 Arts Educational Panel. 8:30-11 a.m. at the Reston Community Center Hunter Woods (Rooms 2-3-4). ARTSFAIRFAX welcomes the community to the 2019 Arts Educational Panel, 'Think Like an Artist: Creativity in the Classroom' featuring Dr. Kimberly Sheridan, Associate Professor of Educational Psychology at George Mason University and Julie Carmean, Museum Educator and Coordinator of Professional Development at the National Gallery of Art. \$10-\$25. Open to the public, but advance registration is recommended at bit.ly/AFXArtsPanel19.

TUESDAY/SEPT. 17

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.

Healthy Aging Part One. 10 a.m.-noon at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Join for the first of a three-part Healthy Aging Series – "Navigating the Health Care Puzzle." Expert panel presenters. RSVP required, light lunch served. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

WEDNESDAY/SEPT. 18

Community Conversations. 7-9 p.m. at Chantilly High School in Chantilly. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

THURSDAY/SEPT. 19

Healthy Aging Part Two. 10-11:30 a.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Dress comfortably for a demo presentation of Sara Meeks' "Better Backs" by Woody McMahon of Sequoia Health. RSVP required. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/"terminal," is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer "centricity" without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks' columns "Barbasoul" and "Side Splitting But Not Very Funny" notwithstanding), there are a number of things in my life which aren't doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats ("The Diabetic Duo" as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he's confined in the kitchen because he doesn't seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He's down to two units a day and appears quite himself. He's free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor's orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I'm about to give pale in comparison to Chino's situation but in the aggregate, they represent a pattern that's making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I'm getting regular messages that unless I act accordingly, I'm about to find out.

My museum-piece flip phone is dying. It won't hold a battery charge for nearly as long as it used to. Either I'm speaking into it or I'm speaking at it because I only have one bar and I need to charge it. As a result, it's become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I've been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I'll be staring at a blank screen. I don't mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can't ignore and compartmentalize all things. After all, as the old joke "punchlines:" I gave you lots of warnings.

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

OPINION

Washington D.C. to Tokyo in Under Five Hours

BY EVA WILLIAMS-SIGUENZA

Not exactly, but this summer I felt as if I spent two weeks in Japan without even leaving the East coast.

This opportunity was High School Diplomats (HSD), which is a program hosted at Princeton University for 40 US and 40 Japanese students to exchange cultural knowledge and ideas. Using games, diplomatic discussions, activities, and even food, I gained a deeper understanding of not only another culture but also of myself and my place in the world. It's a chance to meet someone on the other side of the world that you would have never met otherwise.

My High School Diplomats experience began when my family and I hosted two Japanese students, Honatsu and Rina, for three days. We went shopping at Tysons Corner Mall, bought all the American snacks they could possibly fit in their luggage, and took a painting class. I immediately formed a



Eva Williams-Siguenza and Honatsu Tanaka show off their star-spangled costumes.

tight bond with both of them and we learned about each other's cultures along the way. I highly recommend anyone in Northern Virginia who applies to participate in Homestay Weekend, as it gave me a taste of what the rest of my summer would be like.

Two weeks later, we reunited at Princeton for the upcoming ten-day program. In those ten days, my mindset shifted to a more globally understanding one and I began to see both cultures in a new light. I am so grateful that I was

able to have an international experience without leaving the country. In this sense, High School Diplomats is truly unique. I met so many interesting people with whom I shared more similarities than differences. The High School Diplomats staff led us through several activities, such as a Bunka No Hi Culture and Earth Day festivals. I will never forget all the impromptu dance parties we had, the insightful diplomatic talks or the Japanese language classes.

High School Diplomats is one of

the most rewarding things I have ever done. It's also one of the most challenging, which is why it's important to go in with an open mindset ready to absorb anything and everything. I can't thank HSD enough for helping me figure out who I am and for teaching me about true friendship even if it is 6000 miles away. Sophomore and Junior students from all over the United States can apply starting Sept. 15 until Jan. 8 at www.highschooldiplomats.com and clicking the Application Information button at the bottom of the article. After the application deadline, selected students will be contacted for an interview as the second portion of the process. Contact the program director, Celine Zapolski, with any questions about the program at celinezapolski@highschooldiplomats.com. Start planning today your opportunity to expand your horizons, have the experience of a lifetime, and make long-lasting friends.

Eva Williams-Siguenza lives in Chantilly and attends St. Paul VI Catholic High School in Fairfax City.

Elections Are Annual Events in Virginia

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



Labor Day is the traditional time that election campaigns get underway, but in Virginia with an election schedule different from that in most states election campaigns seem to be continuous. Voters in most states have the year off, but Virginia voters this November will face ballots filled with candidates for local and state elections. And next year when all states have federal elections for members of Congress and the presidency Virginians will have those elections too. If the outcomes were not so important people in the Commonwealth could grow weary over all these elections. Some of the low turnout at the polls on election day could probably be attributed to voter fatigue.

If someone has not yet knocked on your door or sent you information in snail mail or social media, you need to get ready for the flurry of campaigning that is about to happen. On Nov. 5 voters will elect all 100 members of the House of Delegates and the 40 members of the Senate. In addition to the many critical issues facing the state, the elections this year will determine if the Republicans

maintain their razor thin majorities in both houses or whether the Democrats will take one or both houses. Polling indicates that the Democrats are in a very strong position for a coup. Find out your election district if you have forgotten by going to vote.elections.virginia.gov/VoterInformation.

At the local level in Fairfax County voters will elect their representatives on the Fairfax County Board of Supervisors and on the Fairfax County School Board. In addition voters will elect three at-large members of the School Board. The election also includes the sheriff and the Commonwealth's attorney. That's a lot of candidates to be knocking on your door, calling you on the phone, and sending you dozens of slick brightly colored postcards touting their strengths and sometimes alerting you to the weaknesses in their opponents. As has been observed many times the system may seem to have its abuses and flaws, but no one has been able to come up with a better system.

As a change-up to traditional campaigning I sponsor a free family picnic to get entire families involved for everyone is welcome and as a way to reduce the costs

of campaigns to constituents who are expected to contribute at most events. Bring your family and join us at Temporary Road Park in Reston at the corner of North Shore Drive and Temporary Road on Saturday afternoon, Sept. 7, 4 to 6 p.m. Let us know you are coming at kenplum@aol.com so that we have enough food prepared. Other candidates are expected to

LETTER

Del. Plum's Pirouette

To the Editor:

Del. Ken Plum's article ("Learning From 1619," Connection, August 28) on the commemoration of the arrival in the United States of the first Africans in 1619 executes a neat pirouette (dare I say moonwalk) from his position of Feb. 2 of this year, when he agreed with the Legislative Black Caucus in the aftermath of the Governor "Blackface" affair that "Ralph Northam must resign. We must move on to the painful but essential process of healing." Cliched claptrap, of course. Del. Plum appears to have learned about 1619, but forgotten about February 2019.

Hailing Senators Kaine and Warner for "pointing out the evils of slavery" (this did not come as news to the vast majority of us),

come. We can enjoy the end of the summer holiday season and the beginning of the fall campaigns in a relaxed environment.

The issues before us are too important to not participate in the process regardless of your political persuasion.

Our outdoor social can get us in the mood for yet another round of voting in Virginia.

he then proceeds to highlight the "anti-slavery" posturing of Governor Northam, who, with no sense of irony, intoned: "We are a state that for too long has told a false story of ourselves...." The state, you understand, not Northam, who is handy with a can of boot polish. Plum lists Northam's contributions in establishing a Commission on African American History Education, having earlier set up a commission to examine racial inequities in Virginia laws. There is much work to be done, Plum reminds us, and obsequiously opines that "we have a governor who is willing to provide the leadership to accomplish it." Willing?!

Principles in politics have a very short lifespan.

Harry Locock
Reston/Herndon

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

