Lake Anne Jazz Festival a Hit With the Crowd

News, Page 3

Bicyclist Fatality in Herndon

News, Page 11

South Lakes Football Thumps Marshall in Opener

Sports, Page 8

The Brazilian and Portuguese musicians Cissa Paz and Jean-Francis Varre of the group, Cissa Paz, perform during the Lake Anne Jazz Festival.
Redistricting Reform Needed

By Kenneth R. “Ken” Plum
State Delegate (D-36)

A federal court found Virginia’s congressional redistricting to be unconstitutional because it diluted the strength of minority in elections. Essentially the redistricting of 2011 packed black voters from Richmond to Norfolk in a single congressional district ensuring the probable election of one black representative while reducing the likelihood of another one being elected. The court rules on the fairness of districts related to their being numerically equal in size and in their treatment of classes of voters, but it does not take into account partisan advantages or disadvantages.

The federal court set a Sept. 1 deadline for new district lines to be drawn by the General Assembly. The Assembly was unwilling or unable to draw new lines at least in part because any new map is likely to increase the Democrats’ chances of winning more than the three of eleven congressional seats they currently hold. A special session called by Governor McAuliffe to take up the issue concluded without taking action. A proposal drawn up by the Democratic minority to address the issue of fair racial representation in the Tidewater and Northern Virginia areas was not considered by the House or Senate. Based on prior voting behavior by the people in these new districts, there would likely have been five Republicans, five Democrats, and one swing district. Such an outcome is reflective of how the state has been voting in statewide contests. This is not the first time Virginia has run afoul of federal courts on the issue of redistricting. As the state grows in size with developing metropolitan areas, those who controlled the legislature have been reluctant to give up their power to the newly emerging suburban and urban areas. Virginia was one of the states in the 1964 Baker v. Carr decision establishing the principle of one man, one vote. After the 1981 census the Supreme Court threw out the redistricting three times before the legislature got it right. With the changing of district lines I had to run for office in 1981, 1982, and 1983. The same thing could happen again this year. The same rationale that makes the congressional districts unfair applies to the House of Delegates districts that are now being challenged in federal court. House members could have to run three years in a row just as in the early 80s if the case is successful. House of Delegates elections in 2016 in particular could be interesting as this is a presidential election year with greater voter participation.

It is human nature that political parties in power try to maintain their majorities through gerrymandering districts to their advantage. I first introduced a bill in 1982 that would have given the task over to an independent commission. Neither Democratic nor Republican majorities have been willing to pass it. Several states have such a commission, and I have continued to reintroduce the bill. I believe it is the only way to get fair, nonpartisan redistricting done. I support OneVirginia. (http://onevirginia2021.org/), a group that is working for this kind of reform that needs to be put into place right away.

Commentary

Police Reform Now
A Distinct Possibility

By John Lovaas
Reston Impact
Producer/Host

The Fairfax County Ad Hoc Commission to Review Police Practices is completing its final recommendations to reforms of Fairfax County law enforcement. The Commission was formed in response to growing public concern following the Police killing of unarmed John Geer—and other questionable killings including those of David Masters, Hailu Brook, Salvatore Culosi, and Ronald Rollins—all unarmed. Most recently, Natasha McKenna was tasered to death in the County Jail. Investigations of police killings and misconduct performed only by fellow officers in secret finally broke the public trust.

The Commission, consisting of nearly 40 members who included one-third uniformed officers or former law enforcers, at first seemed unlikely to deliver the reforms essential to bring accountability, transparency, and the cultural shift required to make the FCPD a first class, community-friendly force. It turns out I underestimated the talent and dedication among the commissioners. The final report now taking shape indeed includes far-reaching recommendations which, if approved and if implemented, would lead to the changes so badly needed. As drafted, Commission recommendations would dramatically improve FCPO communications with the public it serves; would emphasize problem solving versus command and control; would divert subjects of law enforcement suffering from mental health disorders from incarceration to treatment; would establish an Independent Au See Lovaas, Page 5
Lake Anne Jazz Festival a Hit with the Crowd

The first-ever Lake Anne Jazz Week was held the week of Aug. 30-Sept. 5 at Lake Anne Plaza (Waterfront) in Reston. The week featured a variety of jazz-themed events from live music, merchant activities, to a featured film (“Jazz on a Summer’s Day” 1959) as part of Lake Anne’s ongoing Summer Film Festival series. The week closed out with the Plaza’s popular Annual Jazz & Blues Festival (in its 9th year) on Sept. 5. The Jazz & Blues Festival showcased a variety of talented regional and national jazz and blues artists.

Some of the highlights included Jazz Trivia Night and Jazz Karaoke Night at Kalypso’s Sports Tavern, wine tasting at Chesapeake Chocolates, and music-related discounts at local merchants. The festival was sponsored by Lake Anne Merchants, Friends of Lake Anne, the Reston Community Center, and Reston Association.

Future events at Lake Anne Plaza include the following:

- Multicultural Festival on Sept. 26
- Dock Dog Diving – two events in September and October
- Howl O Ween – Oct. 31
- Farmers Market and Saturday Markets continue.

— Steve Hibbard

Diners enjoy dining al fresco in front of Kalypso’s Sports Tavern during the Lake Anne Jazz Festival.

Lucy Cloney, 5 1/2, of Reston, and Isabella Franco, 8, of Chesapeake, Va., paint a mural as part of the Initiative for Public Art (IPAR) during the Lake Anne Jazz Festival.
This week is Suicide Prevention Week. Preventing suicide means paying attention to mental health and treating depression, and there is no better time to focus on that than the first week of school.

In 2013, more than 41,000 people ended their own lives in the United States, more than 21,000 with firearms. (Compare to the number of murders in 2013, 16,120.) In 2013, more than 800,000 people were treated in U.S. emergency departments for self-inflicted injuries. More than a million adults report making a suicide attempt each year, while many more people struggle with thoughts of suicide, according to the Centers for Disease Control and Prevention.

Suicide is the 10th leading cause of death for Americans overall and the second leading cause of death among adolescents and young adults aged 15-29. More than half of suicides involve firearms. In 2013, 1,047 Virginians died by suicide, with white males accounting for 716 of those deaths. The Southside region had the highest suicide rate at 19.3 per 100,000 in 2013, while the Northern region had the lowest rate at 10.1 deaths. (By comparison, there were 383 homicides in Virginia in 2013.)

Two groups particularly at risk are youth and the elderly. Data from the Virginia Department of Health indicates that rates of suicide in Virginia were higher for older people than youth—but suicide is a leading cause of death for young people.

One strategy to prevent suicide is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves, increasing substance use, and having changes in their mood, diet, or sleeping patterns, according to the CDC. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal. Exhibiting any of the signs listed below is reason for an immediate call to the National Suicide Prevention hotline at 1-800-273-8255 (TALK). If you cannot reach someone on this line, go to an emergency room, make sure you or your loved one is not alone until professional help arrives and remove all firearms, sharp objects, drugs, alcohol and other things that could be used in a suicide attempt.

❖ Talking about wanting to die or kill oneself.
❖ Talking or writing about suicide or death.
❖ Talking about feeling hopeless or having no reason to live.
❖ Talking about being a burden to others and how the world would be better off without him/her.
❖ Talking about being trapped or in unbearable pain.
❖ Complete withdrawal.
❖ Showing rage or talking about seeking revenge.
❖ Displaying extreme mood swings and acting recklessly.
❖ Looking for ways to kill oneself, such as searching online or obtaining access to fire arms, pills, or other means to kill oneself.
❖ Giving away prized possessions and other personal things; tying up loose ends.
❖ See http://www.afsp.org/understanding-suicide-facts-and-figures

— MARY KIMM
mkimm@connectionnewspapers.com

Correction
In last week’s editorial (“How to Vote: It Matters,” Sept. 2, 2015), a list of offices up for election in Fairfax County failed to mention school board races. Here is the corrected text:
Each voter in Fairfax County will vote in a ballot with choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth’s Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, District member of the School Board, School Board At-large (vote for three), Soil and Water Conservation Board (vote for Three), School Board for $310 million, Public Safety Bond for $151 million. See http://www.fairfaxcounty.gov/elections/upcoming.htm

Letters to the Editor

Safety Is Paramount for the New School Year
A message from the Chief of Police about safety and the start of the new school year:
Dear Community Member,
As each school year comes to an end, the Fairfax County Police Department in partnership with our great community, Fairfax County Public Schools (FCPS), and the Virginia Department of Transportation, begins a process to prepare for the start of school in the fall. Our mutual goal has always been and continues to be the safety of your children, pedestrians, and commuters to and from schools at the beginning and end of each day.
Your Police Department is committed to ensuring all children are safe at all crossings while maintaining efficient vehicle traffic flow. Based on your input, through an audit process, we have retrained crossing guards and upgraded several positions which are now certified in directing and controlling vehicle traffic outside the scope of the crosswalk to help alleviate traffic congestion. We will continue to audit all locations throughout the school year as mandated by our policy. Should you have any questions or comments, please contact Captain Michael F. Grinnan, Commander of the Traffic Division, at Michael.Grinnan@fairfaxcounty.gov.
The following links are available to learn more about school crossings:
You can visit the Fairfax County Police Department map of all school crossing sites at http://fairfaxcountygis.maps.arcgis.com/apps/Viewer/index.htmlappid=70b15f2c3c5a4e8c82125c4c7e41a10D To view the Police Department’s policy on school crossing guards, please visit: FCPS General Order 530.3.
For more information regarding your school start time, please visit: FCPS 2015-2016 Bell Schedule. As a reminder, the beginning of each school year requires all of us to take extra caution in traveling our roadways and to be patient as others adjust to new routines in our day to logistically get our children to and from school. As your Chief of Police, we welcome your input to improve the safety of our children.
Sincerely,
Edwin C. Roessler Jr, Col
Chief of Police

Giving Diplomacy a Chance

To the Editor:
I thank Senator Mark Warner for his September 3 statement supporting the deal our government has jointly negotiated with Iran’s nuclear ambitions.
Nothing will be easy going for foreign policymakers, as the negotiations will not put our country again down the path away to unnecessary war. We can only hope many more of their colleagues in Congress will see the logic and morality of this choice.

Govind Nair
Fairfax

Write
The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be factual, no reason to live.
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By e-mail: mckimm@connectionnewspapers.com

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Opinion

Lovaas

From Page 2
ditor to review police investigations of police shootings; and, would create a Civilian Review Panel to receive complaints of police abuse and misconduct. Issues have been studied, discussed and argued at length within the Commission. With few exceptions, the commissioners have recognized that change in, and oversight of, FCPD is essential. The final reports of three of the Commission’s five subcommittees are complete. The last two are in draft. By the way, all reports are available at www.fairfaxcounty.gov/policecommission.

But, let’s not count the chicks before they are hatched. There are crucial steps remaining to make some or, dare I hope for, all recommendations a reality. They must be approved by the Commission, then approved and then implemented through the Board of Supervisors where too often good plans go to die. Community participation in these sessions is welcome, indeed vital, if all the good work is to yield results and not just be relegated to a shelf.

The key meetings are:

See Lovaas, Page 11
## Local REAL ESTATE

### January~June, 2015

**Top Sales in Vienna, Oakton and Reston**

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<th>Address</th>
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Copyright 2015 RealEstate Business Intelligence. Source: MRIS as of July 15, 2015.
Homeowners attending a seminar on downsizing will get expert advice on issues like furniture placement, organization and interior design.
Oakton Football Beats Madison in Season Opener

Leading late in the fourth quarter of Friday's season opener against Madison, the Oakton football team faced fourth-and-three at its own 28-yard line. Head coach Jason Rowley gave his punter, Sal Tutone, a chance to make a play.

"[Madison] actually called timeout [before] that fourth down [play] and as soon as I walked out there [I] told Sal, 'Look, make a good decision. I trust you,'" Rowley said. "He made a good decision."

Oakton's punts are rugby style from an offensive formation. Tutone, who is also the team's quarterback, opted not to punt, instead picking up the first down. The Cougars then ran out the clock and secured a 31-25 victory over Madison on Sept. 4 at Oakton High School.

"We just took advantage," Rowley said, "of something we saw earlier."

Oakton hasn't lost to Vienna rival Madison since 2007. Jarrett Bacon, Oakton's standout receiver, started the game at quarterback. He had been practicing at the position while Tutone recovered from a knee injury. Tutone took over as the team's signal caller after a few series. Next up for the Cougars is a home game against T.C. Williams at 7 p.m. on Friday, Sept. 11. The Titans are coached by Marc Mathie, former defensive coordinator at Centreville, one of Oakton's Conference 5 opponents.

"I've got a tremendous amount of respect for Marc," Rowley said. "He's a friend. . . . I know they're going to be well prepared. He focuses on all the right things as a coach. I think it's going to be a tough matchup."

— Jon Roetman

Madison Volleyball Wins 5 of First 6

The Madison volleyball team won five of its first six matches, including a 4-1 performance at a showcase tournament in Richmond.

After opening the season with a 3-1 win over Potomac Falls on Sept. 1, the Warhawks defeated Atlee, Nansemond-Suffolk Academy, Langley and First Colonial before losing to Princess Anne during the tournament Sept. 4-5.

Madison, the defending 6A North region champion, faced Westfield on Tuesday, after The Connection's deadline. The first best-of-five match of the season. The win came five days after the Cougars won the NVVA Invitational. Oakton had yet to lose a set in its first six matches.

The Cougars faced Woodson on Tuesday, after The Connection's deadline. Oakton will host South County at 7:15 p.m. on Thursday, Sept. 10.

Jarrett Bacon, seen during practice in August, and the Oakton football team defeated Madison on Sept. 4.

Oakton Volleyball Beats Tuscarora

The Oakton volleyball team improved to 6-0 on Sept. 3, beating Tuscarora 3-0 in its first set.

The win came five days after the Cougars won the NVVA Invitational. Oakton had yet to lose a set in its first six matches.

The Cougars faced Woodson on Tuesday, after The Connection's deadline. Oakton will host South County at 7:15 p.m. on Thursday, Sept. 10.

South Lakes Football Thumps Marshall in Opener

After falling behind early in Friday's season opener against the Marshall Statesmen, the South Lakes football team scored 52 unanswered points and cruised to a 52-8 victory at Marshall High School.

Joshua Hurbut's 51-yard touchdown run and a two-point conversion gave Marshall an 8-0 lead in the first quarter. A 12-yard touchdown run by South Lakes sophomore quarterback Devin Miles cut the Statesmen lead to 8-6 in the opening quarter, before the Seahawks took control with 26 second-quarter points.

South Lakes led 32-8 at halftime and 39-8 at the end of the third.

"The thing I was probably most pleased with is we were down 8-0 in that game," South Lakes head coach Trey Taylor said. "Last year, we would have hung our heads and things would have started to fall apart, but the kids kept playing."

"Last year, we would have hung our heads. No more," said South Lakes senior coach Matthew Miles, who was named head coach Sept. 4 at Oakton High School.

"We just took advantage," Rowley said, "of something we saw earlier."

Marshall quarterback Devin Miles, seen during practice in August, and the Oakton football team defeated Madison on Sept. 4.

South Lakes' Marvin Grunshine returned a fumble 21 yards for a touchdown and scored on a 47-yard run, Mensah returned a fumble 21 yards for a touchdown and scored on a 47-yard run, and Spencer Alston scored on runs of 22 and 3 yards.

Miles completed 8 of 10 passes for 159 yards and two touchdowns. He connected with Anas Fain for a 75-yard touchdown and Eric Kirlow for a 53-yard score.

Mensah carried seven times for 116 yards and Alston rushed seven times for 60.

"It's an interesting mix," Taylor said of youth and experience. "... It's nice to have that mix. It's nice to go out there and seniors aren't scoring all your points and you're wondering what's down the road."

South Lakes' Marvin Grunshine returned a fumble 21 yards for a touchdown. South Lakes (1-0) will host Briar Woods (0-2) at 7:30 p.m. on Friday, Sept. 11.
**Calendar**

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged.

**ONGOING**


**THURSDAY-SUNDAY, SEPTEMBER 3-13**

Kiss Me Kate is a funny musical comedy about a divorced couple staging an overhaul musical musical of “Taming of the Shrew.” For tickets and show timings visit www.nextstopherndon.com.

**THURSDAY, September 10**

Junior Farmer Family Fun. 4 p.m. Frying Pan Farm Park, 2709 West Ox Rd, Herndon. This family program goes behind the scenes to help the farmers at Frying Pan Farm Park. Come help with farm chores such as milking the cows, feeding the animals, and shelling corn. Topics and activities vary. Children must be accompanied by a registered adult.

**New Beginning Brewing 2015 Clips Beer & Film Tour.** 7 p.m. Reston Town Center, 11900 Market St., Reston. An evening of unique beers from New Beginning Brewing Company paired with inspiring short films. Sample New Beginning’s Lips of Faith specialty beers along with popular classics.

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm

**FRIDAY-SATURDAY, SEPTEMBER 11-12**

**ChatkFest.** Friday, 12-11 p.m.; Saturday, 8 a.m.-6 p.m. Reston Town Center, 11900 Market St., Reston. Free for spectators, participants register for a fire which includes supplies. Rain or shine. Information: publicattestion.org.

**THURSDAY, SEPTEMBER 17**

**Meditation with Gerry Gorman.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn simple techniques to help you deal with the challenges of everyday life.

**Putting Things to Bed.** 7 p.m. Frying Pan Farm Park, 2709 West Ox Rd, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

**Herndon Farmers Market.** 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm

**FRIDAY, SEPTEMBER 18**


**SATURDAY, SEPTEMBER 19**

Susco 8K. 8:30 a.m. South Lakes High School, 14600 South Lakes Drive, Reston. Sponsored by Reston Academy for Brain aneurysm and organ donation awareness. www.susco8k.com.

**Family Fun Day.** 11 a.m.-4 p.m. Woody’s Golf Range, 11800 Leesburg Pike, Reston. The Fydelity Cancer Fund will help the five teens that were in the trap shooting accident in Texas, in which three Herndon teens died. A day of healing and remembrance for the friends and families. There will be mini golfing, art, hula hooping and much more fun.


**SATURDAY, SEPTEMBER 20**

**Family Fun Day.** 2-4 p.m. Lake Anne Plaza, Reston. Join the Reston Historical Society, Work for Reston, Reston Museum, the Towne Drive Library and Robert E. Simon, Jr. for Family Fun Day and Membership drive on Lake Anne Plaza. There will be live music, children’s activities, beer tasting, and fun for the entire family.

**THURSDAY, SEPTEMBER 24**

**Live More Block Party.** 11 a.m.-2 p.m. Reston Town Center, 11900 Market St., Reston. Learn the benefits of new transportation options, including Silver Line Metro, plus entertainment, face painting, refreshments, giveaways and more.

**SATURDAY, SEPTEMBER 26**

Reston Multicultural Festival. 11 a.m.-6 p.m. Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are alive here in Reston. Rain or shine. Free.

**Walk to End Alzheimer’s.** 10 a.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraiser to further the care, support and research efforts of the Alzheimer’s Association. Visit http://act.alz.org/site/TR/38248p?p=entry.

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**Special Connections Calendar**

**SEPTEMBER**

9/23/2015...HomeLifeStyle Pullout – Real Estate & New Homes
9/30/2015.........................Fall Fun, Food, Arts & Entertainment
9/30/2015.........................Professional Profiles & Your Business in the Community

**OCTOBER**

10/7/2015.............................Wellbeing Senior Living Pullout

E-mail sales@connectionnewspapers.com for more information.

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**Communities Of Worship**

Welcome, Diverse, Progressive

ST. ANNE’S EPISCOPAL CHURCH • RESTON

8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Concert at 7:30 as Your Contemporary Service

Nursery care provided at 10:00 a.m. service
The Rev. James Papile, Rector
31501 Slaton Rd., Locust Grove, Va. 22508
703-437-6530
www.stannes-eston.org

To Highlight your Faith Community, Call Karen at 703-917-6468

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**LETTER**

A Thank You to Reston and Herndon Communities

To the Editor:

On behalf of the 19 local faith communities represented on the Works Sunday Steering Committee, I write today in order to express our heartfelt thanks to the extraordinary people of Reston and Herndon for their 20th consecutive year of wholehearted support of this unique day of charitable outreach and giving. As in years past, we can only marvel at their overwhelming generosity, and assure them of our gratitude, and that of the many people in whose lives they have made a real difference for the good.

Last month, more than 200 Works Sunday volunteers cheerfully stepped up to offer a helping hand, a friendly face, and a ready smile to our neighbors in need. Through their efforts, the hungry, the homeless, the hurting, and people with disabilities among us were touched by one or more of the 21 projects on the Works Sunday 2015 program. And we thank them, and honor them, for their selfless contributions. However, that’s not the whole story…

None of that would have been possible without the astounding largesse of you, the residents of Reston and Herndon, who doated record amounts of urgently-needed food and personal items to our collections for Reston Interfaith and those whom it serves. Yet again, your incredible generosity has helped make Works Sunday a life-affirming celebration of joy, caring and compassion, born of the interplay of the shared values and vibrant diversity that mark our communities. It is truly an honor to work with you all - you who gave so freely of your time, talent and resources to make Works Sunday for 2015 the grand success that it was.

To all these good people – and to the civic-minded local merchants who made it possible for us to approach them via public events at their stores – the 2015 Works Sunday Steering Committee extends its most sincere and heartfelt thanks. During the coming year, we know you will continue to assist those in need by prayer and in deed, and we hope you will have the privilege and pleasure of seeing each of you again for Works Sunday 2016. Wishing God’s blessings upon all,

Christopher Wist
St. Thomas & Becker
Catholic Church
Chairperson, Works Sunday 2015 Steering Committee

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**Reston Connection** • September 9-15, 2015 • 9

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**Local Nursery Closing After 42 Years**

To Highlight your Faith Community, Call Karen at 703-917-6468

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80% OFF Everything! Last Day This Friday!

Thanks For Your Business!
The Family and Staff of Cravens Nursery & Pottery

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9093 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50. 1 mile from I-66 (Vienna Metro)

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703-573-5025

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Since I referred, and initiated last week’s column with, one of my favorite cancer stories (the thoracic surgeon quote), I thought it timely to update you with my newest — and most recent (July 31st, in fact) cancer story (yet another doctor’s quote, from my oncologist).

Typically, I see my oncologist every three months, a week or so after my every-three-months CT Scan, to discuss the results and to examine me in person. As the years have passed, there have been some changes — given that the scan indicates the patient’s condition/status, have been less about touching and feeling and more about asking and answering.

As my oncologist has explained to me, there’s been an evolution of sorts in the medical profession with respect to these post-scan appointments. If the scan shows no/minimal growth and/or movement, the doctor doesn’t feel the need to examine me to learn that, since he knows that already from the previous week’s scan. Generally speaking, a physical exam will likely not contradict/contradict what has already been interpreted by the radiologist. As an example, my oncologist doesn’t need to feel if my lymph nodes are swollen if the scan already says they’re not.

Up until July 31st, though, I’ve always had my usual face-to-face appointment/examination. But not this July 31st. That’s when I had — after having it suggested by my doctor and his staff — my first phone appointment in lieu of an in-person one. If I had preferred meeting the doctor in his office, it certainly would have been allowed; but presumably, since my scan results were good/not problematic, there was no real need. So I was happy to save myself the 45-minute drive and phone it in.

Sure enough, at 11 A.M., my oncologist called me. I put the phone on speaker so that I could hear/participate and then we began. It was identical to our usual in-person appointment. He asked me how I was: “feeling; any new symptoms, any old symptoms (neuropathy, fatigue, headaches, eating/taste issues) which had gotten worse;” then he was processing new information from me — seemed to be some hesitation on his end as if he was having trouble deciding what to say. There seemed to be some hesitation on his end as if he was processing new information from me — or so I thought, for a second. I felt compelled a few seconds later to add: “But I’ve never been able to use chopsticks” and laughed out loud.

Now if truth be told, my doctor is Chinese, and we have never, ever had any kind of conversation about Chinese food or anything remotely Chinese, yet he felt it appropriate somehow to throw out this chopsticks reference. I’ve been laughing about it for weeks. I’m already looking forward to our next phone appointment. Although, given the fact that the next appointment — given any unforeseen/unforeseen circumstances — will be scheduled the week after the first PET Scan I will have had in six and a half years (typically when we discuss the results of the previous week’s scan), I imagine we’ll meet in person. Still, if the PET indicates no change to my current condition, perhaps I won’t be examined in person after all, or even phone it in again. Maybe we’ll compromise and meet for lunch — at a Chinese restaurant?

By KENNETH B. LOURIE
Bicyclist Fatality in Herndon

By Ken Moore
The Connection Newspapers

A 38-year-old bicyclist died after being hit by a vehicle on Sunrise Valley Drive in Herndon on Monday, Aug. 31 just after 8 p.m.

The bicyclist has been identified as Andrew Greff Gooden, 38, of St. James, Jamaica.

“The investigation is still ongoing,” said Officer Shelley Broderick, of the Fairfax County Public Information Office. She said “all information is available in the release,” when asked questions such as whether lack of reflective gear may have put the bicyclist in greater danger.

According to the police department’s news release:

“Detectives from the Crash Reconstruction Unit are investigating a crash involving a bicycle and an SUV that occurred on Sunrise Valley Drive near Coppermine Road, on Monday, August 31, shortly after 8 p.m.

“The preliminary investigation suggests that two bicycles were traveling north on Sunrise Valley Drive in the right lane. Neither rider was wearing reflective clothing, nor did they have any lights on their bicycles.

“A 2014 Chevrolet Suburban (SUV), driven by a 29-year-old Fairfax man, also traveling north on Sunrise Valley Drive, approached the bicycles from behind and struck one of the riders; a 38-year-old...

“The driver of the SUV remained on the scene.

“The bicyclist who was struck was transported to Reston Hospital Center and was pronounced dead later that evening. Speed and alcohol do not appear to be factors in this crash. It is still under investigation.”

THOUSANDS OF BICYCLISTS are injured on roadways in the Commonwealth of Virginia each year, according to Herndon Town Council documents.

Herndon Mayor Lisa Merkel and the Town Council will issue a proclamation at this week’s Town Council hearing declaring September as Virginia Bicyclist and Pedestrian Awareness Month in the Town of Herndon, “to recognize the importance of safety for all individuals traveling on the roadways; and promote bicycling and walking as healthy, efficient and sustainable forms of transportation.”

A goal is to raise awareness about the importance of sharing the road, in order to reduce the number of crashes and injuries.

“Hundreds of partners, including towns, cities, counties, businesses, local organizations, schools and sporting groups from across the state, are teaming up with DRIVE SMART Virginia, Bike Virginia, the Virginia Highway Safety Office at the Division of Motor Vehicles and other like-minded organizations,” according to Merkel.

ABOUT 106 CRASHES involving a bicycle were recorded in 2012 in Fairfax County, according to the Fairfax County Bicycle Master Plan. In 2011, there were 85 reported crashes and 86 in 2010.

There were four fatalities involving bicyclists in 2010 and one in 2012.

“Failing to yield the right-of-way is cited most often as the leading cause of most crashes, whether fault is attributed to the cyclist or motorist,” according to the Bicycle Master Plan.

Among police officers, cyclists, and motorists: levels of understanding vary widely, according to the Fairfax County Bicycle Master Plan.

“All parties agree that more clarity is needed about some laws, especially related to right-of-way at trail crossings and sharing the road,” according to the Master Plan.

In 2010, there were five hit and run crashes where a motorist fled after an accident involving a bicyclist; there were six hit-and-run incidents in 2011 and two in 2012.

“Improving the safety of current and future bicyclists in Fairfax County is a fundamental and core element of the Fairfax County Bicycle Master Plan. Safe, clear and consistent accommodations for cyclists enhance safety for all road users, for example, by reducing speed, delineating roadway space, and encouraging safe interactions between all modes.”

Lovaas
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Oct. 8: The Ad Hoc Commission discusses and votes on adoption of recommendations. Meeting 7:30-9:30 p.m. in rooms 9/10 at the FC Government Center, 12000 Government Center Parkway, Fairfax

Oct. 20 at 11 a.m.: Commission Chair Hershman presents Report of the Commission to the FC Board of Supervisors, Gov’t Center Main Boardroom.

Oct. 27 at 3 p.m.: Board of Supervisors Public Safety Committee considers approval, actions to implement Commission Report. (Gov’t Center)

One other opportunity for the public to weigh in on the Commission’s deliberations is the second of two public input hearings, to be held Monday, Sept. 14 at Walt Whitman Middle School, 2500 Parkers Lane in Alexandria. The meeting starts at 7:30 p.m., to be done by 9:30. Call me if you need a ride!
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