

2018  
VIETNAMESE  
PRESS  
ASSOCIATION  
Reston  
CONNECTION

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## VDOT Virginia Department of Transportation

### Public Meetings Fall Transportation Meeting

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network. The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

#### Meeting Dates and Locations

Open House begins at 4:00 pm in each of the locations:

<b>Tuesday August 29, 2017</b> Germanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	<b>Thursday, August 31, 2017</b> The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	<b>Monday, September 11, 2017</b> Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
<b>Thursday, September 14, 2017</b> Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	<b>Monday, September 18, 2017</b> NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	<b>Monday, October 2, 2017</b> Hilton Garden Inn Richmond South/Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
<b>Wednesday, October 4, 2017</b> Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	<b>Tuesday, October 10, 2017</b> Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	<b>Thursday, October 12, 2017</b> Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or [SixYearProgram@VDOT.Virginia.gov](mailto:SixYearProgram@VDOT.Virginia.gov) and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or [DRPTPR@drpt.Virginia.gov](mailto:DRPTPR@drpt.Virginia.gov). Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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## Reston Sisters Spread Rays of Hope

**Cara and Jenna Ainge create collection of jewelry to raise money for cancer research.**

**C**ancerFree KIDS, a nonprofit organization supporting pediatric cancer research, has benefitted from Rays of Hope Jewelry, an effort by Reston teenagers Cara and Jenna Ainge to create a collection of jewelry to raise money for cancer research.

To date, the girls have raised \$990 for CancerFree KIDS by selling their jewelry collection at Duck's General Store, owned by Bill and Kathy Nye, who return 100 percent of the proceeds they make from the jewelry back to Rays of Hope. The proceeds then get donated to CancerFree KIDS to fund life-saving research for children with cancer.

"We are so grateful to Cara and Jenna Ainge for creating Rays of Hope and donating their proceeds to CancerFree KIDS," said Ellen Flannery, executive director of CancerFree KIDS. "It's amazing to see these girls make such an incredible effort to support and make a difference in the lives of kids with cancer."

Cara, 14, and Jenna, 12, of Reston, founded Rays of Hope in 2012 when they began making jewelry from shells they found on the beach. They decided to donate the proceeds to CancerFree KIDS because their cousin from Cincinnati, Thomas, was diagnosed with leukemia when he was 2 and a half years old. He is now cancer free after a more than three-year battle with leukemia.

"I know my generation can make a difference in the world and Rays of Hope Jewelry is a tiny example of what can be done," said Cara, one of the co-founders of Rays of Hope. "We start by creating something beautiful out of something most people

ignore as an ugly broken shell."

Her sister and co-founder, Jenna, agreed. "It takes a lot of time, patience and love to create our pendants but it's worth it. We know there is a cure for childhood cancer and we want to do our part to find it."

To sell the jewelry, the Ainge sisters pitched their collection to Bill and Kathy Nye, the owners of Duck's General Store, who sell the jewelry for \$20 per pendant and return all of the proceeds back to Rays of Hope. They have sold all of the jewelry the girls have provided them thus far and have ordered more to sell in the future.

Each pendant goes through a special process to become a Rays of Hope piece. The girls pick specific shells to turn into jewelry through a more than two hour grinding and polishing process. They look specifically for shells with stripes on them that resemble rays of the sun after they are polished.

For their efforts, the girls have received the Daily Point of Light Award (number 6006) from the George H. W. Bush Points of Light Foundation. The Points of Light Foundation celebrates the power of individuals to spark change and improve the world, which Cara and Jenna have done through their dedication to fund pediatric cancer research through CancerFree KIDS.

CancerFree KIDS is a 501(c)(3) nonprofit organization dedicated to eradicating cancer as a life-threatening disease in children by funding promising research that might otherwise go unfunded. The organization has funded over \$3.5 million in pediatric cancer research grants since its inception in 2002.



PHOTO CONTRIBUTED

**Jenna, 12, and Cara Ainge, 14, of Reston sell their Rays of Hope Jewelry Collection at Duck's General Store in Kitty Hawk, N.C. The girls have raised \$990 for CancerFree KIDS.**

## Jazz & Blues Festival Rained In

BY FALLON FORBUSH  
THE CONNECTION

**T**he 11<sup>th</sup> Annual Lake Anne Jazz & Blues Festival on Saturday, Sept. 2, was rained in.

The musicians scheduled to perform were supposed to play outside on the plaza, but the area received 0.66 inches of rainfall and 6-mile-per-hour winds with gusts of up to 16 miles-per-hour, according to the Weather Company, LLC. Instead, some of the musicians performed inside at Kalypso's Sports Tavern, Lake Anne Coffee House and Wine Bar, and Lake Anne Brew House.

"When we found out rain was going to wreck our fun, the musicians were here anyway, so we turned it into an indoor jazz crawl," said Melissa Romano, owner of the Lake Anne Brew



**Mykle Lyons of Reston plays a double bass at the Lake Anne Brew House.**

House. "Three of the merchants agreed to hire them out."

Those who braved the rain and trekked out to the plaza were greeted with a banner that said, "Rained In Jazz Hop. Escape the rain with us as we jazz out inside!"

John Lee of Washington, D.C.,



**John Lee of Washington, D.C., plays the electric guitar at the Lake Anne Brew House.**

and Mykle Lyons of Reston were the first to play at the Lake Anne Brew House at 2:30 p.m.

"I just started listening to improve," Lee said of jazz music. "Jazz is a type of music that takes a lot of study and learning and lis-

PHOTOS BY FALLON FORBUSH/THE CONNECTION



**The musicians scheduled to perform at the 11<sup>th</sup> Annual Lake Anne Jazz & Blues Festival on Saturday, Sept. 2, were supposed to play outside on the plaza, but weather led to some performing inside at Kalypso's Sports Tavern, Lake Anne Coffee House and Wine Bar, and Lake Anne Brew House.**

tening. Once you understand, you stick with it for a long time."

The duo played instrumental jazz standards — Lee on the electric guitar and Lyons on the double bass — while patrons drank craft beer and snacked on freshly-baked soft pretzels that were available for purchase from Nordic Knot bakery of Reston.

Guitarist and vocalist Jeff

Welsch performed after the duo at 5 p.m.

Saxophonist Vaughn Ambrose and guitarist Michael Kramer started playing live at Kalypso's at 3:30 p.m. and percussionist and vocalist Gigi MacCloughlin of Reston started playing at 6:30 p.m. on the second floor of the Lake Anne Coffee House and Wine Bar.

# OPINION

## Disparity, Poverty Hidden by Communities' Wealth

**“How hard would it be for someone to invite me in for a bowl of soup?”**

COMMENTARY

BY STEPHANIE BERKOWITZ  
NORTHERN VIRGINIA FAMILY SERVICE



The U.S. Census Bureau confirmed in July what we already know: many Northern Virginia residents are doing well financially. In fact, Loudoun County, the City of Falls Church and Fairfax County are the three wealthiest jurisdictions in the U.S. while Arlington and Prince William counties and the City of Fairfax also rank in the top 20.

The new Census Bureau numbers mask the fact that there are pockets of poverty throughout our region, and many of our neighbors are struggling.

Having worked at Northern Virginia Family Service (NVFS) for 18 years, I have met countless residents who come to us for help finding affordable housing, food, healthcare, medications and job training. Without support, these issues continue to negatively impact the families around us, creating larger barriers to self-sufficiency and the opportunity to thrive in our booming region.

I'm thinking of Zaheer Iqbal, who emigrated to the U.S. from Pakistan with a master's degree in English literature, a Fulbright scholar-

ship and having worked with the U.S. military in Pakistan fighting the Taliban. In spite of his experience and education, the best job he could find was cleaning toilets and working as a cashier at an Annandale gas station. (Did I mention he also speaks seven languages?) Zaheer “graduated” to a job as a hotel night clerk in Fairfax, leaving that job every morning to go to our six-month Training Futures job program. Training Futures saw his potential and helped him make valuable connections within the business community. He recently landed a job with a government contractor. But it took Zaheer four years of sleepless nights and uncertainty about how he would support himself and his twin boys to get to that point.

When I think about the disparity in our region, I think of the 77-year old woman who has been coming to our Hunger Resource Center in Manassas on and off for 20 years as her situation changes. (She asked that I not use her name because she doesn't want her family to know she continues to rely on the food bank.) When she was raising her son as a single mother and working as a waitress, there were times when she had to choose between paying the mortgage and feeding her family. At one point, her house was in foreclosure. Today, she is living off her monthly social security check, which doesn't cover her basic expenses. She is drawn to the fruits and vegetables at the Hun-

ger Resource Center and, on the days they have eggs, she “celebrates” by making an omelet. As a senior living alone, she says she feels invisible to her neighbors. “How hard would it be for someone to check up on me or invite me in for a bowl of soup?” she asks through tears.

And when I think of the challenges facing so many of our neighbors I am thinking of Carla Rocha, who grew up in Reston and graduated from high school in Sterling. All she wanted was a safe, affordable place to live with her son. Instead, she lived in her car, slept on friends' floors and stayed in transitional housing provided by Second Story – one of many outstanding nonprofits in Northern Virginia that provide a safety net for vulnerable children and youth.

Carla moved five times in six years. “I could adapt easily,” she told me. “It was harder on my son. That is a lot of change for a kid.”

With support from nonprofits like NVFS and Second Story, Carla has a great job and has been able to buy her own place. But for many other residents, living wage jobs and affordable housing remain elusive.

For nearly 100 years, NVFS has been committed to helping vulnerable residents become self-sufficient. If you are proud to call Northern Virginia home, help us in creating a stronger community where all families and individuals can thrive. Maybe you can start by inviting someone in for a bowl of soup.

*The writer is president and CEO of Northern Virginia Family Service.*

## State of the Commonwealth - 2017

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



Virginia's population of 8,382,993 makes it the 12th largest of the states, but the median family household income of \$66,262 in the Commonwealth makes it the eighth wealthiest state in the country. With that introduction of statistics at my most recent State of the Commonwealth Breakfast, one might expect that nothing but good news would follow. Rather, what followed was a list of what might best be described as missed opportunities.

While overall numbers are impressive, the wealth of the state is not uniformly enjoyed. There clearly is a “golden crescent” in the state that runs from Northern Virginia where it is most bright south to Richmond and east to Hampton Roads where it loses some luster. The crescent if considered by itself would be one of the wealthiest and best educated in the country. With few exceptions, outside

the crescent Virginians are struggling with incomes of one-half to one-third of that in its richest regions. Virginia as a state is doing well, but there are many within the state who are suffering. It would be impossible to replicate the advantages that Northern Virginia has being situated next to the Nation's Capital nor can the misfortunes of the death of industries like tobacco, coal, and textiles be easily reversed. Given our overall wealth, there is a legitimate question as to whether we are doing as well as we should.

In public education funding, for example, the state direct aid per student has fallen. According to the Commonwealth Institute for Fiscal Analysis, per student funding of \$5,966 in 2009 (in FY 17 dollars) is projected to be \$5,326 in 2018. The result is that a greater share of education funding has been shifted to localities. In the 2008-09 school year, the state provided 44.1 percent of public school funding; in the 2015-2016 school year, the state share dropped to

41.3 percent. In past decades when Standards of Quality (SOQ) for schools were first adopted, the expectation was that the state would fund 60 percent of education costs. At the same time funding has decreased, the SOQ's have been reduced. In 2016 localities spent \$3.5 billion above the required local effort to fund the operation of its schools.

The news does not get much better in other areas. Virginia's Medicaid program is the 48<sup>th</sup> stingiest among the states in providing benefits to those in need and one of the most difficult for which to qualify. At the same time, Governor McAuliffe reminded the legislative money committees that he

has “called for Virginia to expand Medicaid for three and a half years now. In that time, we have forever forfeited a whopping \$10.4 billion of our federal tax dollars. We have missed an opportunity to cover 400,000 low-income Virginians.”

How can we be so rich as a state and yet so poor in funding programs? Since 2004, Virginia has ranked in the lowest five states in state and local revenue as a percentage of personal income. In state and local revenue as a percentage of gross state product, Virginia ranks 49<sup>th</sup>. Our state sales tax rate is 41<sup>st</sup> lowest among the states. The state of the Commonwealth is that we get what we pay for.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. 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:

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1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By email: [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

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NEWS DEPARTMENT:  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Fallon Forbush**  
Reporter  
[fforbush@connectionnewspapers.com](mailto:fforbush@connectionnewspapers.com)

**Mercia Hobson**  
Contributing Writer  
[mhobson@connectionnewspapers.com](mailto:mhobson@connectionnewspapers.com)

**Andrea Worker**  
Reporter  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Mike Salmon**  
Editorial Assistant  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

ADVERTISING:  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly,  
Ali Khaligh  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

CIRCULATION  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



LETTERS

# Rescue Reston Committed to Preserve Golf Course

*Open Letter from Rescue Reston to RN Golf Management LLC and Eric Ekeroth, Mid-Atlantic Regional Director, Northwestern Mutual Real Estate, and Tom Zale, Vice President-Head of Real Estate, Northwestern Mutual, and John E. Schlifske, Chairman and Chief Executive Officer, Northwestern Mutual and Mark Anstine of ARA Newmark, the broker hired to sell the property at Reston National Golf Course.*

Sirs:  
Rumor has it that you are encouraging speculative development of the Reston National Golf Course property, including that, through litigation, one might be able to build upwards of 4,000 units on this land. Northwestern Mutual and ARA Newmark personnel responsible for this should be ashamed to be willing to put Fairfax County taxpayers through years of litigation to defend the very definite land use designation of Open Space at the property located at 11875 Sunrise Valley Drive and 2018 Soapstone Drive, Reston, Virginia.

We direct your attention to your PR statement regarding strengthening local communities at [northwesternmutual.com/about-us/what-we-believe](http://northwesternmutual.com/about-us/what-we-believe). If Northwestern Mutual, the majority partner of RN Golf Management LLC, which is the owner of the property at Reston National Golf Course, truly believes its own statement, then NWM must stop.

Reston is a Planned Residential Community. You can read the short version of what that means a bit.ly/PRC-Districts.

We request that NWM consider a tax effi-

cient strategy which will preserve the golf course as open space involving the donation of the land to the Reston Association or a conservation group, or the creation of a perpetual conservation easement. Andrea Reese, Sr. Land Conservation Specialist at the Northern Virginia Conservation Trust stands ready to explore this option with you. She can be reached at 703-354-5093.

I close with our letter of May 16, 2017 to Mark Anstine, ARA Newmark:

Dear Mr. Anstine,

Rescue Reston is the grass-roots organization comprising dedicated community volunteers who oppose redevelopment of Reston National Golf Course into residential housing or any site development other than the currently approved golf course and recreational open space use. We are committing to defending this golf course/recreational open space and have proven ourselves over the past 5 years. Our supporters defend with their time and their money.

We strongly advise you to share the attached communication with all parties who request information regarding the property you have listed as "Reston National" in Reston, Virginia.

Reston is not your normal community and all those bidding for speculation on future development potential should be fully aware of the property's approved zoning uses and land use limitations. They are buying a golf course or other open space. Period.

Yours respectfully,

**Connie Hartke**, President  
Rescue Reston

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**Not your typical restaurant entrance. Cooper's Hawk, new to Reston, is built on a Napa-Style winery experience concept, to highlight the company's 50 different wines, many of which are award-winners. There is a restaurant, with food designed to match the wine, a gift shop, a sweets case, bar and outdoor patio dining for 130.**



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Reston GM Ryan Delisi loves talking about Cooper's Hawk, the company, the concept, "and the community we build around an experience with friends, family, and neighbors."**

## Cooper's Hawk Brings Wine and Dine Experience to Reston

BY ANDREA WORKER  
THE CONNECTION

**T**hat's "experience" in more than one sense of the word; "experience" in that the Cooper's Hawk Winery and Restaurant that officially opened on Monday, Aug. 28, will be the company's 30th location, so they probably know a thing or two about the business, and because a real winery "experience" – with "fantastic food" is what General Manager Ryan Delisi says the establishment is all about.

Delisi, Cooper's Hawk Marketing Manager Ami Vanderhoof, and Executive Kitchen Manager and culinary training guru Edmund Vogel hosted a "sneak peak" event the Thursday before the opening date.

What's the first thing you notice when you walk through the doors? Space!

With most restaurants, diners enter a crowded "holding area" – either smashed up against the hostess desk, or herded into an overcrowded bar, usually right off the front entrance. At Cooper's Hawk, the hostess stand is located at the end of a modern, light-filled grand hall, where the "Napa Valley" feel is front and center, with the Tasting Bar on the right, running the length of the room.

Getting to the hostess stand is a pleasant adventure. First you have to pass through the artisanal gift shop area – wine-themed items, of course – and a glass cabinet featuring an array of their made-from-scratch truffle temptations. Surrounding you the whole way are wall-to-wall wine racks displaying Cooper Hawk's collection of wines – the only wines they sell or pour.

**THE HOSTESS** tells you there's a 30-minute wait (you forgot to make a reservation), but who cares? Instead of cramming onto a little bench, or fighting your way to a spot at the bar, you get to happily wander



**Reston GM Ryan Delisi loves talking about Cooper's Hawk, the company, the concept, "and the community we build around an experience with friends, family, and neighbors."**

that hall, checking out unique wine glasses, aerators, decanters, even handbags made with cork, while actually able to talk with your dinner companion(s). But avoid those truffles. Save them for dessert.

While you're waiting – or "just because" – step up to that tasting counter. A mere \$7 will get you a generous tasting of a variety of wines. If you've tried the wine before hand, there'll be no disappointment that's it's "just not to your liking" when you order a bottle at the table.

Cooper's Hawk founder, Tim McEnery, opened the first location in suburban Chicago in 2005. According to the Cooper's Hawk staff, the idea came to him when dining, after visiting a winery. McEnery wished that there had been a real food offering at the winery, not just the usual plate of crackers. A little more thinking, a lot of research, and the concept of Cooper's Hawk, "the passionate belief that food and wine hold the power to forge lasting connections," was underway.

As Executive Kitchen Manager Vogel explained during the menu sampling, the



**Meloney is waiting to guide you through your wine tasting experience, and tell you all about the benefits of Wine Club membership. Cooper's Hawk has some 200,000 members already on board, but membership is not required to enjoy the tastings and the culinary treats.**

Cooper's Hawk folks do things in the reverse-than-usual order. Instead of finding a wine to complement the food, their mission is to invent recipes that pair with their wines.

That must have been a challenging task, since the company produces 50 different varieties, from sweet whites to super Tuscan reds, from light every-day bottles to higher-priced and more complex offerings from their "Lux Collection." They even have sparkling wines, and home-made sangrias. The grapes come from select partnerships around the country and now, even internationally, but the winemaking is done by Cooper's Hawk at their Chicago location.

"Actually, we are growing so much, that we need to move house," said marketing manager Vanderhoof. In a few months, Cooper's Hawk operations will move to a larger facility in Woodridge, Ill. When you're the fifth largest winemakers in the country outside of California, you need a bit of room to get the job done.

**AFTER TASTING** Candied Bacon and Artisan Cheeses as the appetizers, followed by Crispy Brussels Sprouts, and entrées like Shrimp and Scallop Risotto, Pan-Roasted Barramundi fish, Gnocchi Carbonara and Ginger Soy Glazed NY Strip, all with their paired sparkling wines, Cabernet Zinfandels, Moscato, Chardonnays and Lux Cabernet Sauvignon, the sneak-peakers agreed: culinary mission accomplished.

Oh. Don't forget that dessert. Proprietary chocolate cake with "Nightjar" wine, and Lemon Ice Wine Cheesecake with Ice wine.

In addition to the tasting room delights and the culinary creations, Cooper's Hawk offers a Wine Club membership. "We think it's an incredible deal," said Vanderhoof. There's no long-term commitments, and members can sign up for a one or two bottle per month deal, both of which include loyalty rewards, discounts, and access to members only events and activities.

There's plenty of seating at Cooper's Hawk — 196 seats indoors, and an additional 146 on the wrap-around patio, a large bar area, and a private dining room for special occasions and meetings. They also offer a comprehensive catering service.

"And don't forget, we will have a Happy Hour on weekdays and complimentary valet parking on weekend evenings," GM Delisi reminded his guests. "Maybe the best thing we offer," he added, is a place that's welcoming. We are not interested in the 'turn and burn.' Take your time, and enjoy yourselves. That's what the Cooper's Hawk community is really all about."

**COOPER'S HAWK** Winery and Restaurant is located at 12130 Sunset Hills Road in Reston, serving lunch and dinner – and those tastings – seven days a week, starting at 11 a.m. Check out the website at [www.coopershawkinery.com](http://www.coopershawkinery.com).

# Healthy and in Season

From juicy apples to hearty cabbage, how to reap the health benefits of fall produce.

BY MARILYN CAMPBELL

**W**ith her one-year-old daughter in tow, Ellen Knight poked at apples and caressed peppers on a Sunday morning at the Bethesda Farmers Market. The activity is part of her weekend ritual, searching for the freshest, most flavorful seasonal fruits and vegetables to use in meals throughout the rest of the week.

"I'm a little neurotic about produce and farmers markets," she said. "I try to only buy at farmers markets and only buy what's in season. I'm excited about fall and the new changes in what's coming in from the local farms."

As the weather gets cooler and temperatures drop, the bumper crops of fall can be found in flavorful abundance at farmers markets, grocery stores and even backyard gardens. Among the most nutritious and readily available produce are cabbage, peppers, squash, beets and other root vegetables, says Chef Pete Snaith of Culinaria Cooking School in Vienna.

"The fall harvest is a glorious time for peak-of-the-season vegetables and fruits," he said. "Farmers markets will be piled high ...."

With a flavor that can be the basis of both sweet and savory dishes, sweet potatoes are one of the most nutritious foods to debut in fall, says nutritionist Allison Speer of the Speer Nutrition Group in Alexandria. "They're loaded with potassium and vitamin E," she said. "In fall there's a greater variety available like Purple Stokes, Garnet and Hannah."

Choose small or medium-sized sweet potatoes that feel heavier than they look, advises Speer. "Store them in a dark place and keep them cool, but not cold," she said. "Letting them get cold ruins the flavor."

Winter squash is an umbrella

term for a wide-range of squash varieties with thick, tough skins, such as butternut and acorn. Most readily available beginning in early fall and slow to go bad, winter squash can be stored whole for several weeks, says Arlington-based dietitian Melissa Hawkins, RD. "They are full of vitamins A and C," she said. "They also have a lot of potassium and fiber, which can make you feel full and satisfied for a longer time."

Hawkins also touts the versatility of winter squash. "I like to use butternut squash or pumpkin in soup," she said. "Acorn squash can be made into a puree. One of my favorite things to do is to spiralize winter squash to make spaghetti or noodle-like strands that I use instead of pasta. It's super easy and deeply satisfying."

Though its trendier cousins kale and Brussels sprouts get more hype, Hawkins says that cabbage is a versatile superfood that should not be overlooked. "There are so many varieties like Savoy and Napa and it's full of vitamins C and B6 and fiber," she said.

Cabbage and other greens are low in calories and can be prepared in a myriad of ways, adds Speer. "One of the simplest ways to cook them is to roast them or stir fry them," she said. "Cabbage can also be stuffed or turned into slaw."

Most commonly seen in dark red, beets come in a variety of colors like white, pink and orange. They're earthy, sweet and nutritious, says Hawkins. "Eating beets is almost like taking a big multivitamin," she said. "You're getting vitamins, A, B and C, plus iron, potassium, folic acid and beta-carotene."

Beets can be eaten raw or prepared in a variety of ways, says Speer. "You can roast them, puree them or even make beet chips," she said. "They can stain your hands and clothing so you have to be careful when handling them."

Among the foods most often associated with fall are apples. With varieties ranging from tart Granny Smiths to sweet Fujis, there's an orb for every palate, says Speer. "Apples are packed with fiber and vitamin C," she said. "You can slice them or eat them whole, so they're accessible and easy to carry and eat."

Select apples that are firm and without blemishes or bruises, and coat them with lemon juice after they've been cut to keep them from turning brown, advises Speer.

Choosing produce that is fresh and in-season, makes it easier to prepare them with little fuss so that their nutritional value is preserved. "Fresh vegetables deserve

quick, simple, healthy preparation," said Snaith "Steaming, blanching, grilling, and roasting quickly come to mind. Apples, watermelon, and peaches are abundant now as well. You can top off a delicious meal with a light dessert of baked apples or grilled peaches with homemade vanilla ice cream."

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### Roasted Beet Salad

2 each, red and golden beets, wash but not peeled.  
2 TBSP, olive oil  
3 oranges, peeled and segmented  
1/4 cup, fresh mint, chiffonade  
4 oz., feta cheese, sliced into 1/2" cubes or crumbled<sup>o</sup>  
1 mango, sliced in 1/2" cubes  
micro greens or pea shoots (optional)

Vinaigrette  
1/2 cup, olive oil  
2 TBSP., balsamic vinegar  
1 TBSP., orange juice  
salt and pepper to taste

1. Preheat the oven to 400° F.
2. Coat the beets with the olive oil and season with salt and pepper. Place the beets in a roasting dish and cover. Place in the oven and roast for about 1 to 1 and a half hours or until tender. Remove from the beets from the oven and let cool. Peel when cooled. Cut into 1/2" pieces
3. While the beets are roasting, prepare the vinaigrette. Place the ingredients in a bowl and whisk to combine.
4. Place the beets, mango, orange, and pea shoots in separate bowls. Drizzle each with a tablespoon of vinaigrette and toss to coat.
5. Arrange the salad attractively on the plate. Top with pea shoots and drizzle with the vinaigrette and top with the mint.



South Lakes High School PTSA member Amy Shaw organizes food at the pantry in July.



South Lakes High School PTSA member Roberta Gosling helps during a food distribution on Thursday, July 27.

# School Community Fights Hunger

**South Lakes PTSA kept students in need fed all summer.**

BY FALLON FORBUSH  
THE CONNECTION

**O**n a summer afternoon in July, people are bustling in and out of Room 372 at South Lakes High School. Members of the school's parent-teacher-student association transformed the room into a food pantry last school year and decided to keep it open throughout the break to keep students in need from going hungry during the summer.

Shepherded by parents Roberta Gosling, Abbe Pascal, Andy Sigle and Amy Shaw, the South Lakes High School PTSA began collecting food in February and started distributing food to students in March — serving 25 to 50 students per week.

Since March, the pantry has served about 100 students and their families and more than 350 people have come through its doors. At two bags per guest, that is more than 700 bags of food and counting.

Gosling, Shaw and parent Ronni Levine were volunteering on the afternoon of Thursday, July 27, organizing donations and distributing food and toiletries.

"It's a community thing," Shaw said. "Everyone is excited to plug in and get involved."

The pantry has received great support from the community:

- ❖ Local dentists have donated toothbrushes and toothpaste
- ❖ Harris Teeter and Trader Joe's grocery stores have donated bags
- ❖ Herndon-Reston FISH, Inc. donated 800 boxes of macaroni and cheese
- ❖ The congregation of the Good Shepherd Lutheran Church in Herndon and A



PHOTOS BY FALLON FORBUSH/THE CONNECTION

**Volunteers help a family select produce that was donated by the Herndon Farmers' Market.**

Simple Gesture Reston regularly donate food through the "cool, green bag" program

- ❖ The high school's music and theater programs collect donations at performances and concerts

- ❖ The high school's teachers and staff donate items

- ❖ SLHS alumni and employees of Copper River Information Technology in Chantilly regularly donate money

- ❖ Girl Scouts from Troop 5185 in Reston and the Reston Swim Team Association's Dolphins and Sharks teams collect donations

- ❖ Vendors from the Herndon Farmers' Market donate unsold produce

- ❖ Catchin' Toads, a Reston-based band comprising SLHS students and alumni, performed a benefit concert at Ned's Irish Sports Pub in Herndon on July 16 and raised more than \$1,000

"Every week, we put out a call for the

things we need [in the school's newsletter], and by the next week we've got plenty of it," Gosling said.

Gosling and Shaw were nervous about running out of supplies during the summer because the students weren't in school, but they always found "a ton of food" waiting for them to collect from the main office, which people dropped off during summer office hours.

"The community has just been amazing," Gosling said. "Sometimes I cry when I come here."

During the school year, students pick up shopping lists that are available in English, Spanish and Arabic. The students then drop off their list on Thursdays in a box.

"There's an anonymous box and it's by their student ID number, so they don't have to put their name on it," Shaw said.

**VOLUNTEERS** then come in on Thursday

night and Friday morning to pack the bags for the students, which are picked up on Fridays at the end of the school day.

"They pick up their bag by student ID and they just kind of walk through and walk out the door," Gosling said. "They get to walk right to the buses, so it's pretty anonymous."

"We just line everything up by student ID and we have volunteers that help kids pick 'em up and they head right out to their bus," Shaw added.

Gosling and Shaw describe Kimberly Retzer, the high school's principal, as a "super cheerleader and champion" of the pantry.

"She helps send a text out every week to remind the kids to turn in their slips and she tweeted," Gosling said. "She's totally into it."

On July 19, the southlakeshs Twitter handle tweeted: "SL PTSA food pantry open each Thurs 3-6 p.m. during the summer."

Students participating in the high school's Work Awareness Transition program collect food donations from the main office, check for expiration dates, inventory and stock the shelves of the pantry, according to Shaw.

Excitement for the pantry spread beyond the walls of the school.

"People just on their own had big birthday parties — like 50<sup>th</sup> birthday parties — and just asked people to bring donations for the pantry instead of presents," Shaw said. "So, the whole front office was just full of food after these parties, which was just awesome."

The PTSA parents who helped start the pantry hope it goes strong well after they leave.

"We're doing what we can to make it institutional," said Gosling, whose child just graduated from the school. She and some other parents will not be members of the PTSA this school year because their children will have moved on.

SEE FOOD PANTRY, PAGE 9

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# NEWS

**South Lakes High School PTSA members Roberta Gosling (left) and Amy Shaw (right) help during a food distribution on Thursday, July 27.**



PHOTOS BY FALLON FORBUSH/  
THE CONNECTION

## Food Pantry Stayed Open Throughout Summer

FROM PAGE 8

As Reston parents worked to solve a problem at their school, their students are not the only ones who suffer from food insecurity in the county.

A total of 50,668 students or approximately 27 percent of students who attended Fairfax County Public Schools during the 2016-2017 school year were eligible to receive subsidized meals through the National School Lunch Program, according to the Virginia Department of Education Office of School Nutrition Programs.

Children qualify for free or reduced-price school meals based on household income and family size. Children from families with incomes at or below 130 percent of the federal poverty level are eligible for free meals, according to the Food and Nutrition Service of the U.S. Department of Agriculture. Children who are part of households that receive SNAP benefits or Temporary Assistance to Needy Families are automatically eligible to receive free meals. Those with incomes between 130 and 185 percent of the federal poverty level are eligible for reduced-price meals, which may not cost more than 40 cents.

The 2017 federal poverty levels, according to the U.S. Department of Health and Human Services, are:

- ❖ \$12,060 for individuals
- ❖ \$16,240 for a family of 2
- ❖ \$20,420 for a family of 3
- ❖ \$24,600 for a family of 4
- ❖ \$28,780 for a family of 5
- ❖ \$32,960 for a family of 6
- ❖ \$37,140 for a family of 7
- ❖ \$41,320 for a family of 8

Federal poverty level amounts are higher in Alaska and Hawaii

To fill the void during the summer, the county participated in the Free Summer Meals for Kids Program, which provides free meals to children aged 5 to 18 years old from June 26 to Aug. 25, excluding July 3 and 4.

**PARTICIPATING SITES** were either open or closed. Open sites served free meals to all children and are located where 50 percent or more of the students receive free or

reduced-price meals at school, according to the Fairfax County Department of Neighborhood and Community Services. Closed sites served free meals to children who were eligible for the National School Lunch Program and are located in areas where less than 50 percent or more of the students receive free or reduced-price meals at school.

Open sites in Reston and Herndon were: Herndon Neighborhood Resource Center, Southgate Community Center and West Glade Apartments. The single closed site in Reston and Herndon was Cedar Ridge Community Center.

The Fairfax County Public Schools Office of Food and Nutrition Services also put on the Food for Every Child to Eat During Summer (FEEDS) BBQ program at various schools across the county during the summer. The USDA-funded program was free for all children 18 years old and younger and \$2 for adults. Meals were served from 11:30 a.m. to 1 p.m. from June 26 to Aug. 25, except July 3 and 4, at three locations in Reston and Herndon: Dogwood Elementary School, Hutchison Elementary School and Herndon High School.

A video about the program, "Food and Friendship with Summer FEEDS," which was published on June 30, featuring FCPS Deputy Superintendent Steve Lockard, Mount Vernon Woods Elementary School Principal Clint Mitchell and Virginia's First Lady Dorothy McAuliffe, can be viewed on the Fairfax County Public Schools YouTube channel.



**The South Lakes High School PTSA Food Pantry provided guests with fresh produce this summer that it gleaned from the Herndon Farmers' Market. During the summer, students and their families could pick up two bags of food and toiletries each Thursday, 3-6 p.m.**

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**NEWS**

# Democratic-Endorsed School Board Candidate Wins

**Keys-Gamarra overcomes Republican-advantage in low-turnout August.**

BY MICHAEL LEE POPE  
THE CONNECTION

**G**uardian ad litem and Fairfax County Planning Commission member Karen Keys-Gamarra swamped Republican Chris Grisafe and two other candidates in a special election Aug. 29, one that Democrats say is a sign of strength for their party heading into the fall. The seat was vacated by Republican-endorsed former School Board member Jeanette Hough in May, days before the deadline for the race to be on the ballot in November. Democrats cried foul, attacking the Republicans throughout the campaign for trying to rig the vote by engineering an August special election so the voters would be older and whiter and ostensibly more inclined to vote Republican than the much larger pool of voters in November.

"It backfired," said at-large School Board member Ryan McElveen, adding that the cost to taxpayers was about \$300,000 for the special election. "That became the narrative, and it's what people were talking about."

After it was clear that she had won more than 60 percent of the vote, Keys-Gamarra arrived to a raucous crowd of campaign volunteers and party faithful assembled at the Elks Lodge in Pine Ridge. Lt. Gov. Ralph Northam introduced the victorious Democrat with a speech that some in the crowd compared to the kind of delivery popularized by professional wrestlers, a newfound sense of ebullience for the typically buttoned-down candidate for governor. Keys-Gamarra thanked those who worked on her campaign without the benefit of a list, which she said she said she had been too busy to write.

"Today is so much bigger than me," said Keys-Gamarra. "This sends a message that every student, every citizen, deserves a voice."

**ON THE CAMPAIGN** trail, Keys-Gamarra focused on a theme of



PHOTO BY ANDREA WORKER

**Karen Keys-Gamarra won the special election for the open school board seat vacated by Jeanette Hough.**

## Election Results

- ❖ Karen Keys-Gamarra: 41,436 votes, 64 percent
- ❖ Chris Grisafe: 21,315 votes, 33 percent
- ❖ Michael Owens: 1,408 votes, 2 percent
- ❖ Sandra Allen: 787 votes, 1 percent

leveling the playing field for students across the county. She would frequently say that all students deserve the same opportunities no matter what ZIP code they live in. That was a message that resonated with voters in Virginia's most populous county, which has pockets of poverty scattered around some of the wealthiest neighborhoods in the county. Supporters say that was the right message for an at-large seat on the School Board, which represents all parts of the county.

"Karen was really focused on this issue of equity," said Tamara Derenak Kaufax, who represents the Lee District on the School Board. "She understands that poverty brings challenges, and that was something she talked about at every campaign appearance."

Some Democrats were worried that the controversy surrounding the recent vote on renaming J.E.B. Stuart High School might undermine Keys-Gamarra, who agreed with those wanting to change the name. But as the precinct numbers rolled in Tuesday night, it became clear that issue might not have been the flashpoint some had feared. Democrats were closely watching precincts like Belvedere

and Barcroft for a sense that voters there might be pushing back against the move to strip the high school of its controversial Confederate name.

"If there was going to be a backlash, that's where you would have seen it," said U.S. Rep. Gerry Connolly (D-11). "But she won those precincts."

Campaign manager Peter Dougherty acknowledged that turnout for the August special election was low compared to November. But he said the numbers this week exceeded his expectations, which he assumed would be maybe 6 percent or 7 percent of registered voters. Instead turnout was closer to 10 percent. Keys-Gamarra ended up with more than 41,000 votes — 64 percent, almost doubling the turnout of her Republican-endorsed opponent. Dougherty said he was surprised to see his candidate win in precincts like Fairfax Station, which is traditionally GOP territory.

"I think this shows that Democrats are really excited right now," said Dougherty. "Voters wanted someone who would stand up to what we saw in Charlottesville, and I think Karen's message was the antidote to that."

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

## IN-PERSON, TV DEBATES

**The League of Women Voters** of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit [www.vote411.org](http://www.vote411.org).

In-person forums:

- ♦ **Sunday, Sept. 17** at 2:30 p.m. at Reston Community Center: Hunters Woods Village Center, 2310 Colts Neck Road, Reston.
- ♦ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.
- ♦ **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly.

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to [theinsidescoopvtv@gmail.com](mailto:theinsidescoopvtv@gmail.com) or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

## SENIOR VOLUNTEERS

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

## ONGOING

**Sunrise at Reston Town Center** offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email [Reston.ED@sunriseseniorliving.com](mailto:Reston.ED@sunriseseniorliving.com) to RSVP.

**Exercise for Parkinson's.** Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. [parkinsonfoundation.org](http://parkinsonfoundation.org). Call Natalie McCall [nmccall@onelifefitness.com](mailto:nmccall@onelifefitness.com) 703-904-7600 for more.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call MG Help Desk at 703-324-8556 for more.

**Passages DivorceCare.** For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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<b>Alfredo's Construction Company, Inc.</b> <ul style="list-style-type: none"> <li>• Concrete Driveways</li> <li>• Patios • Sidewalks</li> <li>• Stone • Brick</li> </ul> Phone: <b>VA: (703) 698-0060 • MD: (301) 316-1603</b> <b>www.alfredosconstructioncompany.com</b>		<b>Find us on Facebook and become a fan!</b> <b>www.Facebook.com/connectionnewspapers</b>  Newspapers & Online The Connection to Your Community <a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a>	
An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## Nothing To Do With Cancer, Almost



By KENNETH B. LOURIE

How lucky am I? In the last two days, I have been the extremely lucky, though presumably random, recipient, of not one but two unsolicited phone calls offering me FREE accommodations at any number of Marriott and Hilton hotels, fairly reputable brands, I'd say. All I have to do is transport my wife, Dina, and myself to the agreed-upon hotel during the designated window of opportunity and voila, a semi-uncumbered vacation for two awaits. And believe me, the offer couldn't have come at a better time. Let's be honest, what more than a cure does a "terminal" cancer patient need than a reasonably priced, stress-free get away from his every day? Need I even characterize that previous question as rhetorical?

Now since I hung up rather quickly, I don't have all the details, other than their phone numbers of course. Because, as you might imagine, I still have a few questions I'd like answered — you know, to optimize the benefits/coordinate the timing of our vacation. But the 'unsolicited' nature of the call didn't enable me to organize my thoughts and ask all the appropriate questions. Nevertheless, the opportunity seems worthy of a follow-up phone call.

Ideally, what I'd like to do is bracket my vacation/air fare and the miscellaneous travel expenses I'm undoubtedly going to incur around the respective properties' availability. Meaning, I'd like to fly once and stay twice; staying in their respective properties in the same city/location switching out of Marriott after my first free weekend stay and then booking into the Hilton for my next free weekend stay (and I'd be willing to pay for my mid-week excursion during the transition). In effect, making the trip a two-for-one as opposed to a not-going-at-all. And in so arranging, using as much of corporate America's largess and marketing budget as is cleverly possible for a non-corporate America employee to exploit. Not having pursued this possible presumption quite yet because I've just had chemotherapy on Friday and I'm not really in the mood to tangle with a fast-talking, smooth operator, who though he/she may have my best travel plans at heart, may not exactly be feeling my strain. So I'm going to wait a few days until I regain my bearings — and patience, and tolerance and call them back unsolicited at a time convenient for me but possibly not so for them and see if we can make a deal.

Because, to tell you the truth, if I could coordinate two hotel reservations — along with all the amenities with which I'm likely to be showered for accepting these extraordinarily generous offers, combined with some free air miles I've accumulated with United Airlines/their travel partners, this indeed could be the trip that my oncologist encouraged us to take when he first delivered the life-changing/life-ending prognosis: "13 months to two years" back in late February 2009. Further adding that, before starting chemotherapy, was as good as I would likely feel for a long time. And as I have come to learn, the quality of my life is very important to my oncologist.

At that time however, I didn't feel the need and/or wasn't motivated to follow my oncologist's suggestion; I wanted to get started on my treatment. Now, eight and half years later, perhaps the timing is better, especially given that it presents itself at the beginning of a new Redskins football season. And if I may quote the late, great, former, head coach of the "Over the hill gang," George Allen: "The future is now." So let me sift through the offers this week and see if can indeed take the "trip we've always dreamed of." I know it's often said that you can't go back. Maybe we can still go forward.

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

# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Jazz in the City Exhibit.** Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit [www.artspaceherndon.com](http://www.artspaceherndon.com) for more.

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more information.

## THURSDAY/SEPT. 7

**Lunch Bunch Thursdays.** 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit [restontowncenter.com](http://restontowncenter.com) for more.

**Fashion Tip Thursdays.** 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, learn the Fall 2017 color palette. Call 571-526-4185 or visit [restontowncenter.scoutandmollys.com](http://restontowncenter.scoutandmollys.com).

## SATURDAY/SEPT. 9

**Food For Neighbors.** 9:30 a.m. at the Collection Spot, 11710 Plaza America Drive, Reston. Collecting food to provide nutritional support to students at multiple area schools, including Herndon High School and Herndon Middle School. Visit [www.FoodForNeighbors.org](http://www.FoodForNeighbors.org)

**North Point Village Fall Kick-Off Event.** 10 a.m.-2 p.m. at North Point Village Center, 1492 North Point Village Center, Reston. Meet former Redskin Dexter Manley, test skills on The Gauntlet Obstacle Course, bounce and slide for hours, balloons, and face painting. Visit [www.northpointvillage.com/](http://www.northpointvillage.com/) for more.

**ChalkFest Workshop.** 11 a.m.-1 p.m. at the fountain square, 11900 Market St., Reston. Take part in a free Chalk Workshop with artist Penny Hauffe. Free. Go to [publicartreston.org](http://publicartreston.org) or call 703-467-9797 for more.

**Art With A Heart.** 1-4 p.m. at the Market Common Clarendon, 2800 Clarendon Blvd. Artists doing caricatures, face painting, auction, hosted by Touching Heart of Herndon. Call 703-901-7355 or visit [www.touchingheart.com](http://www.touchingheart.com)

**Artist Reception.** 5-7 p.m. at the Greater Reston Arts Center, 12001 Market St., #103, Reston. Artist Sue Wrbican talks about her exhibit "Well Past the Echo," which is on view from Sept. 9 through Nov. 18. Call 703-471-9242 x 114 or visit [restonarts.org](http://restonarts.org).

## SEPT. 9-20

**Northern Virginia Senior Olympics.** Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit [www.nvso.us](http://www.nvso.us) for more.

## SUNDAY/SEPT. 10

**DogFest.** noon-3 p.m. at Reston Town Center, 11900 Market St., Reston. 4th annual Washington DC DogFest Walk 'n Roll with festivities, graduate speakers, dog demonstrations, music, food, and more. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities. Free. Proceeds benefit Canine Companions for Independence - Capital Chapter. Visit [cci.org](http://cci.org)

**Herndon Garden Tour.** noon-4 p.m. at Herndon Community Center, 814 Ferndale Ave. Tour of five elegant and eclectic gardens in the Town of Herndon. Tickets \$15; kids 12 and under are free. Visit [www.herndon-va.gov/gardentour](http://www.herndon-va.gov/gardentour)

**Dog Daze and Wagfest.** 10 a.m.-1 p.m. The Water Mine Family Swimmin' Hole at Lake Fairfax Park will open for dogs-only swimming. Dogs can swim in Rattlesnake River for a suggested donation of \$10 per dog. The day will also include a canine resource fair. Visit vendors including veterinarians, dog boutiques, the Park Authority and more. Learn about the county's



PHOTO CONTRIBUTED

## Art Crawl

Music is part of the Third Thursday ArtCrawl, Sept. 17 at 750 Center St., Herndon.



PHOTO BY DAWN MURPHY

## Kathmandu Fruit Sellers

Photographers are invited to the Reston Photographic Society's monthly gatherings at the Reston Community Center Hunters Woods. RPS member, Dawn Murphy, captured the vibrant colors and street life in Nepal's cities in "Kathmandu Fruit Sellers."

## Food for Neighbors

At the sorting location, volunteers prepare food for delivery to participating schools. On a weekly basis, the schools then distribute the food to participating teens, so on Saturday, Sept. 9 at 9:30 a.m. the upcoming drive is at the Collection Spot, 11710 Plaza America Drive, Reston. Visit [www.FoodForNeighbors.org](http://www.FoodForNeighbors.org) for more.



PHOTO BY CHRISTA SOLTIS

nine dog parks, find out how to volunteer as a dog park monitor and learn about dog park etiquette. Visit [www.fairfaxcounty.gov/parks/rec/watermine/](http://www.fairfaxcounty.gov/parks/rec/watermine/) or call 703-324-8662.

## TUESDAY/SEPT. 12

**Rehearsal Starts.** 7-9 p.m. at Herndon Middle School, 901 Locust St., Herndon For the Herndon Wind Ensemble, open to all instrumentalists. Public performances throughout the year. Free. Visit [herndonregionalwindensemble.com](http://herndonregionalwindensemble.com) for more.

## WEDNESDAY/SEPT. 13

**Contact Center Nation.** 9:30 a.m.-3 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Networking and call-center professionals meeting. Visit [www.contactcenternation.com](http://www.contactcenternation.com) for more.

**Elections Have Consequences.** 7:30-9 p.m. at Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. League of Women Voters will look at the scope, history, and overall effect of the number of Virginians who don't believe that their vote counts and stay home on election day. Free. Call 703-476-5758 or visit [www.lwv-fairfax.org](http://www.lwv-fairfax.org)

## THURSDAY/SEPT. 14

**Steel Drum Sandy.** 11:30 a.m.-1:30 p.m. at the pavilion, 11900 Market St., Reston. Musicians are one of a variety of different entertainment each week at Fountain Square, every Thursday, through Oct. 19. Free. Go to [www.restontowncenter.com](http://www.restontowncenter.com) for more.

**Lunch Bunch Thursdays.** 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit [restontowncenter.com](http://restontowncenter.com) for more.

**Fashion Tip Thursdays.** 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, how to wear plaid this season. Call 571-526-4185 or visit [restontowncenter.scoutandmollys.com](http://restontowncenter.scoutandmollys.com).

## FRIDAY/SEPT. 15

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

**Chalkfest.** noon-11 p.m. at Reston Town Center, 11900 Market Street, Reston. Professional artists and sponsors will create chalk drawings on the pavement. Viewing is free. Call 703-467-9797 or email [info@publicartreston.org](mailto:info@publicartreston.org).

## SATURDAY/SEPT. 16

**8K Race and 2K Walk/Fun Run.** 8:30 a.m. at South Lakes High School, 11400 South Lakes Drive, Reston. In memory of Timothy P. Susco. This race is hosted each year by Tim's family to honor and remember his life, as well as to promote brain aneurysm and organ donation awareness. Visit [www2.fcps.edu/SouthLakesHS/](http://www2.fcps.edu/SouthLakesHS/)

**ChalkFest.** 8:30 a.m.-5 p.m. at Reston Town Center, 11900 Market St. Rain or shine. Registration fee for participation includes supplies. Call 703-467-9797 or email [info@publicartreston.org](mailto:info@publicartreston.org) for more.

**Fairfax County Brewfest 2017.** noon-6 p.m. at Mustag Sally Brewing Company, 14140 Parke Long Ct A-C, Chantilly. Featuring live music from Scott Kurt and Memphis 59 and The Blues Buckets. A portion of the proceeds will benefit K9 for Warriors, \$10 pre-sale online; \$15 at the door (while tickets last) includes admission and logo tasting glass. Visit [www.msbrewing.com](http://www.msbrewing.com)

**Lulu's Fate in Concert.** 4-6 p.m. at Art Space Herndon, 750 Center St., Herndon. Traditional Appalachian and Americana music. Free. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org)

**Lullabye a Lamb.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/)

## SUNDAY/SEPT. 17

**Exercise with Athleta.** 11 a.m.-noon at Reston Town Center, 11900 Market St., Reston. Season finale with RochiB Zumba. Free. Call 703-668-0256 or visit [stores.athleta.net/store-4866/](http://stores.athleta.net/store-4866/)