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703.757.0833
Smile@CostaSmiles.com

ON THE WEB
CostaSmiles.com
So Much to Do in Hunter Mill District

By Supervisor Catherine M. Hudgins (D-Hunter Mill District)

Welcome to Fairfax County and to Hunter Mill District. To help orientate you, it is useful to remember much of life in Hunter Mill is shared with the greater community of Fairfax. I am glad you have chosen our area to be your home. It is a wonderful, vibrant, diverse place that is safe, family-friendly, convenient, and loaded with fun things to do whether it be shopping in Reston Town Center or engaging in various outdoor activities in one of our renowned parks. Throughout the county and the district, we enjoy parks and trails, a first class education system, and excellent libraries.

Wondering about the best things about living here? Let's do a quick run-down of several enticing Hunter Mill services, projects and programs.

Parks in the Hunter Mill District are among of the jewels of the Fairfax County Park Authority.

Lake Fairfax Park is a destination location providing 476 acres of parkland. You’ll find a wide range of family-friendly activities and the necessary facilities to make your visit to Lake Fairfax a memorable multi-day experience. Visitors can enjoy the Water Mine family water park, family and group campgrounds, a skate park, a pump track, several hiking and mountain biking trails, and athletic fields. Lake Fairfax is also home to a wide variety of classes, camps, and special events, including a PirateFest.

Frying Pan Farm Park preserves and interprets farm life of the 1920s to 1950s. On this working farm, you can visit the farm animals, take a wagon ride or hike through the fields and woods, explore the historic Meeting House and cemetery, watch the jumpers in equestrian facilities, and satisfy your sweet tooth with penny candy from the Country Store. In the summer, bring your blanket to enjoy the Hunter Mill Melodies free concert series with performances for the kids on Wednesday mornings and family-friendly Thursday night concerts.

One of the most innovative projects under way is the new upper school for McNair Elementary School. With the tremendous need of new facilities for the growing number of students, Fairfax County Public Schools is planning a new, more vertical building for upper grades to accompany the current McNair Elementary School. And, even more exciting, the new facility will incorporate space for County agencies that provide needed services to the students and families in the area. This community-school concept co-locates human services in the one place where most families are – their local school. In addition, the community benefits from the use of space for pre-kindergarten enrichment, sports, meeting space for scouts, community organizations, and special events.

Given the highly diverse population of Hunter Mill, the 2018 resuming of the sisterhood partnership with Neyri, Kenya was gladly received. A delegation from Kenya arrived in Reston early June. They toured Reston Town Center and thoroughly enjoyed the view, the people and the food. They were captivated by Fairfax County and anxious to learn as much as possible. County staff conferred with them on an array of issues ranging from Health, Human Services, Planning and Zoning.

This collaboration will be of mutual benefit to Reston and Nyeri. In addition to sharing ideas and best practices, both localities support the exposure to traditional art and cultural customs as well.

Speaking of tradition, small town charm thrives in the Towns of Vienna and Herndon. The W&OD Trail runs through the heart of Vienna, connecting Church Street’s historic shops and sites, the Town Green plaza, the newly renovated Community Center, and services at the Town Hall and Police Department. Vienna loves to celebrate with the VivaVienna Festival, the annual Halloween Parade, 4th of July celebrations, Oktoberfest, Taste of Vienna, and more. Stop by Waters Field for a chili dog and take in the action at the best baseball facility in the area.

With Public Library branches in Vienna, Reston, Tysons, and Herndon you will enjoy a plethora of programs, performances, clubs, and events for infants through seniors. Regarding the Reston Concept and Goals for the New Town, I am happy to report that we are moving towards the fulfillment of Bob Simon’s dream for the community.

We have several projects coming online that embody his goals advancing his desire for financial success of the New Town. Private enterprise was always foreseen as a major force in the creation of Reston.” The anticipated development, commercial, cultural, and recreational facilities will make it possible to live, work, to work, and play in a place called Reston.”

Moreover, Hunter Mill is a beautiful area that is easily accessible and manageable. Take transportation, for instance - The Hunter Mill District’s streets are laid out in an easy to navigate grid that is accommodating for both novice and experienced drivers. The streets are lined with beautiful landscaping and greenery that make your drive more enjoyable as you travel through the area.

If traffic concerns you, please know that numerous projects are underway designed to reduce congestion and create new accessible routes to your destination, one of them being The Soapstone Connector. When completed, the Soapstone Connector will provide a direct connection between Sunrise Valley Drive over the Dulles Toll Road. Also in process is the replacing of the one lane bridge that carries Hunter Mill Road over Colvin Run. The new bridge will have two lanes and four-foot-wide shoulders, reducing congestion and improving operations and safety.

The combination of our emergency services, environmental protection, economic growth and development strategies coupled with consumer protection ensures a productive, secure, and friendly community”.

With so much happening, how can you keep abreast of current news and developments?

My Office strives to help with a variety of tools. Subscribe to my monthly electronic newsletter, Hunter Mill HighLights, and news updates following the Board of Supervisors’ meetings and special alerts. Just call 703-478-0282 or e-mail huntermill@fairfaxcounty.gov. Delve into a local topic by watching “Connecting with Supervisor Hudgins,” my monthly cable show on the County’s Channel 16. If you prefer a more personal touch, stop by on one of the First Wednesday events to meet with me one-on-one to discuss your topic. And, for a one-stop-shop for Hunter Mill facilities, events, land use cases, transportation and more, check out the Hunter Mill District website – www.fairfaxcounty.gov/huntermill.

It is an honor to serve you as your County Supervisor and I look forward to getting to know you.

Before winning the Major League Baseball 2018 Home Run Derby later the same day, Bryce Harper of the Washington Nationals took time to open the newly renovated baseball fields at the Bryce Harper All-Star Complex at Fred Crabtree Park. A partnership with Major League Baseball, the Park Authority, and Reston Little League culminated with the opening of two upgraded baseball fields complete with new dugouts, batting cages, and lights for community use.

Photos contributed
Newcomers & Community Guide

About the Connection

As your local, weekly newspaper, the Connection’s mission is to deliver the local news you need, to help make sense of what is happening in your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to record achievements, milestones and events in the community and people’s lives.

Here in our Newcomers and Community Guide, we report on the character of your community, we include details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

We invite newcomers and long-time residents alike to let us know how we’re doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an email. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, or your community published a book, etc.

You can help us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

CONTACT

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CONNECTION NEWCOMERS & COMMUNITY GUIDE

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Local Media Connection, LLC

For more information, call 703-778-9431 or email:
sales@connectionnewspapers.com

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online at www.connectionnewspapers.com/

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• Events to list in the calendar:

www.ConnectionNewspapers.com/Calendar/

• Digital editions of papers are available at

www.ConnectionNewspapers.com/PDFs

• Past issues of the Connection back to 2008 are available at www.ConnectionArchives.com/PDF/

• Advertising information, call 703-778-9431

details available here

www.ConnectionNewspapers.com/advertising

• Sign up for a free digital subscription at

Submit volunteer announcements at www.ConnectionNewspapers.com/Calendar.

**AARP Foundation Tax-Aide** is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can’t afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they’ve earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnib6517@verizon.net.

**STEM Professionals Needed**. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science’s STEM Volunteer Program, stemvolunteers.org. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.

**Volunteer Adult Mentors Needed**. Help assist the Department of Family Services’ BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

**Herndon High School Library** needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

**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 Hulick at chulick@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

**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 or call MG Help Desk at 703-324-8556 for more. 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 and click on Volunteer Solutions.

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**Newcomers Guide**

** Choir**

Submit volunteer announcements at www.ConnectionNewspapers.com/Calendar.

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**What’s the key to a vibrant life?**

A stress-free day without the day-to-day responsibilities of maintaining a home, having unlimited choices of cuisine in our four dining venues, and culturally rich excursions and events, all in casual, yet sophisticated surroundings.

Visit our showroom in the Hunters Woods Village Shopping Center (next to Ledo’s Pizza) to learn how we’ve created a state-of-the-art retirement community planned around giving you more free time, and fabulous ways to spend it.

**Showroom Now Open** | 888-902-4733

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Our 1,000 Books Before Kindergarten program is designed to help prepare children for one of life’s big milestones: kindergarten.

Visit any library branch for more information or to sign up. More information and branch locations at www.fairfaxcounty.gov/library.

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**Fairfax Library Foundation**
Funding provided by the Fairfax Library Foundation.

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**AT TRAILS EDGE**

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Reston, Virginia 20191

www.IntegraCare.com

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**www.ConnectionNewspapers.com**

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Reston Connection August 22-28, 2018 5
How To Vote

Every year is election year in Virginia; mechanics and details of voting require attention to detail.

On Election Day, Tuesday, Nov. 6, 2018
On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

Register/update address by: Monday, Oct. 15.
Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.
Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3.

For more information on voting in Fairfax County:
Fairfax County Office of Elections 12000 Government Center Parkway Suite 323 Fairfax, VA, 22033
Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxgov

Election Officer Info: 703-324-4735, TTY 711
For 24-hour recorded information call 703-324-4700

Carroll County Board of Supervisors, District 1
Donald B. Murphy, unopposed

Carroll County Board of Supervisors, District 2
Lawrence W. "Scott" Gerber, Jr. (R)

Carroll County Board of Supervisors, District 3
George "Buck" Scott, Jr. (R)

Carroll County Board of Supervisors, District 4
Kathleen "Katie" Broyles (R)

Search Results: For the election of one member of this Board, Carroll County, the Board of Supervisors shall appoint a successor to hold office until the next County election. The Board of Supervisors may, at its discretion, fill any vacancy by appointment until the next regular election of members of the Board of Supervisors.

Question: Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property? Present Law: No.

Generally, the Constitution of Virginia provides that all property shall be taxed. The Constitution
Newcomers

Reston Experience

—Mercia Hobson

Ben Foster, neuroscience research, 1 year in Reston

Favorites: “The trails, greenery and the number of small businesses. I’m glad I’m here.”
Concerns: “The price of housing.”
Event Notices: “The Reston Association newsletter and booklet and listings at the Reston Community Center Hunters Woods.”

Jose Ribas, 22 years in Reston

Favorites: “I like Reston Town Center, their concerts and Rio Grande Restaurant in Reston.”
Concerns: “The buses.”
Event Notices: “I find out about events in the newspapers.”

Welcome to Virginia!
I am proud to represent you in Richmond as a Virginia State Senator, and am interested in hearing your views.

Senator Janet Howell

www.janethowell.com
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Senator Janet Howell

www.janethowell.com
www.facebook.com/senatorhowell
district32@senate.virginia.gov
senhowell@gmail.com
703-709-8283

Visit our website: www.twopoorteachers.com
Can you imagine what Reston would be like if no one volunteered? Think about a community without all the volunteer-based clubs, businesses, groups, organizations, non-profits, events, committees, etc. Fortunately, for us, Reston has a history of volunteerism that is still going strong. That’s what makes Reston great!

Volunteer Reston is a network of community members who come together to complete various projects to improve our surroundings and bring the Reston community together. Housed under the Reston Association, Volunteer Reston hosts efforts in hopes for bringing the Reston community closer.

Our mission is to enhance Reston Association’s services and programs by matching the varied talents of individuals and groups of all ages, interests and skills to a variety of engaging projects and endeavors.

Why Volunteer?
Volunteers play a critical role in helping Reston grow. Whether you are hoping to meet new people, spend time with friends, learn new skills, make a positive impact in your community or complete school service hours, Volunteer Reston has something for everyone. Regardless of the motive, Reston Association volunteers all have one thing in common – they are all helping to make Reston a better place to live, work and play.

RA volunteers have a variety of ages, skill levels and personalities. Volunteers include senior citizens, corporate teams, faith-based groups, families, college students, retirees, scouts and youth.

There are several ways to get involved. Some events happen frequently, whereas others happen on an annual or even one-time basis. Our recreational, environmental and administrative projects enable volunteers to meet other locals and learn more about Reston’s growing community.

Reston is often praised for its trails, lakes and landscape. To preserve Reston’s natural beauty, regular maintenance is essential. Consider supporting habitat restoration, watershed cleanups and other workday projects by signing up for an upcoming opportunity.

Opportunities include Habitat Heroes, stream monitoring, watershed cleanups, Walker Nature Center assistance and other workdays.

To get involved, complete a one-time Volunteer Application found online at www.reston.org, and contact Ha Brock, Volunteer Reston Manager, at habrock@reston.org with your interest.

Environmental Work
Out of all the volunteer opportunities Volunteer Reston offers, environmental work is the most laborious. However, this makes it one of the most meaningful and investing.

Work may include removing weeds, identifying invasive vegetation, planting seedlings, clearing trails, collecting trash and handling tools. Supplies are provided and are often used. With training, volunteers might be tasked with using wheelbarrows, brooms, trowels, shovels, rakes, pruning shears, gardening tools, hand picks, pitchforks, weed wrenches and hand saws.

Get Involved with Volunteer Reston

By Ha Brock and Jackie Reed
Volunteering Makes the Area a Better Place for All

Volunteer Fairfax engages thousands of volunteers of all ages annually and supports more than 600 member nonprofits and agencies striving to make Northern Virginia a better place for all.

Volunteer Fairfax’s offerings include: Volunteers For Change, a program that makes volunteering accessible and fun for busy adults; Alternative Community Service, a program that places a range of court-ordered clients in community service positions and RSVP Northern Virginia, a program sponsored by Volunteer Fairfax in partnership with Volunteer Arlington and Volunteer Alexandria, that matches those 55 and better with meaningful and fun volunteer opportunities.

Volunteer Fairfax also offers an array of training programs that help nonprofits and volunteer groups run more efficiently. For corporations looking to engage their employees in the community, Volunteer Fairfax’s BusinessLink program offers customized employee volunteer engagement at sites in Northern Virginia and throughout the DC Metro Area.

Volunteer Fairfax also runs three signature programs to promote and recognize community involvement. They include VolunteerFest presented by AT&T, powered by Volunteer Fairfax, Saturday, Oct. 27, a regional day of volunteering featuring project sites across the region; Give Together: A Family Volunteer Day on Martin Luther King, Jr. Day, a large family-friendly event where children of all ages engage in volunteering and The Fairfax County Volunteer Service Awards, a breakfast held each April to honor volunteers who have given outstanding service to the community.

For more information on any of Volunteer Fairfax’s programs or to find a volunteer opportunity now, visit www.volunteerfairfax.org or call 703-246-3460.

Volunteer

From Page 8

Workdays range from two to eight hours on any given day. Training is provided onsite by RA staff. Supplies, food and water are also available.

Join the Community

Reston Association frequently hosts community events throughout the year. These events allow Reston locals to meet, network, share stories and work together with camaraderie and stewardship.

Events include the Multicultural Festival, Halloween House & Trick-or-Treat Trail, Community Events and Spring Festival.

To learn more about upcoming opportunities, complete a one-time Volunteer Application found online at www.reston.org, and contact Ha Brock, Volunteer Reston Manager, at habrock@reston.org with your interest.

Corporate Service Projects

Volunteer Reston offers expertise in community service to corporations by creating customized projects that complement team building, leadership development and philanthropy initiatives. Philanthropy comes in various ways: from event sponsorship, monetary donation, in-kind contributions and employee volunteerism. Opportunities for support are numerous and we would be delighted to connect with corporations to customize an opportunity beneficial to your philanthropic goals. We make it easy for your company to volunteer by managing the process from A-Z.

Connect with Volunteer Reston on Social Media

Following our accounts is a convenient way to stay in touch with Volunteer Reston. Get the latest updates and share your experiences today. www.facebook.com/VolunteerReston

Instagram @Volunteer_Reston

Twitter @VolunteerReston

If you are interested in finding out more about Volunteer Reston, contact Ha Brock, at habrock@reston.org or visit our website at www.reston.org.

Ha Brock is Volunteer Reston Manager and Jackie Reed is Volunteer Reston Assistant.

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Instagram @Volunteer_Reston

Twitter @VolunteerReston

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Ha Brock is Volunteer Reston Manager and Jackie Reed is Volunteer Reston Assistant.
An Insider's Guide to Major Parks in the Area

National Parks

Great Falls National Park
9200 Old Dominion Drive, McLean
www.nps.gov/gfna
Great Falls Park is open daily from 7 a.m. until dark. The Visitor Center and boat launches are open from 10 a.m. until 5 p.m. daily, spring through fall seasons. Picnic, bike along the Potomac River. Swimming and wading in the Potomac are prohibited.

George Washington Memorial Parkway
www.nps.gov/gwmp
703-289-2500
The GW Parkway includes more than 25 points of interest. Pond study, bird watching, canoe trips, nature walks and talks, and GPS self-guided tours are just a few of the exciting programs offered by park rangers.

State Parks

Mason Neck State Park
7301 High Point Rd. Lorton
www.dcr.virginia.gov/state_parks/mas.shtml F 703-339-2385 or 703-339-2380 (visitor center)
masonneck@dcr.virginia.gov.
The park’s visitor center was expanded in 2010 to include a new exhibit room, gift shop and meeting room. There are several exhibits in the center, and with a view of Belmont Bay. Visitor center staff can answer questions and provide information on park trails, facilities and local points of interest. Pond study, bird watching, canoe trips, nature walks and talks, and GPS self-guided tours are just a few of the exciting programs offered by park rangers.

Regional Parks

Bull Run Regional Park & Atlantic Waterpark
7700 Bull Run Drive, Centreville
www.nvrpa.org/park/bull-run/
703-631-0552
Main park open all year for picnicking, hiking and family camping. Bull Run Public Shooting Center open all year. Group camping open daily Jan. 7 through Nov. 11. Mini and disc golf open April through October. Hours vary. Atlantis Waterpark features pools, a giant dumping bucket, waterslides, and fun-filled activities for all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of the Northern Virginia Regional Park Authority family of Waterparks. Neptune Reef snack bar offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, hiking, picnic areas and a large play area for children. The park offers one of the largest, outdoor freeform pools on the east coast. Bull Run Regional Park, located on Mason Neck Peninsula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Pirates Cove Waterpark is located at Poplar Bridge Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, hiking, picnic areas and a large play area for children. The park offers one of the largest, outdoor freeform pools on the east coast. Bull Run Regional Park, located on Mason Neck Peninsula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Pirates Cove Waterpark is located at Poplar Bridge Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove features pools, a giant dumping bucket, waterslides, and fun-filled activities for all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of the Northern Virginia Regional Park Authority family of Waterparks. Neptune Reef snack bar offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, hiking, picnic areas and a large play area for children. The park offers one of the largest, outdoor freeform pools on the east coast. Bull Run Regional Park, located on Mason Neck Peninsula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Pirates Cove Waterpark is located at Poplar Bridge Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove

Hemlock Overlook Regional Park
13230 Yates Ford Road, Clifton
www.nvrpa.org/park/hemlock_overlook/
703-289-2500
Hemlock Overlook Regional Park offers a variety of outdoor and environmental education. Programs at Hemlock Overlook are open to the public and groups by reservation. Only the hiking and horse trails may be used without prior arrangement.

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court, Vienna
www.nvrpa.org/park/meadowlark_botanical_gardens/
703-255-3631
This 95-acre complex of large ornamental display gardens and unique native plant collections is open year round and include walking trails, lakes, more than 20 varieties of cherry trees, ities, perennies, an extensive shade garden, native/wildflowers, gazebos, bird, butterflies, seasonal blooms and foliage. The Atrium’s indoor tropical garden setting is a popular meeting, reception, wedding and workshop location. Interpretive displays accompany a restored 18th-century cabin.

Occoneechee Regional Park
9751 Ox Road, Lorton
www.nvrpa.org/park/occoneech/ 703-690-2121
This park offers 400 acres of recreational space and a touch of the past with its historic brick kilns and the Turning Point Suffragist Memorial. Park lands, trails and associated waters are part of the Fairfax Cross-Country Trail. Kayak rentals. One hour Tour Boat Rides on the Occoquan River to Belmont Bay and back. Offered Saturdays noon-5 p.m., Sunday 1-8 p.m., April 2 through Nov. 27. $10 adults, $5 children 12 and under, under age 4 are free.

File photos by Mark Mogle, featuring Great Falls National Park and Washington Memorial Parkway. Map by Laurence Foong and design by Jean Card

also features picnic pavilions, a deck for sunning and playing, as well as plenty of shade. Captain’s Gallery snack bar features food, beverages and sweets. Pirates Cove is open from Memorial Day weekend through Labor Day.

Pohick Bay Golf Course
10301 Gunston Road, Lorton
703-339-8585
www.nvrpa.org/park/pohick_bay_golf_course
This scenic golf course is located on the Mason Neck Peninsula in Lorton. Pohick Bay’s practice facility features a driving range with practice putting and chipping greens, and lessons from PGA pros. A full-service pro shop features an array of name-brand golf equipment and apparel. Other services include club making, custom club fitting, regripping, ref-shafting and tournament coordinating.

Potomac Overlook Regional Park & Nature Center
2845 Marcey Road, Arlington, VA 22207
703-528-5406
www.nvrpa.org/park/potomac_overlook/
On the Potomac Palisades in northern Arlington, Potomac Overlook offers 79 acres of peaceful woodland, trails, educational gardens, a small picnic area and a Nature Center. The Nature Center features brand new exhibits called the “Energerium,” offering visitors a fun and accessible way to learn energy basics and ways they can help create sustainable energy solutions. The Nature Center also houses live animals and natural history exhibits.

Sandy Run Regional Park
10450 Van Thompson Road, Fairfax Station
703-690-4372
The park is open to the public for the purpose of education, training, practice, and racing for competitive and recreational sculling and rowing. Only shells and other boats authorized by the Northern Virginia Regional Park Authority may be launched from the docks or shoreline of Sandy Run. Sandy Run offers a facility for team training and competition for Olympic, high school and club canoe, kayak and crew athletes.

Upton Hill Regional Park & Ocean Dunes Waterpark
6060 Wilson Blvd., Arlington
703-534-3437 or UptonHill@nvrpa.org
Upton Hill Regional Park offers visitors a wooded oasis in the heart of the most densely populated area of Northern Virginia. A large outdoor water-park complex is a sparkling attraction in this wooded, urban park, which straddles the boundary line between Arlington and Fairfax counties. The deluxe miniature golf course boasts one of the longest mini golf holes in the world; the batting cages include nine baseball and softball cages. The park is open every day for hiking, picnicking, playing on the playground and enjoying the outdoors. Located within Upton Hill Regional Park, Ocean Dunes is loaded with fun features for adults and children.

Arts Center
Workhouse Arts Center
9601 Ox Road, Lorton
703-584-2900
www.lortonarts.org
The Workhouse Arts Center consists of seven studio buildings, the main galleries and the recently opened Youth Arts Center. Visitors are encouraged to interact with artists. In addition to visual arts, the Workhouse Arts Center is home to performing arts, including theater, film institute, musical and dance performances. The education department supports both the visual and performing arts, offering classes and workshops in a variety of disciplines. Future plans for the Workhouse include an event center, amphitheater, Workhouse Theatre, restaurants, apartments, music barn and garden/horticultural area. Other buildings on site, yet to be renovated, may provide for other activities such as a visitors center, a blacksmith shop, theatre scene shops and rehearsal space.

Clemjontri Park
6317 Georgetown Pike, McLean
www.clemjontri.com
fitness, picnic areas and playgrounds
18.6 acres, special purpose park

Ellanor C. Lawrence Park
5040 Weyanuck Road, Chantilly
703-584-2970
www.clemjontri.com
basketball (unlit), basketball (unlit), community center, nature center, amphitheater, trails
650 acres, multiple resource park

Frying Pan Farm Park
2717 West Ox Road, Herndon
historic structure, biking/equestrian/hiking trails, open areas, playground
135.3 acres, multiple resource park

Green Spring Gardens
4633 Green Spring Road, Alexandria
historic structure, biking/equestrian/hiking trails, open areas, gardens
30.9 acres, special purpose park

Hidden Pond Park
8511 Greeley Boulevard, Springfield
tennis (lit), nature center, amphitheater, hiking/nature trails, fishing
25.6 acres, community park

Lake Accotink Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), amphitheater, carousel, campground, tour boat, picnic shelters
479 acres, multiple resource park

Lake Fairfax Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness
121.2 acres, district park

Lee District Park
6601 Telegraph Road, Franconia
softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground
138 acres, district park

Mason District Park
6621 Columbia Pike, Annandale
softball (lit), soccer/football (unlit/lit), tennis (lit), trails, picnic
90.9 acres, district park

Nottoway Park
9374 Courthouse Road, Vienna
baseball (lit), soccer/football, tennis, basketball (lit), tennis (lit), picnic
411.2 acres, multiple resource park

Riverbend Park
8700 Potomac Hill Street, Great Falls
nature center, historic structure, biking/equestrian/hiking trails, picnic areas, craftroom
384.3 acres, natural resource park

Scotts Run Nature Preserve
7400 Georgetown Pike, McLean
historic structure, historic/hiking/nature trails, fishing
894.3 acres, natural resource park

South Run District
7500 Reservation Drive, Springfield
baseball (lit), soccer/football, basketball, tennis, reccenter, equestrian, playground, swimming
196 acres, district park

Wakefield Park & RECenter
8100 Braddock Road, Annandale
softball, soccer/football, basketball, tennis, reccenter, biking, fitness trail, skate park
292.6 acres, multiple resource park

Burke Lake Park & Golf Course
7315 Ox Road, Fairfax Station
volleyball, driving range, 18 hole, par 3, minigolf, trails, playground, campgrounds, fishing
883.4 acres, multiple resource park

Burke Lake Park Golf Course
7315 Ox Road, Fairfax Station
volleyball, driving range, 18 hole, par 3, minigolf, trails, playground, campgrounds, fishing
883.4 acres, multiple resource park

Hidden Pond Park
8511 Greeley Boulevard, Springfield
tennis (lit), nature center, amphitheater, hiking/nature trails, playground, fishing
25.6 acres, community park

Lake Fairfax Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), amphitheater, carousel, campground, tour boat, picnic shelters
479 acres, multiple resource park

Lake Accotink Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness
121.2 acres, district park

Lee District Park
6601 Telegraph Road, Franconia
softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground
138 acres, district park

Mason District Park
6621 Columbia Pike, Annandale
softball (lit), soccer/football (unlit/lit), tennis (lit), trails, picnic
90.9 acres, district park

Nottoway Park
9374 Courthouse Road, Vienna
baseball (lit), soccer/football, tennis, basketball (lit), tennis (lit), picnic
411.2 acres, multiple resource park

Riverbend Park
8700 Potomac Hill Street, Great Falls
nature center, historic structure, biking/equestrian/hiking trails, picnic areas, craftroom
384.3 acres, natural resource park

Scotts Run Nature Preserve
7400 Georgetown Pike, McLean
historic structure, historic/hiking/nature trails, fishing
894.3 acres, natural resource park

South Run District
7500 Reservation Drive, Springfield
baseball (lit), soccer/football, basketball, tennis, reccenter, equestrian, playground, swimming
196 acres, district park

Wakefield Park & RECenter
8100 Braddock Road, Annandale
softball, soccer/football, basketball, tennis, reccenter, biking, fitness trail, skate park
292.6 acres, multiple resource park

Huntley Meadows Park
3701 Lockheed Boulevard, Alexandria
nature center, historic structure, biking/hiking/nature trails, observation tower, boardwalk
1444.8 acres, natural resource park

Lake Accotink Park
7500 Accotink Park Road, Springfield
basketball, volleyball, minigolf, trails, picnic
448.1 acres, multiple resource park

Lake Fairfax Park
1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), amphitheater, carousel, campground, tour boat, picnic shelters
479 acres, multiple resource park

Lee District Park
6601 Telegraph Road, Franconia
softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground
138 acres, district park

Mason District Park
6621 Columbia Pike, Annandale
softball (lit), soccer/football (unlit/lit), tennis (lit), trails, picnic
90.9 acres, district park

Nottoway Park
9374 Courthouse Road, Vienna
baseball (lit), soccer/football, tennis, basketball (lit), tennis (lit), picnic
411.2 acres, multiple resource park

Riverbend Park
8700 Potomac Hill Street, Great Falls
nature center, historic structure, biking/equestrian/hiking trails, picnic areas, craftroom
411.2 acres, multiple resource park

Scotts Run Nature Preserve
7400 Georgetown Pike, McLean
historic structure, historic/hiking/nature trails, fishing
894.3 acres, natural resource park

South Run District
7500 Reservation Drive, Springfield
baseball (lit), soccer/football, basketball, tennis, reccenter, equestrian, playground, swimming
196 acres, district park

Wakefield Park & RECenter
8100 Braddock Road, Annandale
softball, soccer/football, basketball, tennis, reccenter, biking, fitness trail, skate park
292.6 acres, multiple resource park

Huntley Meadows Park
3701 Lockheed Boulevard, Alexandria
nature center, historic structure, biking/hiking/nature trails, observation tower, boardwalk
1444.8 acres, natural resource park
New President To Lead Northern Virginia Chamber

Julie Coons, CAE will serve as the Northern Virginia Chamber of Commerce’s next president and CEO effective Sept. 10. Coons currently serves as chief operating officer of the Council of Better Business Bureaus based in Arlington. She brings to the Northern Virginia Chamber diverse experience leading more than 500,000 geographically-focused business organizations, guiding financial and brand transformations, and successfully advocating for business in local, state, national and international arenas. Among her leadership roles, she served previously as president and CEO of the Electronic Retailing Association and, prior to that role, as president and CEO of the Maryland Tech Council.

The selection of Coons as the chamber’s next president and CEO comes after a national search facilitated by The McCormick Group, a national executive search consulting firm, and led by the chamber’s Search Committee, chaired by Kathy Alabardor, CEO of Helios HR.

“After a comprehensive search process, we are pleased to have identified the best individual to lead the Chamber into its next season of growth, innovation, and member service,” said Jennifer Siciliano, executive director and CEO of the Maryland Tech Council.

The Northern Virginia Chamber has an outstanding reputation serving and representing Northern Virginia’s robust business community,” said Coons. “This is an exciting time for Northern Virginia and Greater Washington, and the chamber is well positioned to develop new and exciting opportunities for businesses from across our region to engage, interact, and lead.”

The Northern Virginia Chamber of Commerce, the “Voice of Business in Northern Virginia,” represents over 650 local employers and more than 50,000 regional employees. For 90-plus years, the Northern Virginia Chamber has been working hand-in-hand with companies in the region to build a strong business community.

To learn more about visit www.novachamber.org and follow the Northern Virginia Chamber on Twitter: @NOVACHamber

UPCOMING NOVA CHAMBER EVENTS

• Northern Virginia Regional Elected Leaders Summit, Aug. 29, at 8 – 10 a.m., Waddell Theater, Join the Northern Virginia Chamber of Commerce, Alexandria Chamber of Commerce, Arlington Chamber of Commerce, Loudoun County Chamber of Commerce, Prince William Chamber of Commerce, and the Northern Virginia Regional Commission for a roundtable featuring the mayor of the City of Alexandria, chairs of Fairfax, Loudoun and Prince William counties, as well as the vice chair of Arlington County.

• Capital Region Business Forum, Sept. 6, at 7:30 – 9:30 a.m., Hilton McLean Tysons Corner, Virginia Gov. Ralph Northam, Maryland Gov. Larry Hogan and D.C. Mayor Muriel Bowser will discuss their plans to work cooperatively to bolster the regional economy.

• 2018 Virginia Senatorial Debate, Sept. 26, at 5 – 8 p.m., Capital One Bank, between U.S. Sen. Tim Kaine (D) and Chairman at-large of the Prince William Board of County Supervisors Corey Stewart (R). Chuck Todd of NBC’s Meet The Press, will moderate, to be televised live on NBC4.

On The Ballot

FROM PAGE 6

of Virginia also sets out specific types of property that may be exempted from taxation. For example, the Constitution of Virginia allows the General Assembly to permit localities to provide a partial exemption from real estate taxes as an incentive for property owners to make substantial improvements to existing structures by renovating, rehabilitating, or replacing those structures.

Proposed Amendment

The proposed amendment would authorize the General Assembly to permit localities to provide a partial tax exemption for real property that is subject to recurrent flooding, if improvements have been made on the property to address flooding. The General Assembly and participating localities would be allowed to place restrictions or conditions on qualifications for the tax exemption.

“YES” vote will authorize the General Assembly to allow localities to provide a partial tax exemption for real property that is subject to recurrent flooding, if improvements have been made on the property to address flooding.

“NO” vote will not allow such a tax exemption.

State Ballot Question Two

Question: Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouse of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

Present Law

The Constitution of Virginia currently requires the General Assembly to exempt from taxation the principal place of residence of any veteran who has been determined by the U.S. Department of Veterans Affairs to have a 100 percent service-connected, permanent, and total disability. This tax exemption is also provided to the surviving spouse of such a veteran, so long as the surviving spouse continues to occupy that property as the surviving spouse’s principal place of residence.

Proposed Amendment

The proposed amendment would allow the surviving spouse of any veteran who has been determined by the U.S. Department of Veterans Affairs to have a 100 percent service-connected, permanent, and total disability. This tax exemption is also provided to the surviving spouse of such a veteran, so long as the surviving spouse continues to occupy that property as the surviving spouse’s principal place of residence. This tax exemption of any veteran who has been determined by the U.S. Department of Veterans Affairs to have a 100 percent service-connected, permanent, and total disability. This tax exemption is also provided to the surviving spouse of such a veteran, so long as the surviving spouse continues to occupy that property as the surviving spouse’s principal place of residence.

The proposed amendment would authorize the General Assembly to allow localities to provide a partial tax exemption for real property that is subject to recurrent flooding, if improvements have been made on the property to address flooding.

“YES” vote will authorize the General Assembly to allow localities to provide a partial tax exemption for real property that is subject to recurrent flooding, if improvements have been made on the property to address flooding.

“NO” vote will not allow such a tax exemption.
The Reston Farmers Market — Gem at Lake Anne

It seems so long ago that the Reston Farmers Market had its humble beginning in the Lake Anne Village Center parking lot. A deserted Lake Anne sprang to new life that Saturday morning, May 5, 1998, when Founder Robert Simon, Del. Ken Plum and I opened Reston’s first farmers market with a modest contingent of 12 vendors. The original idea for the Market came from Debbie Sphrentz. She organized a group calling themselves Friends of TOMATO (The Organic Market At Tall Oaks) and lobbied to establish it in her Tall Oaks neighborhood. But, Giant Food, then ruler of struggling Tall Oaks center, nixed the idea. Debbie turned to Lake Anne and, with support from Lake Anne Condo President Martha Green and the Fairfax County Park Authority as sponsor, got the necessary approvals. She went to Reston Association to seek a Market Master (then RA VP John Lovaas volunteered) and advertising help.

The Reston Farmers Market was warmly received and drew good crowds pretty much from day one. With our group of 12 local farmers on opening day, Lake Anne came alive. The RFM has grown steadily since.

We opened the 2018 season (April 21 to Dec. 1) with 30 vendors, plus tents for the Supplemental Nutrition Assistance Program (SNAP) and Fairfax Master Gardeners. Once the season is in full swing, we’ll have 2,000, perhaps as many as 3,000 shoppers each Saturday morning. It is number one in Fairfax County and among the best in the metro area. A totally separate crafts market operates on the Plaza next to RFM, giving Lake Anne Village Center the air of a grand bazaar each Saturday.

So, what fresh, local foods and home-made goodies will you find at the Reston Farmers Market? From the beginning the Market’s heart and soul has been fruits and vegetables including organics. Varieties have grown dramatically — e.g. we offer 30 or more kinds of apples, peppers and tomatoes as well as a selection of eggplants, cabbages, squashes, even corn, that will amaze you.

Fresh dairy includes cow’s milk and cheeses, ice cream, and goat cheeses. We have a great selection of meats: many cuts of beef and pork, chicken, goat, rabbit, and our low-fat, low cholesterol favorite-local water buffalo meat. Fresh caught seafood from the Chesapeake Bay and its tributaries, includes crabs, rockfish, oysters and more. Four bakers provide scrumptious breads, pastries, pies, cakes, and cookies. Other goodies include: honey, hummus, pickles, meat pies, and salads. Did we mention our colorful plants and flowers?

For more info, go to: www.restonfarmersmarket.com or call 703-429-1117.

—John and Fran Lovaas,
Co-Market Managers
**Parks**  
A Guide to Fairfax County Parks in the Great Falls, Reston & Herndon Areas

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<th>Address, City</th>
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<td>Riverbend</td>
<td>8700 Potomac Hill Street, Great Falls</td>
<td>Multiple Resource Park</td>
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*File photos by Renée Ruggles
Map by Lawrence Foong, Design by Jean Card*
Newcomers

About Reston Experience: Places, Events, Concerns

New and longtime residents in Reston share their viewpoints about places, events and happenings.

Susan Rose, co-owner of Restoration Massage in Herndon, Reston resident since 1976

Favorites: “I send people to the Lake Anne Coffee Shop and the Lake Anne Brew House. I love the Jazz Festival on Labor Day Weekend. This year it is on Sept. 1. Lake Anne is iconic Reston; unlike Reston Town Center, Walker Nature Center is one of Reston’s best-kept secrets.

Concerns: “I am concerned if Amazon comes here as there will be so much traffic, and with all the growth and density, there will be stress on our resources. I am not opposed to change; it is just happening too fast without consideration for the impact.”

Event Notices: “I find out about many events through social media but I’ve lived here a long time, so I know what’s coming. On occasion, I do forget. I would like to add, I am a member of the Reston Runners. They are not all runners. They have a huge walkers group and a walker-runner group. This is my social club. Also, the Jo Ann Rose Gallery located at the Reston Community Center is named after my mother. The gallery offers a range of different exhibits by local and regional artists with many works for sale.”

Mia Nelson, Researcher Cyber Security, 10 years in Reston

Favorites: “There are trails; I am a runner. The Northern Virginia Fine Arts Festival at Reston Town Center and the Reston CenterStage concerts during the holidays. Reston Town Center even plays classical music through their speakers.”

Concerns: “The Reston Association Board.”

Event Notices: “I learn about things through word of mouth, but sometimes I just know.”

Terra Saunders, Founder of della Terra Skin and Hair Care, longtime Reston resident

Favorites: “I like the proximity to nature, the walking paths and the diversity.”

Concerns: “Honestly, I love Reston. Planned communities tend to do well even though some of the original infrastructure has gotten old and needs a refresh, such as roads and parking lots.”

Event Notices: “Social media and person-to-person word of mouth. I would like to add, Reston was a great place to be a kid and a teen. It offered security for parents. We would ride the bus system. There were things for kids to do to keep us out of trouble.”

Reazul Islam, Reston resident cycling at Reston Town Center with his sons Ahwanith, 11, (left) and Arjav, 12, (right).

Favorite: “Lake Anne, I wander around here and take walks. I love the architecture in the area. It is the best I’ve seen of mid-century modern. And I like seeing the dogs everywhere.”

Concerns: “The price of housing and gas.”

Event Notices: “I find out about things accidentally.”

See Reston Experience, Page 7

Elizabeth Storm, Office Manager, 3 months in Reston

Photos by Mercia Hobson/The Connection
Celebrating Women’s Equality

By Judy Helein and Anu Sahai
Co-Presidents
League of Women Voters of the Fairfax Area

On Aug. 26, our nation celebrates Women’s Equality Day. This day recognizes the ratification of the 19th Amendment to the U.S. Constitution, giving women the right to vote. Many fearless and dedicated women suffered jail time, physical assaults by the police and spectators (at demonstrations), as well as insults, during the struggle for voting rights. This struggle spanned more than seven decades. However, it was not until 1973 that Congress by resolution designated this day as “Women’s Equality Day.”

The League of Women Voters was founded in 1920 by Carrie Chapman Catt, president of the National American Woman Suffrage Association, during its convention which was held six months before the ratification. She was a women’s rights activist and a suffragist, who stated correctly that the vote was the “emblem of equality” for all citizens, women and men.

The League of Women Voters of the Fairfax Area (LWVFA) celebrates the fact that in 2018 there are 38 female legislators in the General Assembly as compared to 24 in 2015, an increase of 14. Although the LWVFA does not endorse any candidates, we recognize this historical achievement.

The LWVFA is a non-partisan organization. It provides voter services such as voter registration for first time voters, updating registration for people who have moved or had name changes and citizen education. LWVFA also advocates and takes action at the state and local levels for particular policies that are in the public interest such as Election Reform, Voting Rights, Redistricting Reform, Firearms Safety, Transportation and Behavioral Health.

To learn more about the League of Women Voters of the Fairfax Area, please go to its website, www.lwv-fairfax.org.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

Stop Isolating the Children

By Kenneth R. ‘Ken’ Plum
State Delegate (D-36)

The federal administration policy of breaking up families as an intentional strategy aimed at refugee families has shocked the conscience of most Americans. Taking innocent children out of the arms of their mothers or fathers and shuffling them off to “a facility” without any explanation or known plans for their future has to be one of the cruellest acts of the federal government ever and is completely abhorrent to the moral standards of most Americans.

At the same time we condemn these evil acts of a misdirected federal agency and work in every way in the courts and through the ballot box to get these policies changed, it is important that the subject of isolating children be viewed in its larger context.

As more is learned about the traumatic effects of separation and isolation can have on the future emotional stability, mental health, and behavior of children, the necessity of reforming the way that our juvenile justice system functions becomes obvious.

Information gathered by The Commonwealth Institute shows that almost three-quarters of youth who have been held in the state’s juvenile prisons are convicted of another crime within three years of release. Data shows the longer a child is held in a facility the more likely it is they will commit a crime. (www.thecommonwealthinstitute.org)

I recently talked with Valerie Slater who heads RISE for Youth: United Families, Safe Communities on my television show “Virginia Report.” Listen to that conversation on YouTube. She points out that racial disparities in Virginia’s juvenile system are higher than the national average. In Virginia, black youth are seven times more likely to be incarcerated than their white peers, and youth of Latino heritage are 2 times more likely to be incarcerated than their white peers.

Likewise, the higher the rate of poverty in their community the more likely children are to be sent to youth prisons. As Valerie wrote recently, “we must dismantle, once and for all, the systems that allow for first time voters, updating registra-

North Umpqua River near the Steamboat Inn: Photo taken from the bridge over the North Umpqua.

Photo contributed

August Getaway to Oregon

By John Lovaas
Producer/Host

Finally, it was August and time for our long-planned escape with family to scenic Oregon, a state we’d not visited. The itinerary for the trip came from my two surviving younger sisters, one of whom made our reservations at Crater Lake National Park over a year ago. The spectacularly beautiful wonder of nature was to be the centerpiece of a 12-day trip which also included touring part of the Oregon Pacific coast and stays at Gold Beach, Ashland.

Oregon had appeal not only because it was new to us, but also because it seemed likely to be a nice change from metro Washington in the dog days of August. However, sad to say it turned out Oregon was busy setting high temperature records during our visit, including a couple of days of temps over 100 degrees F over most of the state. Worse,
Dog Days of Summer

Dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit restontowncenter.com for more.

THURSDAY/SEPT. 6

Trip to Paradise Springs and The Winery at Bull Run.

Meet Me at the Movies.

WEDNESDAY/SEPT. 5

Dog Days of Summer.

WEDNESDAY/SEPT. 5

Beer and Cheese: An Annual Expressions Portrait Competition and Exhibit.

MONDAY/SEPT. 3

Labor Day Festival.

SUNDAY/AUG. 26

Carnival Splash and Dash.

SATURDAY/AUG. 25

Summerbration Concerts.

FRIDAY/AUG. 24

FRIDAY/AUG. 24

WEDNESDAY/AUG. 15

Dog Days of Summer.

WEDNESDAY/SEPT. 5

MONDAY/SEPT. 3

SUNDAY/AUG. 26

MONDAY/SEPT. 3

SATURDAY/AUG. 25

FRIDAY/AUG. 31

JamBrew.

FRIDAY/AUG. 31

WEDNESDAY/AUG. 15

WEDNESDAY/AUG. 15

WEDNESDAY/SEPT. 5

WEDNESDAY/AUG. 15

SATURDAY/AUG. 25

MONDAY/SEPT. 3

SATURDAY/AUG. 25

FRIDAY/AUG. 24

WEDNESDAY/AUG. 15

THURSDAY/SEPT. 6
Northern Virginia Senior Olympics returns Sept. 15.

By Shirley Ruhe

The Connection

Only $13 registers you in the Northern Virginia Senior Olympics (NVSO) unless you compete in 13 different categories like Charles Toftoy. At $2 for each event, it costs him $39 for registration plus event participation. Several events require additional fees. At 83-years-old, Toftoy has been competing in NVSO for many years. His current favorite event is pickleball which is a national favorite.

This year NVSO begins Saturday, Sept. 15 with the opening ceremony at 9 a.m. followed by track, rowing and diving events. NVSO ends Sept. 26 with pickleball, yo-yo and bunko. In between there is everything from softball hit and throw, tennis doubles, swimming and track events, mini-javelin, volleyball and cornhole toss. New events this year include beach ball wallyball, canasta and croquet.

Events will be held at 29 different parks, recreation centers and sports courts including Fairfax Senior Center-Green Acres, Thomas Jefferson Community Center, Wakefield District Park, Northern Virginia Badminton Club, The Jefferson, Prince William Community Center, Wakefield District Park, Northern Virginia Senior Center-Green Acres, Thomas Jefferson Community Center and many others. For a complete schedule, visit www.nsvo.us.

Participants are required to be 50 years old or older and to reside in the cities of Alexandria, Falls Church or Fairfax or the counties of Arlington, Loudoun, Fairfax, Faquier, or Prince William. Most competitions are held by age group and divided between men and women.

Registration ends postmarked Aug. 31 for regular mail and Sept. 3 for online registration at www.nsvo.us. Volunteers are also welcomed. To volunteer at an event, call RSVP at 703-403-5360 or email RSVP@volunteerfairfax.org.

National Conference of State Legislatures (NCSL) I learned of the important work being done by a committee in NCSL to identify the principles that states should adhere to in reforming their juvenile justice systems. It is being demonstrated in states that it is possible to reform the system to reduce crime and recidivism, enhance public safety, and produce good citizens from those who in the past may have been referred to as criminals. I am pleased that Virginia is making improvements, but we must stay vigilant to continue progress.

As a nation of high moral standards, we must insist that the youngest and most vulnerable among us have an opportunity to succeed even if they are in our poorest communities or seeking asylum for their safety among us.

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News

Run, Throw or Dive and Use Your Brain in NVSO

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Events will be held at 29 different parks, recreation centers and sports courts including Fairfax Senior Center-Green Acres, Thomas Jefferson Community Center, Wakefield District Park, Northern Virginia Badminton Club, The Jefferson, Prince William Golf Course, and St. Andrews Episcopal Church.

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As a nation of high moral standards, we must insist that the youngest and most vulnerable among us have an opportunity to succeed even if they are in our poorest communities or seeking asylum for their safety among us.

I should note other high points of what turned out overall to be wonderful because of those places and the quality time we had with family (my younger sisters and their husbands), whose company we greatly enjoy. We spent three days in a spectacular home overlooking Gold Beach at the mouth of the Rogue River. We hiked along the magnificent Pacific beaches and took an exciting fast flat boat ride forty miles up the River. We saw bald eagles, scores of ospreys, and many kinds of waterfowl.

Our last stop was Eugene, Ore., home of the Oregon University Ducks and 52 cannabis outlets! We went into one fine emporium and were given a basic course on their inventory and suggestions for uses of their wide variety of product.

From Page 16

Northern Virginia Senior Olympics competitors

Northern Virginia Senior Olympics returns Sept. 15.

By Shirley Ruhe

The Connection

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RESTON COMMUNITY CENTER

Reston Multicultural Festival

FREE
Rain or Shine • All Ages

Join us for this festival that brings together the people of Reston to celebrate our rich medley of cultures. Everyone is encouraged to dress in attire from their own cultural roots and share the stories that we gather on the pathways of our lives.

Reston Community Center presents the Reston Multicultural Festival; it is hosted by Lake Anne Plaza and co-sponsored by Reston Association, with partners from a variety of Reston-based organizations and businesses.

Saturday, September 22
11:00 a.m. – 6:00 p.m.
Lake Anne Plaza

FEATURING:
Naturalization Ceremony
National Heritage Award Fellows
• Carolyn Mazloomi, African-American Quilter
• Eddie Bond, Appalachian Old-Time Fiddler

Arts & Crafts
Art Mirrors Culture Exhibit
Exciting Entertainment & Delicious Food!

For more information, please contact Kevin Danaher, RCC Community Events Director, at 703-350-6166.

2018 PREFERENCE POLL

Voting by Mail
September 7 – September 27 (Ballot must be received by 5:00 p.m.)

Voting Online/In Person
September 7 – September 28 (Ballot must be received by 5:00 p.m.)

CANDIDATES FORUM
September 10 • 6:30 p.m. • RCC Hunters Woods

www.restoncommunitycenter.com
To request reasonable ADA accommodations, call 703-476-4500, TTY 711.