In-Plant Rug Service SOAK, NEUTRALIZE AND ANTIBACTERIAL TREATMENT

Offer valid with In-Plant Express or Signature Rug Service - Hadeed, a Trusted Resource Since 1955!

Hurry Offer expires 8/26/18. Not valid w/any other offers. †Some restrictions apply



DTS TASA9

About the Connection

s your local, weekly newspaper, from the community. 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

Chantilly ONIECTION

Newcomers

IS PRODUCED BY CONNECTION NEWSPAPERS www.ConnectionNewspapers.com

FOR MORE INFORMATION, CALL 703-778-9431 OR EMAIL

sales@connectionnewspapers.com

LOCAL MEDIA CONNECTION LLC

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, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituar-

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include when and where the photo was taken and the names of all the people who are in a

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to 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

For advertising and marketing information, see www.connectionnewspapers.com/advertising email sales@connectionnewspapers.com or call 703-778-9431.

Send news to editors@connectionnewspapers.com

Follow Us On Facebook: www.facebook.com/ ConnectionNewspapers

Follow Our Papers on Twitter Connection Newspapers: www.twitter.com/ FollowFairfax; @FollowFairfax Alexandria Gazette Packet: www.twitter.com/ AlexGazette: @AlexGazette Arlington Connection: www.twitter.com/ ArlConnection; @ArlConnection Burke Connection: www.twitter.com/ BurkeConnection @BurkeConnection Centre View: www.twitter.com/CentreView; @CentreView

Chantilly Connection: www.twitter.com/ ChantillyConnec; @ChantillyConnec Fairfax Connection www.twitter.com/ FFXConnection @FFXConnection Fairfax Station-Clifton-Lorton Connection:

Keep in Touch

- ❖ ONLINE: www.connectionnewspapers.com
- ♦ ON FACEBOOK www.facebook.com/ connectionnewspapers
- ❖ LETTERS TO THE EDITOR: Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/ contact/letter/
- Events to list in the calendar.
- www.connectionnewspapers.com/Calendar/ Digital editions of papers are available at
- www.ConnectionNewspapers.com/PDFs
- A Past issues of the Connection back to 2008 are available at www.ConnectionArchives.com/PDF/
- * Advertising information, Special Section details available here
- www.ConnectionNewspapers.com/advertising Sign up for a free digital subscription at www.ConnectionNewspapers.com/subscribe, Call 703-778-9431

www.twitter.com/LFSCConnection; @LFSCConnection

Great Falls Connection: www.twitter.com/ GFConnection; @GFConnection

McLean Connection: www.twitter.com/

McLeanConnect; @McLeanConnectMount Vernon Gazette: www.twitter.com/ MtVernonGazette; @MtVernonGazette

Oak Hill/Herndon: www.twitter.com/ HerndonConnect; @HerndonConnect Potomac Almanac: www.twitter.com/

PotomacAlmanac; @PotomacAlmanac Reston Connection: www.twitter.com/

RestonConnect; @RestonConnect Springfield Connection: www.twitter.com/ SprConnect; @SprConnect

Vienna and Oakton Connection: www.twitter.com/ ViennaConnect @ViennaConnect

– Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

EXPERT ER CARE JUST FOR KIDS.







StoneSprings Hospital Center now offers a dedicated Pediatric Emergency Room! With experienced, board-certified pediatric ER physicians and specially trained nurses, we focus solely on the care and comfort of kids. Whether your child is an infant, teen, or somewhere in between-you can trust StoneSprings Hospital's Pediatric Emergency Room to deliver expert care 24/7.



StoneSprings Hospital Center

To learn more, visit us at StoneSpringsHospital.com/KidsER



Although plenty of construction is still underway at The Preserve at Westfields, homes in this section are finished and people have already moved in.



hoto by Bonnie Hobbs

The apartments at the Trinity Centre in Centreville are finally under construction.

What's in the Works for Local Area

Homes, shops and restaurants are planned.

By Bonnie Hobbs

ith developers having various projects in the pipeline, Centreville and Chantilly are ever-changing places. On the horizon are homes, restaurants and stores that will bring more residents, as well as add to Fairfax County's tax base. Here's a glimpse at just some of the things on the local horizon:

Preserve at Westfields

Some 50 acres of formerly-vacant land along Route 28 and Stonecroft and Westfields boulevards in Chantilly are undergoing a transformation. Called The Preserve at Westfields, this spot will eventually contain 155 townhouses, 650 apartments, plus retail and other amenities.

Fairfax County approved a rezoning for that site and also amended its Comprehensive Plan for that area so that high-density, residential uses may be built there. Akridge owns the land and is building the apartment and retail components; Craftmark Homes and Van Metre are constructing the townhouses

Included will be an amenity area with walking paths, a pavilion/performing and gathering area, plus a lake that's currently not accessible. Proffer highlights include almost \$6 million in recreation improvements and more than \$5.5 million in road improvements. Construction is already well-underway, with one section of homes already completed.

The Field at Commonwealth

The Field at Commonwealth is along Westfields Boulevard in Chantilly, across Route 28 and just northeast of the Akridge site. It's inside the Newbrook Drive loop road and is part of a commercial complex including shops and restaurants.

A Comprehensive Plan amendment for that 21-acre site enabled the developer, Regency Centers, to replace the previously approved 338,400 square feet of hotel, office and retail uses with 183,000 square feet of retail.

The centerpiece is a 140,000-square-foot Wegmans grocery store that opened June

When completed, this shopping center will also boast 32,500 square feet of retail shops, plus a 10,500-square-foot sit-down, full-service restaurant. Already open are

Mellow Mushroom, Chipotle, Cava Grill, My Eye Dr. and Chantilly Modern Dentistry. And joining them will be Habit Burger, a fast-food restaurant; Gusto Farm to Street, offering fresh salads, pizza and flatbreads; Bella Nail Salon and Fearsome Yoga. Also planned are walking trails, an exercise park near the Flatlick stream valley and several pedestrian and road improvements for safety plus better traffic flow.

Rockland Village Green

Two dozen new townhouses are coming to Chantilly. The community will be at Elmwood and Vernon streets and will be called Rockland Village Green. Developed by Carr Homes, it will go on five land parcels off Route 50, behind the Pohanka Lexus dealership.

SEE WHAT'S IN THE WORKS, PAGE G



An artist's rendition of the new, Rockland Village Green townhouses planned for Chantilly.



An example of the exterior of a Lidl grocery store.

Greetings from the Sully District

BY KATHY SMITH
SULLY DISTRICT SUPERVISOR

elcome to the Sully District. I am your Sully District Supervisor, Kathy Smith, and I proudly represent our community on the Fairfax County Board of Supervisors. At the crossroads of major highways and adjacent to Washington Dulles International Airport, the Sully District is dotted with thriving office parks and wonderful amenities.

One of the great things about living in the Sully District is the array of public events and activities that happen throughout the year. The Starlight Drive-in Cinema takes place on Saturdays in August as part of the Park Authority's Summer Entertainment Series. Come watch a movie under the stars at the Trinity Centre in Centreville. Admission is free. This year I held the inaugural Sully District Summer Open House & Food Drive. Attendees learned about Summer RECenter classes, toured the Sully District Office, and much more. Coming up on Oct. 20, 2018 we have the annual Centreville Day celebration - a local favorite. The event includes family-friendly activities, entertainment, and a parade.

Our region is also lucky to include the Udvar-Hazy Air and Space Museum. If you have not been yet, I highly recommend visiting soon and taking in a movie at their IMAX movie theater. Parking is free after 4 p.m.

The Field at Commonwealth center is a newly constructed 169,264 square foot mixed use site located in Chantilly. The anchor store, Wegmans, opened on June 3, 2018. The property also includes a light up interactive floor and the only theremin bollards in the United States.

Another great advantage in our region is our abundance of public facilities. Fairfax County has an excellent public school system. Every day of the week, there are activities and educational programs at both Chantilly and Centreville Regional Libraries. You can learn about new technologies and join a book discussion group. The Sully Senior Center is a great place for older adults to exercise, pursue a hobby, and engage with members of the community.

Fairfax County also has an exceptional park system. The Cub Run RECenter offers an indoor pool, nature program, and a gym. EC Lawrence Park's 650 acres in-



clude: the Walney Visitor Center, athletic fields, trails, a picnic area, and an outdoor amphitheater. The Sully His-

toric Site, completed in 1799, was home to Northern Virginia's first representative to Congress.

Guided tours as well as programs and camps happen all year long. The Sully Woodland core properties comprise roughly 2,000 acres of open space park land in the district.

I hope you will find opportunities to get involved in your community. Sully District has representatives on 80-plus boards, authorities, and commissions. If you or someone you know would be interested in one of these positions, please contact my office to inquire about openings.

Furthermore, if you need any help with county services or any other issues, please feel welcome to contact my office any time via email at sully@fairfaxcounty.gov or by phone at 703-814-7100. We have two community rooms that available at the Sully Governmental Center for free for Fairfax County residents to use. You can reserve our community rooms, and sign up for our weekly e-newsletter online at www.fairfaxcounty.gov/sully.



Springfest 2018



Ribbon-cutting at Field at Commonwealth on July 18, 2018.



McAtee's Tavern historic marker unveiled on June 10, 2017

Perspectives on Living Here



Bijay Lama Chantilly What do I like about living in Chantilly? Chantilly has a International airport (Dulles), lots of good

shopping, and Udvar Hazy Air and Space Museum.

BULLETIN BOARD

Submit civic/community announce-

ments at ConnectionNewspapers.com/

Calendar. Photos and artwork welcome.

Deadline is Thursday at noon, at least

VOTERREGISTRATION AND ID EVENTS

Center Parkway Suite 323, Fairfax) is

hours to provide county residents the

sign a digital signature pad. Call 703-

open daily during normal business

opportunity to register to vote or

obtain a free voter photo ID if

complete a photo voter ID application, have a photo taken and

needed. Applicants will need to

Elections (12000 Government

The Fairfax County Office of

two weeks before event.



Gautam Centreville, since 2015 I have been living in Centreville since 2015. Best thing I like about this area is all the

kinds of restaurants including Chinese. Convenient stores and gas stations are close by. Three big highways, Route 66, 29 and Route 28 are here in Centreville.



Clarkin Centreville, since 1991 What I enjoy most about this area? Nice family communities, the services in the area.

and the schools. What I do not like is the traffic.

> Рнотоѕ ву WILL PALENSCAR

The following special events will also provide opportunity to register to vote and/or get a photo Virginia ❖ Tuesday/Sept. 11, 10 a.m.-1 p.m., The

Woodlands Retirement Community 4320 Forest Hill Ct, Fairfax. Wednesday/Sept. 26, 10 a.m.-2 p.m.,

Herndon Senior Center, 873 Grace St #1, Herndon.

VOLUNTEERS WANTED

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,

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).

MENTAL HEALTH SERVICES

The Fairfax-Falls Church **Community Services Board's** Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service

SEE BULLETIN, PAGE 15



Insight in Action: An Overview & Tour Third Thursdays from 9:00 to 10:30 am

3953 Pender Drive, Suite 100, Fairfax, VA 22030 Bring your loved one for a trial day!

703-204-4664 InsightMCC.org











Site plan of the proposed Pender Oaks townhouses and condos in Fair Oaks.



Photo by Bonnie Hobbs

Called "Serendipity," this colorful, new sculpture is in the courtyard at the Field at Commonwealth in Chantilly. At 17 feet tall and 7 feet wide, it was created to attract people to the plaza there, which is envisioned as that shopping center's gathering place.

What's in the Works for Local Area

From Page 3

The buildings' facades will be brick or other masonry material, and the architecture will be compatible with homes in the surrounding community. Most of the residents will also be offered 5x22-foot, cantilevered decks on their townhouses.

More than 25 percent of the property will be kept as open space. There'll be a 90x70-foot village green, with landscaping and benches, where the community residents may relax and socialize. Some 17 of the townhomes' fronts will face Vernon and Elmwood streets to create a welcoming streetscape. The other seven townhomes will be in the interior, with access from Vernon Street.

The plan includes curbs, sidewalks and street ramps at intersections to make it pedestrian-friendly. And the community's entrance off Vernon Street will lead to an interior street. Plenty of parking is also slated, with 113 spaces on site, including two-car garages underneath each townhome, plus driveway spaces for every unit, and 17 more spaces for visitors. Construction on this project will begin soon.

Trinity Centre

Once envisioned as the heart of Centreville — a place where people could gather for various events and special occasions — Trinity Centre was originally planned for 1.8 million square feet of office space. It was also to have 250,000 square feet of retail uses, plus 336 homes.

But what's actually been built there are three restaurants, a hotel, Life Time Fitness, the 336 homes and three office buildings

across the courtyard from Mellow Mush-room, will eventually house a restaurant at the Field at Commonwealth shopping center.

This building,

Photo by Bonnie Hobbs

totaling just 587,000 square feet — or one-third of the approved office space.

Now, though, JLB Partners are instead constructing a residential project of 355 apartments there.

Also included will be a six-story parking structure in the middle. The units will be within a building that's four stories in front and five stories in back, because of the site's topography. Construction is currently underway.

The building will be constructed adjacent to the existing lake and will have two internal courtyards. There'll be an outdoor pool, and the lower-level units will be walk-outs. In addition, the builder will seek LEED certification, and the lake will be an integral part of the project.

Amenities by the lake will include a fenced-in, off-leash, dog area; benches, chairs and an area where young children could climb. Planned, as well, is an outdoor

area for senior citizens to use for games such as chess and bocce ball. Trails will connect it to the office development, and the developer will also improve pedestrian connections to this area.

Pender Oaks

K. Hovnanian Homes is currently seeking a rezoning for a site at 3901 Fair Ridge Drive, behind the Pender Shopping Center in Fair Oaks. It's doing so because it wants to build a residential project with a density of 12.12 homes per acre.

The Applicant proposes constructing 219 dwelling units, including up to 91 townhouses, 56 two-over-two stacked townhomes and 72 multifamily condominium flats. Planned, as well, are 19 affordable dwelling units and nine workforce units, plus a courtyard and a central green with a tot lot and swimming pool.

Lidl Grocery Store

A little bit of Europe is coming to Chantilly in the form of a Lidl grocery store in the Chantilly Crossing Shopping Center. The 5-acre site, near the intersection of Chantilly Crossing Lane and Lee Road, is zoned commercial and is currently undeveloped. Lee Road runs north and south of it, and Route 50 runs east and west of it.

What's planned are two, new buildings, next to each other. One, housing the grocery store, will be 30,000 square feet. The other, envisioned as a rectangular, 19,000-square-foot structure, is anticipated to contain two or three retail tenants.

The entrances are off Chantilly Crossing Lane, adjacent to the main entrance of the grocery store; further east on the site; and via a left turn in from Lee Road, off Route 50. The Fairfax County Board of Supervisors approved this application in January, and Lidl is currently going through the siteplan process.

Commonwealth Centre

This is a project of Commonwealth Centre at Westfields developer Regency Centers and involves a parcel of land adjacent to the Wegmans property. Its amended rezoning allows for both residential and retail.

To be built are 550,000 square feet of residential uses, including 120 single-family, attached homes and 112 multifamily units – stacked townhouses – for 232 homes total. The developer also proposes constructing 100,000 square feet of retail/movie theater/shopping center uses there.

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

irst, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at elections.virginia.gov

Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice.

There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.htmll

There are two ways to vote absentee, inperson and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center. 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Sept. 21-Oct. 12

Closed Monday, Oct. 8, Columbus Day Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m. Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Oct. 15-Nov. 3 Monday-Friday, 8 a.m. to 7 p.m.

All Satellite Locations:

Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. -

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

- ❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310
- ❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079
- ❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003
- ❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101



Election Day is Nov. 6, 2018; early voting starts Sept. 21.

- ❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306
- ❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA
- ❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031
- Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151
- West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, https:// vote.elections.virginia.gov/ VoterInformation

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is 7 days prior to Election Day by 5 pm.

You can apply for your absentee ballot online, https://vote.elections.virginia.gov/ VoterInformation

Or print, complete, and sign the absentee ballot application (PDF), https:// www.elections.virginia.gov/Files/Forms/ VoterForms/Virginia AbsenteeBallotApplication.pdf

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches. Send in the completed application: Scan then email the application to absenteeballot@fairfaxcounty.gov or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725. Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted,

Virginia Voter ID

Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, Virginia Voter Photo ID card

Need a Photo ID?

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete an photo ID application, have your photo taken and to sign a digital signature pad.

Forgot photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, inperson, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or

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.

* 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

Fairfax County Office of Elections 12000 Government Center Parkway Suite 323 Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711 Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov Election Officer Info: 703-324-4735, TTY 711 For 24-hour recorded information call 703-324-4700

obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

The following special events will also provide opportunity to register to vote and/or get your photo Virginia Voter card.

- ❖ Saturday, Sept. 1, 10 a.m. 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, 22306
- ❖ Tuesday, Sept. 11, 10 a.m. 1 p.m., The Woodlands Retirement Community, 4320 Forest Hill Ct, Fairfax, 22030
- ❖ Monday, Sept. 17, 11 a.m. 2 p.m., Heatherwood Retirement Community. 9642 Burke Lake Road, Burke, 22015
- ❖ Wednesday, Sept. 19, 10 a.m. 2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield, 22150
- * Tuesday, Sept. 25, 11 a.m. 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015
- ❖ Wednesday, Sept. 26, 10 a.m. 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170
- ❖ Thursday, Sept. 27, 10 a.m. 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101
- ❖ Saturday, Oct. 6, 10 a.m. 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane Alexandria, 22306
- ❖ Tuesday, Oct. 9, 10 a.m. 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

On The Ballot, Fairfax County, Nov. 6, 2018

UNITED STATES SENATE

Corey A. Stewart (R) Timothy M. Kaine (D) Matt J. Waters (L)

HOUSE OF REPRESENTATIVES **District 8**

Thomas S. Oh (R) Donald S. Beyer, Jr. (D)

District 10

Barbara J. Comstock (R) Jennifer T. Wexton (D)

District 11

Jeff A. Dove Jr. (R) Gerald Edward Connolly (D)

Herndon, Mayor and Town Council

If you live inside the Town of Herndon, local elections for mayor and Town Council are now if November. These are nonpartisan positions.

http://www.herndon-va.gov/government/ mayor-town-council/town-elections

Lisa C. Merkel, unopposed

Town Council, vote for six, * means incumbent Jennifer K. Baker * Grace Wolf Cunnin Cesar A. Del Aguila Pradip Dhakal Signe V. Friedrichs * W. J. "Sean" Kenis Jr. William "Bill" J. McKenna * Sheila A. Olem * Joseph T. "Joe" Plummer Roland Taylor

TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

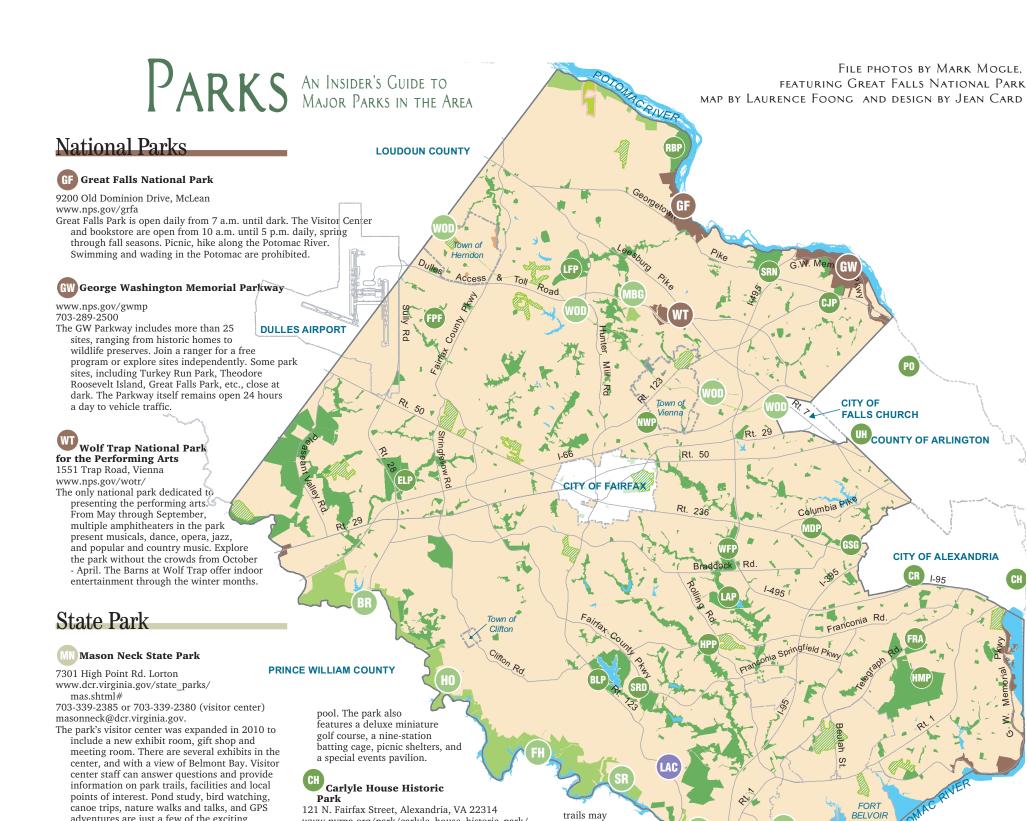
State Ballot Question One

Question: Should a county, city, or town be to provide a partia real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

Present Law

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

SEE ON THE BALLOT, PAGE 11



Regional Parks

Bull Run Marina Regional Park & Atlantis Waterpark

adventures are just a few of the exciting

programs offered by park rangers.

7700 Bull Run Drive, Centreville www.nvrpa.org/park/bull_run/www.atlantisbullrun.com/

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 though 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 the Northern Virginia Regional Park Authority family of Waterparks. Neptune Reef snack bar sells food, beverages and sweets.

Cameron Run Regional Park/Great **Waves Waterpark**

4001 Eisenhower Âve., Alexandria v.nvrpa.org/park/cameron_run www.greatwaveswaterpark.com/

Cameron Run Regional Park offers a variety of recreation facilities in an urban area, including Great Waves Water Park. Catch a wave in the wave pool, twist and turn down four-story water slides, take a plunge down speed slides, play with friends in the shallow waters of the play

703-549-2997 The historic Carlyle House was completed in 1753

www.nvrpa.org/park/carlyle_house_historic_park/

by British merchant John Carlyle for his bride, Sarah Fairfax of Belvoir, member of one of the most prestigious families in colonial Virginia. Their home quickly became a center of social and political life in Alexandria and gained a foothold in history when British General Braddock made the mansion his headquarters in 1755. On the National Register of Historic Places, Carlyle House is architecturally unique in Alexandria as the only stone, 18th-century Palladian-style house. Daily tours of the house, programs for schoolchildren, special events, exhibits and lectures explore the life and times of John Carlyle in pre-Revolutionary Alexandria. The site may be rented in the evenings for private functions and weddings.

Fountainhead Regional Park 7315 Ox Road, Fairfax Station

www.nvrpa.org/park/fountainhead/

The observation deck of the Marina Building at Fountainhead commands a spectacular view of the widest point of the Occoquan Reservoir. Summer activities include catfish tournaments, children's fishing tournament, paddleboat tours

Hemlock Overlook Regional Park

13220 Yates Ford Road, Clifton www.nvrpa.org/park/hemlock_overlook/ 800-877-0954; 571-281-3556;

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

Meadowlark **Botanical Gardens** 9750 Meadowlark Gardens Court, Vienna

be used

without prior

arrangement.

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, irises, peonies, extensive shade garden, native wildflowers, gazebos, birds, 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.

Occoquan Regional Park

9751 Ox Road, Lorton www.nvrpa.org/park/occoquan/ 703-690-2121

This park offers 400 acres of recreational space and and the Turning Point Suffragist Memorial. Park lands, trails and associated waters are part of the Fairfax Cross-County 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.

Pohick Bay Regional Park & **Pirates Cove** Waterpark 6501 Pohick Bay Drive,

Lorton www.nvrpa.org/park/ pohick_bay/ www.piratescovepohick.com 703-339-6102

Pohick Bay is located on the Potomac River, 25 miles south of the nation's capital. The boat launch facility is one of only three public access points to the Potomac River in northern Virginia. Pohick Bay 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. Pohick Bay Regional Park, located on Mason Neck Pennisula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Pirates Cove Waterpark is located at Pohick Bay 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

Sources: National Park Service, Northern Virginia Regional Park Authority, Virginia State Parks and Fairfax County Park Authority. Map courtesy of Fairfax County Park Authority. Designed & compiled by Jean Card and Laurence Foong. Photos by Renée Ruggles.



also features picnic pavilions, a deck for sunning and playing, as well as plenty of shade. Captain's Galley 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 www.nvrpa.org/park/pohick_bay_golf_course 703-339-8585

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 clubs, equipment and apparel. Other services include club making, custom club fitting, regripping, reshafting and tournament coordinating.

Potomac Overlook Regional Park & **Nature Center**

2845 Marcev Road, Arlington, VA 22207 www.nvrpa.org/park/potomac overlook/

On the Potomac Palisades in north Arlington, Potomac Overlook offers 70 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 www.nvrpa.org/park/sandy_run/ 703-690-4392

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, college, high school and club canoe, kayak and crew athletes.

Upton Hill Regional Park & Ocean **Dunes Waterpark**

6060 Wilson Blvd., Arlington www.nvrpa.org/park/upton_hill/ www.oceanduneswaterpark.com/ 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

LAC Workhouse Arts Center

9601 Ox Road, Lorton www.lortonarts.org 703-584-2900

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.

Major Fairfax **County Parks**

BLP 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

CJP Clemyjontri Park

6317 Georgetown Pike, McLean fitness, picnic areas and playgrounds 18.6 acres, special purpose park

ELP Ellanor C. Lawrence Park

5040 Walney Road, Chantilly baseballl, soccer/football (unlit), basketball (unlit), community center, nature center, amphitheater,

650 acres, multiple resource park

FPF Frying Pan Farm Park

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

GSG Green Spring Gardens

4603 Green Spring Road, Alexandria Community Center, historic structure, biking/hiking trails, open areas, gardens 30.9 acres, special purpose park

HPP Hidden Pond Park

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

HMP Huntley Meadows Park

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

LAP Lake Accotink Park

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

LFP 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

FRA Lee District Park

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

MDP Mason District Park

6621 Columbia Pike, Annandale softball (lit), soccer/football (unlit/lit), basketball (lit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness 121.2 acres, district park

NWP Nottoway Park

9537 Courthouse Road, Vienna baseball (lit), soccer/football (lit),basketball (lit), tennis (lit), trails, picnic 90.9 acres, district park

RBP 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

SRN Scotts Run Nature Preserve

7400 Georgetown Pike, McLean historic structure, historic/hiking/nature trails, fishing

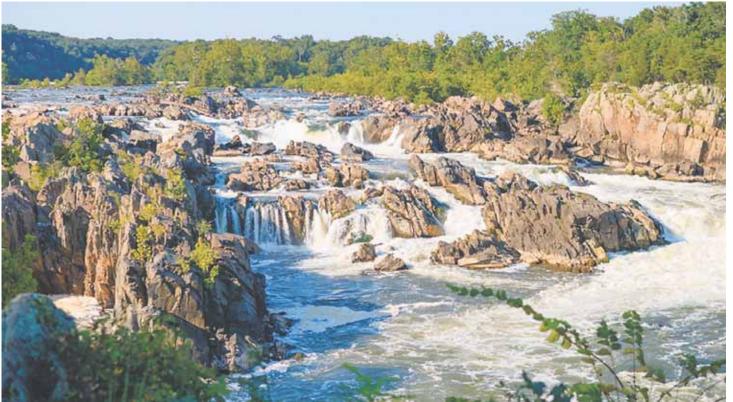
384.3 acres, natural resource park

SRD South Run District

7550 Reservation Drive, Springfield baseball, soccer/football, basketball, tennis, recenter, equestrian, playground, swimming 196 acres, district park

WFP Wakefield Park & RECenter

8100 Braddock Road, Annandale softball, soccer/football, basketball, tennis, recenter, biking, fitness trail, skate park 292.6 acres, multiple resource park



Map Number Park Name

Address, City Property Class

1 Stone Crossing Sully Lake Drive, Centreville Neighborhood Park

2 Historic Centreville 5714 Mt Gilead Rd, Centreville Cultural Resource Park

3 Elklick Preserve

Access From Pleasant Valley Road, Centreville

Multiple Resource Park

Centre Ridge 14400 Old Mill Road, Centreville

Richard W Jones

Pleasant Valley Road, Chantilly Multiple Resource Park

6 Cub Run RECenter 4630 Stonecroft Blvd, Chantilly Special Purpose Park

Westfield SS

4700 Stonecroft Blvd, Chantilly

Coppermine Crossing SS

2744 Cooper Creek Road, Herndon School Site

Lincoln Lewis Vannoy

Braddock & Willow Springs School Road, Centreville

10 Arrowbrooke 2351 Field Point Road, Herndon Community Park

11 Dulles Corner

2446 Dulles View Drive, Herndon Community Park

12 Franklin Farm

13590 Franklin Farm Road, Herndon Community Park

13 Fair Woods

12601 Alder Woods Drive, Fairfax Neighborhood Park

14 Flatlick

4501 Brookfield Corp Drive, Centreville Multi-Use

15 Pleasant Hill

6305 Hidden Canyon Road, Centreville Community Park

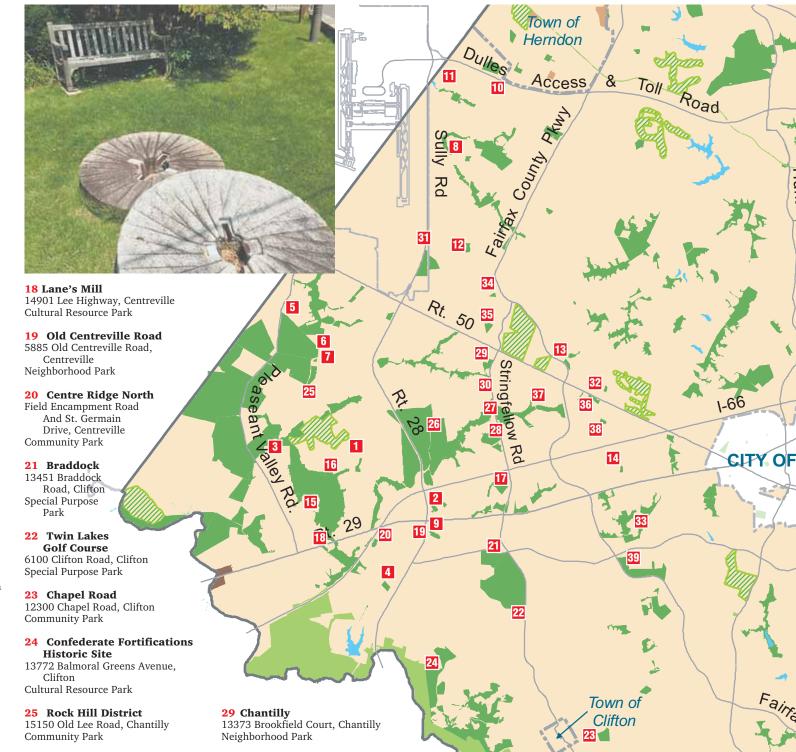
16 Chalet Woods

14912 Cranoke Street, Centreville Community Park

17 Arrowhead

5200 Arrowhead Park Drive, Centreville Neighborhood Park

PARKS A Guide to Fairfax County Parks in the Centreville, Chantilly & Clifton areas



26 Ellanor C. Lawrence

5040 Walney Road, Chantilly Multiple Resource Park

27 Greenbriar

4601 Stringfellow Road, Chantilly Community Park

28 Poplar Tree

4718 Stringfellow Road, Chantilly District Park

30 Chantilly Library Site 7000 Stringfellow Road, Chantilly Community Park 31 Sully Historic

3650 Historic Sully Way, Chantilly Cultural Resource Park

32 Fair Oaks

3901 Fair Ridge Drive, Fairfax Neighborhood Park

33 Brentwood

11903 Appling Valley Road, Fairfax Neighborhood Park

34 Franklin Glen

13395 Springhaven Drive, Fairfax Community Park

35 Fox Valley

13420 Hollinger Avenue, Fairfax Community Park

36 Fair Ridge

12300 Meadow Field Drive, Fairfax Neighborhood Park

37 Greenbriar Commons 4300 Middle Ridge Dr, Fairfax

38 Ox Hill Battlefield 4134 West Ox Road, Fairfax

Cultural Resource Park

39 Patriot

12111 Braddock Road, Fairfax District Park



FILE PHOTOS BY SEAN JONES FEATURING FLAT LICK STREAM VALLEY PARK

www.ConnectionNewspapers.com

On The Ballot

From Page 7

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 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. The General Assembly and participating localities would be allowed to place restrictions or conditions on qualification 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 spouses 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 to continue to claim the tax exemption currently provided, even if the surviving spouse moves to a new principal place of residence that is owned by the surviving spouse.

"YES" vote will allow these surviving spouses to move to a new principal place of residence that is owned by the surviving spouse and still claim the tax exemption.

"NO" vote will not allow such surviving spouses to move and still claim the tax exemption.

FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section.

The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

SEPTEMBER IS SUICIDE PREVENTION MONTH



Ask.
Keep Them Safe.
Be There.

#CallTextLive is PRS CrisisLink's social media campaign for National Suicide Prevention Month, which helps spread the word about actions we can all take to prevent suicide. Join us in changing the conversation from suicide to suicide prevention, promoting healing, helping and giving hope.

1-800-273-TALK prsinc.org/calltextlive





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







FAIRS & FESTIVALS

September 2018

MONDAY/SEPT. 3

Herndon Labor Day Festival. 11

a.m. - 5 p.m. at Herndon Town Green, 777 Lynn St., Herndon. Great music, a craft show, food, 12 wineries and micro-brews and culinary demonstrations. Visit herndon-va.gov/recreation/specialevents/labor-day-festival for more.

SATURDAY-SUNDAY/SEPT. 8-9

Burke Centre Festival. 9:30 am-5 pm at Burke Centre Community Festival, 6060 Burke Centre Parkway Burke. Festival includes an Arts & Craft Fair, festival food vendors, amusement rides, pony rides, musical entertainment provided by local and nationally recognized performers, nature shows, after-hours Wine Garden. Visit www.virginia.org/ Listings/Exhibits/ BurkeCentreFestival for more.

SATURDAY/SEPT. 15

Dulles Day Plane Pull. At Dulles International Airport, Dulles. The 2014 Dulles Day Family Festival & Plane Pull is a full day of excitement with airplane and auto exhibits, the children's zone and bus pull, varied displays and activities, vendors, food and entertainment. Visit www.planepull.com for more.

SATURDAY/SEPT. 22

Reston Multicultural Festival. 11

a.m.-6 p.m., Lake Anne Plaza Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit www.restoncommunitycenter.com/ attend-shows-events-exhibits/restonmulticultural-festival for more.

October 2018

WEDNESDAY-SATURDAY/OCT. 10-13

Fairfax's Fall for the Book

Festival. 4400 University Drive, Fairfax. Enjoy literature and hear authors give readings at the Fall for the Book Festival. Visit www.fallforthebook.org for more.

SATURDAY/OCT. 13

Taste of Annandale. 10 a.m. - 4 p.m. Tom Davis Drive in central Annandale, between Columbia Pike and John Marr Drive. The fourth annual Taste of Annandale will showcase local restaurants during a daylong family-friendly celebration aimed at building community spirit, engaging young people, and promoting local businesses. Other activities include a 5K: multicultural music, dance, and other live entertainment; a chili cook-off; and

May 2019

Great Falls Artfest on the Green. On the Great Falls Village Green.

Great Falls Studios Spring Art Show and Sale under the big tent and a few little tents, too. A plein air competition and quick draw. With prizes and a reception, Sponsored by Arts of Great Falls, Then, a grand finale "Blues Explosion" to close the weekend and start the always popular season of Concerts on the Green by Celebrate Great Falls. For complete schedule and updates visit www.greatfallsart.org/artfest/



Celebrate Fairfax!

Attendees enjoy live entertainment, rides, games and food trucks as part of the 2018 Celebrate Fairfax! festival June 8-10 at the **Fairfax Government Center. The annual** festival attracts tens of thousands of visitors each year.

MONDAY/MAY 13

Great Falls Annual Charity Golf Tournament. Hidden Creek

Country Club. 1711 Club House Road, Reston. Join for a morning or afternoon round of golf and support our three Great Falls elementary schools while you are at it. Opportunities for sponsorships and volunteering are available! For more information: www.celebrategreatfalls.org.

THURSDAY-SUNDAY/MAY 30-JUNE 2

Herndon Festival 2019. Thursday: 6-10 p.m. Friday 5-11 p.m. Saturday: 10 a.m. - 11 p.m. Sunday: 10 a.m. - 6 p.m. Northwest Federal Credit Union, 200 Spring St., Herndon. Four day outdoor festival with three entertainment stages, two fireworks displays, Kid's Alley with children's art area, arts and craft show and more! All ages. Visit www.herndonfestival.net for more

THURSDAYS/MAY-AUGUST

Take a Break Concert Series. 7-9

p.m. Lake Anne Plaza, 11404 Washington Plaza W, Reston. On Thursdays, take a break with this outdoor concert series. Visit www.restoncommunitycenter.com/ take-a-break for a weekly lineup.

FRIDAYS/MAY-AUGUST

Herndon Friday Night Live! 6:30 p.m. 777 Lynn St., Herndon. Listen to great music on Friday nights during the summer. Visit herndonrocks.com/ schedule.php for more.

June 2019

Springfield Days. South Run Park, 7550 Reservation Drive, Springfield. Springfield Days is a community wide celebration that includes a 5K run, "Pet Fest" and car show. Visit www.springfielddays.com for more.



Cardboard Regatta. 10 a.m.-2 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Featured during Springfield Days, witness the cardboard boat creations race along Lake Accotink's shoreline at 2 p.m. \$4 vehicle fee. Call 703-569-0285 or email julie.tahan@fairfaxcounty.gov. Visit www.springfielddays.com for

Vintage Virginia Wine and Food

Festival. 11 a.m. - 6 p.m. Bull Run Regional Park, 7700 Bull Run Drive, Centreville. A fun-filled day with food, musical entertainment and more. Visit www.vintagevirginia.com for more.

Lake Anne Chalk on the Water

Festival. 11 a.m.-5 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Chalk on the Water is a twoday street-painting festival where participants will create amazing street art. Festival goers can purchase a "plot" of brick space on the plaza and paint to their hearts delight whatever flows from their imagination. Cost for spaces are \$5 for children, \$10 for adults, and \$15 for professional artist. Individuals can register at

www.chalkonthewater.com. Only 100 spaces/plots are available for this event. Participants have a chance to win cash prizes for various categories, awarded by notable community judges. The festival will also include food, a live DJ, a wine garden.

Taste of Reston. Reston Town Center, 11900 Market St., Reston. Carnival games and rides with a family fun zone. Visit www.restontaste.com for

JUNE-AUGUST

Reston Concerts on the Town.

Fridays, 7:30-10 p.m. Reston Town Center Pavilion, Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants

only. 11900 Market Street, Reston. Concert information: www.restontowncenter.com/

Great Falls Concerts on the Green.

Sundays, 6-8 p.m. Great Falls Village Centre Green. Come out with your picnic baskets and chairs for an entertaining evening of free, live music! 776 Walker Rd, Great Falls. Full schedule list: www.celebrategreatfalls.org/ concerts-on-the-green/

Lake Anne Summer Film Festival.

Select Sundays, 8 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy the free

flicks under the stars. **Arts in the Parks.** Wednesdays & Saturdays, 10 a.m. Performance venues include Burke Lake Park Amphitheater, E.C. Lawrence Park Amphitheater, Mason District Park Amphitheater, and Frying Pan Farm Park Visitor Center. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Visit www.fairfaxcounty.gov/parks/ performances/arts-in-the-parks for

FRIDAY-SUNDAY/JUNE 7-9

Celebrate Fairfax! Festival. Friday: 6 p.m.-midnight; Saturday: 10 a.m.midnight; and Sunday: 11 a.m.-7p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Musical performances, rides, games and food. Call 703-324-3247 or visit www.celebratefairfax.com/.

SUNDAY/JUNE 14

Love Your Body Yoga Festival. Yoga

studios and wellness centers of Northern Virginia will be offering classes services and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Presented by Beloved Yoga. www.belovedyoga.com.

July 2019

Herndon 4th of July Celebration.

Bready Park at the Herndon Community Center, 814 Ferndale Ave., Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Visit www.herndon-va.gov/recreation/special-events/4th-of-july for more.

Great Falls 4th of July Celebration

& Parade. 5K Walk Run, Blood Drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk. www.celebrategreatfalls.org/4th-ofjuly-celebration-parade/ Vienna 4th of July Festival and

Fireworks Show. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit

www.viennava.gov for more. Fairfax's Independence Day

Celebration. In the Downtown Fairfax Historic District. Independence day parade, historical tours, games, entertainment and fireworks. Visit www.fairfaxva.gov/ about-us/special-events/ independence-day-celebration

Obon Festival. Highlighting Japanese culture at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Visit www.ekoji.org for more

Clifton Film Festival. 7 p.m.

Workhouse Arts Center, 9518 Workhouse Way, Lorton. Enjoy live music, food and original films under the stars. During the event there will be two awards ceremonies, student's awards will be given during intermission and the 19+ category at the closing of the festival. For more information, please visit cliftonfilmfest.com

Claude Moore Colonial Farm 1771 **Market Fair**. 11 a.m.-4:30 p.m. at 6310 Georgetown Pike, McLean. Sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, test your water color and writing skills with Mr. Andrews at the Stationer. Visit 1771.org for more.

JULY-AUGUST

Braddock Nights Concert Series.

Fridays, 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield or Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Listen to musical performances in the great outdoors. Visit www.fairfaxcounty.gov/sites/parks/ files/assets/documents/ performances/sesflyers18braddocknights.pdf for location and

August 2019

Fairfax County 4-H Fair and

Carnival. At Frying Pan Farm Park, 2709 West Ox Road, Herndon. Enjoy old-fashioned family fun with carnival games, rides and tempting foods. Stop by the 4-H Fair throughout the weekend as exhibitors display their winning entries and get their farm animals ready to show. Try a turn at farm chores watch stage entertainment and enjoy horse and livestock shows.Thursday and Friday – free parking and discount tickets for unlimited rides. Admission to the 4-H Fair and Carnival is free; \$10 per car parking fee on Saturday and Sunday. Visit www.fairfaxcounty.gov/parks/ frying-pan-park/4-h-fair for details.

ENTERTAINMENT

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

PET ADOPTIONS

Adopt a Dog. Fridays, 6:30-8:30 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Visit www.lostdogrescue.org for more.

Adopt a Dog. Saturdays, 12-3 p.m. at Petco, 13053 Lee Jackson Highway. Visit hart90.org for more. **Adopt a Dog.** Sundays, 1-4 p.m. at

Petco, 13053 Lee Jackson Memorial Hwy. Adopt a puppy or dog. Visit aforeverhome.org for more.

Adopt a Dog. Saturdays, 1-4 p.m. at PetSmart, 12971 Fair Lakes Center, Fairfax. Adopt a puppy or dog. Visit www.lostdogrescue.org for more.

LIBRARY FUN

Toddlin' Twos. Tuesdays, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Early literacy storytime with songs and activities included. Age 2 with caregiver, free. Call 703-502-3883 to reserve a spot. **Storytime for Three to Fives.**

Tuesdays, 1:30 p.m. at the Chantilly Library, 4000 Stringfellow Road. Stories and activities for children age 3-5 with caregiver. Free. Call 703-502-3883 to reserve a spot.

Plant Clinic. Saturdays, 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. A neighborhood plant clinic with horticultural tips, information, techniques, and advice. Free. Call 703-502-3883 to reserve a

Lego Block Party. Every other Saturday at 10:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Legos will be provided for an afternoon of building. Grades 3-6. Free. Call 703-502-3883 to reserve a

Duplo Storytime. Every other Wednesday, 10:30 and 11:30 a.m. at the Chantilly Library, 4000 Stringfellow Road. Develop and reinforce early literacy skills for reading success. Ages 1-3 with adult. Free. Call 703-502-3883 to reserve a

Legos Kids Club. Every other Tuesday, 10:30 a.m. at the Centreville Regional Library, 14200 St. Germain Drive. Thousands of Legos for children to play with. Ages 6-12. Free. Call 703-830-2223 to reserve a space.

Starlight Storytime. Every other Wednesday, 7 p.m. at the Centreville Regional Library, 14200 St. Germain Drive. Stories under the stars for ages 4-8. Wear pajamas and bring stuffed friends. Free. Call 703-830-2223 to reserve a space

FRIDAY/AUG. 24

Dairy Days. 1 p.m., 2 p.m., 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Cost is \$7. Learn to churn butter, crank ice cream, milk a fake cow and play 18th century games at Sully Historic Site's celebration of "Dairy Days" in August. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sullyhistoric-site.

Capture the Moon and the Stars. 8:30-10 p.m. at Ellanor C. Lawrence Park is located at 5040 Walney Road, Chantilly. Meet at the park's Cabell's Mill and talk about the moon and stars around a warm campfire. Then, naturalist to learn how to identify the summer constellations. And, of course, no campfire evening is complete without s'mores.\$8 per person. Children must be accompanied by an adult registered in the program. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/



An aerial view of the 2015 Clifton Day celebration.

Clifton Day 2018

This year's Clifton Day will feature an outdoor marketplace with 150 vendors as well as live music, train rides, crafts, children's activities and great food. Sunday, Oct. 7, 9 a.m.-5 p.m. in the Town of Clifton, 7144 Main St., Clifton. Admission is free. Parking starts at \$5 per car. The VRE will provide roundtrip train service to Clifton from all stops between Manassas and Rolling Road. The train ride to Clifton is free and the return trip costs \$5 per person (children under 2 ride free). Call 703-968-0740 or visit www.cliftonday.com for more.

eclawrence.

SATURDAY/AUG. 25

Dairy Days. 1 p.m., 2 p.m., 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Cost is \$7. Learn to churn butter, crank ice cream, milk a fake cow and play 18th century games at Sully Historic Site's celebration of "Dairy Days" in August. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-

Starlight Cinema: Coco. Gates open at 6 p.m.; movie starts at dark at Trinity Centre, 5860 Trinity Parkway, Centreville. Starlight Drive-in Cinema brings the community together with features that appeal to both children and adults. The atmosphere is relaxed and informal. Bring your own lawn chairs, blankets and FM radio if you wish to sit outside. Children's games and rides. Free. To volunteer, call 703-814-7100.

SUNDAY/AUG. 26

Meet Moose. 10 a.m.-1 p.m. in the McDonnell Room at the Sully District Station, 4900 Stonecroft Boulevard, Chantilly. Meet Moose and be in the next #MondayswithMoosepost. Give favorite furry K9 a big hug, belly rub, and a treat - and get to chat and hang out with officers. Open to Moose fans of all ages. Contact Officer Meg Hawkins at megan.hawkins@fairfaxcounty.gov for more.

First Responders Day. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Volunteer Fire and Rescue personnel as well as Fairfax County Police Officers will bring emergency vehicles for display and offer hands on activities to demonstrate the critical role played by modern day first responders. Civil War Reenactors will help visitors learn about medical and relief practices then and now. Fairfax Station was the site of a massive relief effort during the Battles of Ox Hill and Second

Manassas in August 1862. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

SUNDAY/SEPT. 2

Lego/Potomac Module Crew HO Model Train Display. Noon-4

p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Lego/Potomac Module Crew HO Model Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, or call 703-425-9225.

THURSDAY/SEPT. 6

Life on the Farm. 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-thescenes to help farmers with their work. \$8 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpan-park.

SUNDAY/SEPT. 9

One-hour Tours. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Fairfax Station Railroad Museum volunteers will conduct hour tours (beginning at 1:15 and 2:45 p.m.) of the area immediately around the Museum in the historic Fairfax Station village to help visitors learn what life was like when it was an active depot. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org,





TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

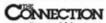
We pay top \$ for STERLING,

MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques 703-241-0790 theschefers@cox.net

Find us on Facebook and become a fan!

www.Facebook.com/ connectionnewspapers



Employment

Forget Daily Commuting

Print and digital media sales consultant for area's most popular and trusted local news source

Manage your own hours from home Enjoy flexible schedule plus no daily commute Help local businesses grow Unique opportunity to be a voice in your community Competitive compensation

> Call Jerry Vernon 703-549-0004

Connection Newspapers & Digital Media Trusted Connection to Local Communities

Newcomers & Community Guide



Sully Plantation

Sully Historic Site, known as Sully Plantation, is a nationally registered historic place at 3650 Historic Sully Way, Chantilly

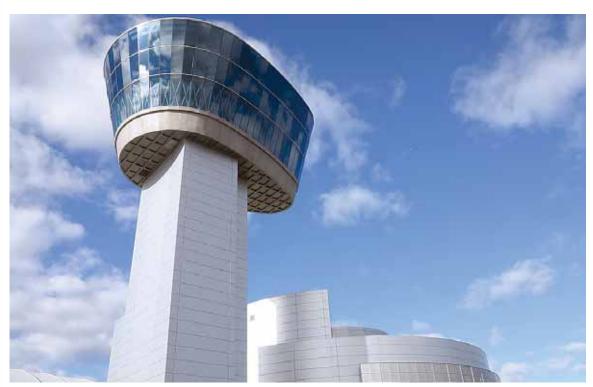


Park Visitor

A bullfrog at the Walney **Visitor Cen**ter at Ellanor C. Lawrence Park.







Air and Space Museum

The Smithsonian's Steven Udvar Hazy Air and Space Museum, which opened in 2003, is located in Chantilly. The museum displays the SR 71 Blackbird, the Enola Gay, the Concorde, and the Space Shuttle Discovery. The museum has a 7-story observation tower that offers a view of the Blue Ridge Mountains and Dulles International Airport. Additionally, the museum has the largest IMAX in the area.

BULLETIN BOARD

From Page 5

experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

WEDNESDAY/AUG. 29

Northern Virginia Regional Elected Leaders Summit. 8-10 a.m. at Northern Virginia Community College's Loudoun Campus in Waddell Theater, 21200 Campus Drive, Sterling. The event will feature elected officials from across the area, including Arlington County Board Chair Katie Cristol, Fairfax County Board of Supervisors Chairman Sharon Bulova, Loudoun County Board of Supervisors Chair Phyllis Randall, Prince William County At-Large Chairman Corey Stewart, and Alexandria Mayor Allison Silberberg. \$50 for members of the cohosting chamber groups; \$70 for non-members. Register at bit.ly/2w0FfLr.

FRIDAY/AUG. 31

Survey Deadline. In an effort to better target opioid and other drug prevention efforts, the Fairfax-Falls Church Community Services Board (CSB) is seeking opinions of young adults between the ages of 18-25. The survey is anonymous and voluntary, and asks questions about use of alcohol, prescription drugs, and heroin. Learn more about CSB's Wellness & Prevention efforts in Fairfax County at www.fairfaxcounty.gov/community-servicesboard/prevention. Visit $\hat{\text{www.surveymonkey.com/r/3Y37BBJ}} \text{ to take the}$

THURSDAY/SEPT. 6

SYA Notice of Annual Board Meeting. 7 p.m. at the Centreville Regional Library, 14200 St Germain Dr., Centreville. The Southwestern Youth Association will be holding its annual Executive Board of Directors Election Meeting. The SYA Executive Board of Directors positions are for a one-year term and include the following positions: President, Vice-President, Secretary and Treasurer. Nominations are currently being accepted and may be submitted to the SYA Office at admin@syayouthsports.org. Applicants must be in good standing with SYA and at least 21 years of age. This meeting is open to the community. Contact the SYA Office at 703-815-3362 or admin@syayouthsports.org

with any questions. **ESL Class Registration.** 7 p.m. at Lord of Life Lutheran Church's two campuses: Fairfax Campus, 5114 Twinbrook Road, Fairfax; or Clifton Campus, 13421 Twin Lakes Drive, Clifton. Registration fee \$15; Text book \$25. Class meets Tuesdays and Thursdays from 7-9 p.m.; start date is on Sept. 11 and ends Nov. 15, 2018. Call 703-323-9500 or visit

www.lordoflifeva.org. **Public Hearing.** 7 p.m. in the Oaks Room at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The Fairfax County Park Authority (FCPA) and the Northern Virginia Regional Park Authority (NOVA Parks) will hold a joint public hearing on the proposed adoption of an amendment to Park Regulation Section 1.17, Remote-Control Devices and Powered Models or Toys. The full text of the proposed amendment is available at www.fairfaxcounty.gov/parks/ model-aircrafts-drones. Anyone wishing to speak on this subject may call Judy Pedersen, FCPA Public Information Officer, at 703-324-8662 or email parkmail@fairfaxcounty.gov, to be placed on the Speakers' List

MONDAY/SEPT. 17

Assistance League Meeting. 10 a.m.-noon at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Assistance League of Northern Virginia invites community members to attend its regular monthly meeting to learn about the nonprofit's 2018-2019 Operation School Bell programs, including Weekend Food for Kids and Reading Express. There are opportunities in the Reading Express tutoring program for first grade students. Pre-meeting social starts at 9:30 a.m. Free. Email Mary Gronlund at gronbiz@aol.com or visit www.assistanceleague.org/northernvirginia for more.

BUSINESS DIRECTORY

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING

A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465

Good is not good, where better is expected.

-Thomas Fuller

ELECTRICAL ELECTRICAL

COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated

Small Repairs • Gutter Guards

Recessed Lighting Licensed/Bonded/Insured Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades

Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

Your neighborhood company since 1987 703-772-0500

LANDSCAPING LANDSCAPING

Patios & Drainage

J.E.S. Services

- Free Estimates Fully Licensed & Insured Planting & Landscaping Design

- Drainage & Water Problems
 Concrete Driveways, Replacement or New
 Patios and Walks Masonry Work or Dry Laid
 Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

TILE / MARBLE TILE / MARBLE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates 703-868-5358

24 Hour Emergency **Tree Service**

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded 703-250-6231

MASONRY

MASONRY

Alfredo's Construction Company, Inc.



 Concrete Driveways Patios •Sidewalks Stone • Brick Phone:

VA: (703) 698-0060 • MD: (301) 316-1603

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

When Did This Happen?



By KENNETH B. LOURIE

I remember conversations regularly occurring between me and some other person, presumably older (if heard over the phone) or in person if my sight and senses didn't deceive me, where the question was asked to me: "You're probably too young to remember?" concerning any number of subjects. Now, I'm asking the identical question, and I don't think my sight or senses are deceiving me, though they are refracted, so to speak.

Somehow, I'd like to believe that despite the obvious passage of time, I am, to quote Bob Dylan from his song "My Back Pages," included on his "Another Side of Bob Dylan" album released in 1964: "Ah, but I was so much older then, I'm younger than that now."

I may be wiser and full of perspective, but despite flowery lyrics, I am older - just check the calendar. Father time waits for no man - or woman. As years pass, the pages turn and you simply aren't the person you used to be (or thought you were).

Benjamin Button may have gotten younger (aged in reverse, having been born an old man), but for the rest of us, we may feel that "youth," as they say, "is wasted on the young." Nevertheless, none of us is getting any younger.

Moreover, to quote Charles Franklin: "No one gets out of this life alive." (Although, I swear I remember my late mother attributing that quote to the legendary screen actress, Bette

Life goes on is the short version, and through that passage of time, at some point, apparently you're addressed respectively as "Mister" and "Sir," and doors are opened/held, seats are offered and accommodations made. And when I have those random conversations with strangers - to pass that time or even with people with whom you have a familiarity, more and more of those people are younger than I am and I find myself asking/presuming if they know what past event, historical fact, popular culture reference or sports memory, etc., I am even referring to. And as often as not, they don't.

What's odd - or lost on me because I'm loathe to admit it, is that the former "questionee" - vours truly - has become the current questioner - again yours truly. As is becoming abundant clear, where I was once ascending, I am now descending.

This has nothing to do with my last few cancer columns. It has to do with my birth year: 1954. Meaning, as the birthday card jokes on the front cover "I wouldn't say you were old this year" to the inside-of-the-card slam: "Hell, you were old last year."

It just seems/feels that this juxtaposition of the "space-time continuum" ("Star Trek: Voyager") time/age relative to others has happened in a blink (nanosecond) and that blink is a tell. And no matter what I do to counter that impression, I can't stop it. It seems that tell has become a

And since I'm telling all, dealing with one's own mortality for as long as I have been: Feb. 27, 2009, the official date of my non-small cell lung cancer diagnosis, has certainly had its share of wear and tear, emotionally and physically.

For me – or for any of you regular readers to think that this unexpected journey has not been fraught with before, during and after side effects - and main effects, up and down and all around, is unrealistic at best and delusional at worst. And since I'm rarely delusional except when it comes to the Boston Red Sox, it must be unrealistic.

But maybe being unrealistic is what has taken me nine years and nearly six months past my original diagnosis. If that's the reason, I see no reason to change now, age notwithstanding, or sitting, however the case may be.

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

Hot Tubs, etc.,

GUTTER

PINNACLE SERVICES lic/ins 703-802-0483 free est. 3 email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!



Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoa voilation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing.

Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096

........... A&S Landscaping

- **All Concrete work**
- Retaining Walls Patios Decks . Porches (incl. screened) . Erosion &
- **Grading Solutions** French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465 LICENSED

Serving All of N. Virginia



Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com

ind us on Facebook and become a fan! www.Facebook.com/ connectionnewspapers



Newspapers & United The Connection to Your Community ww.connectionnewspapers.com

News

Chantilly Hero Saves a Life at National Championship

During triathlon in Ohio.

BY LEE GRIFFITH

risten McGarr of Chantilly had nearly completed the first half mile of a 1500-meter swim at the USA Triathlon Age GroupOlympic Distance National Championship competition on Aug. 11 in Lake Erie off the shore of Cleveland, Ohio, when a jet ski streaked in front of her and she swam into an oar that was not supposed to be there.

She raised her head to see what was going on. She saw several boats and lifeguards busy pulling from the water a man who suffered an apparent heart attack. While that happened, McGarr observed a woman calling for help, well away from the rescue in progress.

She got the help of another triathlete in

the event, swam over to the woman in distress, and pulled her up to the surface from under the water. McGarr then managed to calm down the woman by talking to her and keeping her hand close to the woman, who had exhausted herself by swimming too fast in the swells that were almost two meters high.

McGarr got the attention of lifeguards who were on boats and paddle boards for the event. The lifeguards were able to rescue the woman. That left McGarr with a half mile left to finish the swim, followed by the 25-mile bike, followed by the 6.2-mile run. After treading water for a few minutes, McGarr said that she would not be setting any personal record for best time, but she did think that she was aided in treading water from the coaching she got from Coach Florence Emanuel of the Riptide Swim Team which practices at the Cub Run RECenter in Chantilly.

The writer of this article is a fellow participant in the national age group championships in Cleveland, and member of the Riptide Swim Team in Chantilly.



PHOTO CONTRIBUTED

Kristen McGarr of Chantilly exiting the swim at Nationals.



Northern Virginia Senior Olympics competitors.







Run, Throw or Dive and Use Your Brain in NVSO

Northern Virginia Senior Olympics returns Sept. 15.

By Shirley Ruhe
The Connection

nly \$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 says 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 Golf Course, and St. Andrews Episcopal Church.

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, Fauquier, 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 at event, call RSVP at 703-403-5360 or email RSVP@ volunteerfairfax.org.