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Oak Hill
Herndon
CONNECTION

DIABETES
Association
HomeLifeStyle
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Helping Create Lives
Free of Diabetes

NEWS, PAGE 7



Team Amazon Web Services of Herndon came to the American Diabetes Association 2018 Tour de Cure: NOVA in Reston on Saturday, Sept. 8, 2018.

Apparent Double Murder
and Suicide in Herndon

NEWS, PAGE 5

Out of Reach for
First-Time Buyers

NEWS, PAGE 12

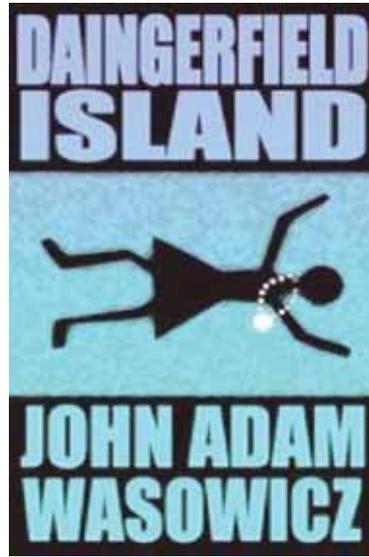
PHOTO BY MERCIA HOBSON / THE CONNECTION
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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Former Virginia prosecutor and author of “Daingerfield Island,” John Adam Wasowicz. When writing his books, Wasowicz puts on Rolling Stones music and “just types away.”



PHOTOS COURTESY OF JOHN ADAM WASOWICZ

‘Daingerfield Island’ at Local Bookstore Fairfax County author and Virginia prosecutor brings book tour to Scrawl Books in Reston.

MERCIA HOBSON
THE CONNECTION

In John Wasowicz’s recent legal thriller, “Daingerfield Island,” it’s not picnics and sailboats as one might normally call to mind when thinking of the idyllic park and marina off the George Washington Parkway located near Reagan National Airport, but murder and conspiracy. The Fairfax

County native and former Arlington prosecutor brings his book tour for his novel home to Northern Virginia after traveling up and down the east coast this last year.

Wasowicz will be at Reston’s Scrawl Books, 11911 Freedom Drive, Reston Town Center on Saturday, Sept. 15, from noon to 2 p.m. to meet readers and sign copies of his new novel.

The plot of “Daingerfield Island”

centers on a perceptive Washington, D.C., defense attorney and former prosecutor who represents a man falsely accused of a murder that occurs off Daingerfield Island. In the course of representation, the attorney uncovers an elaborate web of conspiracy to assassinate a foreign diplomat.

“Daingerfield Island” puts the “I” in danger: intelligent, imaginative, intriguing,” writes Michael Neff, author of “All The Dark We Will Not See.” “The book is a timely metaphor about the power of alternative facts in a post-truth world.”

Asked in an interview if the characters in his novel were based on real people he had encountered, Wasowicz said he created them from “snippets of memories” based on people he met as a prosecutor.

“The characters are a composite of different judges, prosecutors and attorneys with whom I interacted in Northern Virginia for a 15 year period,” Wasowicz said.

In addition, Wasowicz said he learned from the manuscript readers for “Daingerfield Island” that

“The characters are a composite of different judges, prosecutors and attorneys with whom I interacted in Northern Virginia for a 15 year period.”

—John Adam Wasowicz

they enjoyed a character he named David Reece, and they objected so much to his being killed in the initial draft for the book that Wasowicz rewrote the entire scene. The character is beaten up instead and lives on.

“The people who read your manuscript are critical to the success of the final product ...The irony is, that character (Reece) now has a more prominent role in my next book, a sequel to “Daingerfield Island” where he becomes a principal player,” professes Wasowicz.

For more information about “Daingerfield Island” by John Adam Wasowicz, published by BrickHouse Books, (234p), ISBN 978-1-938144-55-4 and the book sale and signing at Scrawl Books in Reston, visit www.scrawlbooks.com.

NOTICE TO THE PUBLIC OF AN APPLICATION
BY COLUMBIA GAS OF VIRGINIA, INC.,
FOR APPROVAL TO IMPLEMENT A 2019 SAVE PLAN
INFRASTRUCTURE RELIABILITY AND REPLACEMENT
ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS
GENERAL TERMS AND CONDITIONS
CASE NO. PUR-2018-00132

On August 15, 2018, Columbia Gas of Virginia, Inc. (“CVA” or “Company”), filed with the State Corporation Commission (“Commission”), pursuant to the Steps to Advance Virginia’s Energy Plan (SAVE) Act, Chapter 26 of Title 56 (“SAVE Act”) of the Code of Virginia (“Code”), an application (“Application”) for approval to implement a 2019 Infrastructure Reliability and Replacement Adjustment (“IRRA”).

Section 56-604 A of the SAVE Act allows CVA to recover SAVE eligible infrastructure costs (as defined in Code § 56-603) through a SAVE Rider, which is defined in the Company’s tariff as the IRRA. Accordingly, CVA requests authority to implement a 2019 IRRA in accordance with Section 20 of its General Terms and Conditions, as contemplated in the Commission’s November 28, 2011 Order Approving SAVE Plan and Rider in Case No. PUE 2011-00049, and most recently modified by the December 13, 2017 Order Approving Amended SAVE Rider for Calendar Year 2018 in Case No. PUR-2017-00095. The 2019 IRRA comprises a 2017 Infrastructure Replacement Reconciliation Rate (“IRRR”) and a 2019 Infrastructure Replacement Current Rate (“IRCR”) and is billed as a combined fixed charge each month. The 2017 IRRR is designed to true-up, on an annual basis, the actual IRRA revenues against the preceding year’s actual cost of service as determined from actual SAVE-eligible expenditures. The 2019 IRCR is designed to recover projected costs associated with SAVE-eligible infrastructure replacements during calendar year 2019.

In its Application, the Company seeks approval of the following: (1) the Company’s 2017 IRRR credit in the amount of \$57,361; (2) the Company’s 2019 IRCR in the amount of \$2,201,015; and (3) the filing of rate sheets implementing the 2019 IRCR and 2017 IRRR. The 2019 IRCR and the 2017 IRRR result in an IRRA total net charge to customers of \$2,143,654 for 2019. The Company requests that the 2019 IRRA be effective with the first billing unit of January 2019 through the last billing unit of December 2019. The Company’s 2019 IRRA proposed monthly rates by rate schedule are as follows: Residential Sales Service/Residential Transportation Service, \$0.53; Small General Service 1/ Small General Transportation Service 1, \$0.56; Small General Service 2/Small General Transportation Service 2, \$1.58; Small General Service 3/Small General Transportation Service 3, \$4.87; Large General Service 1/Transportation Service 1, \$46.25; and Large General Service 2/Transportation Service 2, \$221.78.

In its Application, the Company further requests that the Commission deem sufficient the schedules provided as Attachments A and B to the Application for this and future SAVE Plan filings. Additionally, the Company requests that the Commission relieve the Company of the requirement to submit to the Division of Utility and Railroad Safety a prioritized list of M&R Stations to be addressed using SAVE funds within 60 days prior to the initiation of any SAVE-related work.

The details of these and other proposals are set forth in the Company’s Application. Interested persons are encouraged to review the Company’s Application and supporting testimony and exhibits for the details of these proposals. While the total revenue that may be approved by the Commission is limited to the amount produced by the Company’s proposed rates, TAKE NOTICE that the Commission may approve revenues and adopt rates, fees, charges, tariff revisions, and terms and conditions of service that differ from those appearing in the Application and supporting documents and may apportion revenues among customer classes 96and/or design rates in a manner differing from that shown in the Application and supporting documents.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company’s Application.

A copy of the Company’s Application may be obtained at no charge by requesting a copy of the same from the Company’s counsel, T. Borden Ellis, Esquire, and Bryan D. Stogdale, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission’s Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission’s website: <http://www.sec.virginia.gov/ease>.

On or before October 3, 2018, interested persons may file written comments on CVA’s Application with Joel H. Peek, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so on or before October 3, 2018, by following the instructions on the Commission’s website: <http://www.sec.virginia.gov/ease>. Comments shall refer to Case No. PUR-2018-00132.

On or before October 3, 2018, interested persons desiring to participate as a respondent in this proceeding shall file a notice of participation as a respondent pursuant to 5 VAC 5 20-80 B of the Commission’s Rules of Practice and Procedure. If not filed electronically on the Commission’s website: <http://www.sec.virginia.gov/ease>, an original and fifteen (15) copies of the notice of participation shall be filed with the Clerk of the Commission at the address set forth above. The notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. All filings shall refer to Case No. PUR-2018-00132, and copies thereof simultaneously shall be served on counsel for the Company.

On or before October 3, 2018, interested persons may request that the Commission convene a hearing on the Company’s Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing shall refer to Case No. PUR-2018-00132 and shall include: (i) a precise statement of the filing party’s interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter. All filings shall refer to Case No. PUR-2018-00132, and copies thereof simultaneously shall be served on counsel for the Company.

The Commission’s Rules of Practice and Procedure may be viewed at <http://www.sec.virginia.gov/ease>. A printed copy of the Rules of Practice and Procedure and an official copy of the Commission’s Order in this proceeding may be obtained from Joel H. Peek, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

COLUMBIA GAS OF VIRGINIA, INC.

Archery Hunting of Deer Begins in County Parks

The Fairfax County Deer Management Archery Program, conducted in parks and other locations throughout the county, will run through Saturday, Feb. 23.

The archery program began in FY 2010 and is part of an integrated Deer Management Program to reduce and stabilize the white-tailed deer population in Fairfax County in efforts to minimize safety and health hazards related to an overabundance of deer. These impacts include deer-vehicle collisions, potential spread of diseases, and environmental damage attributed to deer that can impact the ecosystem.

The program was approved by the Board of Supervisors in 2000 and is recognized as a safe and efficient method of deer population control by the Virginia Department of Game and Inland Fisheries.

Because of its track record of safety, archery is a preferred deer management method in Fairfax County, according to county officials; archery is a compatible use with residential areas and community parks, allowing for deer population management in urban and suburban areas.

Since Virginia began tracking hunting injuries in 1959, no bystanders have been injured by an archer hunting deer anywhere in the Commonwealth.

Last year, 95 percent of the to-

Archery Cluster	Parks	Acres
Colvin Run Cluster	Colvin Run Stream Valley	44
	Difficult Run Stream Valley	285
	Colvin Run Mill Park	58
	Wolftrap Stream Valley	48
	Lake Fairfax	110
Great Falls Cluster	Riverbend Park	394
	Scotts Run Nature Preserve	379
	Hickory Run School Site	11
	Lexington Estates Park	15
	Langleys Oaks Park	102
	Windemere Park	24
	Pimmit Run Stream Valley	41
Reston Cluster	Difficult Run Stream Valley	258
	Fred Crabtree Park	208
	Garnchayne	21
	Little Difficult Run Stream Valley	135
	Foxvale Park	25
	Waples Mill Meadow	18
Vienna Cluster	Clarks Crossing Park	124
	Difficult Run Stream Valley	237
	Lahey Lost Valley Park	23
	Tamarack Park	21

Details

List of parks and acres can be found at www.fairfaxcounty.gov/wildlife/archery-program

pleted additional training through the International Bowhunter Education Program to participate in the Fairfax County Deer Management Program.

All archers participating in the program must also pass a criminal background check.

Parks remain open to the public during the archery program. Fluorescent orange signs are posted in parks where hunting is authorized. Hunters will only hunt from elevated tree stands; hunting from the ground level is prohibited in county parks.

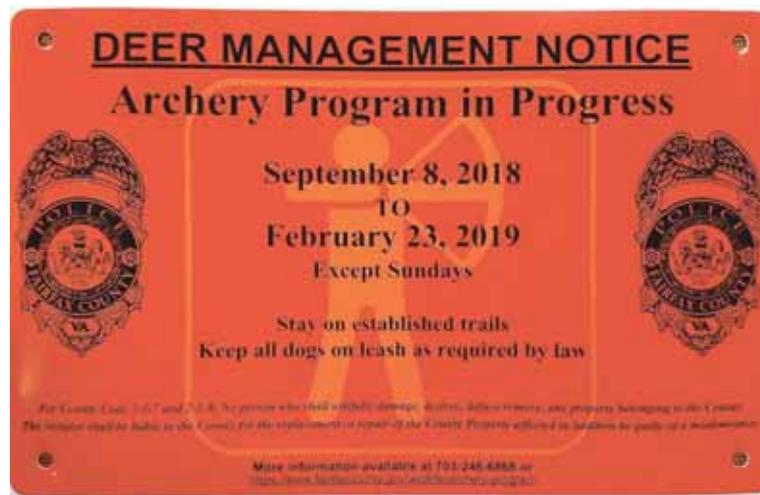
Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails. Archers are not allowed on private property without permission by the owner or tenant.

Archers are approved to hunt at assigned sites Monday through Saturday during legal hunting hours, 30 minutes prior to sunrise until 30 minutes after sunset. No hunting is allowed on Sundays in county parks.

More information about the Fairfax County Deer Management Program can be found at www.fairfaxcounty.gov/wildlife/deer-management-program.

Source: Fairfax County Police Department

These signs are posted in archery program areas.



tal deer harvests in the Fairfax County Deer Management Program were through the use of archery.

Fairfax County's Archery Program standards require that all archers meet state hunter licensing, education and safety requirements and must pass qualifications to demonstrate skill and marksmanship, in addition to carrying program identification. Archers are also required to have com-

Fairfax County to Hold Well Water Clinic

Do you know what's in your drinking water? While public water supplies are tested daily for contaminants, most private water supplies, like wells and springs, are rarely tested. It is recommended that well owners test their water at least annually for bacteria and nitrates. Learn about the quality of your water and how to care for your water system at the Fairfax County Well Water Clinic.

Pre-registration is required, register online: www.fairfaxcounty.gov/neighborhood-community-services/virginia-cooperative-extension There is a \$55 registration

fee which covers the cost of a water quality test which analyzes a sample of your home's drinking water for 14 different chemical and bacteriological constituents. Comparable tests undertaken through a private commercial lab can cost more than \$300. Payment can be made via check or money order made payable to Treasurer, Virginia Tech.

❖ Monday, Sept. 17 - Kick-Off Meeting, 7 to 9 p.m.

Pennino Building, Room 206 (12011 Government Center Parkway, Fairfax) Brief informational meeting, receive water sample kits and instructions for collecting water samples.

❖ Wednesday, Sept. 19 - Sample

Drop-Off, 6:30 to 10:30 a.m.

Pennino Building Lobby Turn in water samples and questionnaires.

❖ Wednesday, Oct. 24 - Test Results & Interpretation, 7 to 9 p.m.

Pennino Building, Room 206 Receive confidential test results, an explanation of what the numbers mean and information on how to handle any problems that are present. Contact: Adria Bordas, 703-324-5369

More Details: Virginia Household Water Quality Program - Well Water Clinics at www.wellwater.bse.vt.edu/clinics.php.

BULLETIN BOARD

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

THROUGH DECEMBER

White House Ornaments.

Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

VOTER REGISTRATION AND EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during

normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed.

Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776. The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

❖ 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, 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

SEE BULLETIN, PAGE 11

OPINION

County's 275th Anniversary Continues

With motorcycle charity ride.

BY SHARON BULOVA
CHAIRMAN,
BOARD OF SUPERVISORS

If you enjoyed Fairfax County's 275th Anniversary Celebration last year, the adventure continues! Lord Nicholas Fairfax (a direct descendent of our county's namesake) will be back in town on Sept. 22-25, 2018 to lead a motorcycle charity excursion to benefit four local charities here in Fairfax County: Bethlehem Baptist Church Community Support Program, Fairfax County Sheriff's Office Project Lifesaver, Fairfax-Mason Research Fund at George Mason University, and The Lamb Center.

If you are a history buff and/or motorcycle enthusiast, this event is for you. Participants can ride via motorcycle or car on a one-day, two-day or four-day trip around the boundaries of the original Fairfax Land Grant. This vast and beautiful area, which has been associated with the Fairfax family since the late 1600s, spans between the Potomac and Rappahannock rivers from the Chesapeake Bay to the Fairfax Stone in West Virginia. Along the way, there will be opportunities for camping, seeing multiple historic sites, witnessing historic sign unveilings, hearing stories from colonial era re-enactment groups, and meeting plenty of great people who share of love of Fairfax history.

The ride kicks off at the Patriot



Sharon Bulova and John Mason at the Fairfax Stone in fall of 2017.

Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m. To register for the Lord Fairfax Char-

ity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.

Clinical Trials Are Lifeline For women with gynecologic cancers.

BY BARBARA
COMSTOCK
U.S. REPRESENTATIVE
(R-10)



Clinical trials are the engines driving medical progress and for ovarian cancer patients, often offer the best hope for individual treatment. But alarmingly, fewer and fewer women are participating in clinical trials for ovarian and other gynecologic cancers.

Between 2011 and 2015, there was a 90 percent reduction in patient enrollment in phase III gynecologic cancer trials under the National Cancer Institute's Cancer Therapy Evaluation Program (NCI CTEP). In other words, six years ago, a woman with a gynecologic cancer was 10 times more likely to participate in one of these trials than she is today.

That's why I partnered with my Democratic colleague Rep. Jamie Raskin (D-Md.) to lead a congressional letter to the House Appropriations Committee requesting language directing the National Cancer Institute (NCI) to address the crisis in gynecologic cancer clinical trials.

The stakes are particularly high for ovarian cancer, which is the deadliest gynecologic cancer and fifth leading cause of cancer deaths in U.S. women. As the National Academy of Medicine found in a 2016 review, there remain

"surprising gaps" in the fundamental knowledge and understanding of ovarian cancer.

Treatment options for ovarian cancer are limited, chances for recurrence are high, and the five-year survival rate has long remained static at less than 50 percent. Faced with this prognosis, the opportunity to enroll and participate in clinical trials is often a lifeline for ovarian cancer patients and their families. My constituent and friend, Laura Forte, knows all too well the challenges facing women diagnosed with ovarian cancer and the unique opportunities clinical trials can provide for patients and their families. Laura's sister, Denise, was diagnosed with Stage IV ovarian cancer in 2011.

Before her devastating diagnosis, Denise was an incredibly fit, active woman with a thriving medical practice who always found the time to be a bossy older sister to Laura. Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms, if any, are so vague.

Upon her diagnosis in July of 2011, doctors told Denise that with standard chemotherapy, she would only live a year. After receiving this devastating news, Denise vowed that she wasn't going down without a fight.

Clinical trials were vital to

Denise's survival. Following her frontline chemotherapy treatment, Denise entered her first phase I clinical trial and went on to participate in additional trials thereafter. While none resulted in eliminating the cancer from her body, the trials she participated in gave her the gift of time. And just as valuable, her quality of life remained high.

Denise put it best when after a night of corn hole with Laura and their sons, she whispered into Laura's ear, "I've been able to make more happy memories for our boys." Denise's experience illustrates the value of clinical trials to extending an individual's life and buying them and their loved ones time to create precious memories.

And yet, adult oncology trials have long struggled to recruit patients. Evidence shows that a number of factors are to blame – from high out-of-pocket costs for patients to a lack of awareness in providers and perceptions around safety and risk.

For many cancer patients, however, the overarching issue is a general lack of availability in open trials for their stage and histology. A 2017 review of the clinical oncology landscape found that "studies consistently show that once a patient has access to cancer care, the absence of an available clinical trial precludes participation for about half of all patients."

Denise lost her battle and died earlier this year — and while her

life was extended by six precious years thanks to clinical trials, her death emphasizes that more progress is needed to make long-term survival a possibility for all women diagnosed with ovarian cancer.

The current downward trend in clinical trial participation for ovarian and other gynecologic cancers not only translates into missed opportunity for today's patients to receive potentially life-extending treatment, it slows the engine of progress and delays breakthrough discoveries that could benefit the patients of tomorrow.

I will continue to fight to bring these issues to the forefront in Congress and continue the increase in funding we have put forward to advance treatments and cures. I appreciate the partnership of the Ovarian Cancer Research Fund Alliance (OCRFA) in advocating and advancing clinical trials and better treatment and the expertise and passion they bring to this important mission. I look forward to continuing this fight with OCRFA and working together to end ovarian cancer.

U.S. Rep. Barbara Comstock represents the 10th District of Virginia and is the only female member of the Virginia Congressional Delegation. The Ovarian Cancer Research Fund Alliance (OCRFA) awarded her the "Carolyn Pultz Brown Advocacy Award" this year for elevating the issue of clinical trials and directing the National Cancer Institute to address the decline in patient participation in gynecologic cancer clinical trials.

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PHOTOS COURTESY OF FCPD

Fairfax County police respond to an apparent double murder-suicide at a home in the 1000 block of Safat Court in Herndon on Sept. 5.

Apparent Double Murder-Suicide in Herndon

Mother who allegedly killed her two sons was an attorney who represented victims of abuse.

By **MERCIA HOBSON**
THE CONNECTION

Fairfax County Major Crimes detectives continue their investigation in what is an apparent double murder-suicide after a woman and two young boys were found deceased in their home in the 1000 block of Safat Court in Herndon Sept. 5. Police report they received a 9-1-1 call from the home around 6:20 p.m. after the homeowner, later identified as the woman's husband, found his sons' bodies on the ground floor of the home.

Officers responded, and when they searched the home, they discovered a 42-year-old woman upstairs with what appeared to be a self-inflicted gunshot wound, Fairfax County police said in a news release. "Our initial investigation indicates the woman shot the two juveniles before shooting herself," said Lt. Eli Corey with the Fairfax County police. Police obtained a search warrant that evening, and crime scene detectives gathered evidence.

Although police could not release the

identity of the children due to a recently enacted law prohibiting them from doing so, the woman's brother, Yasir Ayaz, of Plano, Texas identified the woman as Noera Ayaz. A memorial fund commemorating the Ayaz and Maqsood family's legacy is established on the All Dulles Area Muslim Society (ADAMS) Facebook page. The site identifies Ayaz' sons as Tihami and Miraaj.

WTOP reports Ayaz said that his family is devastated by what happened and that they saw nothing that would lead them to think something like this could happen.

A graduate of Brown University's Mechanical Engineering Department, Ayaz received her Doctor of Law degree from the Columbia Law School. She reportedly often represented Muslim women with immigration issues. She also actively served the American Muslim community for the last two decades. As the director of Woman in Islam, Ayaz worked to empower Muslim women and enhance their inclusion in society, reported the Daily Sabah, stating in 2016, "As an attorney, she has represented Muslim women who were victims of abuse, providing pro bono legal counsel and helping them obtain legal immigration status. Ayaz was awarded the Sanctuary for Families Award for Excellence in Pro Bono Advocacy for her work with abuse victims."

The Office of the Chief Medical examiner will conduct an autopsy to determine the cause and manner of death, police said. Detectives continue their investigation to determine what led to the shooting.



The home of the Ayaz and Maqsood family in the 1000 block of Safat Court in Herndon as Fairfax County police investigate the apparent murders and suicide that occurred there on Sept. 5.

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Home LifeStyle

Design Upgrades for Fall

Minor elements can make an major impact as seasons change.

BY MARILYN CAMPBELL

As the time of year where more time is spent indoors slowly approaches, sprucing up an interior space can help ease the transition. From pillows and candles to wreaths and area rugs, local designers show how small touches can make a big impact as seasons change.

A new rug can set the tone for an entire room. "I just finished a living room where we added a luxurious leather sofa that's both elegant and timeless," said designer Sally Kane of Chantilly. "There is a loveseat in a chintz fabric and circular rug with warm shades of brown beige and turquoise. It's almost too pretty to walk on and can be changed out as the seasons change. It shows how adding the right rug can elevate a room."

Throw pillows in bold hues can add a burst of autumn color into a space, easing it from summer to fall. "I'm currently working on a family room where a deep, hunter green is the base color," said Todd Granger, interior designer and design graduate students at Marymount University. "I'm adding throw pillows with a yellow palette, including mustard, citrus and chartreuse."

"The Pantone color of the year for 2018 was Ultra Violet and I'm definitely seeing bold, deep purples being used this fall in interior design," continued Granger. "I'm incorporating them in spaces for my clients who appreciate bold colors. Buying throw pillows is an easy and inexpensive way to make your space match the season."

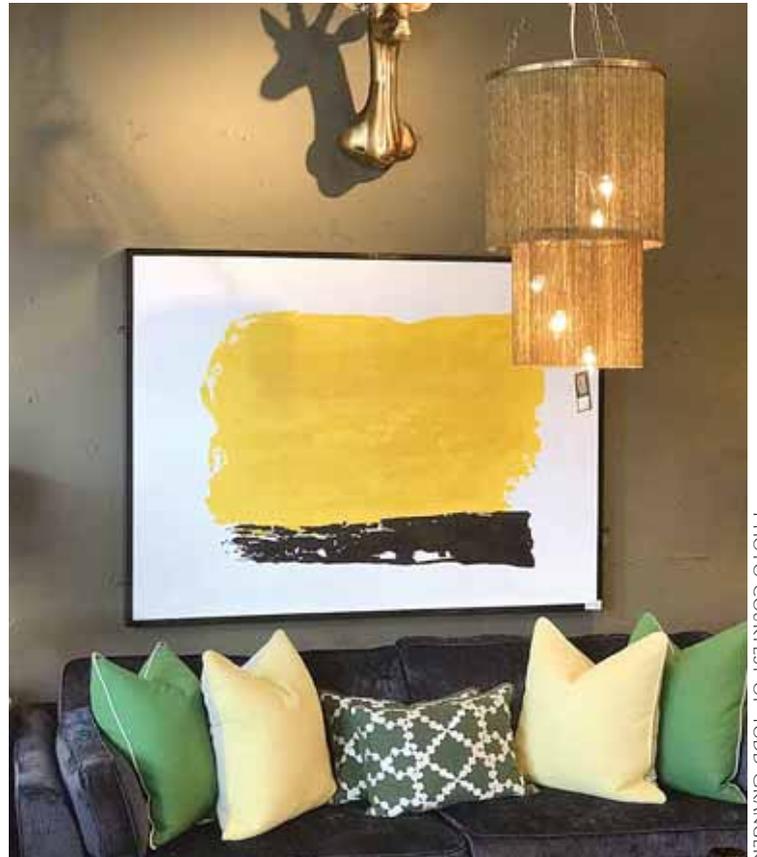


PHOTO COURTESY OF TODD GRANGER

Throw pillows in bold autumn colors can add warmth to a space as the season changes from summer to fall.

Table linens and serveware are a simple way to transition to fall when entertaining, advises Alexandria-based interior designer Beth Mahoney. "For my own home I purchased some dark blue, monogrammed linen napkins that pick up a shade of blue in my china pattern," she said. "Placemats, tablecloths and candles are all inexpensive things that can make an big impact when it comes to changing seasons."

A wreath in the rich autumnal colors hanging on the front door is a definite harbinger of fall, adds Mahoney. "Wreaths made with pretty combinations of fall foliage like pine cones, berries and even pumpkins can be hung in a foyer or the front door," she said. "Gooseberry, lavender and herbs like sage and bay also make great additions to a wreath."



Accessories in warm, rich shades can help transition a home's interior from summer to autumn.

PHOTO COURTESY OF THE NEST EGG

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PHOTOS BY MERCIA HOBSON / THE CONNECTION

Team General Dynamics- Northern VA in Reston raised nearly 99 percent of their goal \$20,000 by Monday, Sept. 10. Donations can still be accepted.

Helping Create Lives Free Of Diabetes and Its Struggles

The American Diabetes Association 2018 Tour de Cure: NOVA in Reston, reaching team fundraising goals, one person at a time.

MERCIA HOBSON
THE CONNECTION

Mark Hoover of Reston, a member of Team Lockheed Martin & Friends, stood beside his bicycle before the start of the American Diabetes Association 2018 Tour de Cure: NOVA. Many cyclists knew someone with diabetes and wanted to do something about it; Hoover came because diabetes touched his family too. "I'm doing this in memory of my niece who lost her life at age 25 from Cystic Fibrosis-related Diabetes," said Hoover.

"Many roads, one purpose," the mantra that sums up what the American Diabetes Association 2018 Tour de Cure: NOVA Reston was about on Saturday, Sept. 8. Part of the countrywide tour, cyclists, runners and walkers from across the region arrived in Reston early Saturday morning to join thousands of other people across the nation with the same passion — to fight diabetes and its burden.

Locally forty-three teams of individuals, family and friends, and local companies, equaling 401 participants, set out to raise \$500,000.

Team Amazon Web Services in Herndon came because they wanted to make a difference. "This brings people together for a good cause," said Dustin Sell, AWS Cyclist Team Captain.

"Diabetes was selected by our employees as one of our major outreach and engagement cause areas," said Michael Coogan, Director of Corporate Responsibility at Leidos in Reston. "We have 24 riders out today."

Team Kappa made up of Brothers of Kappa Alpha Psi Fraternity Inc. with chapters around the Washington DC Metropolitan Area wanted to change the future and make a positive impact in the lives of those

WWW.CONNECTIONNEWSPAPERS.COM



Team Amazon Web Services of Herndon came to the American Diabetes Association 2018 Tour de Cure: NOVA in Reston on Saturday, Sept. 8, 2018, because they wanted to make a difference.



Dustin Sells, of Lockheed Martin & Friends and Team Captain said, "This event brings people together for a good cause."

affected by diabetes. "Diabetes is a big issue with people in our community. We want people to be aware," said Team Captain Tommy Walker of Fairfax Station.

Donations are still being accepted. Mail checks to American Diabetes Association, ATTN: Tour de Cure, 1800 M Street NW #33606, Washington, DC 20033.

TELL US WHAT YOU THINK

SUBMIT YOUR LETTER TO THE EDITOR HERE
www.ConnectionNewspapers.com/contact/letter

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ENTERTAINMENT

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

ONGOING

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. Call 571-267-5000 or visit crunchreston.com Facebook.com/ CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Square Park. Free performances of heart-centered music for children. No performances on Labor Day or Columbus Day. Visit www.restontowncenter.com/events.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit www.homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

All-comers' Group Fun Run. Thursdays, 6:30-7:30 p.m. at Potomac River Running, Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 or visit www.potomacriverrunning.com/reston/.

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

Hurricane Florence

Due to predicted inclement weather, some events may be postponed or cancelled.



2018 Reston Multicultural Festival

It is time to "Discover the World in Reston" as the annual Reston Multicultural Festival honors the diversity that is one of the community's greatest assets and brings to life the vision that Reston founder Robert E. Simon had for the unique Northern Virginia community. The Festival will open with a Naturalization Ceremony, where America's newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing world cultures. Saturday, Sept. 22, 11 a.m.-6 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. A complete schedule of events and vendors is available at www.restoncommunitycenter.com/mcf.

share this interest. Lunch will be provided. 55+. \$25/RA members, \$32/non-members. Program 307220703. Visit www.reston.org.
Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. 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.

FRIDAY-SATURDAY/SEPT. 14-15
ChalkFest. Friday, noon-11 p.m. (professional artists/sponsors); Saturday, 8 a.m.-4:30 p.m. (open to all) at Reston Town Center, 12001 Sunrise Valley Drive, Reston. ChalkFest At Reston Town Center is presented by Public Art Reston and Reston Town Center. All are invited to create chalk drawings on Market Street. The event is open to professional artists, amateur artists, businesses, families, and kids of all ages. There will be prizes for professional artists, amateur artists, families and kids, in addition to the "Audience Choice Awards." Registration fee for Saturday participation includes supplies. Call 703-880-1177 or visit publicartreston.org.

FRIDAY-SATURDAY/SEPT. 14-15
Community Yard Sale. 8:30 a.m.-1 p.m. at 1900 Campus Commons Drive, Reston. Eighty-five families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. Sign-up to have a booth or stop by to browse for great bargains. Booth space is two parking spaces. Tables are not provided. Space is limited. Vendors must pre-register with payment to secure a space. All sales are final. No refunds

SATURDAY/SEPT. 15

Community Yard Sale. 8:30 a.m.-1 p.m. at 1900 Campus Commons Drive, Reston. Eighty-five families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. Sign-up to have a booth or stop by to browse for great bargains. Booth space is two parking spaces. Tables are not provided. Space is limited. Vendors must pre-register with payment to secure a space. All sales are final. No refunds

unless canceled due to rain. \$39/RA members, booth space; \$49/Non-members, booth space. Activity #:307201304. Go to www.restonwebtrac.org to register.

Digital Photography Essentials Workshop. 9 a.m.-1 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital SLR (DSLR) or mirror-less camera who are interested in learning how to successfully use their camera beyond automatic/program modes. The features and concepts discussed are relevant to all digital cameras including many point-and-shoot cameras, contact the instructor to confirm camera is appropriate. \$125; \$99 before Sept. 1. Call 703-956-6590 or visit artspaceherndon.com.

Native Plant Sale. 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. Pre-orders accepted. Visit each vendor's website (www.watermarkwoods.com or www.nature-by-design.com) for inventory and availability, email them individually and pick up and pay at Runnymede Park. Visit www.frpweb.org.

SUNDAY/SEPT. 16

Apple Picking at Stribling Orchard. Noon-4:30 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Spend the afternoon picking apples in Markham, Va. Plan a family day: pack a picnic, pick pumpkins and shop at the Harvest House. RA members: \$10 /non-members: \$12 (adult 13+); RA members: \$8 /non-members: \$10 (child 3-12); free (ages 0-2). Program 307011617. Visit www.reston.org.

Intermediate Digital Photography One-Day Workshop. 1:30-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This "beyond the basics" class is for alumni of the Digital Photography Essentials class or those who currently use Aperture and Shutter Priority shooting modes and want to learn how to successfully shoot in full manual shooting mode

for complete control of image exposure. The features and concepts discussed are relevant to all digital SLR (DSLR) and mirror-less cameras, contact the instructor to confirm camera is appropriate. Class size limited to 8. \$125. Call 703-956-6590 or visit artspaceherndon.com.
Author Event: Robert Prather. 2-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Robert Prather, author of "The Strange Case of Jonathan Swift and the Real Long John Silver" will tell the swashbuckling history of local pirate Jonathan Swift. Adults, teens. Free. Call 703-689-2700.

MONDAY/SEPT. 17

Hidden Treasures of Reston Bus Tour. 9:45 a.m.-12:30 p.m. Bus pick up: The Lake House, 11450 Baron Cameron Ave., Reston. Join a guided tour of the hidden treasures throughout Reston. Even for those who have lived here for a long time: see the trolls under the bridge near the Reston police station, the significant monarch trees, the Lake House or the Nature House. Participants will be getting off and on the bus to check out these treasures up close. Program: 307221005. \$22/RA members; \$28/non-members. Visit www.reston.org.
Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

TUESDAY/SEPT. 18

Nell and Jim Band. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St, Herndon. Northern California musicians Nell Robinson & Jim Nunally are touring this year with a

brand new album, "Baby Lets Take the Long Way Home." \$13 members, \$14 non-members at the door or contact Dave at DAHurdSr@cs.com. Call 703-435-2402 or visit www.restonherndonfolkclub.com.

WEDNESDAY/SEPT. 19

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. 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.

THURSDAY/SEPT. 20

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program which provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William counties and the City of Alexandria. Arrive at 9:30 to help with setup. Contact Lynn Barron: at LynnB517@verizon.net. Visit www.northernvirginia.assistanceleague.org.

Senior Social: Fiesta Theme. 1-3 p.m. at RCC at Hunters Woods. Celebrate Hispanic Heritage Month with Reston Community Center and Reston Association as they pay tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. Lunch, door prizes and entertainment, while learning about upcoming trips, classes and events. Program 307221015. Ages: 55+. \$8/RA members, \$15/non-members. Visit www.reston.org.

FRIDAY/SEPT. 21

Free Flow Friday. Doors, 8 p.m.; show, 10 p.m. at Breaker's Sky Lounge, 2445 Centreville Road, 4th Floor, Herndon. Newly releasing his EP 'BulletRose' on all streaming platforms, Al'Bei will be performing live. Hosted by KniteLife Entertainment. Visit www.breakersskylounge.com or call call 703-793-6233

SATURDAY/SEPT. 22

2018 Reston Multicultural Festival. 11 a.m.-6 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. It is time to "Discover the World in Reston" as the annual Reston Multicultural Festival honors the diversity that is one of the community's greatest assets and brings to life the vision that Reston founder Robert E. Simon had for the unique Northern Virginia community. The Festival will open with a Naturalization Ceremony, where America's newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing world cultures. A complete schedule of events and vendors is available at www.restoncommunitycenter.com/mcf.

WEDNESDAY/SEPT. 26

Dog Days of Summer. 4-7 p.m. in the Pavillion at Reston Town Center. 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.

NEWS

'La Boheme' for Season Opening

Fairfax Symphony to kick-off new season Sept. 22.

BY DAVID SIEGEL
THE CONNECTION

The powerhouse professional Fairfax Symphony Orchestra opens its 2018-2019 season with a special performance of "La Bohème" in concert. This is the first time the orchestra will present an entire concert-opera endeavor. The concert will feature renowned opera stars performing Puccini's beloved masterpiece about a tragic love affair that has enthralled audiences for over a century.

The concert also celebrates music director and conductor Christopher Zimmerman's 10th anniversary season with the Fairfax Symphony (FSO).

"La Bohème" tells a story of love and death within a bohemian circle of friends in 19th century Paris. The opera is cherished for its arias enfolded a love affair between a poor poet and a poor seamstress. Soprano Danielle Talamantes will perform the role of Mimi, the down-on-her heels seamstress. Tenor Rolando Sanz will perform the role of Rodolfo, the broke poet. Colleen Daly is Musetta, as a seemingly carefree singer.

The FSO performance of "La Bohème" will also feature singers from the Potomac Vocal Institute lead by the celebrated opera performer Elizabeth Bishop.

"The arts are an essential source of creativity, education, and economic impact in Fairfax County," said Jonathan Kerr, Executive Director, FSO.

"We're honored to dedicate this season to Maestro Zimmerman's 10th Anniversary. Under his leadership the Fairfax Symphony is increasingly recognized as one of the leading regional orchestras in the country."

Zimmerman has scheduled a broad repertoire for the coming FSO season with a varied and emotional musical experience for patrons. Zimmerman has a vision that the FSO "must continue to build its programs and reputation in Northern Virginia and the D.C. region, to represent Fairfax County as fully and relevantly as possible, and to provide meaningful and high-quality artistry."

Under Zimmerman's baton, the



Music director and conductor Christopher Zimmerman leading the Fairfax Symphony Orchestra.

PHOTO BY NESHAN NALICHAVAN/COURTESY FSO



Danielle Talamantes performs the role of Mimi in the Fairfax Symphony Orchestra concert of "La Boheme."

PHOTOS COURTESY FAIRFAX SYMPHONY ORCHESTRA



Rolando Sanz, performs the role of Rodolfo in the Fairfax Symphony Orchestra concert of "La Boheme."

Where and When

Fairfax Symphony Orchestra presents "La Bohème" in concert at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Performance Sept. 22 at 8 p.m. Tickets \$25, \$39, \$50, \$53, and \$65. Student tickets \$15. For tickets visit www.fairfaxsymphony.org or by phone at 703-993-2787. **Note:** Pre-Performance discussions at 7 p.m. with Fairfax Symphony Orchestra conductor Christopher Zimmerman and special guests for insights into the performance.

FSO has also engaged the Northern Virginia community by performing D.C. area premieres such as Philip Glass's "Piano Concerto No. 3" written for pianist Simone Dinnerstein, who is an FSO audience favorite.

The Fairfax Symphony Orchestra also provides a wide spectrum of educational and community outreach programs. The FSO has partnered with Fairfax County Public Schools for more than 50

years. The FSO performs before about 10,000 listeners each year.

The upcoming FSO season includes programs with composers including Tchaikovsky & Beethoven; Mozart, Gershwin and Eryilmaz; Mendelssohn and Schumann, as well as Verdi. There will also be special performances of "The Nutcracker" with the Fairfax Ballet, and Holst's "The Planet" with the Fairfax County All-Stars Youth Orchestra.

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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

LETTERS

Sanctuary for Deer?

To the Editor:
Reading your article, Fairfax Station: A sanctuary (Connection, August 23-29, 2018), I would like to comment that, for the most part, residents like myself appreciate the beauty of nature that abounds in this area: the birds, the raccoons, the occasional fox and the deer. We love the trees and the privacy provided by the wooded areas, yet have accessibility to resources needed for daily living.

However, as I gaze at the serenity of a doe and her small fawn, a few feet from her, I cannot help but be saddened by the fact that these creatures are not really in a sanctuary. They may soon be slaughtered by hunters using an archaic and inhumane method (bows and arrows) as they venture toward Burke Lake Park. This practice does not discriminate regarding bucks, nursing does or their fawns (which if not killed will be left to starve).

It would be more of a sanctuary if this barbaric practice would be

replaced by humane wildlife management practices, which could include some sterilization projects or even sharp shooting.

These practices are limited to a week or two rather than the current stalking and killing or wounding which last nearly 8 months. A deer sterilization project like the

one done in Fairfax City could be conducted in one or two parks and be sponsored by contributions to the parks designated for non-lethal wildlife management programs.

Elaine Miletta
Fairfax Station

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.
By e-mail: north@connectionnewspapers.com

Obituary



Alice Mae Landreth, 82, of California, MD (formerly of South Norfolk, VA and Herndon, VA) passed away Thursday, August 23, 2018, at MedStar St. Mary's Hospital in Leonardtown, MD.

She was born on October 13, 1935 in Norfolk, VA to the late William Oscar Hundley and Elizabeth Rich Hundley.

On March 30, 1957, Alice married her beloved high school sweetheart, Stanley Lee Landreth in South Norfolk, VA. Together they celebrated over 61 wonderful years of marriage. She was a devoted wife, loving mother and grandmother, and she enjoyed spending as much time as possible with her family. She supported her husband when he was stationed in Europe. She enjoyed attending concerts and listening to the Big Bands. She was an excellent cook and delicious baker, and was known for her tasty squash pudding and spaghetti. Other hobbies included making ceramics and flower gardening. She was a devoted member for many years with Herndon United Methodist Church.

In addition to her beloved husband, Alice is also survived by her children, Susan Seeger and her husband, Bob of Leonardtown, MD and Catherine Sullivan and her husband, John of Smithtown, NY; her grandchildren: Christopher Seeger, Cory Seeger and Liam Sullivan; and many extended family and friends. In addition to her parents, she is also preceded in death by her siblings: Irene Wagner, David Hundley, Betty Ruth Tisdale, Dorothy Hundley, and Emily Smoak.

A Funeral Service will be celebrated on Wednesday, August 29, 2018 at 11:00 a.m. at Oman Funeral Home and Crematory, 653 Cedar Road, Chesapeake, VA 23322. A Graveside Service will be held on Thursday, August 30, 2018 at 11:00 a.m. at Rosewood Memorial Park, 631 North Witchduck Road, Virginia Beach, VA 23462.

Memorial contributions may be made to the American Heart Association, P.O. Box 5216, Glen Allen, VA 23058-5216 and the Breast Cancer Research Foundation, 28 West 44th Street, Suite 609, New York, NY 10036.

Condolences to the family may be made at www.brinsfieldfuneral.com.

Arrangements by the Brinsfield Funeral Home, P.A.

Obituary

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



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BULLETIN

FROM PAGE 3
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 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).

THROUGH SEPT. 28

Preference Poll. The Reston Community Center (RCC) Board of Governors announces five candidates for its 2018 Preference Poll. This year's candidates are incumbents William G. Bouie, Gerald Zavala and Lisa Sechrest-Ehrhardt, as well as new candidates Richard Stillson and April Tan. The poll seeks community guidance to fill three 3-year positions. Each property in Small District 5 (SD5) will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5 p.m. on Thursday, Sept. 27. Walk-in and online ballots must be received by 5 p.m. on Friday, Sept. 28. Visit www.restoncommunitycenter.com or call 703-476-4500.

WEDNESDAY/SEPT. 12

If Disaster Strikes. 8:30-10 a.m. at Greater Reston Chamber of Commerce, 886 Metro Center Drive, Suite 230, Reston. Grelia Steele and Avery Church, of the Office of Emergency Management, will show you how to prepare your business and your employees for an emergency. Call 703-707-9045 or visit www.restonchamber.org for more.

Understanding Medicare. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Are you confused about Medicare coverage? What's covered what's not? Supplemental insurance plans? How to deal with the costs of catastrophic illness? Let our Medicare expert answer your questions. Free. Call 703-689-2700, ext. 4 or visit www.fairfaxcounty.gov/library/ for more.

THURSDAY/SEPT. 13

Estate Planning. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Attorney Bettina Lawton will cover what participants need to know about putting a will or trust plan in place. Free. Call 703-689-2700 or visit www.fairfaxcounty.gov/library/events.

SATURDAY/SEPT. 15

Community Yard Sale. 8:30 a.m.-noon in the parking lot behind, 1900 Campus Commons Drive, Reston. 85 families will be selling a variety of items, so this is a great opportunity to find things for a new home or a college dorm. No early birds. Canceled in the event of rain. For a recorded, weather related message, call 703-435-6577 the morning of the event.

SUNDAY/SEPT. 16

Information Session. 11:30 a.m. Saint Timothy's Episcopal Church: The Joy of Living for Seniors Ministry is hosting an information session presented by Dementia Friendly Herndon. Learn to recognize the signs of dementia and to know how to communicate with and support those living with the disease. All are welcome to attend. Lunch will be provided. RSVP here to 703-437-3790, ext. 13. For more about Dementia Friendly Herndon, visit www.dfaherndon.org.

TUESDAY/SEPT. 18

Erev Yom Kippur. 7:30-9:30 p.m. at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Shoshim will hold a free Erev Yom Kippur service. No tickets or reservations required. Call 571-445-0563 or email info@restonshoshim.org for event location and details. Visit www.restonshoshim.org for more.

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A Declaration of Semi Independence



By KENNETH B. LOURIE

Now that I've spent the last two publishing weeks moaning and groaning about my potentially life-changing CT scan results from my upcoming Sept. 26 scan, I think it's time to buck up, don't you? I mean, how long can I continue to drone on before I bore even myself? Talk about putting the cart before the horse, I'm putting myself before the cart.

If I've learned/assimilated anything in my nine and half cancer years, it is that waiting for results rather than presuming or anticipating and/or especially overreacting to them in advance of anything actually being confirmed as negative/problematic is, highly recommended. Much easier said than done I understand, but the alternative "batters no parsnips," to quote Mrs. Patmore from the Downton Abbey kitchen.

And if one has been compromised, as I have been by a "terminal" diagnosis (2/27/09), followed by years of chemotherapy and the variety of associated side effects, wasting any time or energy on pursuits which don't enhance life, liberty and the pursuit of happiness, is a pursuit not worth pursuing.

Moreover, given how little control one has over the entire cancer experience - from initial screening/testing/diagnosing/staging to lab-testing/treating/maybe even "surgerizing" (to use of my late father's made-up words), it would seem the sooner the patient/survivor accepts and sort of embraces their place in the cancer feedback loop, the better. Otherwise, the process likely becomes even more excruciating than it already is.

The problem is that cancer can be, shall we say, uncooperative.

Adding to its "uncooperativeness" is its effect on a patient (yours truly) who has lived years beyond the presumptive treatment guidelines oncologists refer to. Generally speaking, stage IV, non-small cell lung cancer survivors of nearly 10 years are few and far between so there's very little empirical evidence/information available advising oncologists how to treat the anomaly. (I've been called worse.)

They're challenged enough determining how to treat the 234,030 new cases projected for 2018 (according to the American Cancer Society). When it comes to treating an old case - mine, common sense and trying to not make things worse seems as much a reasonable course of action as any, especially as I try not to count the days until my next scan. It will get here soon enough - or not - so I see no advantage in obsessing about it and staring at the calendar.

Oddly enough, outliving one's prognosis by as many years as I have presents its own peculiar set of problems.

I never thought I'd be quoting/invoking a Doris Day song but, "Que sera, sera, Whatever will be, will be, The future's not ours to see, Que sera, sera. What will be, will be." And though I realize Doris wasn't singing about cancer per se, it was more so about life.

Nevertheless, if there's one subject that us cancer patients could use all the uplifting lyrics sung and/or talked about, it is words which can minimize the slings and arrows of the outrageous misfortune which has befallen us and to help find a way to make the best of the extraordinarily difficult circumstances life has us living.

So what if I have to wait a month for the other shoe to potentially drop? I'm alive and reasonably well. Besides, there's no guarantee that the shoe dropping will be the cancer shoe. Maybe it will be the non-cancer shoe?

Regardless, whatever shoe drops on or about Sept. 26, I'll be there to pick it up, find some bootstraps, buckle up and get on with it.

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



PHOTO BY SHEILA OLEM

From left, Shelley Murphy, CEO Wesley Housing Development Corporation, Tom Fleetwood, Director of the Department of Housing and Community Development Fairfax County and Cynthia Bailey, Deputy County Attorney Fairfax County provide remarks at the Town of Herndon's Planning Commission.

New Housing Out of Reach for Most First-Time Buyers and Renters

Town of Herndon Planning Committee holds special work session focused on current inventory and future needs.

BY SHEILA OLEM
HERNDON TOWN
COUNCILMEMBER



PHOTO CONTRIBUTED

Sheila Olem, four-term Herndon Town Councilmember and resident of Herndon since 1990.

On Sept. 5, I attended the Town of Herndon Planning Commission Special Work Session on the Preservation and Enhancement of Herndon's Housing Diversity moderated by Planning Commission Chair C. Melissa Jonas. The panel of experts discussed housing diversity and focused on the ranges of price and age-appropriate housing available in the town. Town staff gave an overview of existing inventory noting the range of housing types, cost and age for both sales and rental properties.

I found it very interesting that approximately 52 percent of the current housing in Herndon was built before 1980 with 41 percent built in the 1970s, the most significant decade of housing production in the town.

Given some of our housing stock is in need of re-

placement due to the quality of construction, we, as a community, need to take a hard look at our future and options. All the new homes, townhomes and condominiums are out of reach for most first-time buyers and renters. According to the panel, the cost of housing should only be about one-third of the family's income. This will ensure stability and health needs are met for the children to be able to perform successfully at school.

As the town considers rezoning the areas on South Elden Street, as well as what the Herndon Transit-Oriented Core (HTOC) might contain, we have an opportunity to create a diverse range of housing costs in the town. This will ensure we will have housing for the service workforce needed after the Metrorail arrives in Herndon.

For a copy of the two PowerPoint presentations shared at the 09/05/18 Town of Herndon Planning Commission Special Work Session, please send me an email and I will forward it appropriately. Email: Sheila.Olem@herndon-va.gov

You can watch the meeting from home by visiting <http://www.herndon-va.gov/government/mayor-town-council/agendas-minutes-webcasts>. Click on "Herndon Planning Commission Special Work Session 09/05/18".

A 'March Madness' of Reading Continues in Fairfax County

Reston Regional Library part of PBS' 'The Great American Read.'

BY MERCIA HOBSON
THE CONNECTION

Fairfax County announced Reston Regional Library is one of 50 libraries across the country to receive "The Great American Read" grant from the

American Library Association and Public Broadcasting Service (PBS). Although viewers are half-way through the March Madness-like eight-episode show where they can vote for their top book from a list of 100 of the most-loved novels, opportunity awaits the public including individuals in the local Reston and Herndon communities, to jump in the game at any time and begin voting for their best-loved novels.

According to Fairfax County: "The 100 books have been placed into a bracket and divided into

quadrants based on the years they were published: The Classics, Mid-Century, Late Century and Contemporary." Just like in an NCAA Tournament bracket, winners of each matchup advance to the next round. For each round, voting is open one week except the last two rounds.

Fairfax County Public Library Director Jessica Hudson said, "The Great American Read is a terrific initiative because it's getting people of all ages and backgrounds not only to think about and vote for their favorite book but

to reflect on the value of books and of reading in their lives. Reading expands our mind.

It gives us opportunities to meet people, go places and understand new thoughts we might never have otherwise known.

It's a safe environment to discover all kinds of wonderful new things."

Reston Regional Library is hosting screenings after each episode and is offering a mix of programs to complement "The Great American Read."

"We've partnered with our local

PBS station, WETA-TV 26, as well as with the Friends of the Reston Regional Library and local businesses such as Scrawl Books to host programs that include Trivia Night, Green Screen Photo Booths, author talks, and literary discussions moderated by scholars and writers," shared Ha Hoang, Assistant Branch Manager, Reston Regional Library.

On Oct. 22, the day before PBS airs its final episode announcing its champion, the top book in Fairfax County will be announced, reports Fairfax County.



PHOTO COURTESY FAIRFAX COUNTY POLICE

A young Herndon boy was pronounced dead at a local hospital after experiencing an unexplained "medical emergency" aboard a FCPS special needs bus Thursday, Sept. 6.

Tragic Death On a School Bus

Lifesaving methods fail for young Herndon boy aboard FCPS bus.

BY MERCIA HOBSON
THE CONNECTION

It was only the second week of school when a young Herndon boy died Thursday afternoon, Sept. 6 after experiencing "a medical emergency" on a Fairfax County Public School bus.

The bus driver pulled over in the 2300 block of Dulles Station Boulevard in a mixed-use area near an apartment complex. "Male unconscious not breathing on school bus," said a dispatcher. "Supervised attendant is doing CPR." Fairfax County Fire and EMS responded to the 9-1-1 call and performed lifesaving measures.

Shortly before 5 p.m., Fairfax County police said that the child was pronounced dead at a hos-

pital.

The student was the only child on the bus along with the bus attendant and the driver, reported spokesperson John Torre with the Fairfax County school system. Fairfax County schools released a statement calling the death "tragic" and that "FCPS is fully cooperating with the investigation."

Fairfax County's major crimes bureau is investigating as a formality, said police spokesperson Lt. Eli Cory.

The child's name, the name of school and cause of death have not been released because of the recently enacted Virginia Code 19.2-11.2 which prohibits police from providing information about juvenile victims unless parental consent is granted.