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HomeLifeStyle
PAGE 6

Reston
CONNECTION

When the Island Walk community in Reston received a grant from Fairfax County for a teen-led suicide prevention and mental health initiative, two 15-year-olds, from left, Ahlam Ali and Ayesha Abdullahi, were chosen as leaders.



Reducing the Stigma on Mental Health

NEWS, PAGE 12

Helping Create Lives Free of Diabetes
NEWS, PAGE 9

'Daingerfield Island' At Local Bookstore
NEWS, PAGE 10

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OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

NEWS

PHOTO CONTRIBUTED



Gulf Reston built the first eleven homes in Forest Edge Cluster. They are known as flat tops.

Forest Edge Cluster Turns 50

One of the oldest clusters in Reston set to celebrate its 50th anniversary.

Forest Edge Cluster will celebrate its 50th Anniversary with a party open to all current and former residents on Sat-

urday, Sept. 22, 2018, at 6:30 p.m.- 8:30 p.m at Findlay Hall, St. Thomas a Becket Church. This is a family event with raffles, door prizes and light refreshments. RSVP by email to forestedge@gamil.com by Sunday, Sept. 16. Forest Edge Cluster is one of the oldest clusters in Reston as well as perhaps the only one that has established a tradition of an anniversary celebration every ten years. In addition, the party invitation is extended to anyone who has ever lived in the cluster. This gives it a reunion-like atmosphere and encourages exchanges about stories of tot lots construction, snowstorms and volleyball tournaments. Earlier parties were held at the Reston Community Center, but the last two parties and this big 50th celebration are held at St. Thomas a Becket Church, which is adjacent to the Cluster (which houses the rectory for the parish).

The first homes built by what was then Gulf Reston were eleven houses known as the "flat tops" for their flat roofs. That architectural style was abandoned for a composite design that was used in a varied form for the ninety-six remaining homes on Forest Edge Drive and Greenmont Court. North Shore Drive, Wiehle Avenue and Baron Cameron Avenue provide the borders. The cluster takes its name from the buffer of trees and creeks surrounding the neighborhood so that there is a tucked away "in the forest" feeling.

Two families have lived in the Cluster from the first day: Jean Rich on Forest Edge Drive and Bob and Lila Ensign on Greenmont Court. Many other residents have stayed for more than forty years, and some have seen their children move back into the cluster. Some well known former residents include Emory Rucker, for whom the Reston Homeless Shelter is named, and Angus King, current United States Senator from Maine.

In the past, Robert E. Simon has been a special guest and the one who cuts the celebratory cake. His presence will be missed this year, but a cake, donated by Edibles Incredible whose owners reside in the Cluster, will still be cut. There will be door prizes and reminiscing and lots of sharing, all to enhance the cluster's community spirit. For more information about the party write to ForestEdge50@gmail.com

WWW.CONNECTIONNEWSPAPERS.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 2019 Infrastructure Replacement Reconciliation Rate ("IRRR") and a 2019 Infrastructure Replacement Current Rate ("IRCR") and is billed as a combined fixed charge each month. The 2019 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/case>.

On or before October 3, 2018, interested persons may file written comments on CVA's Application with Joel H. Peck, 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/case>. 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/case>, 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/case>. 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. Peck, 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.

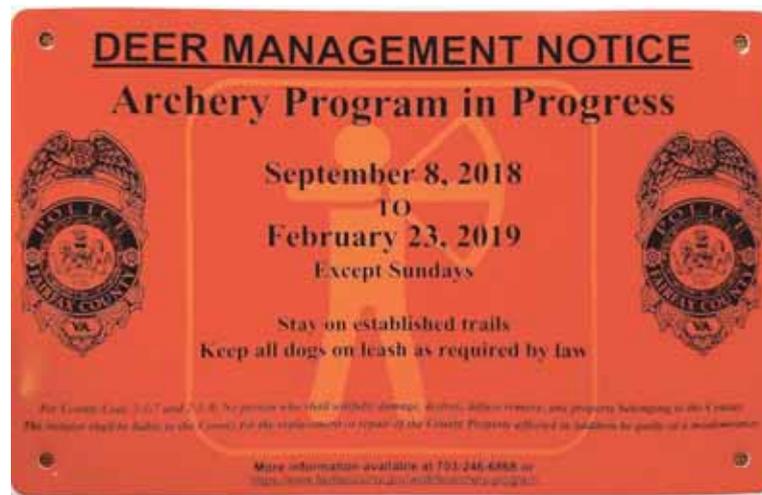
Tree stands must not be located closer than 100 feet from property lines or closer than 50 feet from established park trails. Archers are not allowed on private property without permission by the owner or tenant.

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



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

who share of love of Fairfax history. The ride kicks off at the Patriot Harley-Davidson store in the City of Fairfax on Sept. 22 at 8 a.m.

To register for the Lord Fairfax Charity Ride and to make a donation to the charity partners, please visit www.lordfairfaxride.org.

GOP Tax Scheme Hurts Homeowners

BY GERALD E.
CONNOLLY
U.S. REPRESENTATIVE
(D-11)



President Trump and Republicans in Congress rammed their tax scheme through Congress without a single hearing or considering any Democratic amendments. Unlike many members of Congress, I met with community stakeholders and held a public roundtable to hear firsthand how the bill would affect our region. Overwhelmingly, I was told the bill would hit most Northern Virginian taxpayers hard in their pocketbooks. On top of that, it added \$1.9 trillion to the deficit, completely unpaid for.

In the months since President Trump signed the new Republican tax plan into law, the fallout for Northern Virginians has become clear. A new report, prepared by the House Oversight and Government Reform Committee, confirms our worst fears and finds the Republican tax law will disproportionately hurt Northern Virginia homeowners' biggest asset — their homes.

The report details how the new law's changes to the mortgage interest deduction, home equity loan deduction, and state and local income tax deduction will result in tax increases for many families in our region.

Homes are one of the largest source of savings for American families, and home equity loans

are often the most affordable way for these families to obtain credit. The proceeds from these loans are often used to pay for important expenses such as college tuition and medical expenses. Prior to the GOP tax law, interest on these loans was tax deductible. Under the new law, those deductions are now limited exclusively to home improvements.

This means none of the approximately 547,600 homeowners currently living in Northern Virginia will be allowed to claim deductions for expenses like an unexpected medical emergency. On top of that, beginning in 2018, nearly 106,800 homeowners in our area with existing home equity loans will not be allowed to claim full

home equity interest deductions as they've done in the past.

Another concern for many of our neighbors is that the new law caps state and local tax deductions (SALT) at \$10,000. In Virginia, we have the nation's fourth highest percentage of tax filers claiming the SALT deduction in the country. More than 1.5 million households claim \$16.5 billion in SALT deductions for an average deduction of \$11,288 per household. Fairfax County residents alone claim nearly \$4.62 billion in these deductions. However, under the new tax law, 174,100 homeowners in Northern Virginia will lose the ability to deduct the full amount of their property taxes.

These findings are not hypothetical. This report lays out the real-world impacts of a misguided law that will harm Northern Vir-

ginia families. To make matters worse, just last week the President decided to cancel a scheduled federal employee pay increase citing concerns about the deficit. His tax bill exploded the deficit, and now he is trying to balance the budget on the backs of federal workers.

As the former chairman of the Fairfax County Board of Supervisors, I know how important the housing market is to our region. By targeting the housing market and home values, the new tax law has serious consequences for our community. It puts additional pressure on local government budgets and crowds out investment in our local roads, our first responders, and our education system. We should be protecting those investments at all costs, not undermining them so billionaires get another handout.

LETTERS TO THE EDITOR

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 se-

renity 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

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COMMENTARY

Shedding Light on Solar Energy in Virginia

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



While many of us express concern that we do not see as many solar collectors on Virginia roof-tops as we would like, the Commonwealth is showing significant progress on turning sunlight into electrical energy. As with any major change there are some hazy areas that need to be considered as well.

According to the Solar Energy Industries Association (SEIA) as reported in the August 2018 issue of *Virginia Business* magazine, Virginia currently ranks 17th nationally with 631.3 megawatts of installed solar capacity. The ranking is a significant jump from 2016 when the state ranked 29th nationally. Even with the advanced standing, only 0.59 percent of the state's electricity comes from solar. By way of contrast, North Carolina is second in the nation in installed solar capacity with 4,412 megawatts brought about by generous tax incentives. For North Carolina that is nearly five percent of their electricity supply.

Virginia's future with solar appears bright with 59 notices of intent with the Department of Environmental Quality to install 2,646 megawatts of solar according to the *Virginia Business* article. Driving the expansion of solar energy is a sharp drop in price from \$96 in 1970 to 40 cents per kilowatt this year and an insistence on the part of technology giants like Amazon, Microsoft, Google and Facebook, all of whom have a presence in Virginia, that their electric power come from solar systems. The Grid Transformation and Security Act passed by

the General Assembly this year requires 5,000 new megawatts of solar and wind energy to be developed. Included in that total is 500 megawatts of small, roof-top panels.

Middlesex County Public Schools opened this year with two of its three schools powered by solar energy. Although a small, rural school system, Middlesex has the largest ground-mounted solar system of any school division in the state and is expected to save more than two million dollars per year. Excess electricity generated is sent to the grid for credit for any electricity the schools takes from the grid at night through a net-metering arrangement.

Some shadows along the way can be expected with such a massive shift in the way electricity is produced. It takes about eight acres of land for each megawatt produced. Solar farms take up large amounts of land. Just last week the Culpeper County Board of Supervisors voted to deny a conditional-use permit for a 178-acre utility scale solar facility in the county. The supervisors indicated that they had questions about the project for which they did not receive adequate answers. One factor is likely to have been the results of a study by the American Battlefield Trust that indicated the project would be visible from some of the half-dozen signal stations around Culpeper County that were used during the Civil War to detect troop movement. The County depends on a high level of tourism based on its Civil War battlefields and apparently does not want to jeopardize its attraction to Civil War buffs.

The clouds will pass, and Virginia is on its way to a bright future with solar energy.

OBITUARY

Mark Christopher Wilson

Mark Christopher Wilson died on Aug. 9, 2018 after a sudden cardiac arrest from unknown causes. Mark was 24 years old and grew up in Great Falls. He was a 2012 graduate of Langley High School in McLean and earned his undergraduate degree in Petroleum Engineering from the University of Oklahoma in 2016. The day after his death, Mark was to graduate from Texas A&M University with a Masters in Chemical Engineering.



Mark Wilson

grandmothers Ruth Rutledge of Cape Girardeau, Mo., and Lucy Northcutt of Norman, Okla., and his grandfather Bob Wilson of Kingston, Okla. More can be read about Mark at [Mark C. Wilson Memorial Fund](http://www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund) (www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund). A Celebration of Life service and reception were held Saturday, Sept. 8, at McLean Bible Church. A memorial service will be held in Norman, Okla., on Oct. 13. Mark was honored by Texas A&M University in College Station, Texas, at the Silver Taps ceremony on Sept. 4.

In lieu of flowers, donations may be made to the Mark C. Wilson Memorial Fund online (Mark C. Wilson Memorial) or by mail to The Community Foundation for Northern Virginia, 2940 Hunter Mill Road, Suite 201, Oakton, VA 22124.

www.cfnova.org/for-donors/foundation-funds/donor-funds/the-mark-c-wilson-memorial-fund

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

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."

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.

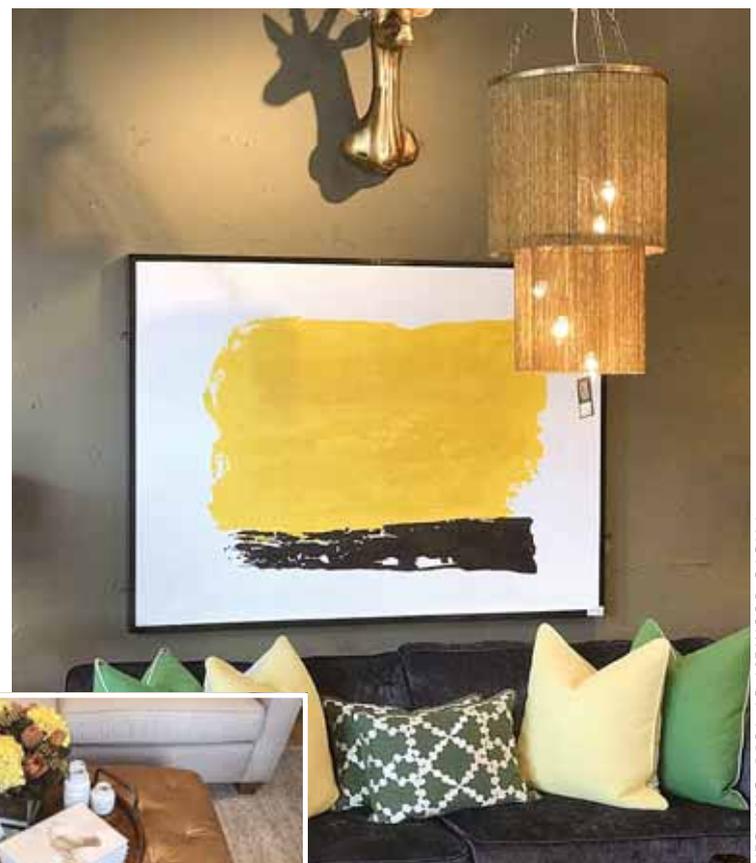


PHOTO COURTESY OF TODD GRANGER

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



PHOTO COURTESY OF THE NEST EGG

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NEWS

A 'March Madness' of Reading Continues in Fairfax County

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.

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ENTERTAINMENT

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

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.

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

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



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.

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.

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 703-793-6233

WEDNESDAY/SEPT. 26

Dog Days of Summer. 4-7 p.m. in the Pavilion 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.

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 Pavilion at Reston Town Center.

Hurricane Florence

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

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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 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.



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.

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Cyclists take off at the American Diabetes Association 2018 Tour de Cure: NOVA in Reston on Saturday, Sept. 8, 2018.

PUBLIC HEARING NOTICE

Proposed Amendments to Reston Association Design Guidelines

Thursday, Sept. 27, starts at 6:30 p.m.

Reston Association

12001 Sunrise Valley Drive, Reston, VA 20191

The Reston Association Board of Directors will hold a public hearing on proposed amendments to the RA Design Guidelines. All members of the association are invited to attend.

For more information, go to <https://bit.ly/2w9wuyJ>



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-Werner Heisenberg

NEWS

'Daingerfield Island'

Fairfax County author and Virginia prosecutor brings book tour to Scrawl Books in Reston.

BY MERCIA HOBSON
THE CONNECTION

In John Wasowicz's recent legal thriller, "Daingerfield Island," it's not picnics and sail boats 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.



Photo of 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

Cover of "Daingerfield Island"

In addition, Wasowicz said he learned from the manuscript readers for "Daingerfield Island" that 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.

Celebrating Everything Summer in Reston

Performance by Chris Vadala with the Rick Whitehead Trio concludes the 'Summerbration' season.

BY MERCIA HOBSON
THE CONNECTION

The last of the Friday "Summerbration" concert series at the open-air plaza atop the Wiehle-Reston East Metro Station concluded Friday evening, Aug. 31 with a performance by Chris Vadala with the Rick Whitehead Trio.

Reston Community Center presented Summerbration in cooperation with MSE Productions, Inc. and hosted by Reston Station.

Crowds gathered in the light breeze and settled into the sling back chairs provided by Comstock Partners, owners of Reston Station. Kevin Danaher of Reston Community Center commented about how much cooler it was in the open-air plaza. "We're up so high that even on a hot day, there's a breeze. It's nice."

Eric Fisher of Reston sat in one of the chairs. Asked what he thought Fisher said, "Great music, great locality, great idea." According to Bako Glonti, Events Coordinator Comstock Partners the "Summerbration" concerts have seen remarkable growth in attendance. "The Reston Station neigh-



MERCIA HOBSON/THE CONNECTION

As a light breeze blew, Rick Whitehead-guitar, Barry Hart-drums, John Previti-bass and Chris Vadala-sax performed at the last concert of the 2018 'Summerbration' series held at the open-air Civic Plaza atop the Wiehle-Reston East Metro Station on Friday evening, Aug. 31.

borhood is expanding. This is a growing, vibrant neighborhood," said Glonti as he looked around at the greater Reston neighborhood.

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.



Eve Thompson helped organize the 12th Reston Jazz Festival this year.

PHOTOS BY
MIKE SALMON
THE CONNECTION

‘All That Jazz’ at Lake Anne

Festival features brass, beer and empanadas

BY MIKE SALMON
THE CONNECTION

When the Shannon Gunn Quintet went on stage to kick off the Reston Jazz Festival over Labor Day weekend, Gunn the vocalist and songwriter had a song called “Orange Noise,” that takes a jab at politics in Washington, D.C. this year. “Lots of lies,” she said.

The loose definition of orange noise is “a quasi-stationary noise with a finite power spectrum with a finite number of small bands of zero energy dispersed throughout a continuous spectrum,” according to MediaCollege.com, but Gunn noted her intent when writing the song. “Might get a little political,” she said, before going on stage to kick off the festival at the Lake Anne Plaza in Reston. She described their sound as “straight ahead jazz, funk, groove.”

At the lakeside plaza, other jazz and blues bands that were part of the festival included Revelator Hill, Shachar Rogers, the Vaughn Ambrose Quintet, GiGi McLaughlin, and the Adrian Duke Project.

Eve Thompson, owner of the Lake Anne Coffee Shop and Wine Bar and festival organizer oversaw

the set up. “The line-up was evenly split between blues and jazz,” said Thompson. This was her 12th festival she was involved with.

Paddleboards and kayaks headed out on the lake while the music played, creating a musical background for the boaters.

Many musical groups have played there. “It’s a great place to listen to music,” Thompson said. She lives in one of the condos on the lake, and the festival was put on by the Reston Community Center and the Lake Anne Merchants. Gunn writes all her own songs and one they played was a tribute to President Barack Obama and another about a friend’s bout with cancer called “Cancer Free.” People are the topic usually, and “sometimes they inspire me and sometimes they make me angry,” she said.

The afternoon heat chased a lot of the crowd into the shade near the coffee house, and several tents were erected on the plaza for food and drink. Mustang Sally Brewing was in from their base in Chantilly to serve their recently-release IPA beer called “Better Angels IPA,” and at the tent next door, Flor Denegri was serving homemade Peruvian empanadas that won a 2016 “Taste of Reston” award.



The shade on the side of the plaza attracted many from the afternoon sun.



Shannon Gunn plays the trombone as well as writes music for her jazz quintet.



PHOTO COURTESY OF SHARON BLACKETOR

Fifteen-year-old Ahlam Ali teaches youth about mental health challenges.

Reducing the Stigma On Mental Health

Reston teens lead classes for community youth.

BY CARLYN KRANKING
THE CONNECTION

When the Island Walk community in Reston applied for and received a grant from Fairfax County for a teen-led suicide prevention and mental health initiative, two 15-year-olds, Ahlam Ali and Ayesha Abdullahi, were chosen as leaders.

“We had two of our teens plan and execute the whole program,” said Maggie Parrott, a youth specialist in the Island Walk community. “Me and my boss, Sharon, were here to supervise if they needed any extra help, but we were just sitting in the background, and they led it all. They did a really, really amazing job.”

For four weeks this summer, Ali and Abdullahi led classes for first through sixth graders in their community. They had kids draw pictures, complete activities and play games to learn about different mental health challenges in an engaging way.

One of the teens’ goals was to start a conversation on mental health, since that topic is often not openly discussed.

“Mental health has a stigma on it, and a stigma is an uneasy feeling about the topic where people just kind of avoid it,” Ali said. “So, if somebody does have mental health challenges or a disorder, they don’t feel as open talking about it or getting help. So, we just wanted to make that more of a possibility.”

Ali and Abdullahi used lesson

“Mental health has a stigma on it, and a stigma is an uneasy feeling about the topic where people just kind of avoid it.”

—Ahlam Ali, 15, of Reston

plans from Walk in Our Shoes, an education campaign focused on mental health, and tailored them to suit younger children. They focused on emotions and had students brainstorm how to react to friends of theirs who might be experiencing symptoms of a mental illness.

“Especially at their age, it’s good to learn so that when they grow up, they can recognize these problems, and they might be able to help people around them,” Abdullahi said.

Both teens agreed the program was a success and said the students were very engaged. Ali said she hopes they can repeat the program in future summers.

While the younger children in the community learned about mental health, Parrott said, the teens also gained a valuable learning experience as they taught.

“I think it pushed Ayesha and Ahlam pretty far,” Parrott said. “They got to learn even more than what was on paper in front of them.”