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SATURDAY ONLY



Reston CONNECTION

A+
PAGE 6

Chalk One Up for Chalk Fest at RTC

NEWS, PAGE 3

Chalk Fest at RTC 2019 presented by Public Art Reston in partnership with Reston Town Center draws professional artists, amateur artists, families & children along with spectators.

First-of-Its-Kind Triathlon Held in Reston

NEWS, PAGE 9

Area Activists Demand: 'Defund Hate'

NEWS, PAGE 12

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

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.

of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit www.lwv-fairfax.org/candidateforum for more.

THURSDAY/SEPT. 19

Healthy Aging Part Two. 10-11:30 a.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Dress comfortably for a demo presentation of Sara Meeks' "Better Backs" by Woody McMahon of Sequoia Health. RSVP required. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

Community Conversations. 6:30-8:30 p.m. at South Lakes High School in Reston. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

SATURDAY/SEPT. 21

Healthy Aging Part Three. 10 a.m.-noon or 12:30-2 p.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Join for the third of a three-part Healthy Aging Series - Medicare Expert presents in both English and Spanish. RSVP required, light lunch served. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

MONDAY/SEPT. 23

Candidate Forum. 7 p.m. at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. Candidates for Countywide offices: At Large School Board and Chair of the Board of Supervisors. These candidate forums are nonpartisan. The League of Women Voters

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991 to register.

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-wellness

SEE BULLETIN, PAGE 7



Faith Foundations Breakfast

Saturday, October 5 • 9:30 am – 11 am

Join us for "What Your Faith Means to You," an intimate conversation presented by our local community faith leaders. They will share how their faith has helped them through life's changes. Enjoy our chef-prepared breakfast while you feed your faith and gain inspiration from our community's cultural diversity. All denominations are welcome!

THIS EVENT IS FREE AND OPEN TO THE PUBLIC

Space is limited. RSVP to 703-834-9800 or godeh@talloaksal.com.



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Professional artist Penny Hauffe begins her work that later would win 1st Place Professional as Beth Semel and Max Duhe of Alexandria admire her progress during Chalk Fest at RTC 2019.



Francis Deppner of Reston works on his Maryland Blue Crab during Chalk Fest at RTC 2019. Deppner later won the Audience Choice 1st Place.

Chalk One Up for Chalk Fest at RTC 2019

Public Art Reston makes their mark.

BY MERCIA HOBSON
THE CONNECTION

The iconic Public Art Reston sculpture, Mercury Fountain by Saint Clair Cemin served as the backdrop for the sixth annual Chalk Fest at Reston Town Center on Saturday, Sept. 14. Presented by Public Art Reston in partnership with Reston Town Center according to Anne Delaney, Executive Director of Public Art Reston, the Festival proved once again to be among the community's most photogenic events.

Participants registered either online or onsite in one of three categories, Professional Artists - skilled artists who had received compensation for artwork; Amateur Artists- Teens and adults with art experience and Families and kids - Families and children ages 1-12. Depending on their registered category, participants received a given sized box of chalk pastels, goodie bag and marked space measuring 4' by 8' to 4' by 4'. Presenters made available a limited number of larger squares and custom sponsor squares. Chalk Fest prizes ranged from Professional Artists: 1st Place: \$800; to the Audience Choice Award, 3rd Place: \$100.

CHALK FEST attracted a diverse and motivated crowd who created their artwork on the brick plaza at Fountain Square and all along Market Street. Their masterpieces gave new meaning to RTC's Facebook page story as "an urban destination for shopping, playing, gathering, and working in the heart of Reston." Add chalking.

Professional artist Francis Deppner of Reston worked on his Maryland Blue Crab. "The only time I've done chalk art is here at

Next-generation public artists, the Cryer family of Reston with members Madeline, 4, Nathan, 7 and dad, Scott make their mark during Chalk Fest at RTC 2019.

PHOTOS BY
MERCIA HOBSON
THE CONNECTION



this Festival. The work is homage to where I'm from. I don't worry about how it looks. It'll all turn out in the end."

Andrea Castaneda, a professional large-scale muralist, relocated to the Town of Herndon, said, "It's interesting for me because I can blend colors into layers. I don't care where the blocks are. I need to use the medium."

Artist Penny Hauffe, commissioned to create the #Reimagine mural on Freedom Drive in front of the Green Garage disagreed with Castaneda. The placement of the bricks did matter to her and was essential in her chalk art. "I love to include the herringbone

brick pattern at Fountain Square into my 3-D chalk art," said Hauffe looking down at her wide-eyed chameleon. "He is transforming into the brickwork starting with his tail." Beside Hauffe, Beth Semel and Max Duhe of Alexandria admired her work. Duhe exclaimed, "Kids to adults to professionals are here. We are impressed."

Out on Market Street, the Cryer family of Reston, dad, Scott and children Madeline, 4, and Nathan, 7, chalked together creating a whimsical work incorporating each one's independent design into a unified whole. "This was a family affair," said Scott. "Nathan came up with the aircraft carrier and Madeline the unicorn."

Award Winners

Professional Artist

1st Place- #3-Penny Hauffe
2nd Place- #1-Ben Morse
3rd Place- #9-Chelsea Ritter-Soronen

Amateur Artist

1st Place- #118-Jenn Griffith
2nd Place- #112-Mia Earls
3rd Place- #106-Wendy Viana & Shawna Hession

Families & Kids

1st Place- # 206-Maggie Ryan
2nd Place # 335-Zachary Ulman
3rd Place-# 301-Abbey Nichols

Audience Choice Award

1st Place- #10-Francis Deppner
2nd Place- # 335-Zachary Ulman
3rd Place- #304-Pranamyia Jindal
Visit facebook.com/PublicArtReston/photos to view winning works.

AT THE OTHER END of Market Street, Mirabelle Dietsch, 5, of Reston merrily blended her chalk lines with the carpet square provided in the Public Art Reston goodie bag. Not one for chatting, Mirabelle let her dad Michael do the talking for her. "We heard about the Festival on the RTC Facebook page. It's a great day for it. Mirabelle is doing a forest; it's daytime, and the tiger is out."

Back up at Fountain Square, Phil Erickson, husband to Penny Hauffe worked on his chalk mural, "Kansas." Familiar with chalk festivals, Erickson admitted that his wife usually beat him and won but he enjoyed the time spent with her. Describing how to add depth to chalk murals, Erickson said, "The whole idea is to make it appear you can walk into the image. You create a vanishing point, so everything moves in the direction to give depth." Looking down at his unfinished 3-D mural Erickson said, "I'm always trying to find a way to step out of the real world into another one."

Police Reform in Fairfax—Four Years Later

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



It's hard to believe it's been four years since the Ad Hoc Commission to Review Police Practices submitted its final report to Fairfax County's Board of Supervisors. The 202 unanimously agreed recommendations contained therein, if fully implemented as intended by the 40-member Commission, would be transformative of our Fairfax County Police Department (FCPD). While transformation would be an exaggeration of what has been accomplished so far, the progress to date is remarkable, thanks in no small measure to the leadership of Police Chief Edwin Roessler.

The Commission created by the Board of Supervisors in early 2015, fifteen months after an officer's fatal shooting of unarmed John Geer, divided its report into five areas: Communications, Recruitment & Diversity, Mental Health, Use of Force, and Independent Oversight & Investigations. In the 75 years since the Police Department was created, the men in blue controlled all that went on behind the steel blue curtain. Transparency and civilian review were foreign concepts. So, there was tension on a Commission made up of one-third police, including heavy hitters. Our unanimous decisions reflect their presence.

What has been accomplished? Nearly all recommendations to improve Communications, i.e., public information on police operations, have been implemented, including installing a civilian chief of communications. At

INDEPENDENT PROGRESSIVE

times getting out information on police shootings still is delayed, but it gets out. Transparency does not come easily in a Department with five would-be police unions, but forward movement to date is impressive.

Diversity, however, is the one area where there has been almost zero progress. The Police Department is not representative of the County it serves — especially in hiring and promoting Latinos and African Americans. The county is nearly 10 percent black and 16 percent Latino, but the Force is just over 7 percent black and 4 percent Latino, and worse higher up. It's hard to believe minorities don't apply for and cannot qualify for entry level positions paying \$55,000. The Chief says bad press for cops these days is a main obstacle. That may be, but institutional resistance also certainly plays a role.

Mental Health - a success! Persons with mental illness frequently conflict with police officers, usually involving minor offenses (e.g., disorderly conduct), sometimes with tragic consequences. Half of all fatal shootings by law enforcement involve people with mental illness. Officers are ill prepared to identify persons in crisis much less manage encounters with them.

Their only option for resolution is arrest and incarceration in the county jail, a lockup filled with people in crisis.

Crisis Intervention Training for all officers and a Diversion First program providing facilities to assess and treat (vs. jail) the mentally ill were adopted and are underway.

Use Of Force. Appropriately, 87 of 202 Commission recommendations involve use of force. They include adopting a new philosophy—the Sanctity of Life as the guiding principle for new police policy and practices.

Policies and practices were reviewed and have been overhauled to include de-escalation in confrontations, prompt reporting stressing transparency, emphasis of less lethal techniques, and employing new technologies (e.g., late model tasers and body cameras for all officers). Implementation is nearly complete.

New tasers are now on the way, and long-delayed body cameras are expected to be approved for funding by County Supervisors this month. FCPD could be a topnotch, more humane force if these Use of Force reforms fully sink in. Perhaps John Geer did not die in vain!

A final area, Independent Oversight and Investigation, has met strong resistance from police. Three activities were proposed. A recommendation to build independent investigative capacity with the Commonwealth Attorney was killed by the Supervisors.

However, the Independent Police Auditor (IPA) is in place and reviewing all officer involved shootings, deaths and serious injury investigations conducted by the Internal Affairs Bureau.

Last, the proposed Civilian Review Panel is in place to accept public complaints about police abuse of authority, hear them and review police investigations of them. CRP's power was diluted in the approval process. Still, the creation of the CRP and the IPA mark truly historical turning points in drawing back the steel blue curtain.

More at <https://www.fairfaxcounty.gov/policecivilianreviewpanel/complaint-process>

Legislating by Skulduggery

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



Last week while Democrats in the North Carolina House of Representatives were attending a 9/11 remembrance service, Republicans called a surprise vote to overturn the Democratic governor's veto of the state budget. While Democrats and media were told that there would be no voting during the morning session, Democrats' attendance at the vigil allowed Republicans to get the three-fifths vote needed to override the veto.

Reaction to the maneuver has been harsh. The Charlotte Observer in an editorial said that "the verdict is now plain. North Carolina's Republican legislative leaders — not actually leaders, but connivers — are beyond shame." The paper described what happened as a "stunning display of contempt for democracy ... but this isn't a case simply of hardball politics and sly legislative maneuvering. This is a case of breaking faith with the people..." The Senate must concur on the override before it becomes effective.

COMMENTARY

Before Virginians get too smug about what happened in North Carolina we must remember what happened in the Virginia General Assembly about a month ago.

With the continuing string of mass murders in the country — beginning about the time of the massacre at Virginia Tech that for a while was the largest ever and continuing through a mass shooting at a Virginia Beach municipal building — Gov. Ralph Northam called a special session of the General Assembly to consider several bills intended to reduce gun violence.

The special session convened on July 9 to take up bills related to gun violence but without notice to Democrats or media the Republican majority adjourned 90 minutes later without taking up any of the bills and with a return date scheduled after the elections.

There were no bills among those introduced to respond to gun violence that would have confiscated guns or altered the Second Amendment.

They were common-sense bills that according to all public opinion polls I have seen are supported by more than 80 percent and some by more than 90 percent of the public.

The experience in Virginia can be described by the same terms of that in North Carolina: contempt for democracy, a travesty of the process, legislative deceit. You may have seen news reports that the Republican floor leader in the Virginia House received a \$200,000 campaign contribution from the NRA several weeks later.

Partisan control of the Virginia House and Senate are on the line this Nov. 5 as all 140 seats are on the ballot.

There are numerous critically important issues on the ballot that it would take several columns to enumerate.

I do want to add one that gets too little discussion and that is legislative reform. Such reform includes independent drawing of legislative district lines, or getting rid of gerrymandering, that allows the abuses of legislative power in North Carolina and Virginia that are discussed here. As the Charlotte Observer said of the situation in North Carolina, "It was an illegitimate majority acting in an unethical way."

What happened in both states demonstrates once again that the speakership be defined not as the head of the majority party but as an impartial and fair leader. In both instances the speakers of their respective houses should have stopped these episodes of legislating by skulduggery.





PHOTOS BY TOM MANNING/THE CONNECTION

The Fairfax County Police Unified Team 2 pulls an 82-ton FedEx Airbus A320.

Dulles Day Festival, Plane Pull Attract Crowds

The 27th annual Dulles Day Festival and Plane Pull was held at Washington Dulles International Airport on Sept. 14. The event, presented by the Metropolitan Washington Airports Authority and United Airlines, has raised more than \$2 million for the Special Olympics of Virginia since it began in 1992. This year, 59 teams competed to see how fast they could pull a FedEx Airbus A320 or a United Boeing 757 airplane 12 feet. The Chesapeake Sheriff's Office won for the twelfth consecutive year. The Chesapeake team completed their pull in 4.95



Members of Reston-based team Bechtel are on deck to pull the United airplane.

seconds, beating the team from the Fairfax County Sheriff's Office by just .01 seconds.



Omar Ellassal from Reston and his three-year-old son Noah wave in front of a UH-60 Black Hawk helicopter.

Chris Chavez and his service dog Avery are the anchors for Octo Consulting based in Reston.



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Normal Adolescent Moods Swings or Depression?

Making a distinction between the two can be difficult.

BY MARILYN CAMPBELL
THE CONNECTION

Stephanie Pironne says her daughter Lila was always a child who was well behaved. From preschool through elementary school, she was described by her teachers as having a kind and cheerful nature. When her daughter, now 13 years old and in eighth grade, began middle school, something changed.

"She now goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed," said Pironne. "I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get. She might be yelling at me for something I didn't know I'd done, giving me the silent treatment or happy and chatty or combination of all three.

Such emotional roller coasters are often a part of puberty. Hormonal changes that happen when puberty begins can cause not only bodily physical changes but mood swings that can feel out of control, say mental health professionals. It's often difficult for parents and those close to teens learn to distinguish normal changes in mood from a more serious mental health issue.

"It's really, really hard to do, because they can present in very much the same way, and aren't always two distinct categories," said psychologist Stacie Isenberg, Psy.D. "Also, sometimes [puberty-driven mood swings], do get treated with medication. I've had patients who were prescribed birth control and some who were prescribed antidepressants."

The severity of the symptoms, says Carol Barnaby, MSW, LCSW-C can help make the distinction," said therapist Carol Barnaby, MSW, LCSW-C. "Crying spells or deep sadness for no apparent reason is a sign. Displaying a loss of energy or isolating themselves from others and persistent low self-esteem are also signals."

"If your child's mood seems off with regularity or they are withdrawing or increasingly irritable, I would advise parents to get a professional assessment," added Isenberg. "You can start with you pediatrician, and based on their recommendation, you may want to have your child see a psychologist or psychiatrist."

The amount of time the symptoms last could also be a clue that professional help is needed. "Teen depression is normally indicated by a persistent change in mood that lasts two weeks or more," said Barnaby. "The change in mood seems to cause significant distress and problems that show up at home, school, during extra-curricular activities, and in social areas of life."

A desire to hurt oneself is an indicator of a mental health issue that is more serious than normal teen mood swings, said Barnaby.

"If your child ever talks about self-harm like cutting themselves, refusing to attend school or other activities they previously enjoyed those are sign that you should seek help immediately.

If your child talks ...or has thoughts about suicide or not wanting to be around, seek professional help immediately," added Isenberg.

"She goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed. I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get."

— Stephanie Pironne

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Virginia Schools Rank Third in Nation with B-minus

A leading education journal ranked Virginia's public schools as third in the nation in student achievement based on the performance of students on national assessments in reading and mathematics, graduation rates and achievement on Advanced Placement examinations.

Education Week's Quality Counts 2019 report awarded the commonwealth a letter

grade of B- for K-12 achievement. Only Massachusetts, with a B+, and New Jersey, with a B, earned higher grades. Superintendent of Public Instruction James Lane said: "I look forward to visiting as many schools as I can during the coming weeks and months and personally congratulating teachers, principals, administrators and support professionals for all they do as we strive to make the commonwealth's schools the best

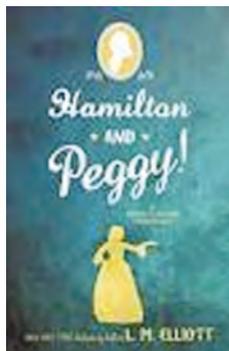
in the nation." K-12 achievement comprises one third of Education Week's three-part Quality Counts rating system. Earlier this year, the publication awarded Virginia a B on its "Chance for Success Index" and a C for school finance. Today's grade for K-12 achievement resulted in Virginia earning an overall grade of B- from Education Week for 2019.

Best-selling Author L.M. Elliott To Visit Sunrise Senior Living

On Tuesday, Oct. 1, at 6:30 p.m., best-selling author and long-time Great Falls resident L.M. Elliott will visit Sunrise Senior Living in Reston to discuss her work and celebrate her newest book, "Hamilton and Peggy: A Revolutionary Friendship," a biographical novel on the youngest of the famed Schuyler Sister trio that's already receiving national



L.M. Elliott



PHOTOS CONTRIBUTED

L.M. Elliott will celebrate her newest book, "Hamilton and Peggy: A Revolutionary Friendship."

cess," says Elliott. Part of an ongoing community forum called "Creative Conversations" hosted by Sunrise Living in Reston featuring authors, journalists and highly visible members of the artistic community, Elliott's appearance will be one of many to occur through the remainder of the year and into 2020 at the Reston facility.

"We want to open our embrace and invite people from all age groups in," says Kristin Clark Taylor, who designed and facilitates the program. "By creating and sustaining this kind of healthy, creative dialogue, everyone wins," she says.

Elliott will discuss, read from, and autograph her books, which will be available for sale.

A dessert reception with the author will follow.

A maximum capacity crowd is expected, so early arrival (6:15 p.m.) is recommended. The event is free and open to the public. For more information, contact 703-956-8930.

awards and favorable reviews from readers and fans of the smash Broadway musical sensation "Hamilton."

nine novels, five picture books, and an adult nonfiction book, all published by HarperCollins or Hyperion, including her recent novels "Suspect Red," a McCarthy-era story of two teenage boys swept up in the Red Scare's national paranoia, and "DaVinci's Tiger," a bio-pic style novel about Ginevra de'Benci, the muse of Leonardo da Vinci whose portrait hangs in the National Gallery of Art.

"This forum is perfect for me because it allows me to not just talk about my work but to engage in active, thoughtful discussion with the community about the messages and themes my books are trying to convey — and about my overall writing process."

"By creating and sustaining this kind of healthy, creative dialogue, everyone wins."

— Kristin Clark Taylor

Elliott, a Washington-based journalist for almost 20 years before becoming a New York Times best-selling novelist of historical fiction, has written

Candidates Forum To be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019.

BULLETIN BOARD

FROM PAGE 2
resiliency/mental-health-and-wellness to register.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services

SEE BULLETIN, PAGE 11

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CALENDAR

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

ONGOING

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run through Sept. 28. Visit www.nvso.us.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Visit www.herndon-va.gov/FarmersMarket

Reston Farmers Market. Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. For list of vendors and more information, visit www.fairfaxcounty.gov/parks/farmersmarkets/reston.

THURSDAY/SEPT. 19

Weekend Food for Kids. 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, providing 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. Free. Email info@alnv.org or visit www.alnv.org

FRIDAY/SEPT. 20

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

Batty Myth-Busting. 7-8:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Separate fact from fiction with the "Let's Get Batty" program at Lake Fairfax Park. Park staff will debunk some common myths about our friendly bat neighbors and provide information about a deadly fungus that is threatening their population. The program also includes a short naturalist-led hike. Designed for participants age 7-adult. \$7 per person. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax

FRIDAY-SATURDAY/SEPT. 20-21

Kids Wish Kids Good Night. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Put a new twist on the bedtime routine by letting children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY/SEPT. 21

Susco 8K/2K. 8:30 a.m. at South Lakes High School, Seahawks Drive, Reston. Tom and Nancy Susco of Reston, will host their final Susco 8K/2K in memory of their son Tim Susco. For 12 years, the Susco's have sponsored this family friendly, community event to promote brain aneurysm research and organ donation awareness. Rain or shine. Visit susco8k.com to register or donate.

Native Plant Sale. 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. Pre-orders accepted - visit each vendor's website (Watermark Woods, of Hamilton, and Nature By Design, of Alexandria), check inventory and availability, send an email. Pick-up and pay at Runnymede Park during the sale. Sponsored by Friends of Runnymede Park. Free admission. Call 703-615-7855 or visit www.frpweb.org

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and

Fall Pumpkin Festival

Enjoy the changing of the leaves and the cool crisp air in the great outdoors at our Fall Pumpkin Festival. Sept. 21-Nov. 3, 10 a.m.-6 p.m. at Ticonderoga Farms, 26469 Ticonderoga Road, Chantilly. \$11-\$18. Visit www.ticonderoga.com.



completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

Kylie Xiu Clifford Benefit. 2-5 p.m. at The Breeze Restaurant, 781 Station St., Herndon. A celebration to benefit First Candle and Washington Regional Transplant Community in memory of Kylie Xiu who died of SIDS and would have turned 16 on Sept. 1. Silent auction and raffle. Email katclifford@mac.com or call 703-568-6551 for more.

Writers Panel. 2 p.m. at Sunrise Senior Living, 1778 Fountain Drive, Reston. A panel of writers, aging from 15 to 100 years old, will discuss their work and celebrate the importance of writing at any age. Panel includes a 93-year-old memoirist who writes about her days during the Great Depression and an 84-year-old retired senior CIA analyst who takes us inside the spy world. Dessert reception with the authors afterward. Free and open to the public. Contact 703-956-8930 or Reston.DOS@sunriseseniorliving.com.

Re-Imagined. 7:30-9 p.m. at United Christian Parish of Reston, 11508 N. Shore Drive, Reston. Maestro Dimitar Nikolov conducts the Pro Arte Chamber Orchestra of Greater Washington. Program includes Claude Debussy/Wolfgang Renz: Prélude à l'après-midi d'un faune; George Gershwin/Iain Farrington: An American in Paris; and Modest Moussorgsky/Wolfgang Renz: Pictures at an Exhibition - reimagined for chamber orchestra. A reception will follow. \$0-\$30 at www.pacodc.org/#tickets.

A Conversation with Fran Lebowitz. 8 p.m. at RCC Hunters Woods - the CenterStage, 2310 Colts Neck Road, Reston. Fran Lebowitz's essays and interviews offer her acerbic views on current events and the media, as well as pet peeves including tourists, baggage claim areas, aftershave lotion, adults who roller skate, children who speak French, or anyone who is unduly tan. \$25-\$35. Visit purchase.tickets.com/buy/TicketPurchase?orgid=31908&pid=8737280 to purchase tickets. Call 703-476-4500 or visit www.restoncommunitycenter.com/.

Spend an Evening with NCNW. 8 p.m.-1 a.m. at Leesburg Fire House Banquet Hall, 215 Loudoun St., SW in Leesburg. Join the Reston-Dulles Section, National Council of Negro Women for dancing, food and drinks (BYOB). Raffles and door prizes. Everyone is invited to attend. Hotel information is available. Email us at info@ncnwrestondulles.org for details. \$25 in advance; \$30 at the door. Tickets available at ncnwrestondulles.org/party-tickets.

SEPT. 21-NOV. 3

Fall Pumpkin Festival. 10 a.m.-6 p.m. at Ticonderoga Farms, 26469 Ticonderoga Road,

call 703-437-8855, ext. 4.

WEDNESDAY/SEPT. 25

Herndon Historical Society. 7 p.m. in the Herndon Depot Museum at 717 Lynn St., Herndon. Margaret Jamborsky will talk and show a presentation on how the students of the Pride of Herndon High School Marching Band honored the veterans of the USS Herndon in Normandy, France this summer on the 75th Anniversary of D-Day. Please join us for this fascinating look and discussion of this significant historical event. Visit www.hmshistory.com

WEDNESDAY-SUNDAY/SEPT. 25-29

Fall Book Sale. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Friends of the Reston Regional Library will be hosting their Fall Sale of used books to benefit the Reston Regional Library. Wednesday, Sept. 25, 5-8 p.m.; Thursday, Sept. 26, 10 a.m.-8 p.m.; Friday, Sept. 27, 10 a.m.-5 p.m.; Saturday, Sept. 28, 10 a.m.-4 p.m.; and Sunday, Sept. 29, noon-3:30 p.m. Note: there are no children's books for sale at this event. Call 703-829-5467.

THURSDAY/SEPT. 26

DATA Celebrates 33 Years. 5:30 p.m. at the Hilton Washington Dulles Airport Hotel. Dulles Area Transportation Association hosts a networking cocktail hour followed by dinner and the program. To reserve a seat, table or sponsorship, contact Kelly Woodward at 703-945-0135. Visit datatrans.org for more.

FRIDAY/SEPT. 27

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/SEPT. 28

Celebrate Cabell's Mill. 10 a.m.-1 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Celebrate the 250 year anniversary of Cabell's Mill and the 75th anniversary of the purchase of the property by David & Ellanor Lawrence. Celebrate the many uses of Cabell's Mill and hear about the people who have been a part of its past. All ages. Free. Call 703-631-0013, TTY 711, for more.

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

Reston Multicultural Festival. 11 a.m.-6 p.m. at Lake Anne Plaza, Reston. The 19th annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, food and art. Learn about Reston's mosaic of cultures as the community gathers for a delightful day at Lake Anne Plaza. Free admission. All ages. Visit www.restoncommunitycenter.com/MCF

Spy Walk. 2-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Go on a "Spy Walk." Visitors age 12 to adult are invited to hear a spell-binding tale about espionage, secret payments and the Russians. Walk and talk about a spy who used Ellanor C. Lawrence Park as a drop-off location as the Soviet Union entered its final years in the 1980s. Meets at Walney Pond. \$6 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Centroid Towns: Like a Passing Shadow. At GRACE, 12001 Market St., Suite 103, Reston. GRACE presents the next chapter of Baltimore-based artist Nate Larson's Centroid Towns project. Since the first US census in 1790, the United States Census Bureau has been recording the mean center of population as it moves steadily west and south. The first Centroid Town recorded was Chestertown, Maryland, and the projected Centroid of the 2020 census is Hartville, Missouri. Larson will dive deeper into the community of Waterford, Virginia, Centroid Town of 1810. An artist talk and opening reception is planned for Sept. 28, 4-7 p.m. Visit restonarts.org/exhibition/nate-larson/ Show through Jan. 4.

SUNDAY/SEPT. 29

2019 Walk to End Alzheimer's. 1:30 p.m. at Reston Town Center, 11900 Market Street, Reston. Join the Aging Rainbows Team and make history with the LGBT community represented at this event. Team ID: 552961, Aging Rainbows. Find the Aging Rainbows or register a team at act.alz.org.



With SUP triathletes, spectators and volunteers looking on, South Lakes High School student Camille Denny, 17, sings the national anthem at the start of the First SUP Triathlon held at Lake Anne Reston on Sunday, Sept. 15, 2019.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The traditional bike is replaced with a 7-mile ride on a New Trail Cycling Studio stationary bike for SUP triathletes during the first of its kind multi-sport event, The Lake Anne SUP Triathlon held in Reston, VA.

First Ever Stand Up Paddle Board Triathlon Held in Reston

Organizers toss out swimming.

By MERCIA HOBSON
THE CONNECTION

Inspired by the crowd vibe and pure fun of the Cardboard Boat Regatta held the last three years at Lake Anne in Reston, on Sunday, Sept. 15, 188 athletes, 60 volunteers and hundreds of spectators made history in the sport of triathlon. CORE Foundation, Surf Reston, New Trail Cycling and Lake Anne Brew House turned the tables on a regular triathlon. Organizers tossed out the traditional swim and substituted a stand-up paddle board (SUP) experience, and hosted the first-of-its-kind, multi-sport event, The Lake Anne SUP Triathlon in Reston.

CORE Foundation Executive Director and USAT Race Director, Taralyn Kohler said that the event had been sold out for weeks. "Our hope is that in ten years attendees look back on this inaugural event and say that they remember when triathlon history was made right here in Reston," said Kohler.

Liz Kamp, owner of New Trail Cycling, said, "We are thrilled on how quickly this came together with the help of volunteers. We couldn't ask for better collaboration."

Sanctioned as a "non-traditional event," by USA Triathlon according to Kohler, the Lake Anne SUP Tri consisted of a 1-mile paddle board on Lake Anne with boards provided, 7-mile ride on a New Trail Cycling stationary bike set up on the plaza and 5k, 2-lap run around Lake Anne on the Reston Pathway. Transition between events was not timed. Michael Katz, representing Earth River SUP, said, "We're delighted to be part of this event. It's great to see all these people on paddle boards."



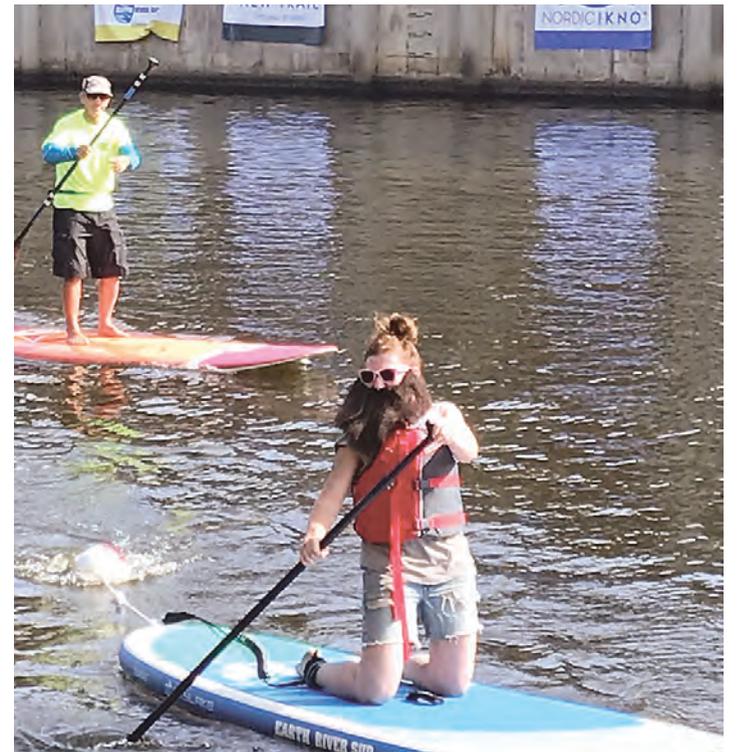
SUP Triathletes line up to make history on paddle boards during the innovative First SUP Triathlon that replaced the traditional swim with a 1-mile stand up paddle board experience on Lake Anne.

Athletes chose to compete solo or as part of a 3- person team. For Kathy Park of Fairfax, the relay aspect interested her most. "I'm here to spend quality time with my friend in a healthy fit exercise for life." Beside her stood relay members Rosie Farello of Chantilly and Carrie Talbot of Reston. Members of the CrossFit community, Marissa Anderson, Jeann Judy and Axel Reseio of Herndon agreed relay was best.

"It's a good thing for our team to do together," said Reseio.

Organizers designed the event to introduce multi-sport to participants while hav-

ing fun doing it. As for awards, organizers offered six age groups, plus relay awards. Crazy Fun Special Awards such as the Most Creative Outfit, Most Memorable Finish and the Man/Woman Overboard Award for the most time spent in the water made the day extra special. With the crowd laughing around her, athlete Meagan Thompson, executive chef, Lake Anne Coffee House and Wine Bar took her paddle board out on Lake Anne dressed in costume as Tom Hanks playing Chuck Nolan in "Cast Away." Tied to the end of her paddle board, Wilson the volleyball, followed Thompson.



Meagan Thompson, executive chef, Lake Anne Coffee House and Wine Bar, hits the paddleboard dressed in costume as Tom Hank playing Chuck Nolan in "Cast Away" followed by his only companion, Wilson the volleyball.

Top Winners

- 1st Place Team- #468 **CORE Foundation**
- 1st Place Male- #329- **Len Forkas**
- 1st Place Female-#374- **Heather Schaffer**

Proceeds benefited CORE Foundation, a Reston-based 501 (c) 3 charity. Earth River SUP, BARE Snacks, Reston Association, The Jackson Clinics, Lake Anne of Reston Condominium Association, Glory Days, Realtor Joe Pushak, Glen Bralley-McClean Mortgage, Buchanan Wealth Management and Athleta of Reston sponsored the inaugural event.

Legals

ABC LICENSE

FRC Balance LLC trading as True Food Kitchen, 11901 Democracy Drive, Reston, Fairfax County, Virginia 20190-5662. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises, Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Allison Nicole Schuller, CFO authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE

The Candle Bar Stores, LLC trading as Paddywax Candle Bar, 1816 Library Street, Reston, Fairfax County, Virginia 20190-5619. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages. Jinanne M. West, Vice President authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Employment

Ridge Business Solutions LLC in Reston, VA is seeking the following: A) BI Developers for data architecture activities w/in (BI) work program; B) Senior Program Engineers to coord. & oversee dsgn of test plan & strategy; C) HCM Developers to prep functional & technical dsgn docs; D) Senior Design Engineers to coord. reading data from back-end. No trvl or telecomm. Job duties are proj-based @ unanticipated sites w/in U.S. Relo may be req'd at proj end. Mail resumes to: Ridge Business Solutions LLC, Attn HR, 11890 Sunrise Valley Dr., Ste 208, Reston, VA 20191.

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Announcements

Announcements

Convention Coin, Currency and Stamp Show

September 27, 28 & 29

Fredericksburg Expo & Conference Center

2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 (I-95 Exit 130B)



Show Times:

Friday and Saturday, 10am-6pm
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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Runners pass a United 787 Dreamliner parked on the runway.

Running On Runway

The 7th annual Dulles Day 5k/10k on the Runway took place on Sept. 14. The races were held on a closed runway at Dulles Airport, giving runners a flat course which made for fast races. All proceeds raised from the races benefit Special Olympics Virginia, the Committee for Dulles Community Outreach, and the Washington Airports Task Force.



From left, Melissa and Kathryn Griffin from Sterling, and Jennifer Hill from Reston, strike playful poses as they approach the 10k finish line.



Jessica Flores #418 from Herndon at the start of the 5k.



Ray Parrish from Herndon finishes strong in the 10k.



Caitlin Parra from Herndon flexes as she shows off her 10k medal.

BULLETIN

FROM PAGE 7
and resources that can help families in distress.
Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

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

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

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

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

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

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

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

Hypothermia Prevention: An Emergency Program for the Homeless To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

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Medicare Is In The House



By KENNETH B. LOURIE

More like in my wallet. After worrying for the past 18 months about possibly losing my health insurance, I finally hit pay dirt – and it didn't hit back.

I have received my Medicare card and after I "disenroll" from my interim "Obama Care" within the next week or so, I will officially join the ranks of the millions who have insured their health – so to speak, with the Federal Government.

No more will I if-and-or-but about hospitals, doctors ("medical" actually) and prescription drugs (parts "A", "B" and "D" for those of you unfamiliar with the alphabet soup). Dental and vision coverage I'm not so sure about, but at present, I can live with the coverage that I know I have now because the worst case scenarios have been addressed.

And, as a former insurance broker, solving and/or protecting against worst case scenarios was always my main concern.

To invoke "Speedy" from those long-ago Alka Seltzer commercials: "Plop, Plop, Fizz, Fizz. Oh, what a relief it is." And even though I'm not plopping or fizzing, I am effervescent nonetheless at my arrival.

Reaching milestones (even destinations, sort of) is a way I've measured and evaluated my cancer experience. Not that I keep a chart or even a calendar with Xs marking the days but "I've looked at life from both sides now" (heck, I've looked at life from all sides now – and in between, too) and my glass is still half full. I remain positive about my negative and despite having never having seen Joni Mitchell in concert (although I did have tickets to see her at Cole Field House in the '70s – once on stage however, she realized she was too sick to perform and stage right she went) occasionally her songs have spoken to me.

Right now, The United States Government is speaking to me in the form of a red, white and blue card. They are telling me that I have made it to the promised land, a land whose existence was proposed in 1965 and which became law in 1966 fulfilling promises made to all Americans who reach age 65 that health insurance is their right and not because they were privileged.

Nevertheless, I feel privileged to be "Medichere." For 10 years, 10 months and 20 days, dating back to late December 2008 when I first experienced the pain in my rib cage which precipitated my visit to the Emergency Room, I have been under the proverbial gun.

Sometimes, it's been holstered. Other times, it's been locked and loaded. So far, no shots have been fired, even though occasionally I've been in very close range.

I can't say for sure whether I thought I'd actually get here, but let's be realistic, we all had our doubts. But now it's time to gear up.

A tremendous weight has been lifted from my shoulders. All I have to do now is live with the fact that I have stage IV, non-small cell lung cancer, an incurable disease if there ever was one. But here I am, alive and reasonably well.

No more will I have to worry about who, what and where I'm going to be treated. From now on, I'm in charge. (Like Charles.) As a result, I feel as if I've regained a little control of my life.

And for a cancer patient originally diagnosed as "terminal," this control is an extraordinarily wonderful feeling.

I wish I could bottle it like "Brighto." "Brighto, Brighto, makes old bodies new. We'll sell a million bottles, woo, woo, woo, woo, woo, woo." (The Three Stooges in "Dizzy Doctors," 1937.) And that's just the kind of silly enthusiasm I'll need living forward.

Hardly is the lung cancer I have on the run. I wouldn't even say I have it on the walk. A stagger, maybe. (Or maybe that's me who's staggering when I lose my balance because of the neuropathy in my feet.)

Cancer is an adversary unlike any other. It's going to do what it does. I doubt Medicare is going to scare it into remission.

Moreover, my not worrying about having health insurance anymore probably isn't going to have much effect on "the cancer" ("Forrest, Forrest Gump") either. The biggest effect will be on me, emotionally.

I just hope that's enough. Because I'm going to need all the ammunition I can muster.

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



Members of Herndon-Reston Indivisible (HRI) protest in front of the U.S. Capitol urging Congress to fight detention, raids and family separation by defunding them through the congressional appropriations process.



Members of Herndon-Reston Indivisible (HRI) prepare to enter the office of Congresswoman Jennifer Wexton (D-10), to deliver a letter urging her to fight detention, raids and family separation by defunding them through the congressional appropriations process.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Area Activists Demand: 'Defund Hate'

Congress resumes, local protestors stand with immigrants.

BY MERCIA HOBSON
THE CONNECTION

On Monday, Sept. 9, members of Congress returned from recess. Four days later, on Sept. 13 in a doubleheader near their home turf, members of Herndon-Reston Indivisible (HRI) took to the streets of Virginia and the District of Columbia in a force of activism. HRI members from Reston — Carrie Bruns, Joanne Collins, Diana Smith, Sally Misenick and Leah Findlay; Herndon residents — Sharon Wunder and Sherry Blanton; and Vienna resident Meredith Haines; - stood with immigrants in a national day of action, part of the Defund Hate Coalition to fight detention, raids and family separation by defunding them through the congressional appropriations process.

At their first stop, HRI members met in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax. There they held their distinctive illuminated letters that spelled out the words, "DEFUND HATE."

Del. Kenneth R. "Ken" Plum (D-36) joined the protestors and held up a sign announcing for himself, "DEFUND HATE."

HRI member Diane Smith of Reston who took part in the protest explained the meaning of "Defund Hate" as "a nationwide action initiated by Indivisible to demand Congress stop the administration's un-American and inhumane policies against asylum seekers and immigrants, including separation of children from parents, mass incarceration, profiling, and other abuses."

Members of Herndon-Reston Indivisible (HRI) deliver their letter to the Washington D.C. office of Congresswoman Jennifer Wexton (D-10). In it, they urge her to fight detention, raids and family separation by defunding them through the congressional appropriations process.



Del. Kenneth R. "Ken" Plum (D-36) joins Herndon-Reston Indivisible protestors in show of solidarity with immigrants as he holds up a sign saying, "DEFUND HATE" in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax.

U.S. Capitol in Washington D.C. where they stood once again in protest with their letters spelling out, Defund Hate. Car horns sounded in support of the protestors; verbal remarks sounded against the support of the protestors. Through it all, the demonstrators remained firmly planted for their second hour.

Standing in their yellow t-shirts, the phrase, "It's a "Marathon, Not a Sprint," showed when members turned around. "We knew, even in the early days of the Trump administration, that our fight would not be accomplished quickly. We are in for the long haul, to defeat policies against immigration. ... This motto reminds us not to become discouraged and to never give up in our efforts," said Carrie Bruns of Reston.

Shortly after 3 p.m, HRI members lowered their letters, bagged them and walked to the offices of U.S. Rep. Jennifer Wexton (D-10) and U.S. Rep. Gerald Connolly (D-11). HRI members left letters addressed to Wexton and Connolly demanding they and other members of Congress defund hate.

MEREDITH HAINES OF VIENNA is a member of HRI. Haines is also an immigrant and participated in the #DefundHate campaign. Asked why she attended, Haines stated, "The #DefundHate campaign speaks to the cruelty of the administration's actions regarding immigrants and refugees. I am an immigrant, like one-third of Fairfax County residents, so my perspective on the issue is not unique... Indivisible has written a manual, literally, for grassroots progressives on how to be effective, and seeing a campaign move the needle on an issue is invigorating, as is being around like-minded people. It is always a good time to be on-site with the Herndon-Reston Indivisible crew."

Visit www.govtrack.us/congress/bills/116/hr3931/text for additional information.

PHOTO BY ROBIN KENT

Smith added: "The goal is for Congress to ensure the FY20 Department of Homeland Security Appropriations Bill reduces funding for U.S. Customs and Border Protection (CBP) and U.S. Immigration and Customs

Enforcement (ICE) and ensures these two agencies cannot misuse funds."

AFTER AN HOUR OF PROTESTING, HRI members traveled to their next site, the