

Reston CONNECTION

Senior Living
PAGE 6

Community Identity Preserved

NEWS, PAGE 9



Cheryl Terio-Simon, wife of the late Robert E. Simon, Founder of Reston, during the Reinstallation Ceremony of the Lakeside Pharmacy Icons.

What's Car Loving NOVA To Do?

NEWS, PAGE 3

Final Run for the Susco 8K: Running With Tim

NEWS, PAGE 12

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 9-26-19

PRRST STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

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



See why millions trust us for Home & Auto.

Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190

I'm here to help life go right, by saving you time and money when you combine your home and auto insurance.

CALL ME TODAY.

ACROSS FROM RESTON TOWN CTR.
WWW.KYLEKNIGHT.ORG
703-435-2300



State Farm Mutual Automobile Insurance Company
State Farm Fire and Casualty Company
Bloomington, IL



TELL US WHAT YOU THINK

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

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.

SUNDAY, SEPT. 29

2019 WALK TO END ALZHEIMER'S
Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

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. Breakfast 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-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 and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nam-northernvirginia.org/parent-peer

Legal Notice

NOTICE TO THE PUBLIC OF AN APPLICATION
BY COLUMBIA GAS OF VIRGINIA, INC.,
FOR APPROVAL TO AMEND A SAVE PLAN PURSUANT TO
VIRGINIA CODE § 56-604 AND TO IMPLEMENT A 2020
SAVE PLAN INFRASTRUCTURE RELIABILITY AND
REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH
SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS
CASE NO. PUR-2019-00132

On August 15, 2019, Columbia Gas of Virginia, Inc. ("CVA" or "Company"), filed with the State Corporation Commission ("Commission") an application for approval to amend Phase 2 of its SAVE Plan pursuant to the Steps to Advance Virginia's Energy Plan (SAVE) Act, Chapter 26 of Title 56 of the Code of Virginia and for approval to implement a 2018 Infrastructure Reliability and Replacement Adjustment ("IRRA") ("Application").

In its Application, the Company requests approval to increase the annual investment cap from \$30 million to \$50 million for calendar year 2020 and increase the total five-year (2016-2020) cap on authorized Phase 2 SAVE Plan expenditures from \$173.8 million to \$193.8 million. According to the Company, it is proposing the increases in these caps to (1) accelerate the replacement of bare steel pipelines, (2) accommodate necessary large scale pipeline replacement projects, and (3) address additional costs related to more refined work plans and cost projections. CVA is not proposing to modify the operational aspects of its current SAVE Plan or the authorized categories of SAVE eligible infrastructure. The Company is not proposing any change to the currently authorized tolerance band of 5% applicable to total SAVE expenditures or the associated annual tolerance band of 25% approved by the Commission in Case No. PUE-2015-00071. Additionally, the Company is not proposing any changes to the provision of Section 20 of the Company's General Terms and Conditions.

In its Application, the Company seeks approval of the following: (1) the Company's 2018 Infrastructure Replacement Reconciliation Rate ("IRRR") credit in the amount of \$91,890; (2) the Company's 2020 Infrastructure Replacement Current Rate ("IRCR") in the amount of \$6,203,644; and (3) the filing of rate sheets implementing the 2020 IRCR and 2018 IRRR. The 2020 IRCR and the 2018 IRRR result in an IRRA total net charge to customers of \$6,111,753 for 2020. The Company requests that the 2020 IRRA be effective with the first billing unit of January 2020 through the last billing unit of December 2020. The Company's 2020 IRRA proposed monthly rates by rate schedule are as follows: Residential Sales Service / Residential Transportation Service, \$1.50; Small General Service 1 / Small General Transportation Service 1, \$1.47; Small General Service 2 / Small General Transportation Service 2, \$4.11; Small General Service 3 / Small General Transportation Service 3, \$13.76; Large General Service 1 / Transportation Service 1, \$132.64; and Large General Service 2 / Transportation Service 2, \$704.28. Additionally, the Company requests to be relieved from the submission of certain quarterly reports to the Commission's Division of Utility and Railroad Safety.

The Commission entered an Order for Notice and Comment and a Correcting Order 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, 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.scc.virginia.gov/case>.

On or before October 7, 2019, 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 7, 2019, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUR-2019-00132.

On or before October 7, 2019, interested persons desiring to participate as a respondent in this proceeding shall file a notice of participation as a respondent pursuant to Rule 5 VAC 5-20-80 B of the Commission's Rules of Practice and Procedure ("Rules of Practice"). If not filed electronically on the Commission's website: <http://www.scc.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-2019-00132, and copies thereof simultaneously shall be served on counsel for the Company.

On or before October 7, 2019, 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-2019-00132 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-2019-00132, and copies thereof simultaneously shall be served on counsel for the Company.

All documents filed with the Office of the Clerk of the Commission in this docket may use both sides of the paper. In all other respects, all filings shall comply fully with the requirements of 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice.

The Commission's Rules of Practice may be viewed at <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice 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.

What's Car Loving NOVA To Do? **Not more lanes, not more tolls.**

By **MERCIA HOBSON**
THE CONNECTION

myself and thousands of other people on the road.”

Build more lanes and more tolls; is that the solution to Northern Virginia's transportation woes? Not according to four expert speakers who addressed the problem at the Dulles Regional Chamber of Commerce's panel discussion, “In a Word, Transportation!” held Sept. 12 at the Westin Washington Dulles in Herndon.

Moderated by Simon Fowler, producer of “World Bank Live,” panelists challenged common answers to Northern Virginia's transportation/mobility plans generally driven by the command and control approach. Instead, experts presented options they considered more responsive to NOVA's spatial expansion, growing motorization and changing mobility patterns. In addition, panelists noted fixing transportation/mobility use could help address some economic, social and educational concerns in the county.

Personal Perspective

Ashley Trick, Community Affairs Engagement Strategist, Capital One, McLean, gave up her car when she moved from Ohio to D.C. ten years ago and hasn't looked back. Trick found owning a car substantially more expensive in D.C. given insurance, gas and parking fees, in addition to the hassle of parking a vehicle in the city. Instead, Trick said she looked around and found different forms of public transportation from Metro buses and now scooters, ways that were “more convenient and much more cost-effective.”

According to Trick, she and others run into issues when they leave D.C. and use Metro and buses to get to and around the suburbs, especially as they attempt to solve the “last mile” problem in regional transit.

“Getting here (the Westin in Herndon) was a perfect example,” said Trick. “Taking public transportation, it would have taken an hour and a half, three forms of transportation... the Metro...the 950 bus...the 937, and then walk an additional mile just to get here,” she said. Too much for Trick, who though not opposed to renting cars when needed, carpooled to the event with a colleague.

“Navigating public transportation and all the different apps that you can use is something that I do regularly,” Trick said. Trick acknowledged she used 15 different apps to plan the most effective, cost-efficient ways to travel in D.C. and elsewhere, and always built in a time buffer. “You never know when you are going to miss the bus.”

While using public transportation as her preferred option to commute to work takes her about an hour vs. thirty minutes to drive, it offered more productive use of her time and less stress, Trick said. “When I'm not driving, I'm able to check my phone, respond to emails and move forward with my work because I do not have to protect

International Perspective

Winnie Wang, Senior + Transport Specialist, Transport Global Practice World Bank, D.C., Vienna resident relocating to Sri Lanka, provided an overview of global practices to improve urban transport planning followed by case studies and “some innovative analytic tools” developed by World Bank. Wang said World Bank was the largest provider of development of finance for transport globally, with an active portfolio of \$47 billion. “Our strategy for urban transport is to provide clean, safe and affordable transport for sustainable development,” she said.

Wang introduced the concept SUMP, short for Sustainable Urban Mobility Plan. “It's a strategic plan designed to satisfy the mobility needs of people and businesses in cities for a better quality of life,” Wang said. SUMP supported the integration and balanced development of all transport modes with citizen participation “as well as impact evaluation.”

In a case study, Wang illustrated the differences between a city center in eastern Europe densely packed with cars followed by the same site five years later after they implemented SUMP. Calling attention to her PowerPoint image, Wang said, “You can see that the corner is much more livable. There are coffee shops and pedestrians can walk there easily, meet friends,” she said. Referencing mobility changes in Brittany, France, “with strong mayor leadership,” Wang said planners did a significant pedestrianization of the city center, massive street parking limits extending up to two kilometers from the city center and moved cars away. “You have to provide people alternatives, so they implemented a Pass Priority in the city on the major roads with parking facilities so people can drive their cars to the nearest bus station and take the high-quality bus to the city center.” In addition, she said the city improved cycling facilities. “The final outcome is the city center is changed from a traffic dominated place to be a people-oriented.”

National Perspective

Qiana Patterson, Senior Director of Public-Private Partnerships, HopSkipJump, now serving in Virginia, said: “Essentially, what we do is we drive kids in a very rideshare,



PHOTO BY MERCIA HOBSON/THE CONNECTION

From left, Simon Fowler, moderator of Dulles Regional Chamber of Commerce panel presentation, “In a Word Transportation!” held Sept. 12 joins panelists Ashley Trick, Community Affairs Engagement Strategist, Capital One, McLean; Eta Nahapetian, Economic Initiatives Coordinator Fairfax County; Winnie Wang, Senior + Transport Specialist, Transport Global Practice World Bank, D.C., and Vienna resident; and Qiana Patterson, Senior Director of Public-Private Partnerships, HopSkipJump.

friendly environment. Parents can download the app and schedule a ride for their children. “We built in all the safety protocols. ... We adhere to some of the most stringent background and fingerprint requirements,” said Patterson as she described the door-to-door service first started in California.

Patterson described how after operating for multiple years, HopSkipJump responded to an innovative pilot Request for Proposal by the Department of Children and Family Services for LA County for transportation of its school-aged foster children, those who it was determined would be in their best interests to be transported back to the school they attended when removed from their birth parents. Federally mandated to abide by what was best for these children, in LA, there were no viable options due to lack of bus drivers and long rides according to Patterson.

Contracted to perform the service, Patterson said, “We are now in our third year, and it's a long-term solution.” Patterson reported the call is reverberating across the nation. “Everybody started raising their hand and saying what about us, what about us? And since 2017, I'm happy to say that we've expanded to six additional states (including Virginia) ... to support the most vulnerable children, those who do not

have a way to get back and forth to their schools.”

Patterson said they learned a lot building a system that is inclusive and one that walks children through the door as opposed to just dropping them off. For many foster children, taking multiple buses remained unrealistic, and HopSkip Jump presented a viable and attractive alternative to school districts.

Fowler mentioned to the audience that HopSkipJump also catered to the elderly, especially seniors who do not have caregivers who can drive.

Local Perspective

Eta Nahapetian, Economic Initiatives Coordinator Fairfax County, kicked off her remarks by recognizing Supervisor John Foust (D-Dranesville) who attended the panel discussion. Foust serves as Chairman of the Fairfax County Economic Advisory Commission and also serves on the Northern Virginia Transportation Commission. “(He) led our efforts to develop an economic success strategic plan. A lot of these initiatives that we've got going on right now are direct outreach of that and in support

of those initiatives,” said Nahapetian. “One of our primary focus areas have been to partner and to partner with research institutions, startup organizations that are doing work in Fairfax to grow our innovation ecosystem... I'm talking from the perspective of growing the economy and Fairfax,” said Nahapetian.

Nahapetian explained that Fairfax County and Dominion Energy partnered on an autonomous electric shuttle pilot planned to close the first/last mile gap between Dunn Loring Metro and Mosaic Shopping Center. Funded in part with an award from the Virginia Department of Rail and Public Transportation (DRPT) and strong support from the state and the Commonwealth, Nahapetian added: “It's amazing how once you start talking about something, things magically just start to happen. “According to Nahapetian, she anticipated the project would be happening in the next couple of months or sometime between December and the summer as they worked out the details, making sure the shuttle was safe.

At the close of “In a Word, Transportation!,” Fowler asked each panel member to wrap up their remarks in one word. Responses: Ashley Trick - Freedom; Winnie Wang - People; Eta Nahapetian - Inflection-point; and Qiana Patterson - Opportunity.

Afraid of an Unknown Future

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

Sixteen-year-old Swedish climate activist Greta Thunberg sailed across the Atlantic on a zero-emissions sailboat to speak at the United Nations Climate Action Summit this week. Thunberg has a strong reputation as a climate activist having staged weekly sit-ins outside the Swedish Parliament resulting in a growing movement of youth climate activists holding their own protests in more than 100 cities worldwide. Having a young person speak about climate issues is appropriate considering the higher-level interest shown by young people over adults on climate-related concerns. After all, it is their future that is being discussed.

Results of a *Washington Post*-Kaiser Family Foundation poll released last week found that young people include climate change among the issues they think are most important facing the country. Eighty-six percent of youth think that human activity is causing climate change. Of considerable concern is the finding that 57 percent of the youth polled said that climate change makes them feel afraid. It



COMMENTARY

is their future, and they feel afraid of the future we adults are leaving them. The good news is that 54 percent feel motivated to do something about it.

But young people fortunately are not alone in being fearful of climate change and motivated to do something about it. The 2019 Virginia Climate Crisis Forum held at the First Baptist Church in Vienna attracted nearly 300 activists to focus on climate justice. The forum was moderated by William Barber, III, son of the famous Rev. Dr. William Barber II and Karenna Gore, the eldest daughter of former Vice President Al Gore. Reflecting the broad interest in the issue, panelists included representatives of the Green New Deal of Virginia, People Demanding Action, Young Evangelicals for Climate Action, the Faith Alliance for Climate Solutions and others. Emphasis of the discussion was on working together to repair a damaged climate while ensuring that everyone most impacted — including low-income people, people of color, the vulnerable, and those on the front lines—are part of every solution and not disproportionately impacted.

Coming out of the Virginia Clean Energy Summit also held last week was an announcement by Governor Ralph Northam that the goal in Virginia is that by 2030, 30 percent of Virginia's electric system will be powered by renewable energy resources and by 2050, 100 percent of Virginia's electricity will be produced from carbon-free sources such as wind, solar and nuclear.

In his Executive Order establishing the goals, the Governor expressed the concerns being heard from the young people and in the various meetings on the issue: "Climate change is an urgent and pressing challenge for Virginia. As recent storms, heat waves, and flooding events have reminded us, climate disruption poses potentially devastating risk to Virginia." Reflecting the concern about economic justice, the Governor's Executive Order stated that "These clean energy resources shall be deployed to maximize the economic and environmental benefit to under-served communities while mitigating any impact to those communities."

Young people remind us that there are ample reasons to be afraid of an unknown future with climate change. The best response to that fear is to intensify the discussions such as have been going on while taking positive steps like that by the Governor to reverse impact on climate change.

LETTERS TO THE EDITOR

Climate Action: A Top Priority

To the Editor:

I was very interested to read about public participation in Fairfax County's strategic planning process ("Fairfax County Long Term Plan Enters the Think Tank"). As I read through the nine areas of discussion, I noticed that every one of those areas will be impacted by climate change. For example, economic opportunity: clean energy infrastructure and emerging carbon capture technologies are just a couple of the ways that climate action can benefit our economy. Mobility and transportation: As transportation contributes to climate change, incentivizing and facilitating the use of efficient public transportation can massively affect Fairfax County's carbon footprint.

And the most obvious, health and environment: without action, extreme weather and other environmental changes will continue to make us sicker and take more lives — of our own species and many others.

I sincerely hope that as Fairfax County continues with its strategic planning process, climate change is top of mind for the planners. It's an issue that transcends all others, and we have an opportunity to ensure that the county is on the forefront of climate miti-

gation and adaptation.

One way that both our elected representatives and citizens alike can do this is to learn about and support the Energy Innovation & Carbon Dividend Act (HR 763). This bill, which has been introduced in the House of Representatives, would put a price on the use of fossil fuels while returning all revenues to American families. It is an important step toward making sure that Fairfax County remains a place where all citizens can live healthy, safe, rewarding lives.

Rose Hendricks
Falls Church

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314

By e-mail:
editors@connectionnewspapers.com



Bear on the Deck.

Black Bear Visits Great Falls Home

Cindy Gersony of Great Falls sent us this picture of a bear on her deck. On Sept. 14. Gersony writes: "I heard a noise as I was sitting in my kitchen in the early afternoon, and imagine my surprise to see a bear on our deck — he had to climb up the stairs — casually tipping our bird feeder so he could eat the bird seed. He looks to be a juvenile black bear. He stayed a good 20 minutes, and then ambled off down the deck steps out to the woods in the general direction of the river. We live on Black Riffles Court, in the neighborhood where River Bend and Beach Mill roads meet, not too far from Riverbend Park."

If you see something interesting, by all means, send us a note or a photo. Email to editors@connectionnewspapers.com



NEWS

It's "reimagine" for Dominique Koethe of Reston at Reston Town Center, 'A Dynamic Urban Destination' #reimagineRTC.



PHOTO BY MERCIA HOBSON/THE CONNECTION

A Refresh for RTC?

Lips are sealed.

BY MERCIA HOBSON
THE CONNECTION

It's all about timing. Reston Town Center is about to get some "enhancements" according to a spokesperson at TAA Public Relations, a luxury public relations marketing and special events firm for Boston Properties, Reston Town Center. But they are not quite ready to give the details.

Over the summer, people discovered the new circular Reston Town Center logo on its web page and Map & Event Guide. Signs at the Mercury Fountain Plaza announced healthy trees would be planted there soon. Sets of new white rocking chairs rested on the plaza and

two new stores opened, North Italia and The Glossary Nail Spa.

This week, on Freedom Drive, Dominique Koethe of Reston discovered a double leaf-butterfly wing mural opposite the RTC Green Garage just waiting for her photographic experience in the "dynamic urban destination, #reimagineRTC."

In an inquiry to TAA Public Relations about the recent changes, a spokesperson wrote the Connection, "I know you were interested in discussing the mural, but we would love to wait to tell you a more complete story about the rebrand. There are very exciting things coming and the mural is one piece to the enhancements happening at Reston Town Center." The spokesperson added she would be in contact "on a later date to tell the story."

MULTI-LEVEL REMODELED HOME TOUR

SATURDAY, SEPTEMBER 28TH, 2019 12-4PM

Showcasing a main-level remodel to include a gourmet kitchen, office reconfiguration, and a partial garage conversion for an enlarged laundry room and relocated powder room. Upstairs includes his & her walk-in closets, 2 hall baths, and much more!



Location: 1192 Broad Creek Place, Herndon, VA 20170

(Located 1/2 mile off Route 7)

Major Remodels • Additions • Kitchens + Baths • Basements • Exteriors
703.425.5588 | SunDesignInc.com

SUN DESIGN
ARCHITECTURAL DESIGN-BUILD FIRM

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

10% down
nothing until the job
is complete for the
past 17 years



- Master Plumber
- Master Electrician
- Master HVAC

Fully Insured & Class A Licensed
Since 1999



Free Estimates

703-999-2928 Visit our website: www.twopoorteachers.com

PRS | CrisisLink

**#CALL
TEXT
LIVE**

SEPTMBER IS
SUICIDE
PREVENTION
MONTH

Suicide takes nearly 47,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRS CrisisLink and Connection Newspapers to learn how you can help save lives.

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

REACH YOUR ONLINE AUDIENCE

THE
CONNECTION
+
Google Ads

**CALL 703.778.9431
TO GET STARTED**

The Connection you know and trust now offers advertising online with Google. Our display ads can help you promote your business when people are browsing online, watching YouTube videos, checking Gmail, or using mobile devices and apps.

Choose the number of times your ad will be shown to your demographically targeted audience. Each time your ad appears on news websites, sport sites, blogs, YouTube, etc., it's counted as one impression:

- 35,000 Impressions: \$350
- 50,000 Impressions: \$500
- 75,000 Impressions: \$750
- 100,000 Impressions: \$950

Email sales@connectionnewspapers.com for more info

Senior Living

Exploring Art in Retirement

Seniors get a chance to pursue their passion.

BY MARILYN CAMPBELL
THE CONNECTION

It was in third grade when Barb Cram first discovered her artistic talent. Her teacher asked to use one of her drawings as an example to teach a technique to other students.

Though she was lauded for her artistic talent from elementary school through high school, upon graduation, she says she put that interest on hold and engaged in educational pursuits that she was told were practical.

"When my generation as growing up it was all about getting skills like typing, bookkeeping and stenography so that you could get a job after you graduate said Cram, now 72.

After a long career, which included a stint in the White House, Cram has reengaged with her creative side. Now as President of Falls Church Arts, she is helping other retirees live out their passion, discover their talent or simply learn to appreciate art.

"Art can do so much for seniors. It's like a vacation for the mind," she said. "Whether as an artist, a teacher, a docent or an art student, there's place for everyone."

Retired clinical psychologist, Carolyn Jackson Sahni, spent her career practicing in settings ranging from state universities to non-profit organizations. Retirement has offered her the opportunity to explore her creative interests.

"I have never been employed as an artist or in a specific art related field, [but] art has always been my first love, said Jackson Sahni, who lives in Vienna. "I see art as our ultimate means of personal expression. I have an overwhelming preference for beauty and nature. Art has been my way of indulging this preference."

Sahni says that art has given her the gift of living out her dedication to life-long learning. "I believe in ... growing, expressing and discovering, she said. "While I am not quite ready to accept the definition of senior that I am, I cherish every day of my seventy-one years."

Though she spent 32 years as a government employee working in a variety of agencies including the National Institutes of Health and The Department of Homeland Security, Cynthia Miller had always wanted to explore visual arts. A few discouraging childhood experiences left her afraid to try.

"I have been interested in art my whole life, but my hands were frozen until I found my courage" she said. "I decided at age 70 that it was my time to learn and explore my desires as an artist."

Not only is Miller an artist, but she volunteers her time as a docent, sharing her passion with others. "I often speak with others who are seniors with few outside interests," she said. "They think I am brave in approaching my art as another career. I have a love of life, and feel I have a gift yet to develop and offer to others."

McLean resident Sallie Evans once worked as a recreation therapist, in retirement she works as an art instructor at Falls Church Arts teaching. "I love



Sallie Evans of McLean loves teaching art and helping students experience the job of creating art.



Cynthia Miller, who says that she enjoys experimenting with angles and shades, describes her art as abstract explosion.

teaching because it allows me to be an active participant when students experience the joy and absolute empowerment of making art. Teaching not only children, but she leads art projects for Fall Church Art's Memory Café, a social and recreational gathering of individuals with memory loss and their caregivers, friends, and family.

Deborah Conn, 70, retired from a career in marketing and began taking lessons in watercolor at the Art League in Alexandria. These days she's an active and prolific artist. Her medium is watercolor, frequently on textured paper that she makes by crinkling tissue paper and gluing it on the painting surface. Humans are the subjects of most of her work, but as one of the resident artists at Palette2 restaurant in Shirlington, she sketches dogs for patrons while they eat.

"I've been experimenting with making parts of my paintings less defined so viewers can fill in with their own mind," said Conn, who teaches art out of her home studio and works as an art curator. "In the last ten years or so, painting and art have become enmeshed in nearly every area of my life. Many of my closest friends are artists."

PHOTOS COURTESY OF FALLS CHURCH ARTS



Booklet and form are an important way to gather feedback.



Each group focused on one of nine topics.

Fairfax County Long Term Plan Enters the Think Tank

A series of meetings with public participation is underway.

BY MIKE SALMON
THE CONNECTION

When Jacob Stenstrom walked into Lake Braddock Secondary School, it was different than when he was a student. He was now trying to learn the ways of the county and taking part in the Fairfax County Strategic Plan Meetings was a start for the now-college grad. “I want to be more active in my community,” he said.

Stenstrom was among a cafeteria full of people in attendance at the first of the county’s strategic plan meetings across the county to make a plan for Fairfax County in years to come. This was the second series of such meetings that began in February, and this set of meetings will end this December when the planners hand the plan over to the Board of Supervisors for finalization.

The planners, led by James Patterson, manager of countywide strategic planning, divided the county’s expectations into nine categories as they wrestle this enormous task into conceivable terms. The nine categories, range from economic opportunity to safety and security, but in the first of several steps, everyone was looking at the issues from 30,000 feet – issues that will be put under a microscope further down the road of this process.

“We want to get your input, are we on the right track?” asked Patterson.

THE FAIRFAX COUNTY STRATEGIC PLAN was subtitled “Shaping the Future Together,” and laid out nine subtopics im-



James Patterson, manager of countywide strategic planning, explains the procedure of the evening’s planning activity.

Areas of Discussion

- The nine areas of discussion included:
- ❖ Cultural and Recreational Opportunities
 - ❖ Economic Opportunity
 - ❖ Education and Lifelong Learning
 - ❖ Effective and Efficient Government
 - ❖ Health and Environment
 - ❖ Housing and Neighborhood Livability
 - ❖ Mobility and Transportation
 - ❖ Safety and Security
 - ❖ Self-Sufficiency for People with Vulnerabilities

pecting everyone in the county. It was presented in a booklet that each participant took as they went to the various stations to



Early on, comment forms were collected.

discuss the intricacies. There were survey cards to fill out at each station, and questions to bring up that got the conversation going. All the data and comments will be compiled in the end.

“I see nothing in here that addresses ecological value,” said one man at the “Health and Environment” station.

“People need to think of spending money like it’s their own money,” said another in the “Effective and Efficient Government.” Station.

In the 36-page booklet, there was a mis-

sion statement of sorts under each chapter topic and then bullet points for each that the participants will evaluate. Under “Effective and Efficient Government,” for instance, the goal read “Fairfax County is a place where all people trust that government responsibly manages resources and provides exceptional services.”

Every 20 minutes, stations shifted and attendees addressed another aspect of the plans.

IN FAIRFAX COUNTY, “there’s a lot of things that are working well but there are also a lot of things that could be better,” said Steve Struthers of Accenture Company, a contractor that was brought on to facilitate these discussions. All the strategies that were presented are “very preliminary,” Struthers said.

Burke resident Theresa Parillo was overwhelmed after looking at the book and attending a few of the discussions. “It’s hard to say no to any of this,” she said.

Although most things “county” are budget-dependent, the dollar topic is so far into the future that the budget wasn’t part of the discussion. A rough draft of the wants and needs will be put together in the November-December time frame, and then presented to the Board of Supervisors after that, and it will be worked into the plan sometime after that. The plan may go into place ten to twenty years from now, officials said. “Strategic plans need to be lean,” said Struthers.

After growing up in Fairfax County, Stenstrom wants to stay here, but is looking at cost, which was one of the nine areas of concentration. “It made sense overall, I like that there’s a plan,” he said.

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. There will be no on-site registration for participants. 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. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket for more.

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.

THROUGH-NOV. 3

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

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 for more.

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 for more.

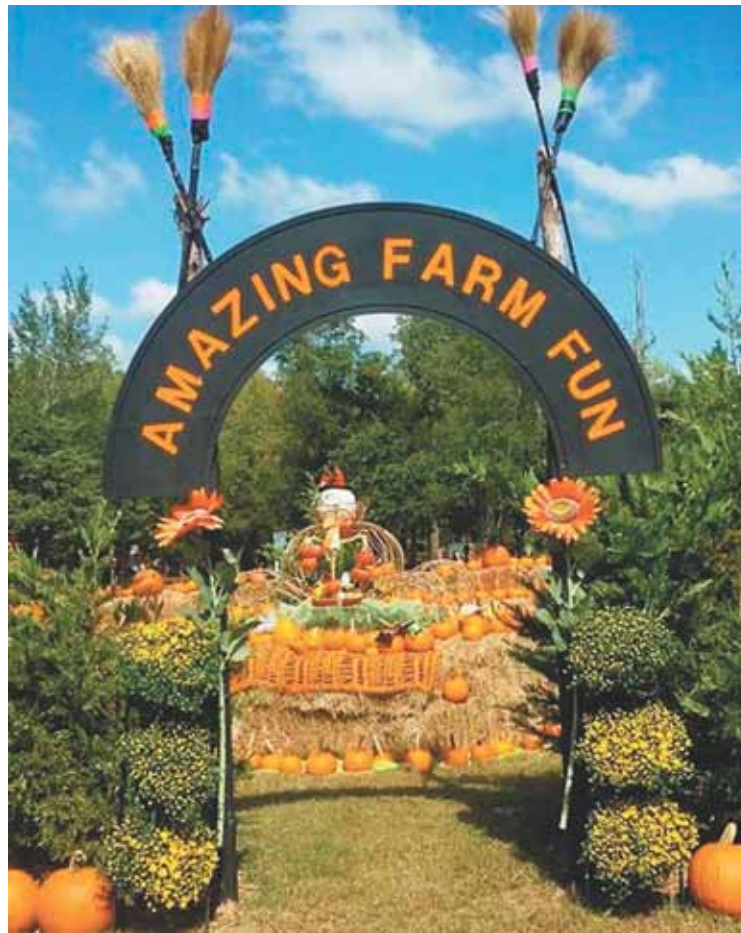
Spy Walk. 2-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Go on a "Spy Walk." Visitors age 12 to adult are invited to hear a spell-binding tale about espionage, secret payments and the Russians. Walk and talk about a spy who used Ellanor C. Lawrence Park as a drop-off location as the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

SEPT. 28-JAN. 4

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/ for more.

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.



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.

2019 Walk to End Alzheimer's

Reston Town Center, 11900 Market Street, Reston. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3:00pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

2019 Walk to End Alzheimer's.

Reston Town Center, 11900 Market Street, Reston. Sept. 29. Registration at 1:30pm; Ceremony at 2:30pm; Walk at 3:00pm. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. Each registered walker with a wristband will receive a Promise Garden flower. Blue represents someone with Alzheimer's or dementia. Purple is for someone who has lost a loved one to the disease. Yellow represents someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's. Coordinator: Sonya Amartey, samartey@alz.org, <https://act.alz.org>

MONDAY/SEPT. 30

Farm Life. 11-11:45 a.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn about elements of farm life. Children will get to spend time with a different farm animal at each session. Story time, creating crafts and introductory-level farm chores. For children age 3-5. \$8 per child. Pre-paid reservations are required. Adults must attend with a registered child. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

OCT. 3-27

The Glow: A Pumpkin Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-alikes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.

SUNDAY/OCT. 6

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

SATURDAY/OCT. 12

Walk Like MADD 5K Dash/ Bark Like MADD. 9 a.m.-noon at

Herndon Police Department, 397 Herndon Parkway, #300, Herndon. Walk Like MADD is MADD's signature fundraising event to help us raise both awareness and funds to eliminate drunk and drugged driving. \$25. Email Jennifer.Hamilton@madd.org or visit www.walklikemadd.org.

Large Indoor Flea Market Sale: Rain or Shine, 9 a.m. - 1 p.m. at 3951 Pender Drive Suite 130 Fairfax. All proceeds for Non-Profit supporting hearing loss. (Donations drop off two days prior to sale) See website: nvrc.org

SUNDAY/OCT. 13

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

SUNDAY/OCT. 27

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

SUNDAY/NOV. 3

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

SUNDAY/NOV. 24

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

SUNDAY/DEC. 15

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.



Cheryl Terio-Simon, wife of the late Robert E. Simon, Founder of Reston, speaks during the Reinstallation Ceremony of the Lakeside Pharmacy Icons.



Dr. Hiran Najafbagy mingles with the crowd during the opening of the Lakeside Pharmacy Icons exhibit, dedicated to his mother, Farah and his late father, Hooshang who operated Calvert Gourmet Shop on the Plaza.

Community Identity Preserved Lakeside Pharmacy Icons refurbished and reinstalled in new location.

BY MERCIA HOBSON
THE CONNECTION

The Pharmacy Icons are back at Lake Anne Plaza, spruced up, reinstalled at a new site in the breezeway and ready for another 50 years thanks to Lake Anne of Reston Condominium Association, Reston Historic Trust & Museum (Trust) and the community effort of more than eighty people and businesses. The set of storefront icons characteristic of the 1960s Pop Art movement reflected the wish of Reston's Founder, Bob Simon, for playful artwork on the Plaza.

Before the Dedication Ceremony on Wednesday, Sept. 18, Kurt Rose, board member of the Trust, admired the red and white pharmacy icons initially commissioned in the mid-1960s from the New York-based graphic design firm, Chermayeff and Geismar. "Preserving them was difficult because they are made out of solid wood and we wanted to refurbish them to their original state. It was going to cost more than \$15,000 to refurbish and install," he said.

Dedication speaker Carolyn Flitcroft, chair of the Reston Historic Trust & Museum told the assembled guests that the Icon Exhibit and Installation mirrored the museum's mission, to sustain the Reston vision by preserving and interpreting its history, inspiring the present and influencing the future. "I think this icon installation perfectly illustrates the work we do here," she said.

Flitcroft introduced Cheryl Terio-Simon, long-time board member of RHT and wife of the late Robert E. Simon, Reston's founder. "Cheryl has been the visionary and architect of this project, taking part in every stage from choosing contractors and design layout to obtaining permits and fundraising. This installation would cer-

tainly not exist without Cheryl's leadership," Flitcroft said.

According to Terio-Simon, Lake Anne of Reston Condominium Association donated the pharmacy icons to the Trust when the new businesses on the property were not pharmacies, and the icons were not appropriate there. "LARCA also agreed to the exhibit being hung here, hired an engineer to ascertain its safety and has overseen its installation," she said. Terio-Simon added that Jeanne Krohn designed the exhibit and Capital Museum Services (CMS) the exhibition fabrication. "Most of CMS's projects are much larger than this one, Smithsonian museums, Rockefeller Center, the Johnson Space Center É but Barney Gault of CMS described the project as a labor of love, doing something for a community to fulfill a need to remember history," she said.

Terio-Simon said when Dr. Hiran Najafbagy learned of the Trust's need for financial support to refurbish and exhibit the Lake Anne Pharmacy Icons; he saw it as the opportunity to honor his parents, Hooshang and Farah. The couple operated Calvert Gourmet Shop on the Plaza. "Hiran has made a very generous donation in support of this exhibit," she said. Terio-Simon told how as immigrants the Najafbagy family left Iran and for several years searched for a home in Europe, later in the United States and ultimately found their way to Lake Anne. "Here they found a new home, work and what Hooshang called his oasis. We are very pleased Farah and members of her family could be with us to-



Dr. Hiran Najafbagy gives his mother, Farah, a hug after they cut the ceremonial red ribbon opening the Lakeside Pharmacy Icons exhibit, refurbished, reinstalled and dedicated to Farah and her late husband, Hooshang who used to operate Calvert Gourmet Shop on the Plaza.

day, and we join Hiran in dedicating this exhibit in honor of his parents."

Hooshang and Farah Najafbagy operated Calvert Gourmet Shop at the Plaza for many years after immigrating to the United States. After cutting the red ribbon to celebrate the installation of the Pharmacy Icons with his mother, Farah, and Flitcroft, Dr. Najafbagy,

a Herndon-based chiropractor said, "This is an amazingly special place to me and of course to my parents... This is our home away from home. It was truly a special place for my late father... Thank you to everybody who supported this in the name of my mom and dad. It is an honor."

Pharmacy Icons: Now and Then

"I think they will have a long life here at the Plaza at Lake Anne. I love seeing Reston Historic Trust leading the charge to revitalize Lake Anne. How vibrant it is again."

- Russ Connor of Reston

"Looks fabulous; what a presence. That's what the wall needed. Apparently, illuminated at night, it's just stunning." - Marthe McGrath, gallery painter at Lake Anne Plaza

"Doesn't it look good?"

- Pat Macintyre of Reston

"I remember this being on the wall of the pharmacy. I didn't really pay much attention to them then. They'd been there a long time, faded and in need of repair."

- Diane Rose of Reston

"Looking at it here, I felt a compelling emotion, evoking a different time and era, with very positive feelings and connection to an earlier part of my life. I almost teared up; it tugged at my heart of 1981, a recollection. A little bit of the feeling of forces of change remembering the happiness of an earlier time."

- Joe Ritchey of Reston

AREA ROUNDUPS

Venture into Volunteering Fair

Looking for a way to give back? Explore volunteer opportunities at the Venture into Volunteering Fair on Wednesday, Oct. 2, 2019, from 10 a.m. to 2 p.m. at the Dulles Expo Center in Chantilly.

This is an opportunity to meet representatives of Fairfax County government agencies and community organizations that need volunteers. It's also a chance to be involved that very day by signing up to be a volunteer, by donating blood to the American Red Cross, or by bringing a non-perishable food item for the food drive on site. Call the Red Cross at 1-800-Red Cross to schedule an appointment for blood donation.

There will be door prizes for visitors to the fair.

The Dulles Expo Center, which is donating space for the fair, is located at 4320 Chantilly Shopping Center in Chantilly. For additional information about the fair, call 703-324-5406, TTY 711, email VolunteerSolutions@fairfaxcounty.gov, or visit the website at www.fairfaxcounty.gov/OlderAdults.

The Venture into Volunteering Fair is sponsored by the Fairfax County Department of Family Services, AARP Virginia, Fairfax 50+, the Fairfax County Park Authority, RSVP, Volunteer Fairfax and Volunteer Solutions.

Web: <https://www.fairfaxcounty.gov/parks/park-news/2019/z-ir140>

Raise the Region Gala to Be Held Oct. 4

The Community Foundation for Northern Virginia will hold 2019 Raise the Region Gala on Friday, Oct. 4, 6:30-10:30 p.m. at the Hilton McLean, Tysons Corner, 7920 Jones Branch Drive, McLean.

The event will honor MG Carl H. McNair, Jr. (RET) with the Community Foundation for Northern Virginia's 2019 Community Leadership Award & Celebrate the Community Wealth Building Volunteers.

Cocktail Reception, Silent and Live Auctions, with Matt Quinn, Auctioneer. Black Tie Attire; Elegant Seated Dinner. For more information, go to www.cfnova.org/gala

Four Area Schools Receive Environmental Education Recognition

Four Fairfax County public schools have been recognized as 2019 Virginia Naturally Schools by the Virginia Department of Game and Inland Fisheries. Virginia Naturally Schools is the official environmental education school recognition program of Virginia.

Selected as 2019 Virginia Naturally Schools are:

- ❖ Belvedere Elementary School (seventh year).
- ❖ Colvin Run Elementary School (fourth year).
- ❖ Daniels Run Elementary School (13th year).
- ❖ Lanier Middle School (eighth year).

These schools were recognized for their environmental and stewardship efforts during the 2018-19 school year.

"Environmental education prepares students to tackle tomorrow's environmental challenges," said Secretary of Natural Resources Matthew J. Strickler. "I applaud these Virginia schools for building hands-on, locally relevant education about the environment into their curricula."

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.

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 Schuldler, 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.

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION
 Newspapers & Online
 The Connection to Your Community
www.connectionnewspapers.com

Announcements

Announcements

27th Annual OBX Parade of Homes Oct 10-13



Corolla-Nags Head
 Tickets \$10
 Good All 4 Days

TOUR
 17 Select
 Outer Banks
 Homes



Preview: obhomebuilders.org

ESTATE SALE - LOG HOMES PAY THE BALANCE OWED ONLY!!!

AMERICAN LOG HOMES IS ASSISTING JUST RELEASED
 ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

- 1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
- 2) Model # 203 Georgia \$49,500...BALANCE OWED \$19,950
- 3) Model # 305 Biloxi \$36,825...BALANCE OWED \$14,500
- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

BEFORE CALLING: VIEW at www.loghomedream.com
 Click on House Plans

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any plan design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

BBB
 A+ Rating

OFFER NOT AVAILABLE TO AMERICAN LOG HOME DEALERS

SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Announcements

Announcements

Donate A Boat
 or Car Today!

Boat Angel

"2-Night Free Vacation!"

800-700-BOAT
 (2628)

www.boatangel.com

sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



Announcements

Announcements

1,300 Highest Quality - Appraisals!
 Largest Gun Show in Metro DC!
 Over 2 Miles of Guns, Knives & Accessories!

THE NATION'S GUN SHOW

SEPTEMBER 27, 28 & 29 • DULLES EXPO

4320 Chantilly Shopping Center, Chantilly, VA 20153

FRI: 3-8 | SAT: 9-5 | SUN: 10-5

Beto O'Rourke said,

"Hell, Yes, we're going to take your AR-15, your AK-47,"
 at the Democrat presidential debate September 12, 2019.

540-951-1344 | 540-951-2344
info@showmastersgunshows.com
www.thenationsgunshow.com
www.showmastersgunshows.com

\$1 Off One Adult Admission



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

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

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

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

THE CONNECTION
 NEWSPAPERS

BULLETIN BOARD

FROM PAGE 2
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 donaalrea@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. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifitness.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.

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.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

| | | | |
|--|--|--|--|
| LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465 | | Good is not good, where better is expected. -Thomas Fuller | |
| ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... | | ELECTRICAL Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com | |
| GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price! | | IMPROVEMENTS IMPROVEMENTS HVAC Plumbing Remodeling Electrical Other RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com | |
| GUTTER A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia | | LANDSCAPING LANDSCAPING Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience - Free estimates 703-868-5358 24 Hour Emergency Tree Service | |
| LANDSCAPING LANDSCAPING Patios & Drainage Your neighborhood company since 1987 703-772-0500 | | TILE / MARBLE TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured | |
| J.E.S. Services Free Estimates - Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed | | Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com | |
| Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers www.connectionnewspapers.com/subscribe | | | |

Engineering a Solution



By KENNETH B. LOURIE

Though not exactly "The Continuing Story of Bungalow Bill," ("The Beatles," 1968) but for those of you regular readers still interested in the presumptive outcome - in my lifetime, of my 250 year-old home's "structural integrity" - as it relates to my pending refinance application, we may now have lift off, so to speak. (Hopefully Houston, we don't have a problem.) A structural engineer came by the house yesterday at my request and examined and measured the cracks in the concrete slab which "porches" the front of my house. After which he offered his professional opinion, a more detailed version of which will be emailed to me in a few days (copies of which I will forward to all the interested parties). According to this engineer, there is a concrete solution which, cost notwithstanding (or even known yet) will secure my home's structural foundation and assuage the appraiser.

The problem, as I understand it, concerns the possibility of my house falling down, from back to front. On my porch there are five wood pillars which stand floor to ceiling equidistant across the porch. They are not embedded in the concrete (nor are they cracked or rotting). They are supporting the weight of the house, but apparently are on shaky ground. What has happened is, due to the improper preparation of the soil onto which this concrete slab was originally poured (100 years ago - or whenever), the concrete has buckled under the pressure, and the house is tilting, sort of (and/or has the potential to slip further and fall). And if this happens, neither my wife nor I will be able to get up, whether we're owners of Life Alert medallions or not.

There is a solution however, which doesn't require "a pick and shovel and 20 men" (to invoke a Three Stooges reference). Nor will it require any heavy equipment and/or cabling of my house in some way to lift it off the ground in order to break up all the length, width and depth of approximately 150 square feet of concrete (I don't know about the cubic exactly). The plan seems to be for the house to be temporarily supported by wood beams as it is raised up a bit and then one foot square sections of the concrete surrounding each of the pillars will be broken up. According to the engineer, not a major undertaking. Then piers, which are structural engineering jargon for whatever I need to have supporting the pillars, will be placed on the ground/ foundation beneath each pillar and then back-filled with concrete and Bob's your uncle: structural integrity. At least that's as much as I can understand/explain, anyway. Orthotics for the house you might say.

Now whether my description of the repair is at all accurate, the engineer was clear. Though the repair is delicate, he agreed, nobody is reinventing the wheel here, and the solution as proposed is not that complicated. (As for the "structural integrity" of our 100 year-old stable, another concern of the appraiser, the engineer said "We don't certify the structural integrity of 100 year-old buildings." Now whether this out-building situation becomes a deal-breaker, I can only hope that reasonable minds prevail. Check back to this space for future updates.)

At present, I fear there will be fits (by me) and starts (by the various external parties lining up to solve my homes structural problems) to get me to the refinance finish line with some financial integrity still intact. I won't lie, there's a bit at stake here, and I can't afford (literally and figuratively) any slip ups. As I approach my 65th birthday, my goal is to simplify my life and secure my future, not complicate my life and "insecure" my future. I had hoped this refinance would accomplish the former. I had no idea that it would lead to the latter.

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

Final Run for the Susco 8K: Running With Tim

Costs increase,
sponsorships decrease.

By MERCIA HOBSON
THE CONNECTION

September is National Brain Aneurysm Awareness Month, and they were off one last time at the 12th annual Susco 8K: Running with Tim. The event brought runners, walkers, volunteers and a handful of sponsors to South Lakes High School on Sunday, Sept. 22. They walked alone and with family. They pushed strollers of babies loved ones never had the chance to meet. And they ran and ran to promote brain aneurysm research so what happened to their loved one, doesn't happen to others; and to promote organ donation awareness, the gift of life for another person and their family, if tragedy does happen.

Tim Susco was a 1999 SLHS graduate. Susco ran Track and Cross Country every season of his four years at SLHS according to his brother, Tom. In August of 2007, Tim worked in Hollywood as a Key Assistant Location Manager on the television show, "Heroes." While out scouting for a location that month, Tim suffered what would be a fatal brain aneurysm.

In a statement, after the race, the Susco family wrote: "When we started out, we didn't know what we were doing and barely thought we'd make it through year one. All we knew was that we wanted to raise awareness and much-needed donations for two wonderful charities that helped us tremendously when Tim passed."

THE TWO CHARITIES reportedly remained the same for 12 years, Brain Aneurysm Foundation, a global leader in brain aneurysm awareness, education, support, advocacy and research funding; and Washington Regional Transplant Community, a DC-based organization responsible for facilitating organ, eye and tissue donation and transplantation process.

As the registered race participants lined up at the race wire, some wore t-shirts inked "Donate Life, Recipient Family," "Team Kathy," and "Organ Recipient." Some wore race bibs that read "In Memory of (name)." Each had a story to tell.

Kara Tayyab worked at Washington Regional Transplant Center. She brought her children, Ela, 2, who would be running for the first time and Isa, 3 1/2.

Cathy Gabig came up from North Carolina to complete her third run. "I do it to support Tom and Nancy. We wouldn't miss it."

Barbara Gordon of Fairfax also worked at Washington Regional Transplant Center. While her husband and two adult children would run, she said she'd walk to promote



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Runners and walkers gather before the start of the 12th annual Susco 8K: Running with Tim to promote brain aneurysm research and organ donation awareness

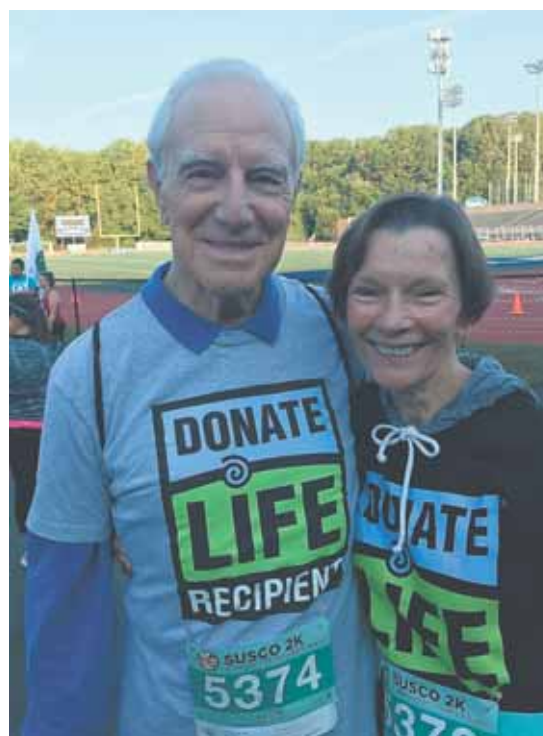


Kara Tayyab who works at Washington Regional Transplant Center helps Ela, 2, with the running bib as Isa, 3 1/2, enjoys a snack before the run.

organ, tissue and eye donation.

Michele Fox of Springfield stated, "I'm extremely happy to be here. They have been doing a wonderful job, a legacy for Tim."

For others, the run was more personal. Andy Bender of Vienna waited with his wife, Betty. His race bib read Organ Recipient. "I received a kidney March 22," he said. "The only reason he's a recipient is that he agreed to take a Hep C-positive kidney," said Betty. Andy said that he'd been on the kidney waiting list for six years and informed he'd probably be on at least two more years at which time he'd be 80. Weighing the wait, his age and the Hep C, acquired with the



Andy Bender of Vienna never felt better after agreeing to and receiving a Hepatitis C-positive kidney transplant March 22. Bender's decision allowed him to get a kidney transplant now, and after his operation, doctors treated him with antiviral medication. He is now virus-free.

transplant, he agreed to receive a new kidney. The decision allowed Bender to receive the kidney transplant faster as Hepatitis C-positive kidneys remain less in-demand. After his operation, doctors treated him with antiviral medication. Betty said that as of a few weeks ago, Andy's Hepatitis C had been eradicated. "He is now virus-free," she said.

Felisa Lee, a local teacher, wore a memory bib for fellow teacher, Miriam Kirkland.

"She was in her 40s when she passed from a brain aneurysm." She said the teachers rallied the first year at the race; then numbers dwindled until now, she walked alone.

Sunday morning Sept. 22, the door inched and closed on any future Susco 8K: Running with Tim events. "We are having trouble finding sponsors to support us," said Nancy Susco, Tim's mother. "It obviously costs a lot of money (to produce an official race.) We use the school; there's food and chip timing. We struggle to find sponsors. This is very hard for us."

According to Tom Susco, the run needed to be a quality event. "One Tim would be proud of. We could do short cuts, but we can't. For us, the effort was always worth it until recently. We've seen a trend with increasing costs and decreasing sponsorships. This decision was one we struggled with for a long time," said Susco.

SINCE THE FIRST RACE, the Suscos raised more than \$500,000 for Brain Aneurysm Foundation and Washington Regional Transplant Community. It also allowed the family to meet and work with many wonderful people. The family said while Tim's race may be ending, they anticipate finding new projects to advance brain aneurysm research and organ donation awareness.

Red balloons covered a table near the finish line promoting Brain Aneurysm Foundation's new awareness campaign, STOP the POP!

Dave Michaels of Arlington and his daughter Amelia, 6, were members of Team Barb. "We had a friend, Barb Chirles who died of a brain aneurysm in 2008. We've been coming every year for eleven years. Never missed one," said Michaels. Asked if he'd come again if the event happened, Michael replied, "Absolutely, we'd come."

Female and Male Top Finishers

Cathy Ross, Burke, VA, 48F, Placed First; Chip Time 35:42 Pace 7:12/M

Adam La Femina, Brambleton VA, 24M, Placed First; Chip Time 25:22; Pace 5:07/M

Brain Aneurysm Foundation

"Brain aneurysms are not easy to understand...so picture this: a red balloon represents an aneurysm. The popping of that balloon represents a rupture. Together we can work to curb this silent killer, and

help STOP the POP. Brain aneurysms are treatable! One in 50 people in the U.S. has a brain aneurysm. Each year 30,000 people in the U.S. suffer a ruptured brain aneurysm, and half of those people die.

Visit stopthepopnow.org for more information. Let's make brain aneurysm awareness go viral! #stopthepop #1in50 #SavingLives #ImprovingLives#BAF25 #AwarenessMatters