

Oak Hill Herndon CONNECTION

WELLBEING
PAGE 6

At Growing Kids Therapy Center in Herndon, Meghann Parkinson, educator, holds the Certificate of Congratulations presented to Ian Nordling by Herndon Town Council in recognition of his hard work and excellence as Member of the Herndon Youth Advisory Council 2017-2019. Also pictured, from left: Kelly Berg, Educator, Elizabeth Vosseller, Director and Janine Abalos, Educator.



Town Recognizes Youth Advisory Councilmember

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Northwest FCU
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OCTOBER 2-8, 2019

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NEWS

PHOTO BY MERCIA HOBSON/THE CONNECTION

Erin McKenney, Executive Director of Just Neighbors and Stephanie Barnes, Operations Director, accept a \$5000 grant award on behalf of the organization from Gene Wiley, President of The Closet of the Greater Herndon Area, Inc.



Non-profit Improves Lives

Grant award helps assist the most vulnerable immigrants in our community.

BY MERCIA HOBSON
THE CONNECTION

The Closet of the Greater Herndon Area, Inc. once again granted an award from surplus revenues to a local nonprofit organization working to strengthen the fabric of the Northern Virginia community. On Sept. 18, Gene Wiley, Board President of The Closet of the Greater Herndon Area, Inc. awarded \$5000 to Just Neighbors. The organization founded in 1996, has delivered much-needed immigration legal services to more than 7,000 low-income immigrants from more than 115 countries. Many were refugees, asylees, Dreamers, victims of domestic violence and those issued Temporary Protected Status because of armed conflict or natural disasters in their homelands.

Erin McKenney, Executive Director of Just Neighbors and Stephanie Barnes, Operations Director, accepted the award on behalf of the organization. They thanked The Closet for supporting the organization for such a long period and told the difference funding assistance made to the organization and individuals.

"The financial support makes a difference for us, to be able to help more clients...Right now we're able to serve only about one in four clients who call for assistance... because that's the limits of our capacity...This money helps specifically serve clients in the Greater Herndon area," said McKenney.

IMMIGRANTS served by Just Neighbors have an income that is at or below 200 percent of the federal poverty line and cannot afford private immigration attorneys to help them apply for benefits for which they are eligible according to the organization's website. Staff and volunteers focus on the most vulnerable immigrants in the community, helping them navigate the immigration system and access benefits that enable

them to become self-sufficient and contributing members of the community.

Barnes said that one of the organization's most inspiring and greatest joys is that she can see how the organization's work changes lives, one at a time, giving hope to immigrants who seek to be contributing members of the community. She said a church recently referred to them an immigrant woman with an active status work permit, an EAD, Employment Authorization Document. Attorneys checked to see if she qualified for anything more permanent that might lead to getting a green card and citizenship. "We figured out that she qualified for abuse against women (through the Violence Against Women Act)." Barnes explained abusive men might use immigration fears to control women. "She's now working in the Dulles area at a very nice hotel (and) this week, it's good news all around; she became a supervisor...and got a green card."

Wiley explained The Closet chose to support Just Neighbors for many reasons, among them, The Closet and Just Neighbors have "shared clients."

"They are in the business of helping immigrants to our country to be settled here permanently...The Closet's clients are also trying to set up and establish themselves here," said Wiley.

SINCE THE CLOSET'S FOUNDING in 1974, it has awarded more than \$3 million in cash grants, including over \$88,000 in 2018 to nonprofit community groups and programs in the Herndon-Reston-Sterling area. The Closet welcomes grant applications from local organizations that create positive change in Northern Virginia by improving the lives of people in need. Grants typically range from \$500 to \$5,000 and are dependent on The Closet having surplus revenues to distribute. For more information, visit theclosetofgreaterherndon.org.

Town Recognizes Youth Advisory Councilmember

Young adult with autism drives community change.

BY MERCIA HOBSON
THE CONNECTION

Ian Nordling knows inequality. Before his two-year appointment in 2017 by the Town of Herndon to its then newly formed Youth Advisory Committee, Nordling never experienced an opportunity to serve in a leadership position alongside his typical peers.

For Nordling, sharing his thoughts and opinions is something he has not always been able to do. Due to autism, Nordling is not able and does not use speech as his primary means of his communication. Instead, he uses Spelling to Communicate, which teaches individuals with motor challenges purposeful motor skills necessary to point to letters to spell as an alternative means of communication.

AT THE TUESDAY, SEPT. 24 Town of Herndon, Town Council Public Session, Council presented a Certificate of Congratulations to Ian Nordling in recognition of his hard work and excellence as a Member of the Herndon Youth Advisory Council 2017-2019.

Councilmember Bill McKenna, who chairs the Youth Committee recalled multiple instances of how Nordling's views seen through his lens, drove positive change on issues in the community.

McKenna said that following a presentation by Herndon Police Chief Maggie DeBoard to the Youth Council, Nordling created a pamphlet to help police understand how to react to people who have autism. Nordling did so because he had a bad experience with police when living on the west coast. "That experience he brought forth to the town, and they changed protocols and learned how to do things to be more understanding of different kinds of people."

McKenna commented on Nordling's continued contributions during Youth Council proceedings. "Every time we've had conversations, Ian has always jumped in." McKenna cited how during the Council's discussion on the Five-Year Review of Town Comprehensive Plan, Nordling's understanding and remarks on traffic flow modeling and multi-modality traffic led to a greater understanding of inclusiveness. "We have to incorporate everyone in the town," said McKenna.

In a narrative composed by Nordling and read on his behalf after the presentation, Nordling said, "Thank you all for allowing me the opportunity to share with you this evening. I feel so blessed to be a part of such an inclusive, welcoming community. What a special place the Town of Herndon is. When I moved back here a few years ago, I was anxious about calling this town home. I quickly learned that Herndon is so much more than a town. It is a community that



CONTRIBUTED BY THE TOWN OF HERNDON

Ian Nordling recognized at the Sept. 24 Herndon Town Council Public Meeting by the Council for his hard work and excellence as a Member of the Herndon Youth Advisory Council 2017-2019.

fosters relationships, growth, education, involvement and fun. I have been able to take part in so many things this community offers. ... But my most valued experience has been my time with the Herndon Youth Advisory Council. I have been able to serve in a leadership position, alongside my typical peers, something I never had the opportunity to do before. Even more, I am able to share my thoughts and opinions, which is also something I have not always been able to do. I would like to thank each member of the Herndon Youth Advisory Council both past and present for treating me as an equal, as well as Mr. Bill McKenna for enabling and cultivating that experience."

In addition to Nordling leveraging his voice at the table to promote positive change in the local community, McKenna recognized Nordling as a young man of

great character. Tearing up and speaking from the dais, McKenna said, "I can't thank you enough for what you've done; your bravery, just being a decent person and always, always being the cheerful person in the room. You have changed a lot of lives, and you need to know that, so thank you—from me. Thank you, from the Council."

IN AN INTERVIEW after the presentation, Nordling and Elizabeth Vosseller, Director Growing Kids Therapy Center in Herndon & Executive Director at I-ASC, (International Association for Spelling as Communication) discussed what's next in his life.

"I will be joining the I-ASC Nonspeaking Leadership Council, and working to ensure that more nonspeakers have access to an effective mode of communication," Nordling said.



SCREENSHOT VIA VIDEO BY HCTV FOR TOWN OF HERNDON

Accepting the Certificate of Congratulations from the Herndon Town Council, Ian Nordling (center) thanks the Council for his valued experience to serve in a leadership position with the Herndon Youth Advisory Council. Rosaleen Presley, Nordling's mother and Jessie Bond, his Independent Communication Partner, join him.

Vosseller described Nordling's new service and how it would support and drive change globally for nonspeaking individuals. In the spirit of the slogan, "nothing about us, without us," Vosseller said Nordling along with four other nonspeaking individuals were named as founding members of the Leadership Council. They would nominate and elect additional nonspeaking Councilmembers. Their experience and wisdom would guide the work of I-ASC created to increase communication access for nonspeaking individuals globally through training, education, advocacy and research. "We are tremendously thrilled to have such an accomplished leader guiding us," said Vosseller.

AREA ROUNDUPS

Free Homeowner's Workshop With Specialists

On Sunday, Oct. 6, 1-3 p.m., the Town of Herndon and Cornerstones presents the workshop, Congratulations — You're a homeowner! How do you take care of it (and yourself)? Free and open to the public, join them for a practical workshop at which contractors, housing specialists, real estate brokers, and attorneys share their expert knowledge about preventive maintenance, home repairs, foreclosure prevention, real estate strategies, legal documents (deed, trust, will, Living Will, Power of Attorney, etc.).

Held at the Herndon Community Center, 814 Ferndale Avenue, Herndon, space is limited. Register by calling 703-787-7380 or 571-323-1439 (Español) or via email at neighborhoods@herndon-va.gov.

Take Steps Walk in Herndon

Celebrate the Inflammatory Bowel Disease (IBD community) at the Northern Virginia Take Steps Walk at Woodland Park Crossing in Herndon on Oct. 5. New theme this year: Tailgate! Put on your best jersey and join a pre-walk tailgate starting at 10 a.m. We'll fire up the grill and bring the games, just make sure to bring your friends, family, and team spirit.

Registration is open! Register today at cctakesteps.org/NorthernVirginia

❖ 10 a.m. Check-in and Festival Start

❖ 11 a.m. Walk Start

(dog friendly, food, music, entertainment & fun for the whole family and much more!

By joining Take Steps, you will become part of the IBD community, who not only provide support to each other, but who, together, are actively raising money to support the Crohn's & Colitis Foundation fund research into better treatments and ultimately cures for IBD.

No More Stonewalling on Gun Safety Legislation

To the Editor:
We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia

General Assembly called to act on a series of gun safety bills.

We need representatives in the Virginia General Assembly who

are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus. She supports enhanced background checks and closing the gun

show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

Jocelyn Brittin
McLean

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Herndon
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Virginia Is the Roadmap to Win in 2020

To the Editor:
The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide a roadmap for current Presidential candidates and other states to win in 2020.

Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam.

One of Northam's first accomplishments as governor was to

work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled legislature and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate.

Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

Kristin Battista-Fraze
McLean

Misrepresenting Plans For Boundary Changes

To the Editor:
Superintendent Dr. Brabrand of Fairfax County Public Schools issued a surprise message last week in response to growing outcry in the county about his and the School Board's efforts to redraw boundaries and implement forced busing. His message was positioned as an effort to clarify "misinformation". The problem is he failed to mention the central role of the radical One Fairfax policy in his plan to upend school pyramids.

Why did Dr. Brabrand fail to mention One Fairfax when he has consistently praised and promoted the radical policy in the past? One Fairfax has become toxic in the community as citizens learn more about the extreme and unnecessary disruption it requires. Citizens don't want our school pyramids and neighborhoods carved up, ripped apart and

reassembled to achieve Dr. Brabrand and the Board's ideal socioeconomic and/or racial composition of students.

The need to reconsider school boundaries is understandable since Fairfax county has experienced rapid growth and change over the years.

We all know overcrowding is a serious concern and boundary adjustments should be part of the discussion.

However, Dr. Brabrand and the Board's push to implement a social engineering experiment at the behest of outside special interests doesn't benefit taxpayers, homeowners or our children.

A change in leadership is desperately needed on the School Board to ensure accountability and to protect our most valuable assets.

Jeff Norris
Vienna

Public Meetings 2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia's project prioritization process (SMART SCALE)
- Virginia's Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia's Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations
Open House begins at 4 p.m. in each of the locations unless otherwise noted.

Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan	Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.	Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.
Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017	Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435
Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

NEWS



PHOTOS CONTRIBUTED

Louise Busby, NWFCU Foundation; Olivia Meyers, HNRC; Kaycee Childress, NWFCU Foundation; and Karen Pope, Youth Services and Family Engagement Manager at HNRC

Northwest FCU Presents \$10,000 in Grants for Youth

The Northwest Federal Credit Union (NWFCU) Foundation recently donated \$5,000 each to two organizations that fund after school programs for local children. The Herndon Neighborhood Resource Center (HNRC) and the INMED Opportunity Center in Sterling both received donations from the Foundation that will support their students' language skills and education.

"The HNRC and INMED staff care deeply about the education of the children in their

care," said Executive Director of the NWFCU Foundation, Kaycee Childress. "We are proud to support both programs in their mission to open up opportunities for their students and help them succeed."

The NWFCU Foundation is involved year-round with the HNRC in addition to supporting students through their mentoring program.

For more information, visit www.nwfcufoundation.org.



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Kaycee Childress, NWFCU Foundation, and Jennifer Smith, Director of U.S. Operations at INMED with children who attend the center

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.

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-resiliency/mental-health-and-wellness-to-register.

TUESDAY/OCT. 15

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

FRIDAY/NOV. 15

Construction Career Fair. 10 a.m. to 6 p.m. At Dulles Expo Center, North Hall, 4320 Chantilly Shopping Center, Chantilly. Interested in a

SEE BULLETIN, PAGE 6



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Legals

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

Employment

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Skills Preferred

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- Two year degree in accounting or business desirable

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Employment

Announcements

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Preview: obhomebuilders.org

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Announcements

NEWS



PHOTO CONTRIBUTED

Sprouts Farmers Market will open its first store in Virginia in Herndon at 494 Elden Street on Wednesday, Oct. 2.

Sprouts Farmers Market Celebrates Opening with \$10K in Local Nonprofit Donations

Sprouts Farmers Market will open its first store in Virginia in Herndon at 494 Elden Street on Wednesday, Oct. 2 to expand access to affordable healthy choices in the mid-Atlantic area. Sprouts, which is one of the fastest-growing companies in the country, is known for its welcoming store layout inspired by farmers markets which features fresh produce at the center of the store, an expansive bulk foods section, and vitamin department focused on wellness.

To celebrate the opening, and support youth nutrition education and access, The Sprouts Healthy Communities Foundation will make \$5,000 donations to the YMCA of Reston and Food for Neighbors. The YMCA funds will support after-school programs that teach youth healthy habits and nutrition through hands-on cooking lessons, and the Food for Neighbors funds will provide bags of nutritious food to youth experiencing hunger across 16 schools in Fairfax and Loudoun Counties.

Grand Opening Oct. 2:

- ❖ A ribbon-cutting ceremony will be held before doors open at 7 a.m.
- ❖ The first 200 shoppers will receive 20 percent off their initial total purchase.
- ❖ Muffin and coffee samples will be served to guests in line before doors open.

❖ Every customer on grand opening day will receive a free reusable bag with purchase.

As part of Sprouts' commitment to "zero waste," the new store will donate unsold and edible groceries to Capital Area Food Bank through the grocer's Food Rescue program. In 2018, Sprouts stores and distribution centers donated 27 million pounds of product, equivalent to 23 million meals. Food that is not fit for donation is provided to local cattle farms and composting facilities. Sprouts' evolving "zero waste" initiatives help minimize food waste while reducing the impact of hunger and the company's environmental footprint.

Sprouts Farmers Market specializes in fresh, natural and organic products at prices that appeal to everyday grocery shoppers. Based on the belief that healthy food should be affordable, Sprouts' welcoming environment and knowledgeable team members continue to drive its growth. Sprouts offers a complete shopping experience that includes an array of fresh produce in the heart of the store, a deli with prepared entrees and side dishes, The Butcher Shop and The Fish Market at Sprouts, and more. Headquartered in Phoenix, Ariz., Sprouts employs more than 30,000 team members and operates more than 325 stores in 21 states from coast to coast. Visit about.sprouts.com for more information.

BULLETIN BOARD

FROM PAGE 5

career in building America's infrastructure? Employers will be collecting resumes, discussing current openings, and interview applicants on site. Industry employers are seeking new employees at all levels, from laborers to engineers. This event is free to all job seekers. Visit the website <http://www.nuca.com/careerfair>.

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.org or www.nam-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,

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

BULLETIN BOARD

FROM PAGE 6

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 lynnneb517@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.

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.

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.

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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

CALENDAR

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

ONGOING

Fall Pumpkin Festival. Through Nov. 3, 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.

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.

Centroid Towns: Like a Passing Shadow. Through Jan. 4, 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. Visit restonarts.org/exhibition/nate-larson/ for more.

NOW THRU OCT. 30

Fiber Artist Anne Smyers. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Smyers exhibits art quilts reflecting her love of flowers and botanicals, which she uses to create gardens, mandalas, and cultural commentary. Visit www.annesmyers.com.

NOW THRU OCT. 31

Giant Food Community Bag Fundraiser. 5 p.m.-12 p.m. At Giant Food Store, 1450 North Point Village Center, Reston. Cindy's Legacy, Reston-based charity that provides financial aid to cancer patients, has been selected the beneficiary of Giant Food's October Community Bag Program at the Reston location. Cindy's Legacy will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased. Founded in 2011, Cindy's Legacy honors the legacy of Cindy Delisi Martin, a Reston native who passed away from brain cancer. Visit the website: www.cindyslegacy.org.

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-a-likes 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.



Herndon Farmers Market

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. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit www.herndon-va.gov/FarmersMarket for more.

SATURDAY/OCT. 5

NCA Rise Up Against Addiction 5K Walk/Run. 8:30 - 11 a.m. At Scout & Molly's Reston, 11944 Market Street, Reston. All funds raised help to ensure that every American with a substance use disorder has access to high quality, science-based treatment. Call 203-247-9581. Visit www.shatterproof5k.org.

Joseph Ribkoff Trunk Show. 12 - 6 p.m. At Scout & Molly's Reston, 11944 Market Street, Reston. Shop the largest collection in Northern Virginia and place orders for spring 2020. Call 571-526-4185. Visit www.scoutandmollys.com/reston.

Hispanic Heritage Month Celebration. 1-5 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Celebrate with award-winning local authors who will share their poetry and short stories. Books will be available for purchase and signing. Visit <https://www.fairfaxcounty.gov/library/events/>.

An Evening with Beverly Cosham. 8 p.m. At CenterStage, Reston Community Center Hunters Woods. Reston's own Beverly Cosham has been entertaining audiences for years with her intensely personal and moving interpretations of the Great American Songbook. This evening of stunning selections will remind you that music can fill your soul. Cost is \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com.

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.

THURSDAY/OCT. 10

Bernstein Does Broadway. 12:30-1:30 p.m. At Reston Town Square Park, Reston. Part of Lunchtime with the Arts at Mason. Mason's School of Theater presents highlights from the groundbreaking Broadway compositions of Leonard Bernstein, composer of such hits as Candide, West Side Story, and On the Town.

Free. Presented by Reston Community Center in partnership with GMU College of Visual and Performing Arts. Hosted by Reston Town Center Association. Call 703-476-4500. Visit www.restoncommunitycenter.com.

SATURDAY/OCT. 12

Gretchen Scott Trunk Show. At Scout & Molly's Reston, 11944 Market Street, Reston. Be first to see Gretchen Scott's fall designs and receive 10% off. Call 571-526-4185. Visit www.scoutandmollys.com/reston.

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.

SUNDAY/OCT. 13

Reston Pumpkin 5K & Kids' Dash. 8:15 a.m. At Reston Town Center. Get off the couch and get ready for the Greater Reston Chamber of Commerce's annual run! Participants are encouraged to debut their Halloween costumes and join in the fun with the whole family! Details and registration: www.restonpumpkin5k.com. Call 703-707-9045 or visit www.restonchamber.org

Book Launch Party - Leading the Way: Women in Power. 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. in Reston. Virginia State Sen. Janet Howell of Reston and her daughter-in-law Theresa Howell introduce their new book, an engaging and highly accessible compendium for young readers and aspiring power brokers. Leading the Way: Women in Power spotlights the careers of 50 American women in politics from both sides of the aisle. Call 703-966-2111 or visit www.scrawlbooks.com

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.

THURSDAY/OCT. 17

Weekend Food for Kids. 10 a.m. At Dominion Energy, 3072 Centreville Road, Herndon. Free. 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. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. Arrive at 9:30 a.m. if you would like to help with setup. No RSVP necessary. Visit the website www.alnv.org.

SATURDAY/OCT. 19

Reston Homes Tour. The 18th Annual Reston Homes Tour will offer a chance to view five private residences, all with varying architecture style and flair. In addition, the tour will include Reston's newest luxury apartments — The VY/Reston Heights — where they will offer a "Taste of Autumn" and Hunters Woods at Trails Edge, Reston's retirement community where you can purchase a \$12 box lunch (all proceeds will benefit the Reston Historic Trust and Museum). Tickets on sale online at <https://www.restonmuseum.org/event-details/reston-home-tour-2> and in-store at the Reston Museum, The Wine Cabinet, Chesapeake Chocolates, and GRACE. Early bird rate available in-store are \$25, early bird pricing ends Oct. 11. Sponsored by The Reston Historic Trust & Museum.

TUESDAY/OCT. 22

Documentary Screening. 7-9 p.m. At Reston Regional Library, Rooms 1 and 2, 11925 Bowman Towne Dr., Reston. Free showing of the documentary "An Endless War? — Getting Out of Afghanistan", a documentary film directed by Bob Coen. The one hour documentary will be followed by a discussion session hosted by the Herndon Advocacy Team for peace and social justice. This presentation is supported by the Friends Committee on National Legislation. Call 703-742-8561. Visit the website: www.fcnl.org.

SATURDAY/OCT. 26

UCP Craft Fair. 10 a.m. to 4 p.m. At United Christian Parish, 11508 North Shore Drive, Reston. This juried fair showcases a wide variety of quality handcrafted items from 33 area craftspeople. Lunch and a bake sale will be available. Free Admission and Parking A portion of the proceeds will benefit Herndon-Reston FISH, a local non-profit that assists area residents in crisis. A Fall Festival, with family activities will be held in conjunction with the fair. Visit www.unitedchristianparishartandcraftfair.com.

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.