

CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW

Herndon High School Class of 2022 in Saturday's Homecoming Parade.

OPINION, PAGE 6 ♦ HALLOWEEN HAPPENINGS, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY MERCIA HOBSON/THE CONNECTION



Centreville Day Celebrations

PAGES 2, 3, 10

Divisions Continue At Lake Anne

NEWS, PAGE 4

A+ Living with Teens

PAGE 15

Homecoming Parades Bring Communities Together

PAGE 8

**Here's the deal.
You switch. You save.**



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

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

The right insurance at the right price is available now. On average, you'll save \$597*! All you need to do is make the switch. It's easy. Just call me today..

Like a good neighbor,
State Farm is there.*

* Average annual per household savings based on a national survey by State Farm® of new policyholders.



PROPOSED AMENDMENTS TO RESTON ASSOCIATION (RA) DESIGN GUIDELINES

The RA Board of Directors will hear Member Comments and vote on the proposed Electric Vehicle Charging Stations (EVCS) design guideline at their meeting on **Thursday, October 28th, starting at 6:30 p.m.** The meeting will be held virtually through zoom.

Join Zoom Meeting: <https://bit.ly/2XcNV25>
Meeting ID: **835 1535 3669**
Passcode: **825519**



Reston
ASSOCIATION
Together we make Reston great

Sign up for

**FREE DIGITAL SUBSCRIPTION
to all of our papers**



www.connectionnewspapers.com/subscribe

NEWS

Ciao Osteria, WFCM Receive Top Honors

**Centreville Day 2021
fetes business, nonprofit
of the year.**

BY BONNIE HOBBS
THE CONNECTION

The Centreville Day Planning Committee on Saturday honored Centreville's Ciao Osteria as its Business of the Year and Chantilly-based Western Fairfax Christian Ministries (WFCM) as Nonprofit of the Year. Event organizer Cheryl Repetti said both "made noteworthy contributions to our Centreville community to help us get through the past 18 months of pandemic." Supervisor Kathy Smith (D-Sully) presented the awards.

Ciao Osteria

When restaurants had to close their dining rooms in March 2020 Ciao's owner, Sal Speziale, immediately pivoted and began organizing delivery of free meals to emergency-room nurses at Inova Fair Oaks Hospital. This effort soon expanded to include many departments in other hospitals, plus firefighters, police and sheriff personnel.

But money was needed to continue doing it on a regular basis, so Speziale established a GoFundMe page and people responded. Donations poured in – exceeding the original, \$100,000 goal – and by October of this year, Ciao had prepared and donated more than 22,600 meals.

Speziale's family emigrated from Italy and initially struggled economically. But eventually, he spent 14 years in the Air Force, becoming a fighter pilot flying F-15 Eagles. Next, he was an American Airlines pilot for 32 years, only recently retiring.

He opened Ciao in Centrewood Plaza in April 2014 and it quickly won rave reviews. It was listed among Open Table's "Top 100 Italian Restaurants" and has consistently been rated in the "Best 50 Restaurants in Northern Virginia" by Northern Virginia Magazine.

Speziale said he was "shocked and honored" to be recognized with the Business of the Year award on Centreville Day. "We just did what the community needed, and we stayed together as a family," he explained. "We were at the restaurant sometimes at 5 a.m., packing 250 lasagnas to deliver. It makes happier to give than receive, and I love watching the smiles on people's faces as they get their meals."

Throughout his adult life, he's been guided by the message in John Greenleaf Whittier's poem, "Don't Quit." Part of it reads, "Stick to the fight when you're hardest hit; it's when things seem worst that you must not quit." And, said Speziale, "We put this poem on all the lunches we gave out."

Basically, he added, "We have to take care of each other, love each other and be good to each other because we're all in this boat together, and we're not letting it sink. I share this award with all my employees. There's a quote from the movie, 'Gladiator' – 'If we stick together, whatever they throw at us, we'll survive' – and I always told that to them."

Now, said Speziale, "When customers come to the restaurant, I can't thank them enough. Their business [take out and delivery during the pandemic] enabled us to keep working. So I thank the people at each table for keeping us in business." Most of all, though, he said, "I've been blessed, and I try to give back. When



BONNIE HOBBS/THE CONNECTION
From left, Kathy Smith and Ciao owner Sal Speziale.



BONNIE HOBBS/THE CONNECTION
From left, Kathy Smith and WFCM's Harmonie Taddeo and Dolly Bonta-Reavis.

you do things, you do them from your heart."

WFCM

Western Fairfax Christian Ministries (WFCM) has been helping Centreville and Chantilly residents since 1987. Even after COVID-19 began, this nonprofit maintained its regular hours and continued receiving food donations via Amazon. And this February, Virginia's General Assembly recognized WFCM's work during the pandemic.

In June 2020, WFCM partnered with Lazy Dog Restaurant in Chantilly to create a food-and-job-security program to purchase food for clients while supporting a local business. WFCM also paired with Mellow Mushroom to build and distribute Make Your Own Pizza Kits for local children.

Overall, it works with more than 100 government, nonprofit and business partners, including the Chantilly

SEE TOP HONORS, PAGE 714

WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Vendors, a Parade and Fall, Family Fun

PHOTOS BY BONNIE HOBBS

The 29th annual Centreville Day was Saturday, Oct. 16.



Girl Scouts from Service Unit 54-5.



Carol Brotherton and her grandchildren showed their patriotism while marching in the Centreville Day parade.



Members of Centreville Dance Academy strike a pose during the parade.



From left are McGruff the Police Dog, MPO Sabrina Ruck and Junior Police Officer Ashley.

From left, Lanay Zahid and mom Tammy Milne selling home-décor items.



Selling wooden signs, Christmas ornaments and gifts are (from left) Shivani Kanugula and Gaurav Naidu and son Adhvay, 4.

MORE CENTREVILLE DAY, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM

Should the County Claim Proxy Voting Rights at Lake Anne?

And would that affect handling structural deficiencies? Different narratives, polar opinions.

The 2020 Board Elections for Lake Anne of Reston Condominium Association rained division among its directors. It led two directors to identify as president, one entrenched holding the association's purse strings and the other seeking appeal in court.

Additional ramifications of last year's board election are coming to the forefront of the 2021 election. Opinions differ night and day among LARCA members on who should and should not carry the proxy vote for units leased by the Fairfax County Board of Supervisors. Being heavily weighted at seven percent for LARCA board voting due to the size of the combined units, the votes carry unprecedented power.

Opinions also vary based on LARCA's management to resolve the intermittent lack of hot water lasting for months in some units, and the reported "serious deficiencies" in units including structural concerns... that "may pose a current life safety issue immediately," according to the Draft Report, Cursory Condition Assessment prepared for Fairfax County Department of Public Works and Environmental Services 2021.

The total estimated cost needed to fix the deficiencies of various levels for each of LARCA's five buildings, plaza, and the parking lot owned privately by its 131-members is \$37M.

On Sept. 13, 2021, Supervisor Walter Alcorn (D), who represents the area on the Fairfax County Board of Supervisors, said to a public gathering of unit owners, "One of the challenges that frankly you have as a community is coherence... The divisions in the community are well known. I'm mean; it's in court. It's allegations of criminal activity. I encourage you to think beyond those divisions and what's next."

On Sept. 23, a group of 43 "LARCA owners and Fairfax County taxpayers" sent Alcorn a petition letter. Referencing the upcoming Oct. 27, LARCA Board Election, signers said, "Please allow us to help ourselves by honouring your lease provision and taking back the proxy voting rights [for condo units leased to the County] — thus adhering to good public policy per 'One Fairfax.'"

According to the County of Fairfax Expense Lease at Lake Anne Village Shopping Center Agreement, the Board of Supervisors is the tenant leasing space in three units, 1591/1609A/1609B Washington Plaza, Reston. The County uses the Lake Anne condo units as facility space for Reston Community Center, which is publicly funded by Small



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Reston Community Center Lake Anne: The facility is located at three units 1591/1609A/1609B Washington Plaza leased to the Board of Supervisors of Fairfax County.



Walter L. Alcorn

Supervisor Walter Alcorn (D-Hunter Mill District) represents Reston on the Fairfax County Board of Supervisors.

District 5 taxes. The Sept. 23 letter to Alcorn reads, "as LARCA owners and Fairfax County taxpayers, we ask that you claim the proxy from the RCC landlord in time for the 2021 election on Oct. 27, 2021."

Reston Community Center is governed by a nine-member Board appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll.

The petition signers say in their letter to Alcorn that "the lease between the County and the property owner clearly states that the County may hold the "proxy" for voting (Section 7g)."

According to SECTION 7(g) of the "County of Fairfax Lease Agreement" dated August 16, 2010, "Landlord shall, at the option of



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Lake Anne offers shops, galleries, restaurants, other commercial units, and residential units, all part of the five buildings, plaza, and a parking lot owned privately by the 131-members of the Lake Anne Reston Condominium Association.

Tenant [Board of Supervisors] formally designate the Tenant [Board of Supervisors] to be its designee or proxy with regard to any and all LARCA matters, or elections related to the Premises, except voting on LARCA fees and assessments payable by Landlord."

Referencing the 2020 LARCA Board Election, the signatories on the Sept. 23 letter to Alcorn flagged multiple concerns. "It appears that a mistake was made in 2020, and the voting percentage was used in a Board election." While each unit owner has a single vote for each board position, LARCA weighs the votes based on the percentage of ownership within the LARCA's property that the unit represents.

The signers also contend in their letter to Alcorn that "most owners of the property voted for different candidates [in the 2020 Board Election] than those claiming victory, but they could not overcome the large percentage (7%) assigned to the unit[s] occupied by RCC."

The signatories further claim in the letter that the County, by allowing the percentage vote of the Landlord to be used in a condo election, creates "an unequal balance of power and conflict of interest."

"Using taxpayer money to do so is not in the best interest of our community and especially unfair to our minority commercial owners burdened with significant assessments; and who will be disproportionately affected by further special assessments to address our infrastructure issues," they wrote.

Commenting on the Sept. 23 letter, Super-

visor Alcorn wrote in an email: "I forwarded the letter expressing concern about minority condominium owners to the RCC board for their consideration. I have full confidence in that board — including the three members that were just re-elected by the community last month — to do the right thing."

Leila Gordon, executive director of Reston Community Center, wrote in an email: "RCC has had an excellent relationship with our Landlord since 1999 when RCC Lake Anne opened. The lease stipulates the proxy provision in the context of Section 7, 'Leasehold Improvements,' and specifically notes that the Landlord's proxy isn't available when the matter is related to 'voting on LARCA fees and assessments payable by Landlord.' RCC views the election of LARCA Board officers to be wholly unrelated to any issue of Tenant Improvements and entirely germane to issues of fees and assessments and would therefore be the sole concern of the Landlord. We remain satisfied with the present arrangement."

LARCA member Maysam al Faruqi said, "The lease provides that [the County] can keep the proxy, which they did until a couple of years ago. The problem is that, whether the County itself votes in Lake Anne elections or the Landlord, whose interest is directly tied to the County since they lease [the] space, there is a conflict of interest. There should be no vote from this space for a Board that needs to handle the \$37M repairs review conducted by the County and the offer of the County to help with that. There is a direct conflict of interest here with the County."

Why I Walk to End Alzheimer's

Walker Name: Tracy Cheifetz
Hometown: Centreville, VA
Team Name: Amy's Army
Participating in the Reston Walk on Oct. 24



Q: How many years have you been involved with the Walk?

A: This will be my second time walking. Prior to my brother walking in the Walk to End Alzheimer's with my Mom in NY in 2017, I didn't feel my Mom's Alzheimer's was my story to tell. When I saw how much fun she had with my brother, I knew I wanted to participate with her here in Reston in 2018. My brother and his wife came down to join us. My Mom is now in a nursing home on a Memory Care Unit and I have felt helpless throughout Covid to assist her, so I wanted to honor her and get involved in the walk again this year.

Q: If known, how much money will you raise this year?

A: My team "Amy's Army" is currently at \$1,429. My husband, my youngest son and two of my friends have so far joined my team. I just set this up four days ago.

Q: Why do you support the Walk and the

Alzheimer's Association?

A: My Mom was diagnosed with Alzheimer's about 8 years ago. I was with her the day the Neurologist told her. I was there for every appointment after that. My Mom was a nurse. She knew what this meant and we had so many deep conversations about what was going to eventually happen to her. I know she was so scared. I also know she was scared for me. My Mom and I enrolled in a drug trial at Georgetown University. We'd make those trips into DC

from Centreville, Va. knowing that this trial would likely not help her. She still wanted to do it. She wanted to help the next person diagnosed. My Mom is the most selfless person I know. There is little I can do for her now, but I can walk and raise money and hope that one day we End Alzheimer's.

Q: Please share a favorite memory of your loved one.

A: Most of my favorite memories of my Mom involve my kids or my dog. She loves both so very much. She'd literally do anything for them. Every summer we'd go

to Wildwood, NJ for vacation. If the kids weren't tall enough to ride a ride, she'd go with them. She didn't like rides, but she loved seeing the boys happy. So one summer in 2009, my Mom (65 years old at the time) is convinced by my three boys to go on a water slide! I am thinking there is no way she is going to go on this slide. So we all climbed the many flights of stairs to get to the top of this slide. We stopped to get a picture of us at the top. You can tell by the picture that she was so scared, but she wasn't going to disappoint her grandsons. I wish we all carried phones with video back in 2009 ... she came screaming down the

SEE END ALZHEIMER'S, PAGE 11

PRINT AND DIGITAL OPTIONS TO REACH YOUR TARGET MARKET

- Email Blasts
- Print
- Digital Billboards
- Sponsored Content
- Exclusive Front Page Shoutout
- Social Media



THE CONNECTION
Newspapers & Online

For Advertising:
Call 703.778.9431
or email
advertising@connectionnewspapers.com

Tired of politicians nickel-and-diming you?

Had enough? Vote Republican.

FAIRFAX BUDGET PLAN WILL LEAD TO HIGHER TAXES FOR MOST HOMEOWNERS
(SUN GAZETTE, 03/02/21)

County Raises Taxes on Used Cars for Some Residents
(Fairfax Times, 08/20/21)

Board Approves 5 Cent Bag Tax
(Fairfax Times, 09/17/21)



SCAN ME

PAID FOR BY FAIRFAX COUNTY REPUBLICAN COMMITTEE | FAIRFAXGOP.ORG

Which Way Virginia?

DEL. KENNETH R. "KEN" PLUM



From reading previous columns that I have written or having heard me speak over the last year as well as hearing my message reinforced by others, you are aware that as an historian as well as an elected official I believe that the last two years in Virginia have been the most transformative in the Commonwealth's history. I spend considerable time reading, writing, and teaching about our state's history. It is a subject that obviously is of great importance and interest to me.

I could not be more pleased and excited than I am about being a part of the transformation that has occurred. No longer does present-day Virginia fit into a category of Old South or socially regressive. Consider what has happened in the General Assembly over the last two sessions as I have enumerated in previous columns.

Virginia became the 38th state to ratify the Equal Rights Amendment after decades of struggles to do so. We lifted barriers to abor-

tion and asserted a woman's right to choose. Jim Crow era laws that were among the most discriminatory in the South were repealed, and the Virginia Values Act prohibiting discrimination in housing and employment was passed. Important steps were taken to reduce the school to prison pipeline. Gun safety legislation was signed into law including my universal background checks bill.

Criminal justice reform continued to ensure that our laws were not racially discriminatory. We increased pay and training for our police to ensure that they can do their jobs fairly. The death penalty was abolished, and criminal defendants and civil litigants were granted an automatic right to appeal that exists in every other state. My bill that ended excessive fines and prison time for petit larceny passed. Criminal records for many nonviolent offenses will be expunged under a new law. And more. Details for both sessions are at <https://lis.virginia.gov/>.

None of these bills passed easily. Some passed by a single vote. Many bills that passed

the House of Delegates did so with a 55 to 45 vote reflecting the partisan membership of the House. Gov. Ralph Northam signed the bills into law as he had campaigned among legislators to get the bills passed. Although most of these bills had been debated for decades over their merit and political implications, it was the outcome of the 2019 elections that put progressive Democrats in control of the General Assembly to work with Governor Northam who had come into office in 2018 that brought about this transformation.

In many regards the election that is taking place now with early voting and election day on Nov. 2 will decide if Virginia continues a common-sense approach to governing or slips back into a state where the rich get richer and the poor and minorities are subject to unfair discrimination. Election fraud or the "big lie" is not an issue. The choice is clear for Virginia voters for there are candidates for governor and the House of Delegates who would turn back our progress in their first year in office. Virginia has come too far to turn back now, but Virginia voters will make that determination at the ballot box!

Signs of Fall, Redistricting in Trouble

BY JOHN LOVAAS



INDEPENDENT PROGRESSIVE

It's starting to seem like fall is really here. Nighttime temps are starting to dip into the 50s, even upper 49s. (Never mind that it's already snowing in Colorado.) And, with drier air and fewer hours of sunlight, I think I'm seeing trees with leaves exchanging their greens for browns, yellows and even a few reds.

In the Reston Farmers Market, recently recognized once again for being best in Northern Virginia, pumpkins, gourds, apples, grapes, peppers and broccoli have replaced the corn, peaches, plums and berries of summer. Shoppers are rising a little later. They're wearing long pants, even an occasional sweater, instead of shorts! That means the Market is just weeks from wrapping up our 24th season. It's been a terrific year, transitioning to normalcy following a full season under rigorous Covid 19 precautions while the community was locked down. That was a year we'll never forget. Somehow, with amazing community support, Fran, Keith, Anne and I managed to serve 64,000+ customers, providing an outlet for farmers with few alternatives and with not a hint of illness. A peek ahead to the 2022 season -- we expect to open what will be my 25th year on/about April 23.

But, I digress!

Changing weather and different farmers market fruits and veggies are not the only indicators of fall's arrival. This is Virginia, so we know that if in fact it's fall, there must be election campaigns in the air. Indeed there are.

The big headliner this year is the race for governor between Former Guv. Terry McAuliffe and newcomer Donald Trump wannabe Glenn

Youngkin. The two of them are everywhere, including on the airwaves. The TV is chockablock with increasingly sharp-edged ads. Statewide there are Lt. Governor and Attorney General races, too. All 100 Delegate seats are up also.

Please don't forget to VOTE.

Staying with Virginia politics, there is disappointing news from the Redistricting Commission created as a result of the Constitutional Amendment approved by voters just last year. This is the reform which is supposed to end the practice of gerrymandering that was the norm for redrawing district boundaries following a decennial population census. The Commission is being hijacked by both political parties sabotaging the Commission's work.

According to a respected, terribly senior State Delegate who, like myself, backed the reform effort, both parties appointed party stalwarts who were enemies of reform to represent them on the Commission. Early on in the Commission's deliberations, I happened to watch a hearing and was treated to a NoVA Democrat (Sen. Barker) scolding fellow commissioners and reminding how important it was for them not to break up districts of incumbents such as himself. Yep, he wanted to continue to select his partisans rather than follow the principles set forth in the constitutional amendment, i.e., compact, communities of interest, etc. And, Republicans have blocked opportunities for compromise on the Commission. Make no mistake about it, there has been bad behavior on the part of both parties here. They have combined to block agreement on maps for state legisla-

tive districts. In fact, the commission has given up and moved on to see if they might be able to reach agreement on redrawing U.S. congressional districts. Time is running out and I don't know that we can expect any better outcome on congressional districts. Next step?

Responsibility for drawing state legislative districts now goes to the Virginia State Supreme Court, whose judges were all selected by Republicans. With those bloodlines, many expect predictable outcomes, i.e., maps decidedly favoring Republicans. I hear from folks with more experience than I that that isn't necessarily the case. But, having been fooled once apparently, pending results in drawing new congressional districts I'm thinking it may be time to cast my lot with the critics/cynics of this so-called reform process. Still I can't quite let hold of hope that this more open process that so many worked so hard to achieve still might yield some improvement to the evils of gerrymandering. Stay tuned.

JOHN LOVAAS IS A COMMUNITY ACTIVIST AND FOUNDER OF RESTON FARMERS MARKET

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name.

Send letters

Online www.connectionnewspapers.com/contact/letter
By email: editors@connectionnewspapers.com

By mail to: Letters to the Editor The Connection
1606 King St., Alexandria VA 22314

You can comment on our
Facebook page or find us on Twitter
www.facebook.com/connectionnewspapers
<https://twitter.com/alexgazette>
<https://twitter.com/mtvernongazette>
<https://twitter.com/followfairfax>



Practice Equity—When None Are Ignored, All Will Thrive

BY ROSIE ALLEN-HERRING

United Way of the National Capital Area (United Way NCA) has always worked to address the inequities in our systems for employment, education, health and food access, financial stability and opportunities for all. But, most importantly, we recognize that these inequities existed long before COVID.

While we have all been reeling from the pandemic, we must continue taking the next steps to help diminish the disparities and racial inequities in the region. In July 2020, we began work towards our next five-year commitment, which focuses on equity and actualizing our work in the community. Our goal is to create an equitable society where everyone in our community has fair and equal access to health, education and economic opportunity.

We're asking the community to join us as we practice equity as a mindset and a personal journey to support a greater movement. United Way NCA supports and encourages these journeys by providing those who join us with facts, stories and events focused on inequities in education, health and economic opportunity.

The work United Way NCA is doing with Project Community Connect, Oct. 18-23, 2021, includes more than a dozen hygiene and feminine hygiene kit distribution events and a series of

virtual workshops covering topics in food access, basic needs, education and economic opportunity. Project Community Connect provides equitable access to meet residents where they are and resources for those at risk of or experiencing homelessness, as well as the region's ALICE (Asset Limited, Income Constrained, Employed) population, representing the growing number of individuals and families who are working but cannot afford the necessities. 2020 ALICE reports show that in Fairfax County 23 percent of households struggle to afford basic needs.

Project Community Connect exemplifies that United Way NCA serves as a connector for individuals and organizations that share our goal. Our organization champions connections and conversations that advance our journey toward equity for all people in Fairfax County. As we continue our work as equity advocates, we ask you, our friends and neighbors, to join us as we listen to, respond and deliver needs to the community. We strongly believe that when none are ignored, all will thrive.

Please join us for Project Community Connect if you are in need of resources or services or if you would like to give back to the community. For more information, please visit UnitedWayNCA.org/PCC.

Rosie Allen-Herring is the President and CEO of United Way of the National Capital Area

VOTE NOW

EARLY IN-PERSON voting locations are open through Oct. 30 at three government center sites: Fairfax County, Mount Vernon, and North County.

Any registered Fairfax County voter may vote early at any Fairfax County early voting location.

Early in-person absentee voting is available for the November 2021 General & Special Elections at the following three locations from now through Oct. 30.

❖ Fairfax County Government Center, 12000 Government Center Pkwy, Conference Rooms 2/3, Fairfax 22035

❖ Mt. Vernon Governmental Center, 2511 Parkers Ln, Alexandria 22306

❖ North County Governmental Center, 1801 Cameron Glen Dr, Reston 20190

Thirteen additional early in-person voting sites are open Oct. 21 - Oct. 30.

- ❖ Burke Centre Library
5935 Freds Oak Rd, Burke
- ❖ Centreville Regional Library
14200 St. Germain Dr, Centreville
- ❖ Franconia Governmental Center
6121 Franconia Rd, 22310
- ❖ Gerry Hyland Government Center

8350 Richmond Hwy, 22309

❖ Great Falls Library

9830 Georgetown Pike, Great Falls

❖ Herndon Fortnightly Library

768 Center St, Herndon

❖ Mason Governmental Center

6507 Columbia Pike, Annandale

❖ McLean Governmental Center

1437 Balls Hill Rd, McLean

❖ Providence Community Center

3001 Vaden Dr, Fairfax

❖ Sully Governmental Center

4900 Stonecroft Blvd, Chantilly

❖ Thomas Jefferson Library

7415 Arlington Blvd, Falls Church

❖ Tysons-Pimmit Regional Library

7584 Leesburg Pike, Falls Church

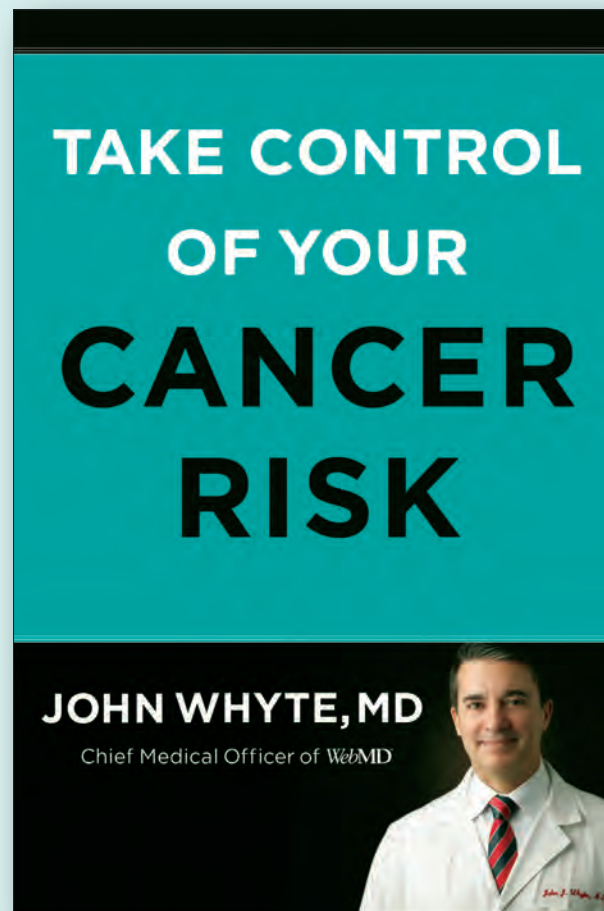
❖ West Springfield Governmental

Center, 6140 Rolling Rd, Springfield

The list of early voting sites, their addresses, and days/hours of operation, links to sample ballots and more can be found on the Board of Elections website at www.fairfax-county.gov/elections.

Voters can vote in their regular polling places on Election Day, Nov. 2. On Election Day polls are open from 6 a.m. to 7 p.m. Voters who are in line by 7 p.m. will be able to vote. Visit <https://vote.elections.virginia.gov/VoterInformation> to find your polling place.

Dr. Whyte's New Book Released October 5, 2021



This book shares straightforward information and equips you with strategies to help you on a journey to better health, including:

- Assessing your cancer risk
- Knowing which screenings you need, and when
- Learning the role food, exercise, and sleep play
- Understanding the relationship between stress and cancer

You have the power to reduce your cancer risk--and this book will show you just how easy it is.

Order this and Dr. Whyte's other books on Amazon.com

Sign up for **FREE DIGITAL SUBSCRIPTION** to all of our papers



www.connectionnewspapers.com/subscribe

Hornets Fall Short In Homecoming Game:

High Score indicates upward trend for team.

BY AIDEN SMITH, HHS SPORTS REPORTER

Herndon High School's varsity football team played their annual Homecoming game Saturday against the Washington Liberty Generals. The Hornets recently came off a close loss against the Yorktown Patriots, and were looking to bounce back. The Hornets got off to a quick start, scoring in their opening drive with an 80-yard touchdown run. Washington Liberty had an answer, scoring in their opening drive making the score 7-7. This back and forth battle continued with Washington Liberty starting to gain momentum as this high-scoring first half brought the score to 28-15 W&L. The Hornets converted a crucial 4th down play with 0:37 left in the

half, leading to a one-yard touchdown run by quarterback Liam Willson. This kept the Hornets within striking distance at half, as Washington Liberty led 28-21.

By halftime, the weather conditions became a huge factor with steady rain and wind; both teams were forced to use their run game in the second half. Herndon tied the game with another run making the score 28-28 with 6:20 remaining in the 3rd quarter. Washington Liberty fired back as they scored with 0:13 left in the 3rd quarter, leading 35-28. A costly fumble to start the 4th quarter by the Hornets led to a Washington Liberty touchdown, extending their lead to 41-28. (Hornet special teams blocked the extra point kick).

The Hornets were able to score again with a run at 6:02 remaining in the 4th quarter, but it was too late, as Washington Liberty hung on to a 49-35 victory. Despite this tough loss, the Hornets are trending in the right direction with back-to-back close contests. The Hornets take on the McLean Highlanders at home on Oct. 22.



PHOTO BY HHS STUDENT PAOLO CAMARON



Herndon High School Parade Banner.



HHS Band.



Color Guard-Junior Reserve Officer Training Corps, sponsored by the U.S. Army.



Maggie DeBoard, chief of police Town of Herndon with K9 Bragg. The four-legged officer joined the force in April 2021 and is HPD's first certified facility dog.



Sheila Olem, mayor of the Town of Herndon.



Virginia Senator Jennifer B. Boysko (D- 33rd District).



(Front row) Mary Burger's enthusiasm as an HHS alumnus is no match for that of (from left back row) Andrew Goldman, Lisa Goldman, AJ Goldman, Emma Trimbur, and Leah Fri.



HHS cheerleaders.



Clearview Elementary School.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

High School Homecoming: Catching the Spirit

Communities embrace Herndon's Fighting Hornets and South Lake's Seahawks.

BY MERCIA HOBSON THE CONNECTION

Spectators once again lined the lengths of local streets in Reston and the Town of Herndon as the communities brought back their Fairfax County High Schools' Homecoming parades. The schools skipped the traditional parades last year when the coronavirus pandemic kept people from gathering.

On Oct. 15, the South Lakes Seahawks' homecoming parade started from Hunters Wood Plaza at 5 p.m., headed toward South Lakes Drive, and ended at the high school in time for the 7 p.m. game against Chantilly High.

The next day, the Fighting Hornets of Herndon High started their homecoming parade from the middle school on Locust Street at

9:30 a.m., headed down Elden Street, and ended in the town's historic downtown district. The game against Washington-Liberty High School was at 1 p.m.

Alumni, students, and fans gathered along their parade route.

They cheered the marching bands, waved to local politicians, and clapped as a variety of floats based on the parade's theme went by.

South Lakes Seahawks varsity football team won Friday's home conference game against the Chantilly Chargers, 36 to 21.

The visiting Washington-Liberty Generals took host Herndon High School's homecoming win Oct. 16, 49-35, after Herndon scored the first touchdown with a 90-yard run. Later tied at 28, the General's took the lead and headed to victory.



SLHS volleyball team tosses candy to children curbside who are watching the parade.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Virginia Delegate Kenneth "Ken" Plum (D-36th District) and Douglas Tysons, assistant superintendent for Region 1.



Superintendent Walter L. Alcorn (D-Hunter Mill) Fairfax County Board of Supervisors.



Fairfax County School Board member, Melanie K. Meren, (Hunter Mill).



It is another year of Panther Power at Langston Hughs Middle School in Reston. Aimee Monticchio, principal of Langston Hughes Middle School, knows her students will head to South Lakes High School well prepared to soar as Seahawks.



Reston Hospital healthcare workers. The medical staff of Reston Hospital Center provides scholarships to local high school seniors, including those at SLHS, for academic excellence and plans to pursue a career in healthcare.



From left, Fairfax County School Board members, Rachana Sizemore Heizer, vice-chair, member-at-large and Karen Keys-Gamarra, member-at-large.



Accompanied by adults and dressed in their Tiger Pride orange, Terraset Elementary School students participate in the South Lakes High School Homecoming Parade.



One little girl has her hands full of so many sweets handed to her by SLHS parade participants she can't open any of them. Will she continue the school's Homecoming Parade candy tradition in 2034?



The 29th annual Centreville Day was Saturday, Oct. 16

PHOTOS BY BONNIE HOBBS



From left, Police PFC Vince Pullicino, Capt. Jason Allegra, PFC Meg Hawkins and Lt. Chris Wright at the Sully District Station's table.



Four girls heading up the climbing wall.



Ready for Halloween are (from left) Connor Nevill, 4; Bryan Okey-Oboh, 7; and Caylee Nevill, 7.



Manning the American Legion Post 1995 booth are (from left) Chris Torelli and Mark Miller.



English Bulldog Dunkin, 6, wore his doughnut-and-cocoa Halloween costume.



Paul Veneziano, of WWI living-history reenactors, The Great War Society, shows a British mortar replica to visitors.

Walk to End Alzheimer's

FROM PAGE 5

slide splashing into the pool at the bottom. She looked at me and said, "I will never do that again."

Q: What would you say to someone to encourage them to join the Walk?

A: If you know someone with Alzheimer's or someone who had it, this walk is a great way to honor them. If you don't know someone who has had or has Alzheimer's you should consider yourself extremely lucky and should be doing everything you can to help raise money and awareness so that you don't ever know someone who has Alzheimer's. My brother played a word association game with my Mom before her first walk back in 2017. When he said "Alzheimer's," without any hesitation my Mom said "Oh, that's miserable." Please come out and help end this miserable disease. You will be so glad you did. My Mom found these walks fun and inspiring.

Q: Any other thoughts, comments, info you'd like to share?

A: I would be happy to share more about the impact of Alzheimer's on the whole family. My 3 boys all became "Grammy sitters." My oldest is now a Paramedic/Fire

Fighter and he has had a situation where he recognized a patient's issue was actually Alzheimer's because her story sounded like a story he could imagine my Mom telling. My middle son is a junior at JMU. My youngest is a senior in high school and is also registered for this walk. I could talk about my Mom's love for her Grand dog RBI (pronounced Ribby). We joke that my little bichon took her for daily walks, not the other way around. We made sure the dog had a name tag with my phone number on it in case my Mom got lost. When she moved into the nursing home my sister bought her a stuffed dog that looked similar to him. My Mom took that dog everywhere. I have since sent her two replacements because "he gets into things." My brother organized a stuffed animal drive for my Mom's nursing home because of the comfort these animals bring to the residents. My Mom tells us stories about taking her dogs for walks and watching him play. With Covid we were unable to visit my Mom for 18 months. (outside of me seeing her in a hospital in February when she had to have surgery for a broken hip after a fall). When we made the trip up to see her this past August, they only allowed 3 visitors at a time. So my two younger sons and I went in the first morning. (We planned to visit the three mornings we stayed there.) Later that afternoon an employee on another floor

tested positive for Covid and with NY's rules being so crazy, her entire facility was going into lock down. I thought my oldest wasn't even going to be able to see her once, but we raced over at dinner time. This is when we saw "Nurse Amy" in full force. She was helping a resident who was crying. The only way to get her to leave this patient after a nurse told her she would step in so my Mom could visit with her family (I don't think she knew us at this point) was to ask Nurse Amy to come to the cafeteria to help another patient. She reluctantly left and read the report to my older son (the paramedic). It was something I am so glad I saw, but it wasn't

the visit I wanted for my son. This wonderful home had given my mom purpose. I am grateful for that. My boys did not get to see their Grammy again that visit and I am not sure when I can get their schedules to work out to get them all there again. (They are 23, 20 and 17.) I was able to see her the next few mornings because I was listed as a "primary caregiver" that due to new guidelines allowed residents to still maintain some visitation. She was so isolated over Covid that a nurse found her one day looking through a family album crying. When she was asked why she was crying she said "They must all be dead."

Why I Walk to End Alzheimer's

**Walker: KATHY JACKSON
Reston**

My mother, Beverly, was diagnosed with early onset Alzheimer's in 2000. She passed away in 2012. In March of 2020, I lost another beloved family member to Alzheimer's - my Aunt Marilyn.

My first Walk was in 2004 and I've walked each year since. For a number of years I walked with a team I called Beverly's Buddies. I relocated to Reston in 2019 and have walked in the Reston Walk to End Alzheimer's since then. Through the generosity of family and friends I have raised an average of \$3,200 each year that I've walked, for a total of just under \$58,000. I plan to keep walking until we get the first survivor of the disease and then until Alzheimer's is gone for good.

THE CONNECTION
Newspapers & Online

Special Connections Calendar 2021

Advertising Deadlines are the previous Thursdays unless noted.

OCTOBER

10/6/2021.....Wellbeing: Senior Living Focus
 10/13/2021.....HomeLifeStyle
 10/20/2021.....A+ Camps & Schools
 10/27/2021.....Senior Living
 Connection Families: Safe for Halloween

10/2/2021.....Election Preview

NOVEMBER

11/3/2021.....Wellbeing
 11/10/20.....HomeLifeStyle
 11/17/2021.....A+ Camps & Schools
 11/24/2021.....Senior Living
 Connection Families: Celebration & Gratitude
 Holiday Entertainment & Gift Guide I

For Print & Digital Advertising Information:
 Please Call 703.778.9431 or email
 advertising@connectionnewspapers.com

LOCAL MEDIA CONNECTION
 Reaching Suburban Washington's Leading Households

Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Herndon Connection
 Arlington Connection • Fairfax Station/Clyburn/Lorton Connection • Potomac Altamare
 Burke Connection • Great Falls Connection • Reston Connection
 Centre View • McLean Connection • Springfield Connection
 Charlottesville Connection • Mount Vernon Gazette • Vienna/Daleton Connection

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

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed Since 1999



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

Free Estimates 703-999-2928

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

CALENDAR

NOW THRU NOV. 1

Reston Farm Garden Market Fall Festival. 9 a.m. to 6:30 p.m. At Reston Farm Garden Market, 10800 Baron Cameron Ave., Reston. Cost is \$28 per child and \$6 per parent, children 2 and under free. The event will feature a range of activities, including several moon bounces, a petting zoo, the Express Train for both adults and children to ride. Visit www.restonfarm.com. Call 703-759-0000 or email info@RestonFarm.com.

NOW THRU OCT. 30

Art Show. At Reston Art Gallery-Lake Anne Plaza, 11400 Washington Plaza WB -Lake Anne Plaza, Reston. Julia Malakoff's solo show, "Good Juju" is a collection of mixed-media collages, displaying bright colors, nature inspired shapes, textures and organic papers fused with hand painted acrylic paints. "Colorful comfort and visual stories that inspire and bring a sense of renewal, joy and magic"-this is the goal of my current collection of work, says Malakoff. The gallery is open on Saturdays, 10-5 and Sundays, 12-5 and by appointment. Visit the website: www.juliamalakoff.com

NOW THRU NOV. 7

A Disco Musical Comedy - Disaster. At NextStop Theatre, 269 Sunset Park Drive, Herndon. By Seth Rudetsky and Jack Plotnick. Concept created by Seth Rudetsky and Drew Geraci. Additional material by Drew Geraci. Directed by Evan Hoffmann. Choreography by Ashleigh King. Music Direction by Elisa Rosman. Visit www.nextstoptheatre.org.

NOW THRU OCT. 31

Fall for the Book: Fall for the Book Festival featuring live and recorded events will be held virtually and in-person at George Mason's Fairfax campus. 4400 University Drive, Fairfax. Fall for the Book events and sessions are free and open to the public. Fall for the Book is free with the generous support of sponsors including the Fairfax County Public Library, George Mason University, the Fairfax Library Foundation, and the City of Fairfax among others. Fall for the Book returns with a new hybrid format including virtual and in-person events, including lively Podcasts. For schedule visit www.fallforthebook.org.

NOW THRU JAN. 2, 2022

LuminoCity Festival. 6-9 p.m. At Roer's Zoofari, 1228 Hunter Mill Road, Vienna. The LuminoCity Festival, a one-of-a-kind, immersive light display experience, will be a festive experience for guests of all ages. Be ready to enter a world straight out of your wildest imaginations as you step into an unforgettable spectacular night of lights. The festival includes African, Asian, Arid, and Ancient-themed exhibits of spectacularly lit



The Disco Musical Comedy - Disaster will be shown at NextStop Theatre in Herndon through Nov. 7.

art displays set up in the zoo's walk-through area. Visit the website: www.roerszoofari.com.

OCT. 22-NOV. 7

The Turn of the Screw. At NextStop Theatre, 269 Sunset Park Drive, Herndon. Adapted by Jeffrey Hatcher from the story by Henry James, this classic ghost story depicts the trials of a young governess, haunted by ghosts while caring for two orphaned children on a remote estate in the English countryside. This innovative adaptation is a spine-tingling, tour de force for two actors and will be directed by Christopher Richardson.

FRIDAY/OCT. 22

Comedian DL Hughley. 7 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. One of the most popular and highly recognized standup comedians on the road today.

NASCOW Fundracer. Virtual 10 a.m. At Frying Pan Farm Park. Virtual. NASCOW Fundracer is back at Frying Pan. Sponsor your favorite of the nine cows competing, just like race cars get sponsors. A fun way to support the farm you love. Visit the website: <https://friendsoffryingpan.org/nascow/>

Monster Mash 5th and 6th Grader Party.

7-9:30 p.m. At The Old Firehouse, 1440 Chain Bridge Rd., McLean. The Old Firehouse 5th & 6th Grader Parties are themed and decorated accordingly. Partygoers can enjoy catered food and beverages, a DJ spinning the latest tunes, an open dance floor and a variety of other attractions and activities. Cost is \$35/\$25 MCC district residents. Preregistration is highly recommended.

SATURDAY/OCT. 23

Petite Pumpkin Painters Program. 10 a.m., 11 a.m., 1 p.m., 2 p.m. At Sully Historic Site,

3650 Historic Sully Way, Chantilly. Halloween is just around the corner and it's time to start breaking out the decorations. Let your kids get hands-on with this year's fall decorations at Sully Historic Site's Petite Pumpkin Painters Program. Bring your preschooler (ages 3 to 5) to pick their own perfect pumpkin from our pumpkin patch to paint, and let their creativity shine. While your child's artwork dries, children can play the many outdoor games set up for the season. The cost is \$9 per participant. Advanced registration is required. Call 703-437-1794.

DogFest (Reston) Washington

D.C. 11 a.m. to 3 p.m. At Reston Town Center, 1818 Discovery Street, Reston. Canine Companions DogFest is coming to you! So grab your dog and get ready to have a tail-waggin' good time! We'll change lives, four paws at a time. Furry friends and their families are invited to join us online for a day of fun, festivities, contests, graduate speakers, dog demonstrations, and more. Register for free at www.canine.org/DogFestWashingtonDC to receive a FREE DogFest bandana for your dog!

Libertas Fashion Show. 6-8 p.m. At Cascades Overlook Event Center, 21453 Epicerie Plaza, Sterling. Libertas Home, a non-profit organization dedicated to end sex trafficking and child abuse in Northern Virginia, presents Libertas Fashion Show. Cost is \$35-\$50. Visit the website: libertashome.org

Pianist Brian Ganz Plays Mozart. 8 p.m. at Capital One Hall, 7750 Capital One Tower Road, Tysons. With the Virginia Chamber Orchestra. Mozart's Piano Concerto No. 23 in A major, K. 488. Mendelssohn's Symphony No. 4 ("Italian") will be another program highlight. Tickets, from \$25 to \$50, at vco.events

SUNDAY/OCT. 24

The Borisevich Duo. 2 p.m. At The Alden, McLean Community Center, McLean. The Borisevich Duo, featuring pianist Margarita Loukachkina and violinist Nikita Borisevich, is an internationally acclaimed violin and piano duet, frequently performing across the United States and Europe. \$10/\$5 MCC district residents

SUNDAY/OCT. 24

New Dominion Chorale. 4-6 p.m. At Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Thomas Beveridge conducts NDC and orchestra in his Yizkor Requiem, a fusion of Jewish and Christian rituals honoring the dead, and in several Mendelssohn Psalms. Masks and proof of vaccination are required. All performers have been vaccinated and will wear masks during the performance. Visit the website: www.newdominion.org

SUNDAY/OCT. 24

Moscow Correspondent. 2-3:30 p.m. Zoom event at Cold War Museum, 7134 Lineweaver Rd., Vint Hill. The Cold War Museum presents a Zoom event with former NBC/ABC Moscow correspondent Marvin Kalb on trying to cover the Soviet Union while surrounded by KGB agents. Cost is \$20. Visit the website: <https://www.eventbrite.com/e/assignment-russia-foreign-correspondent-in-the-crucible-of-the-cold-war-tickets-170141432605>

MONDAY/OCT. 25

The Blackest Battle by Psalmayene 24. 7:30 p.m. At Reston Community Theater's Center-Stage, Reston. In this revolutionary hip-hop musical, Bliss and Dream, members of warring rap factions, fall in love while wrestling with making sense of their turbulent lives. As part of the Washington West Film Festival. Directed by Raymond O. Caldwell. Cost is \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com.

WEDNESDAY/OCT. 27

Senior Resource Fair. 10 a.m. to 1 p.m. At Frying Pan Park Pavilion, 2739 west Ox Road, Herndon. Join in a Resource Fair that is free to the public. Receive valuable information on community services that specifically benefit seniors. The Senior Resource Fair is a great place to learn about local agencies, products and services available to help seniors get the most out of life.

WEDNESDAY/OCT. 27

Performing Arts Documentaries - Episode Three. 1 p.m. At The Alden Theater at McLean Community Center, McLean. Free admission; registration is required. Come explore the history of the Broadway musical in this six-part documentary. Register for The Alden's email list at www.aldentheatre.org to see the name of the film being shown.

OCT. 29 - 31

"Waitress." Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m. and Sundays at 1 p.m. and 7 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. Inspired by the beloved film, "Waitress" tells the story of Jenna, an expert pie maker who dreams of a way out of her small town. A baking contest and the town's new doctor may offer her a fresh start, but Jenna must summon the strength to rebuild her own life. Visit the website: capitalonehall.com.

SUNDAY/OCT. 31

Halloween Spooktacular. 5-7 p.m. At Great Falls Village Centre Green, Great Falls. Enjoy trick-or-treating with local merchants and a haunted house. For kids 12 and under, in costumes. Pet Costume Parade and Contest, 4 - 4:45 p.m.

SATURDAY/NOV. 6

Pancake Breakfast. 7:30 a.m. to 12:30 p.m. At Clifton Presbyterian Church, 12748 Richards Lane, Clifton. The Clifton Lions Club Annual Family Pancake Breakfast. Cost is \$10/adult; \$5/child under 12; Free under 5. All You Can Eat. Sponsored by the Clifton Lions Club.

HALLOWEEN HAPPENINGS

NOW THRU NOV. 6

Workhouse Haunt. 7-11 p.m. At Workhouse Arts Center, 9518 Workhouse Way, Lorton. This year's Workhouse Haunt immerses guests through a highly-themed walk-through experience, as creepy characters deliver contactless scares in multiple scenes. Guests will travel in small groups for a frightening 30-minute experience that brings them next to the site's abandoned, historic

buildings and into the dark woods where they will encounter terrifying characters and sights that are not for the faint of heart. Cost is \$25. Occurs Friday, Saturday, and Sunday each weekend from Oct. 3 through Nov. 6. Visit the website: <https://www.workhousearts.org/workhouse-events/2021-workhouse-haunt-the-collection-2/>

OCT. 1-31

Ghost & Graveyard Tour. 7:30 p.m.; Fridays and Saturdays additional

tours at 8:30 and 9 p.m. Admission: \$15 per adult; \$14 for seniors, military and law enforcement; \$10 per child. Tour departs from Alexandria Visitor Center, 221 King St., Alexandria. Follow an 18th-century costumed guide by lantern light through the charming streets of Alexandria's historic district known as Old Town. On this entertaining tour, you'll hear ghost stories, legends and folklore. You will also hear about unsolved mysteries, tales of romance and

angry ghosts looking for revenge. Appropriate for ages 9 and up. Visit alexcolonialtours.com

THROUGH OCT. 31

"The Madness of Poe." At Synetic Theater, 1800 South Bell Street in Arlington. "We watch how Poe, the inventor of American horror, created some of the most frightening and disturbing stories the world has ever known," said Synetic Theater founder Paata Tsikurshvili. Thursdays, Fridays and Saturday

at 8 p.m. and Sundays at 2 p.m. Industry Night is Monday, Oct. 25, at 8 p.m. Tickets \$10-\$60, www.synetictheater.org, or in-person at the box office located in the underground Crystal City Shops, or via phone at 703-824-8060 x117.

THROUGH OCT. 31

Ongoing Halloween Display. At 2508 Halterbreak Court,

SEE HALLOWEEN, PAGE 13

HALLOWEEN HAPPENINGS

FROM PAGE 12

Herndon. Come see the punny skeletons, which are cooking up fun and ghostly apparitions appear in the windows and yard. Animated skeletons (Queen, Bruno Mars 24 karat magic, and Rick James Superfreak), talking witches and jumping spiders come out on Oct 31.

COX FARMS FALL FESTIVAL THROUGH NOV. 7

Giant slides, hayrides, rope swings, farm animals & their babies, Cornfield adventure, farm chores, kiddie zone, apples & cider, food, entertainment, Imaginature Trail, over 90 acres. <https://coxfarms.com/fall-festival/festival-attractions/>.

Fields of Fear. Not recommended for children under 12 years old. When night falls on the farm, it's time for Fields of Fear. Friday and Saturday nights until Nov. 3. Fields of Fear, the Dark Side Hayride and the Cornnightmare. The Firegrounds feature several bonfires, a six-lane slide, music, karaoke, entertainment, tasty treats, Foamhenge, and more. All under age 14 must be accompanied by a parent or guardian (18+). Tickets required. Last admission at 10pm. Come alone or in a group. Buy your tickets online or same-day at the door. Proof of age required. See <https://fieldsoffear.coxfarms.com/> for more details on timed entry assignments, rain policy, food options, and complete list of attractions.

OCT. 16 TO NOV. 6

"Wait Until Dark." 8 p.m. At The Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Set against the socially turbulent 1960s, "Wait Until Dark" follows the story of Suzy, a blind woman who, while left alone in her apartment, becomes embroiled with a group of con men hatching an elaborate scam. As the tension mounts, Suzy must fend for herself, but the phone line is cut, and the house is plunged into darkness. Can Suzy outwit her murderous visitors? Note: All patrons are required to wear a mask (even if vaccinated) for the duration of the performance. Admission: \$21 to \$24 per person. Visit the website: thelittletheatre.com.

THURSDAY/OCT. 21

Halloween Ball and Anniversary Celebration. 7:30 to 10 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Celebrate Barkhaus's first birthday with a Halloween ball. Guests will dress formally and add their own Halloween twists to their costumes. Dogs are encouraged to dress up as well. Enjoy hors d'oeuvres, drinks, puppuccinos for dogs, a limited-edition Barkhaus anniversary shirt and more. Admission: \$75 per person. Visit the website: brewskisbarkhaus.com

OCT. 22, 23, 29, 30

Grief & Ghost Tour at Lee-Fendall House. At 7, 7:30, 8:30 and 9 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Celebrate Halloween with a look at Victorian mourning traditions coupled with stories of tragic deaths and mysterious occurrences at the Lee-Fen-

dall House. Customs such as draping the mirrors after a death, funeral practices, hair mementos, mourning clothing and séances will be explored. These tours offer a rare opportunity to see the house after dark. Tours groups will be limited to 10 participants and tickets must be purchased in advance. Face masks are required. Admission: \$15 per person. Visit leefendallhouse.org

SATURDAY/OCT. 23

Old Town Trick or Treat by Old Town Business Association. 11 a.m. to 5 p.m. At various locations throughout Old Town Alexandria. Bring your little ghouls and goblins to historic Old Town Alexandria for tricks and treats from your favorite boutiques and restaurants. Check the event website for more details and a trick or treat map. Visit the website: oldtownbusiness.org

SUNDAY/OCT. 24

8th Annual Doggie Trick or Treat. 1 to 5 p.m. Meet at The Dog Park, 705 King St., Alexandria. Bring your costume-clad four-legged

treat (tickets go on sale October 15th and are required), and complimentary Halloween pet portraits by Pooch Portrait Studios. This photography experience welcomes pets in costumes to capture a Halloween moment. Details:

Sunday, October 24, 2021 at Pooch Portraits at Westpost Plaza (1201 S Joyce Street in Arlington) from 10 a.m.-1 p.m.

Pike & Rose on Saturday, October 30, 2021 with PIKEkids Trick or Treat from 10 a.m.-12 p.m. (*Tickets required).

Sunday, October 31, 2021 a Bark Social Halloween Puppy Parade at 2 p.m. (*Tickets required at www.barksocial.com) Village at Shirlington on Arlington Mill Drive in Arlington.

Saturday, October 30, 2021, Pooch Portraits on the Plaza at Arlington Mill Drive from 12 p.m.-3 p.m. Dogma Bakery Puppy Trick or Treat from 2-4 p.m.

Sunday, October 31, 2021 a Kids Trick or Treat from 10 a.m.-12 p.m.

WEDNESDAY/OCT. 27

Vienna Halloween Parade. The 75th



A 75-year tradition, the Vienna Halloween Parade is Oct. 27. This year's theme is the "Roaring 20s."

friends to historic Old Town Alexandria for tricks and treats from your favorite boutiques. Winners receive gift cards from The Dog Park in three different categories. Visit the website: thedogparkva.biz

SUNDAY/OCT. 24

Del Ray Halloween Parade. 2 p.m. Parade begins at Mount Vernon Ave., south of E. Bellefonte Ave., Alexandria. Del Ray's annual Halloween Parade begins at Mount Vernon Ave., south of E. Bellefonte, and continues down to the Mount Vernon Recreation Center play fields. Children, pets and strollers in costumes are invited to march and show off their finest and scariest Halloween garb; awards are given for Best Pet Costume, Best Decorated Business, Best Decorated Home and Best Decorated Stroller. visitdelray.com/halloween

OCT. 24, 30, 31

Halloween Pet Portraits and Trick or Treat. At Village at Shirlington, and Westpost (formerly known as Pentagon Row.) Federal Realty invites kids in costumes to trick o'

annual Town of Vienna Halloween Parade will take place at 7 p.m. The theme for this year's parade is "The Roaring Twenties." Children and others in costume are invited to march along in the parade, no need to register, meet at 6 p.m. at the United Bank, 374 Maple Ave., E. For sponsorship details, check out the Town's Halloween Sponsor brochure or contact Lily Widman via email or at 703-255-5738. Visit the website: <https://www.viennava.gov/residents/concerts-and-events/halloween-parade>

OCT. 28 AND 30

Poems and Stories of Edgar Allan Poe at Ivy Hill Cemetery. 7 to 8 p.m. Tour begins at the Ivy Hill Cemetery Office, 2823 King St., Alexandria. "Even in the grave, all is not lost!" The Guillotine Theatre presents "Poe outside the Vault" at Ivy Hill Cemetery. Actors from Guillotine Theatre will read from the works of Edgar Allan Poe. This is a sell-out event in a most suitable atmosphere. Seating is limited. RSVP to info@IHCHPS.org. Admission is \$20. Visit the website: ivyhillcemetery.net

FRIDAY/OCT. 29

Halloween Vampire Ball. At Synthetic Theater, 1800 S. Bell Street, Arlington. Doors open at 7:30 p.m.; Show starts at 8 p.m. Synthetic Theater, in association with the National Landing Business Improvement District, JBG SMITH, and The Freshman, is throwing a VAMPIRE BALL. The festivities start with a performance of The Madness of Poe followed by an indoor/outdoor dance party with all the food, drinks, and candy that a ghoul could ask for. Expect aerialists, Edgar Allan Poe-themed cocktails, dancing, physical theater, spooky Georgian remixes, fun-sized candy bars, and more. Tickets are \$95-\$125 and are available at synthetictheater.org.

OCT. 29-31

Boos & Booze at Café 44. At Café 44, 44 Canal Center Plaza, Suite 401, Alexandria. Café 44 is hosting its annual Boos & Booze Halloween event featuring themed craft cocktails and treats. Costumes (and reservations) are encouraged for

Mount Vernon, 3200 Mount Vernon Memorial Hwy, Mount Vernon. Celebrate Halloween with 18th-century entertainment and activities. Visit Mount Vernon in costume, watch Halloween-themed Punch & Judy shows, see 18th-century chocolate-making demonstrations and more. Trick-or-Treating at Mount Vernon takes place rain or shine. Admission: General public: \$25 per adult; \$15 per youth; Members: \$17 per adult; \$9 per youth. Visit the website: mountvernon.org

Fall Frolic at Lee-Fendall House. At Lee-Fendall House, 614 Oronoco St., Alexandria. Hourly sessions occur from 10 a.m. through 3 p.m. Admission: \$15 per person. Enjoy some seasonal family fun in the garden of the Lee-Fendall House during the Fall Frolic. Put on your Halloween costumes and join in on activities catered to children ages 3-12. Activities include a "ghost" hunt, crafts and a costume parade. Timed tickets must be purchased in advance. Visit the website: leefendallhouse.org

Nightmare at Barkhaus. 5 to 8 p.m. At Barkhaus, 529 E Howell Ave, Alexandria. Visit Barkhaus for the dog bar's annual costume contest. Enjoy spooky food and drink specials and send your costumed four-legged friend down the dog runway in pursuit of prizes. Visit the website: brewskisbarkhaus.com

McLean Old Fire House, House of Terror and Family Trunk or Treat. 5-10 p.m. At the Old Firehouse, McLean. The Old Firehouse is transforming the inside of the center into the spookiest, scariest, walk-through experience in McLean. The House of Terror will be divided into two time slots:

- No Scares 5-7 p.m.: Participants can walk through the lighted path and view our actors and actresses with no jumps, scares or fears.
- All Scares 7:30-10 p.m.: The effects are on, the lights are off, and the actors and actresses are out of sight and ready to surprise.

Trunk or Treat. 6-9 p.m. At the Old Firehouse, McLean. If the House of Terror isn't your thing, no worries! Outside, the OFC's Trunk or Treat will have some music, fun and themed vehicles with Halloween candy to share while supplies last.

SUNDAY/OCT. 31

Trick or Treat at Carlyle House. 4 to 6 p.m. At Carlyle House, 121 N. Fairfax St., Alexandria. Join Carlyle House on All Hallow's Eve for good old-fashioned trickery and treats. Bring your little ghosts, goblins, princesses and action heroes to one of Alexandria's most haunted dwellings. Carlyle House staff will be handing out candy in individual bags. In case of inclement weather please call the museum for event status. Visit novaparks.com/parks/carlyle-house-historic-park

Halloween Spooktacular. 5-7 p.m. At Great Falls Village Centre Green, Great Falls. Enjoy trick-or-treating with local merchants and a haunted house. For kids 12 and under, in costumes. Pet Costume Parade and Contest, 4 - 4:45 p.m.

Trick-or-Treating at Mount Vernon. 2 to 6 p.m. At George Washington's

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Obituary

Obituary

Top Honors

FROM PAGE 2



Stephen E. Ward, 81, of Reston, Virginia, died at home, surrounded by family, on October 16. Steve was the first of four sons, born on March 10, 1940 to James and Doris Ward of East Orange, New Jersey, and was raised in the town of Glen Ridge. He is survived by his two sons, Tony and Andy, two daughters-in-law, five grandchildren, and his beloved wife of 59 years – whom he met when he was 15 years old – Emily Ward.

Steve was a man of deep intellectual gifts, and a profound inability to take himself too seriously. The things he achieved in life, and the breadth of the knowledge he accrued, were not in service of some need to be important; they were simply the manifestation of his bottomless curiosity and the high standards to which he held himself. He graduated from Amherst College in 1963, received a Master's Degree from the Columbia School of Public and International Affairs, and then embarked on a distinguished career as a Foreign Service Officer. In his ten years at the State Department, Steve and Emily were stationed across the Middle East, from Lebanon to Turkey to Jerusalem to Syria, where he survived an attack on the consulate in Aleppo in 1967 and received an official commendation for his bravery under pressure. Upon returning home in 1973, he served briefly as a speechwriter for the Secretary of State, Henry Kissinger, before moving up Constitution Avenue to work as a legislative aide to Senator Lloyd Bentsen. Steve's years with Bentsen included stints on the Senate Intelligence Committee, where Bentsen served as Chairman, and on the 1988 Vice Presidential Campaign, where he traveled the country, crafting Bentsen's acceptance speech at the Democratic National Convention, talking points for media appearances, and debate zingers destined for posterity ("Senator, you're no Jack Kennedy"), before returning home to his family after a crushing defeat to George H.W. Bush. At this point, Steve left the world of public service and became a lobbyist for the energy industry. He retired at the age of 62.

Even in retirement, however, Steve was determined to stay active, and find ways to give back to others. He brushed up on his Spanish (he spoke Arabic, as well, and could order a sandwich in French with élan) and trained to become a Court-Appointed Special Advocate, working on behalf of abused or neglected children in Northern Virginia. He also worked as the Executive Director of the National Fund for the United States Botanical Garden, which supports the garden's educational initiatives and outreach to children in the Washington area. Steve and Emily also provided generous assistance to the Laurel Learning Center in Reston, which offers childcare for children in need.

As impressive and varied as Steve's career may have been, he was a man whose true identity was not defined by his professional life. His passions and interests ranged from his grandchildren to reading to the New York Yankees to baked goods (consuming, not making) to folk art to the music of FreeWheelin'-era Bob Dylan to early morning solo walks on the beach at his beloved Kiawah Island, South Carolina. At any given moment, on the nightstand by his bed, you might find a biography of U.S. Grant; the new Louise Erdrich novel; Philip Roth's *Patrimony*, which he held close and read many times after his own father's death; a collection of Robert Frost poetry; an issue of the *New Yorker*; the sports page; and, of course, the *New York Times* crossword puzzle, which he took enormous pleasure in defeating in pen, in a matter of minutes – even on Sunday. Steve's speech-writing roots reflected a lifelong reverence for language, and the idea that words matter. His love of language wasn't confined to political rhetoric; writing was an essential aspect of his life, his way of marking time, memorializing what matters, and expressing love. Steve was the poet laureate of his family, writing poems to commemorate milestone birthdays and wedding anniversaries, christenings and weddings, special occasions for his adored (and adoring) grandkids, and maybe most important of all, annual birthday and Valentine's Day poems for his enduring crush, his wife, Emily. As he wrote to her in 2004, "I hope this latest love song will/Remind you that I love you still/And will so long as oceans carve/The cliffs of love on our Algarve." May he rest in peace, and always remember the love of his family.

A memorial service for local friends and family will be held on Friday, October 29, from 12-3 at the Avant in Reston Town Center.

ly Wegmans, to help those in need. From July 2020-June 2021, WFCM served 3,994 people, providing the equivalent of 453,914 meals and more than 1 million pounds of groceries to 3,330 individuals. It also gave \$1,177,230 in rent/utility assistance, keeping nearly 2,000 people in their homes.

"Our most recent collaboration in Centreville was installing the Free Food Fridge at the Centreville Labor Resource Center, which helps local immigrants find jobs," said Pamela Montesinos, WFCM's director of Client Operations & Programs. "And we're currently seeking to install these refrigerators in FCPS locations in Centreville, following a successful install at Chantilly High and one in process at Westfield High. It's our goal to reach beyond our client-choice food pantry to connect food-insecure residents with healthy food options in ways convenient for them."

A Centreville resident for nearly 30 years, WFCM Board member Glynda Mayo-Hall said, "It's my honor and pleasure to serve on the board of Western Fairfax Christian Ministries, an organization that serves hundreds of families in Centreville each year. As a member of Fairfax Church of Christ and a Fairfax County government retiree, I've been involved in the partnership work of WFCM since the late '90s and was proud to connect the Centreville-Chantilly Rotary – on which I served as a charter member – with WFCM. Especially at this time when the needs have grown so exponentially, we're appreciative of this recognition by Centreville that raises awareness of the solutions offered by WFCM."

WFCM Executive Director Harmonie Taddeo noted that the organization was started by 12 congregations in Chantilly and Centreville, and one of its first locations from which to serve clients was in the office of Keener Insurance in Centreville. And the work WFCM does continues to hit home.

"Some 29 percent of our household donors reside in Centreville with 50 percent of our clients also living in Centreville," said Taddeo. "Our staff includes 40 percent Centreville residents, as well – so we're truly a community-based organization, with neighbors helping neighbors experiencing times of hardship and need. We are honored to be recognized as Centreville's 2021 Nonprofit of the Year."

The Bath or Shower You've Always Wanted
IN AS LITTLE AS A DAY

\$500 OFF*
OR
No Payments & No Interest For 18 Months*
OFFER EXPIRES 12.31.2021

BCI BATH & SHOWER

CALL NOW (844) 945-1631

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires Dec 31, 2021. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2021 BCI Acrylic, Inc.

Upgrade Your Home with a
NEW METAL ROOF
Guaranteed to Last a Lifetime!

LIMITED TIME OFFER
60% off
YOUR INSTALLATION
+
TAKE AN ADDITIONAL 10% off
Install for Military, Health Workers and First Responders

ERIC Metal Roofs

Call today to schedule your **FREE ESTIMATE**
1-844-902-4611

ERIC Metal Roofs

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc. ("ERIC") offer terms and conditions may apply and the offer may not be available in your area. Offer expires December 31, 2021. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on www.ericmetalroofs.com. All rights reserved.

Medicare has changed.
Find out how it can affect you.

For **FREE** Medicare Supplement information from Physicians Life Insurance Company, call:
1-833-657-1636
or visit MedSupBenefit.com/vapress

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. I understand I have no obligation. This is a solicitation of insurance. A licensed agent/producer may contact you. (MD, VA: These policies are available to people under age 65 eligible for Medicare due to a disability). (VA: For a complete description of policy exclusions, limitations, and costs or other coverage details, please contact your insurance agent or the company). Policy form number L030, L035, L036, L037, L038, F001, F002 (OK, L030OK, L035OK, L036OK, L037OK, L038OK; TN: L030TN, L035TN, L036TN, L037TN, L038TN, F001TN, F002TN; L030VA, L035VA, L036VA, L037VA, L038VA); 6243_A

A Smarter Way to Power Your Home.

GENERAC PWRCELL SOLAR + BATTERY STORAGE SYSTEM

REQUEST A FREE QUOTE!

ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!*
1 (833) 688-1378

*Offer value when purchased at retail. Solar panels sold separately.

Leaf & Filter GUTTER PROTECTION

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF YOUR ENTIRE PURCHASE
& **10% OFF** SENIORS & MILITARY!
+ **5% OFF** TO THE FIRST 50 CALLERS ONLY!*

WE INSTALL YEAR-ROUND!

FINANCING THAT FITS YOUR BUDGET!*
Promo Code: 285
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE
1-877-614-6667

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. *The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2019 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795, DGPL #1078958-9501, License# 7656, License# 50145, License# 41354, License# 99338, License# 128344, License# 218294, WA UBR# 808 233 977, License# 2102212586, License# 2106212945, License# 2205132125A, License# LEAFNRW222Z, License# W0059912, License# WC-26592117, Massau HIC License# H01057000, Registration# 135442, Registration# HIC 0546905, Registration# C122229, Registration# C122230, Registration# 366920918, Registration# PC6475, Registration# B231804, Registration# 13VH09953900, Registration# PA059383, Suffolk, HIC License# 52229-H, License# 2205169445, License# 262000403, License# 0085990, Registration# H-19114

GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
844-947-1479

FREE 7-Year Extended Warranty*
A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Improving Parent-Teen Relationships

Adolescence can be challenging, but living with constant discord is not the only option.

BY MARILYN CAMPBELL
THE CONNECTION

“Why do you hate me?”
“You’re the worst mother in the world!”

These are some of what Kate Hoyle hears from her 14-year-old daughter.

“It’s like she went from being a sweet girl to a raging teen overnight,” said the Woodbridge-based parenting coach and mother of two. “It was like getting slapped in the face.”

As children become adolescents, they often begin to push away parents and crave independence. Topics of conversation that were once pleasant now can be volatile. Some parents may question their parenting abilities.

“Adolescents naturally become more autonomous and shift somewhat to peer influence after looking exclusively to parents for the answer. But a smart parent learns to shift their approach and skills with the onset of this stage of development,” said Hoyle. “This change can be gradual or it can be sudden and is sometimes the result of a major life change. It is important to get to know the parents of your child’s friends.”

Recognizing and understanding the change in behavior that is associated with this developmental stage can help parents to navigate it, says Bethesda-based therapist Carol Barnaby, LCSW. “Tweens and teens begin to develop their autonomy by questioning, testing, and for some violating the rules parents set for them,” she said. “They express strong opinions about politics, clothing, music, and social relationships. They begin to yearn for their freedom to do adult-like things. They may lose interest in previous hobbies, be easily embarrassed, and have emotional ups and downs.”

It is not uncommon for teens to act like they know best and to dismiss a parent’s guidance. “It can be annoying, but it shows confidence,” said Hoyle. “Enjoy debates and discussion with them. They need to develop independent analysis and thought.”

However frustrating for a parent, this stage is necessary for a child’s transition from adolescence to adulthood. “It’s when they’re entering the final phase of childhood, where they are working on being able to self-govern and grow into an independent functioning adult,” said Barnaby. “Kids begin to enter this phase around the age of 12 to 14 and want more and more independence and less need for parent connection. Instead, they might see who they are in the eyes of their peers.”

Remember that this stage in a child’s life is only temporary. “One of the biggest things we can encourage in a child is curiosity. Talk to them as the person you want them to be,” said Hoyle.

SURVIVING THE TEEN YEARS

1. Avoid trying to control
2. Spend time together without electronics
3. Withhold judgement
4. Offer sincere praise
5. Maintain open communication
6. Allow independence, but set boundaries
7. Give teens personal space

Though they might appear to push away parents, teens still need to feel connected to them. Simple conversations can help recreate that bond. At times, parents must create opportunities to spend time without phones or electronics with their child, advises Ameila Muench, Psy. D., a child psychologist in Alexandria. “Do something together that they enjoy and try to keep the time consistent,” she said. “This can quickly become your special time away from other family members, and it allows them to open up.”

“Routine and ritual help maintain open communication,” added Hoyle. “Your child gets to know when you are available and you get to understand when they are most likely to be open to talk. Car rides work well because it removes the intensity of a sit-down conversation requiring eye contact.”

Listen without judgment or criticism and resist the urge to offer unsolicited advice, advises Muench. “Use active listening, which means being able to repeat back to them what they have just said,” she said. “Take note of the language they are using. What are they really trying to tell you? Ask questions to find out rather than instantly responding with your view. Listen rather than instruct.”

While establishing rules and setting boundaries are necessary, trying to control a teen might lead to rebellion, says Hoyle. “Get curious, not furious,” she said. “When your teen makes an unhealthy choice or does something you don’t agree with, getting mad or telling them you’re disappointed will further your disconnection. Their behavior is trying to get one of six core emotional needs met: acceptance, affection, appreciation, attention, autonomy, or connection. Which one is it? Look beneath the surface.”

Allowing teens to have a certain amount of personal space and feel that they are trusted can strengthen the relationship between a parent and an adolescent. “Continuous tracking and distrust can affect their mental health that can lead to depression,” said Hoyle.

Self-doubt is common among teens, so praise helps build confidence if offered sincerely. “They’re trying to find their place in the world, so focus on attributes not attainment,” said Muench. “If teens and tweens learn that they only get praise when they look a certain way or achieve through academic endeavors or sports, they can become people pleasers or unhappy perfectionists.”

Remember that this stage in a child’s life is only temporary. “One of the biggest things we can encourage in a child is curiosity. Talk to them as the person you want them to be,” said Hoyle.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004
FOR ADVERTISING INFORMATION

ELECTRICAL ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

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

Landscape Drainage Landscape Drainage

ProDrainage
A JES Services, Inc Company
Eco-Friendly Landscape Drainage Experts
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More
Your Neighborhood Company since 1987
703-772-0500 www.ProDrainage.com
VA. Licensed Class A Contractor

Sign up for
FREE DIGITAL SUBSCRIPTION
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE

Hardly the Same Thing



By KENNETH B. LOURIE

It may not have been the miracle I was hoping for: shrinkage or tumor disappearance, from my most recent diagnostic scans but no growth and/or new metastases is nothing to be taken for granted. However, I did experience a miracle of sorts when the envelope I received at home from the “State of Maryland, Maryland SafeZones Automated Speed Enforcement” authority specifying and picturing yours truly exceeding the speed limit by 12 mph was for information purposes only. It was not an invoice. It was a warning. And the \$40 fine associated with this kind of infraction was left on the cutting room floor. Perhaps this is the extent of the miracle that Solange was able to perform when she prayed for me and my burned feet - and thyroid cancer, on July 20 in the Houston airport. Though this outcome was not exactly the delusional outcome I was hoping for, when we consented to her extremely kind offer to pray for me. Nevertheless, a win is a win. And though a shrinking/disappearing cancer tumor would have been an amazing - albeit unlikely outcome, the tumors remained “stable” and I saved a \$40 outlay. On balance, not a bad day’s work.

For which I am extremely grateful. Soon after I entered the cancer-patient world, I learned that any not-automatically-bad news - whether internally or externally to that world, should be acknowledged and appreciated. Any port in a storm you might say. Moreover, I always sought to find the positive in this sea of negativity. Whatever I could see - through any rose-colored glasses I could find, served its purpose to emotionally support me for the many long and lonely nights that followed. Certainly, there’s family and friends to help share the burden brought on by a “terminal” diagnosis, but at the end of the day, literally, it’s sort of you and your thoughts. Finding a way to navigate this minefield of unpredictable results and anxiety is paramount. On the one hand, you can’t take what the doctors and radiologists say as seriously as a cancer diagnosis obviously is, but neither can you pretend that you’re not in the fight of your life. That being said, one must be open to new ideas and unexpected offers. Filtering and interpreting whether any of the suggestions made by your doctors and/or your well-meaning friends and family becomes your lot in life. And it’s an awful lot at that.

Still, a cancer diagnosis is not nearly the death sentence as it used to be for the previous generation. Though it would be naive to characterize a cancer diagnosis as an opportunity, nevertheless unceasing research in a variety of hospital/cancer centers, medical schools, clinical trials, pharmaceutical companies and the like have led to an evolution in the treatment in cancer, particularly non small cell lung cancer which is the type of cancer I was originally diagnosed with in late Feb., 2009. (Though I am now being treated for papillary thyroid cancer as you regular readers know. As to whether I ever had lung cancer, the jury is still out, not literally.)

And since I have an incurable form of thyroid cancer, as written about numerous times in this space, I am forever open to new experiences that might create a path forward for me. The underlying problem in my situation is the odd circumstances that ultimately led to my more recent diagnosis. Since I had years of heavy-duty chemotherapy while treating my presumptive lung cancer, I have suffered kidney damage which only manifests itself in lab work and in what medications/treatment I can be given. As such when I went to the hospital after my thyroidectomy for post-surgical eradication of the remaining thyroid cancer that the surgeon was unable to remove, the dose of nuclear isotopes I was given was only one-third the dose it should have been had I not been so previously chemotherapy-damaged. As a result, I’m sort of stuck. I have a usually curable type of thyroid cancer which is now considered incurable. The solution? I need to find a clinical trial for patients who have been treated for lung cancer for nine years, perhaps mistakenly, suffered irreparable kidney damage from those years of toxicity, who now has been diagnosed with thyroid cancer and who is now unable to process the medicine likely to cure him and thus is: incurable.

You bet I need a miracle, and sooner rather than later. Maybe I should fly back to Houston.

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



**VIRGINIA'S FUTURE
IS ON THE
BALLOT**

**AS GOVERNOR, TERRY MCAULIFFE WILL CREATE
GOOD JOBS AND A STRONGER ECONOMY:**



**A WORLD-CLASS EDUCATION
FOR EVERY CHILD**



**CUT HEALTH CARE
AND RX DRUG COSTS**



**PROTECT WOMEN'S
RIGHT TO CHOOSE**

EARLY VOTING HAS ALREADY BEGUN. CAST YOUR BALLOT BY NOVEMBER 2.

For voting information visit: IWillVote.com/VA



Visit TerryMcAuliffe.com or Text **TERRY** to **50550**

PAID FOR BY TERRY FOR VIRGINIA

BY PROVIDING YOUR CELL PHONE NUMBER YOU CONSENT TO RECEIVE RECURRING UPDATES FROM TERRY FOR VIRGINIA BY AUTOMATED TEXT MESSAGE. TXT HELP FOR HELP, STOP TO END.
MSG & DATA RATES MAY APPLY. PRIVACY POLICY: TERRYMCAULIFFE.COM/PRIVACY-POLICY/. TERMS: TERRYMCAULIFFE.COM/TERMS-OF-SERVICE/.