

CONNECTION

Reston ♦ ^{Oak Hill} Herndon ♦ Chantilly ♦ CENTRE VIEW

Why We Walk to End Alzheimer's

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CLASSIFIEDS, PAGE 14 ♦ HALLOWEEN HAPPENINGS, PAGE 15

PHOTO BY MERCIA HOBSON/THE CONNECTION



The Cheifetz family of Centreville, from left, Craig, Jason, Tracy holding ABI, and Joel. "We've raised \$1,500. I've seen the impact on my family's lives. My mom is in a memory care unit."

Vote Nov. 2

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Advent of Collective Bargaining

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Friends Make All The Difference

SENIOR LIVING, PAGE 10

NASCOW Moooves For Funding

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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

NEWS

Help Cornerstones Provide Gifts for Kids

For many lower-income families struggling with economic instability, particularly due to the lingering impact of the pandemic, this time of year is difficult. Already stretched home budgets don't allow for extras like gift giving and celebrations.

As one of the region's leading safety-net and human services organizations in Northern Virginia, Cornerstones is rallying the community this holiday season to help provide extra support through the annual Gifts for Kids Drive.

Through Nov. 12, 2021, the public is encouraged to register as a Gifts for Kids Donor.

<https://www.cornerstonesva.org/donations/drives/gifts-for-kids-2-2/>

As with last year's successful drive, Cornerstones asks donors to purchase retail gift cards only (no toys will be accepted) – such as Amazon, Target, Walmart, TJMaxx, Kohls, etc. - in \$25, \$50, or \$75 increments. Gift cards should be delivered to Cornerstones on Nov. 15-17, 2021, from 9 a.m. to 3 p.m. at St. John Neumann Catholic Church, located at 11900 Lawyers Road in Reston. Donors may also coordinate with the

Cornerstones team to provide gift cards in an amount that will cover a specific request from a child's wish list.

"We have more than 800 wish lists from children to fulfill this year. Every donation is critical to helping us meet this ambitious goal," said Nate King, coordinator of in-kind donations and drives. "Our Gifts for Kids drive is a rewarding and meaningful opportunity for donors and volunteers

to help ensure our youngest neighbors celebrate a meaningful and memorable holiday with their families."

Due to the ongoing impact of COVID-19, Cornerstones' Gifts for Kids drive runs concurrently this year with their Thanksgiving Food drive to help reduce the number of interactions for everyone involved and give families time to purchase gifts for their children. All registered families will receive gift cards in lieu of physical gifts to ensure the safety of our volunteers, donors, donation recipients, and staff.

For more information about Cornerstones' Gifts for Kids Drive, see <https://www.cornerstonesva.org/>

BULLETIN BOARD

OCT. 29-30

Social Justice Conference. Oct. 29 from 7-9 p.m.; Oct. 30 from 10 a.m.-12:30 p.m. The conference is designed to leave participants with essential actions they can take to make their community more inclusive. Presenters include: Rev. Dr. Alvin Jackson (Executive Director of Mass Poor People's Assembly

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

and Moral March on Washington); David Broder (President at Service Employees International Union Virginia 512); Rev. Emma Chattin (Pastor of Metropolitan Community Church of Northern Virginia); and Tram Nguyen (Co-Executive Director of New Virginia Majority). The conference is a 100% digital

experience focused on engagement and participant interaction on Zoom. The conference is hosted by the Justice and Peace Team of the United Christian Parish. Registration is required. Visit ucpreston.org/conference.

SEE BULLETIN, PAGE 5



SEE BULLETIN, PAGE 14



Everything Christmas!

The Closet's Annual Holiday Sale

*Your First Stop for Christmas and Seasonal Items for
Holiday Décor, Gifts, Toys, and Entertaining*

Proceeds returned to the community as grants and scholarships!

When: Friday Nov 5th 3-7pm & Saturday Nov 6th 8:30am-12:30pm

Where: The Herndon Moose Lodge, 779 Center St, Herndon, VA

Mask required of all shoppers and volunteers

Virginia at a Crossroads

Voters to determine direction of state government.

BY MICHAEL LEE POPE
THE CONNECTION

Two years ago, Democrats seized control of the General Assembly for the first time in a generation. Now Republicans are hoping this is their moment to “Take Back Virginia,” the name of a recent rally in support of the GOP statewide ticket that featured a call-in appearance from former President Donald Trump, who used the opportunity to repeat baseless claims about widespread election fraud.

Ultimately, the decision about all 100 seats in the House of Delegates and all three statewide offices will be in the hands of voters on Tuesday, Nov. 2, and it’s a decision that is likely to be driven by turnout.

Republicans do well in Virginia when turnout is low. The last time Republicans won statewide election back in 2009, turnout was only 40 percent. Democrats, on the other hand, tend to do well when turnout is high. When Democrat Ralph Northam beat Republican Ed Gillespie four years ago, voters set records for participation in an odd-year election that had 48 percent turnout. Former Gov. Terry McAuliffe beat Republican Ken Cuccinelli with 43 percent of the vote, although his margin of victory was significantly smaller.

McAuliffe is attempting to do something very rare in Virginia politics: return to the Executive Mansion. Virginia is the only state in the country to have a four-year term limit, a constitutional prohibition on governors running for reelection. Only one former governor has ever been elected twice: Mills Godwin, who ran as an old-school Democrat in the 1960s and then as a Southern Strategy Republican in the 1970s. Back in the 19th century, William “Extra Billy” Smith also had two nonconsecutive terms, once appointed to the job before the Civil War and then a second term elected by voters during the war.

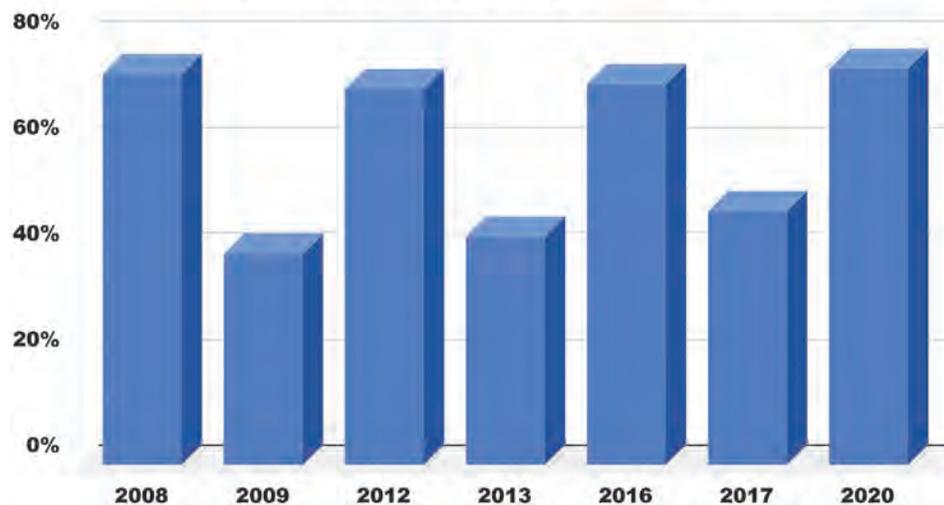
Now McAuliffe is hoping to pull off a similar trick, returning for a second term as governor in a Virginia that has seen a massive shift since he left office in 2018.

“Now you have a Democratic controlled legislature,” said Mark Rozell, dean of the

Schar School of Policy and Government. “And the Democratic Party has moved to the move progressive side of the political spectrum.”

His opponent in the race is Republican

Turnout in Virginia Elections



Glenn Youngkin
Republican candidate for governor
raised: \$7.7 million

top contributors
\$6 million from the Republican Governors Association
\$250,000 from Thomas Saunders III of Saunders Karp & Co
\$225,000 from Haulover Creek Development Co of Richmond
\$210,000 from Richard Baxter Gilliam of Keswick, Va.
\$200,000 from Walter Curt of Power Monitors Inc.



Terry McAuliffe
Democratic candidate for governor
raised: \$44.5 million

top contributors
\$5.6 million from DGA Action
\$750,000 from Mid-Atlantic Laborers’ Political Education Fund
\$600,000 from AFSCME
\$500,000 from Priorities USA
\$500,000 from Virginia League of Conservation Voters



Princess Blanding
Liberation Party candidate running for governor
raised: \$30,000

top contributors
\$8,000 from Realtor Chrischa Ives of Sandbridge Realty
\$1,100 from Charles Peters of Water View, Va.
\$1,050 from Anthony Castellano of Angus Dentistry
\$1,050 from Landon Shroder of Virginia Commonwealth University
\$1,000 from Matt Smith of MSE Properties in Henrico



Winsome Sears
Republican candidate for lieutenant governor
raised: \$2 million

top contributors
\$125,000 from the Republican State Leadership Committee
\$32,500 from Black America’s PAC
\$25,000 from Richard Baxter Gilliam of Keswick, Va.
\$25,000 from Haulover Creek Development Co of Richmond
\$25,000 from the Virginia Citizens Defense League



Jason Miyares
Republican candidate for attorney general
raised: \$3.3 million

top contributors
\$500,000 from the Republican Attorneys General Association
\$105,000 from Richard Baxter Gilliam of Keswick, Va.
\$100,000 from Dominion Energy
\$94,500 from Miyares for Delegate
\$55,000 from Haulover Creek Development Co of Richmond



Hala Ayala
Democratic candidate for lieutenant governor
raised: \$4 million

top contributors
\$250,000 from the Democratic Lieutenant Governors Association
\$200,000 from Everytown for Gun Safety
\$165,000 from Dominion Energy
\$160,000 from Emily’s List
\$150,000 from Planned Parenthood



Mark Herring
Democratic candidate for attorney general
raised: \$6.3 million

top contributors
\$1 million from the Democratic Attorney Generals Association
\$200,000 from Everytown for Gun Safety
\$110,000 from Ronald Abramson of Buchanan Ingersoll
\$100,000 from Planned Parenthood Action Fund
\$100,000 from SEIU Committee on Political Education

what he would do if elected.

“The problem is he’s running against a guy who is a former governor who knows the policy issues inside and out in many ways, who’s taken very clear positions on a lot of policy issues,” said Quentin Kidd, dean of the College of Social Sciences at Christopher Newport University. “The contrast is a liability for Youngkin.”

The final days of the campaign have seen McAuliffe trying to emphasize Trump, and Youngkin trying to capitalize on the culture war over schools. Trump once again endorsed Youngkin at that “Take Back Virginia” rally in Glen Allen, which featured a Pledge of Allegiance to a flag carried at the Jan. 6 insurrection. The Youngkin campaign is trying to walk a tightrope of appealing to the MAGA crowd while also not alienating suburban voters they’ll need to win. While Democrats campaigned with President Joe Biden, former President Barack Obama and Vice President Kamala Harris, the Republican ticket has taken a different approach.

“It could be that Youngkin doesn’t feel like his election is in much trouble,” said Jatia Wrihten, political science professor at Virginia Commonwealth University. “He feels pretty confident and comfortable with this backing of Trump as enough to put him over the finish line.”

While McAuliffe has been spending millions of dollars on TV ads tying Youngkin to Trump, the Youngkin campaign has been trying to ride the wave of outrage over controversies surrounding public education. Many parents are angry about what they call “critical race theory” being taught in Virginia classrooms, even though it’s a law school concept that is not taught in Virginia classrooms.

Youngkin says he’ll ban the law school theory from ever being taught in public school classrooms. He also criticized McAuliffe for vetoing a bill inspired by parents who were upset that Toni Morrison’s Pulitzer-prize winning book “Beloved” was being taught in Fairfax County schools.

“Surveys demonstrate a pretty high level of support for performance of the school boards in the covid crisis at least,” said Stephen Farnsworth, director of the Center for Leadership and Media

Glenn Youngkin, a private equity executive who is a former CEO of the Carlyle Group. On the campaign trail, he’s repeatedly refused to take a position on the assault weapons ban or the ultrasound requirement. When a

reporter for the Associated Press started asking about Youngkin’s policy positions in a recent interview, his campaign aides abruptly cut off the interview. So voters are heading into Election Day without much detail about

Studies at the University of Mary Washington. “That suggests that this really is more about activating the base rather than reaching to moderate voters not engaged otherwise in the gubernatorial campaign.”

Alternatives to Police Intervention

Behavioral specialists deescalate mental health crisis calls without the need for arrest or hospitalization about half the time.

BY KEN MOORE
THE CONNECTION

It's critical to have the right intervention at the right time by the right person," when responding to a person in a mental health crisis, said Abbey May, Director, Emergency and Crisis Services, Community Services Board.

The county received 9,081 mental health related calls for service in 2021 and 6,638 in 2020 and 5,189 in 2019. There were 231 calls for service for mental health crisis in the last week, Oct. 15-21, 2021, alone.

"What we don't have is real time primary response to 911 behavioral health calls," May said to the Board of Supervisors during a Public Safety Committee meeting last

month. To address this need, the county, in a "micropilot responder program," has added a field team that includes a Crisis Intervention Specialist to respond to calls with police, sometimes even taking the lead in de-escalating crises.

The initial effort "demonstrated that this approach was effective in responding to and de-escalating behavioral health crises," said Lisa Potter, Director, Diversion Initiatives.

About half the calls were deescalated in the community, and 40 percent were diverted from potential arrest or hospitalization, according to county reports. The response time to such calls averaged 11 minutes and specialists were able to de-escalate and divert with an average of 40 minutes of intervention on the scene.

"This is certainly a priority for many."
— Rodney Lusk

Advancing Trust Between Police and Community

Police Civilian Review Panel seeks more authority, set to get an executive director.

BY KEN MOORE
THE CONNECTION

The Police Civilian Review Panel asked the Board of Supervisors to enhance its ability to investigate complaints against the police.

"There probably should be a way for the panel to look at more than simply the information provided by the Internal Affairs Bureau [of the Fairfax County Police Department.] Currently, the IAB is the sole gatekeeper for an investigation and that is not a recipe for independence," said James N. Bierman Jr., chair of the Police Civilian Review Panel, at a Public Safety Meeting last month.

"The Civilian Review Panel cannot simply be seen as another arm of FCPD. and in order to be successful we need to be seen as a fair arbiter," he said.

The all-volunteer panel reviewed 67 complaints about the police the last two years, 32 in 2019-2020 and 35 in 2020-2021. Some 38 cases were brought to the Civilian Review Panel directly (18 in 2019-2020 and 20 in 2020-2021).

"The point is to make sure the police department and the community trust each other and can work well together so we have enhanced public safety," said Bierman.

of an Executive Director for the Police Civilian Review Panel, a position that is currently advertised, see the complete job listing. <https://www.governmentjobs.com/jobs/3274483-0/executive-director-police-civilian-review-panel>

"Let me tell you why I'm so excited about having an Executive Director. The new executive director will have the ability to review investigations and draft reports. It's going to help professionalize the experience," said Bierman.

According to county documents, "The Executive Director directs, manages, and coordinates the activities of the Fairfax County Police Civilian Review Panel (Panel). This position provides an accessible, safe, impartial and transparent intake process for complaints against officers and employees of the Fairfax County Police Department (FCPD). Advises and supports the panel on all matters pertaining to the independent review of FCPD investigations."

Bierman presented the panel's annual report as well as a comprehensive four-year review of the panel's work since its origin in 2017.

"The panel's work can be placed squarely in the context of a national conversation on race and police reform, happening during the middle of a global pandemic."

Following the police killing of George

The county began the second part of its study the day after the Sept. 28, 2021 meeting, and teams across the county will work seven days a week, pairing a crisis intervention specialist with an officer, and a crisis intervention specialist with an emergency dispatcher.

"It's really just a start, a starting point for us," said Captain James Krause, Fairfax County Police Department.

"This is certainly a priority for many," said Rodney Lusk, chair of the Public Safety committee.

"If the call doesn't have criminality and there's no risk of harm, at least from the assessment of the 911 dispatcher, or a threat to self or a threat to others, do we have the behavioral health person lead and have the police officer stay back?" Lusk asked.

"Yes, that's exactly what we are talking

about, that's what happened in the cor- responder pilot," said May. "Where we didn't really need law enforcement, they were there as security and kind of stepped back and let the behavioral staff take the lead."

About \$4 million will fund the 26 positions needed, including 10 crisis intervention specialists, two behavioral health liaisons, one behavioral health supervisor, eight officers, one police supervisor and four peer recovery specialists.

"I think this is something very easy to support. What you've recommended makes a lot of sense," said Chairman Jeff McKay.

By July 2022, the county expects to have a 9-8-8 number ready for people to call with mental health emergencies as an alternative to 9-1-1.

"It's critical to have the right intervention at the right time by the right person."

— Abbey May, Emergency and Crisis Services, Community Services Board



Reston Farmers Market will continue through Dec. 4

Here are the people who make up the Reston Farmers Market team of 2021. Included are the staff of the 29 stands in the market and the volunteer market managers. 2021 has seen a return to normalcy following the season of Covid 19 when, despite near lockdown conditions, the market operated with strict precautions and safely served over 64,000 shoppers. Market managers say that the success of the Reston Farmers Market is due to two factors: 1) tremendous community support; and, 2) the absolute best farm-ers-vendors in the region.

Floyd in Minneapolis on May 25, 2020, a rally for justice was held outside the Board of Supervisors building. The police officer who killed Floyd was sentenced to 22 and ½ years in prison for murder.

"Chief Roessler at that time pointed out in Fairfax County we do our best to have accountability and there's even a police civilian review panel that you can go to and

a police auditor in such situations," said Bierman. "The recommendations matrix, the creation of a dialogue that is open and public between the panel and the FCPD, I think, is leading to better practices and better investigations. The quality of investigation from the IAB is improving," said Bierman.

Busy Chantilly Intersection Gets Traffic Signal

A new traffic signal is now in service at Pleasant Valley Road and Herndon Avenue in Chantilly. Its goal is to improve safety for pedestrians and drivers, as well as improve operations at that intersection.

Other project improvements include an accessible, pedestrian, signal crossing along the entrance to the Rajdhani Mandir temple, plus flashing yellow arrows from northbound Pleasant Valley Road onto Herndon Avenue and southbound Pleasant Valley Road to the temple entrance.

Based on 2019 data, Pleasant Valley Road averages 8,500 vehicles a day in this area, and Herndon Avenue averages 4,800. Construction began in February on the intersection improvements. This \$347,000 VDOT project was financed with state funds.

BULLETIN BOARD

FROM PAGE 2

SUNDAY/NOV. 7

Roots Speaking Event. 7-9 p.m. At Oakbrook Church, 1700 Reston Parkway, Reston. Rabbi Hanan Schlesinger and Shadi Abu Awwad from Roots, a joint Israeli-Palestinian initiative for understanding non-violence and transformation, will speak about the Israeli-Palestinian conflict. Open to public. Visit the website: <https://www.oakbrookchurch.org>.

FAIRFAX COUNTY CORONAVIRUS INFORMATION CENTER

Fairfax County activated a Joint Information Center in response to the COVID-19. Fairfax County Health Department COVID-19 webpage – www.fairfaxcounty.gov/health/novel-coronavirus

Emergency Information Blog (you can subscribe by email or follow by RSS) – www.fairfaxcounty.gov/emergency/blog
 Coronavirus (COVID-19) Call Center – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.
 Twitter – @fairfaxcounty and @fairfaxhealth
 Facebook – www.facebook.com/fairfaxcounty and www.facebook.com/fairfaxcountyhealth

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax

SEE BULLETIN, PAGE 14



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struc Id	Route #	Route Name	Crossing	Posted Date
GRAYSON	8891	687	ROCKHOUSE RD.	ROCK CREEK	9/28/2021
MONTGOMERY	12293	669	PATTERSON DR. /ROUTE 669	BOTTOM CREEK	9/28/2021
BOTETOURT	3136	0F054	FRONTAGE RD. F054	PURGATORY CREEK	9/23/2021
MONTGOMERY	12271	643	YELL SULPH RD./ROUTE 643	MILL BRANCH	9/23/2021
BEDFORD	2754	644	LANGFORD MILL/ROUTE 644	NORTH OTTER CREEK	9/21/2021
SCOTT	16694	622	SINKS RD.	COX BRANCH	9/21/2021
ROANOKE	15082	696	APPLE GROVE LANE/ROUTE 696	BACK CREEK	9/15/2021
ROANOKE (M)	21650	0	ROUTE 0000	LICK RUN	9/15/2021
CHARLOTTE	4890	618	TURNIP CREEK RD.	TURNIP CREEK	9/13/2021
RICHMOND (M)	21280	0	BELLEVUE AVE.	ROUTE I-95	9/2/2021

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact, haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities 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 VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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- Social Media



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NEW DATA REVEALS MASSIVE LEARNING LOSSES IN FCPS (SCHOOLQUALITY.VIRGINIA.GOV)

READING

↓ 8 POINTS

SCIENCE

↓ 19 POINTS

MATH

↓ 25 POINTS

Meanwhile, Democrats are focused on pushing their divisive “woke” ideology on kids.

Had enough?
Vote Republican.

SOL SCORES EXPOSE THE TRAGEDY OF A LOST YEAR
(SUN GAZETTE, 09/02/21)

Fairfax Students Back to School Amid COVID-19 Chaos, CRT Protests
(Washington Examiner, 08/23/21)

Fairfax Schools Pay New York Consultants for Critical Race Theory Curricula
(The Federalist, 05/07/21)



SCAN ME

PAID FOR BY FAIRFAX COUNTY REPUBLICAN COMMITTEE | FAIRFAXGOP.ORG

'Here to Protect Lives, Environment and Property'

BY BONNIE HOBBS
THE CONNECTION

Fairfax County's Office of Emergency Management isn't something most residents think about. But when they need it, it's ready to spring into action and render aid.

Courtney Arroyo, that entity's community-engagement officer, addressed a recent, virtual meeting of the Sully District Police Station's Citizens Advisory Committee. With the office for four years, she explained what it does and why it's so critically important.

"We're here to protect the residents' lives, environment and property from emergencies and disasters," she said. "We do that by leading and coordinating the county's emergency preparedness, mitigation, response and recovery efforts."

Arroyo said they help people "prepare for and deal with events – such as severe storms – before, during and after them. We manage emergencies from the Emergency Operations Center, and I love being there. Nothing is the same – it changes every day."

She then discussed the Community Emergency Response Guide (CERG) and the advice it gives people to be able to help their neighbors in an emergency. "Identify your area and neighbors, scout your neighborhood for hazards, build your team before disaster strikes and plan your approach," said Arroyo. "Have a communications plan and meeting site." The CERG is available online at <http://bit.ly/FFXCERG> in several languages.

Arroyo said personal preparedness is crucial so people will be ready in advance to handle an emergency. She advised residents to make an emergency plan; practice it; assemble

emergency kits containing, for example, money and medications; and stay informed as the emergency situation progresses.

She then referred to the devastating, May 2018 fire at the Forest Glen Senior Apartments in Centreville that ravaged 75 units, displaced 125 residents and caused more than \$10 million damage. "The residents weren't initially alerted to the flames because of the location of the fire on the roof," said Arroyo. "And they weren't required to have renters' insurance, so most of the people lost everything – including cash and valuables in their apartments."

The damaged apartments have since been rebuilt, and Arroyo said, "We'll make sure the new residents have an emergency plan." That fateful day, however, "People were transported to the Cub Run Rec Center – but we hadn't planned to do that, in advance," she said.

"Some 33 people were there for three nights before we could move them to hotels," continued Arroyo. "They only left with the clothes on their backs – and some, without shoes, purses or medications. They didn't have emergency plans to take care of themselves first, and that would have helped."

Next, she discussed ways people should respond during an emergency. In some instances, sheltering in place – "away from windows and things that could fall on you," is best, she said. It's also important to do that, said Arroyo, when a lockdown is ordered, such as in the case of an active shooter or civil disturbance. "And text 911, if you have to," she added.

Sometimes, for example in a weather emergency, people must prepare to evacuate and



PHOTO COURTESY OF SABRINA RUCK
Courtney Arroyo

should remember to bring their emergency kits with them to a designated shelter. Arroyo said they should also "make sure they have options of where they want to go. And try to help your community – check on elderly neighbors and see that they're taken care of."

Recovery after an emergency is something people also need to consider. It can involve disaster cleanup, damage reporting, filing insurance claims, seeking disaster relief and financial assistance, and applying to FEMA for help. "Insurance is so important to have, in the event of a disaster," said Arroyo. "Renter's insurance costs about \$10 a month and will really save you."

"On July 9, 2019, we had flooding in Fairfax County after heavy rains, and people were able to get low-interest loans to fix the damage [their homes sustained]. But flood insurance was also important to have. For every dollar you put into mitigation, you eventually save \$4 after a disaster such as a fire or flood."

As for mitigation before and after an emergency, she said it helps prevent or lessen the impacts of future disasters. Measures may include making an inventory of personal items for insurance claims, sealing basement walls against flooding, testing smoke alarms and having backup power, if possible.

Arroyo said her office won an award for its Community Emergency Response Guide in early 2020. "We encourage you to download it and also share it on social media," she told the meeting attendees. "We'll come talk to community groups, and you can also email me with questions, and I'll be happy to answer them." She's at courtney.arroyo@fairfaxcounty.gov.

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 through 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.fairfaxcounty.gov/elections.

ELECTION DAY: 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.

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Fairfax Approves Collective Bargaining Ordinance

Forty-four years in the waiting.

BY MERCIA HOBSON
THE CONNECTION

Many people employed by Fairfax County gained new rights the evening of Oct. 20. The Fairfax County Board of Supervisors passed a collective bargaining ordinance on a 9-1 vote. The action does not include Fairfax County Public Schools. Supervisor Pat Herry (R-Springfield) voted against the ordinance.

“Our county employees are hardworking individuals,” said Chairman Jeffrey C. McKay (D), Fairfax County Board of Supervisors. “They are why our county services are outstanding, why people want to live here, and why our economy is thriving.”

Referencing the Board’s pending decision Tuesday evening on the Ordinance to Amend Chapter 3 of the Code of the County of Fairfax, Virginia, County Employees, by Adding Article 10, Collective Bargaining, Sections 3-10-1 through 3-10-18, McKay said he knew that some people had been concerned about unions involvement in the process. All of the unions were involved, McKay said. “Twenty groups...had an opportunity every minute of every day to contact any one of us and talk about the issue.”

McKay said that the ordinance before them was “a compromise” that would help the County retain, attract and recruit the best employees. Concerns raised about keeping management rights were unfounded. “Frankly, most of the things that are in here are things we would do anyway; that this Board has done anyway ... So the idea that the sky is falling, and the world is changing, and the County will never be the same; it’s nonsense.”

McKay urged individuals to read “the actual words” [in the document]. “We’re merely putting them in writing and having a contract with our employees so that they know what the fair rules of engagement are and how they can make sure that they continue to work for one of the best employers in the region.”

McKay stressed this was “a collective bargaining ordinance,” not a “collective bargaining agreement.” Many things still need to be worked out. Approving the ordinance allows Fairfax County to go to the next step and work on establishing the agreement, something county employees had been asking for a very long time, McKay said. The General Assembly enabled this action in 2020.

“I am happy with this compromise,” McKay said. I think it puts our employees in a good place, but I think it also allows the county board to have authority over so many of the things ... others elected us to do in running the county government.”

Vice Chairman Penelope A. Gross asked the Board if they had any additional questions about the drafted ordinance before the vote, given there were “a number of red lines in here that indicate what the changes were.” She said some things got removed, others added, and “it certainly was not for lack of lots and lots of discussion” in the work and

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Supervisor **Rodney L. Lusk (D-Lee)** “We have to trust the people ... at the front lines, and we have to also show our commitment to them in our faith in them. I think this ordinance does that ... [Binding arbitration] ... that’s a pretty important positive part about this ordinance. It’s an important way for us to ensure that the parties actually reach an agreement.”



Supervisor **Dalia A. Palchik (D-Providence)** “This ... a continuation of the One Fairfax policy to support all, especially the most vulnerable employees or staff and residents in our County ... This is not a radical change or shift. It’s codifying much of what we do today... This is an incredible moment and a very historic one for our County.”



Supervisor **Kathy L. Smith (D-Sully)** “I’m happy to vote for this ordinance. It’s the beginning of the journey ... I think it’s really important as we move forward that we are sure that our employees have the information; they know where things are in the process.”



Supervisor **James R. Walkinshaw (D-Braddock)** “This collective bargaining ordinance is an opportunity for us to ensure that [residents] continue to get that high-quality service, and we explore every opportunity to make it even better. When they have a health emergency, they have the best trained, best-equipped fire and EMS first responders to help them. That when there’s a public safety issue in their neighborhoods, that they have the best trained and best equipped public safety professionals and police officers responding to that. When they have a mental health crisis or substance abuse issue, that they have the best trained, best equipped, highly professional counselors.”

employee groups. “I am satisfied that we have done as good a job as we possibly could do, especially for this first time out.”

Herry said that issues with collective bargaining agreements transcend public entities, whether the police, fire department, or general county employees. “I think it will be bad for Fairfax County residents and employees.”

Herry said in his private and public sector work as a chief finance officer, they “live and die off recruiting and retention.”

“We are in a period of the ‘Great Resignation,’” Herry said. “This ... is going to hurt

Chairman, At-Large - **Jeffrey C. McKay (D)** Fairfax County Board of Supervisors. “This is a historic day in the County ... We’re going to have conversations with our employees to improve the County. And it’s a day that our County employees should rest assured that board members don’t have to say they support county employees. They can actually show it.”



Supervisor **John W. Foust (D-Dranesville)** “In my opinion, having been a member, having benefited from collective bargaining, and knowing what it’s like inside a steel mill. Watching my dad, a member of a union, the dignity that comes with knowing that you have a collective bargaining agreement in place. You’re not subject to arbitrary and capricious conduct. I’m not suggesting that happens here, but there’s no reason not to ensure that it doesn’t happen.”



Supervisor **Daniel G. Storck (D-Mount Vernon)** “This new day is, I think, an opportunity. It’s not without challenges; absolutely not. I have some concerns about what this means, but I also recognize that we put on the table all the possibilities.”

Supervisor **Pat Herry (R-Springfield)** “I’m going to remind you when this goes to arbitration and costs our residents dearly. I’m going to remind you when we have issues with bad employees. Trust me, I’m going to remind you. I’m not going to be supporting this.”



Supervisor **Walter L. Alcorn (D-Hunter Mill)** “I was asked recently what’s in this for Hunter Mill constituents that are not county employees ... What this does is it creates a process for collaborating with our county employees to make service delivery better, improve working conditions, and help ensure we recruit and retain the best local government workforce ... I think there is a public value moving forward with that.”



Vice Chairman **Penelope A. Gross (D-Mason)** “Our employees can bring to us their concerns about how they are, what’s going on, and also their solutions ... Now we’re going to be able to do that in a formal agreement.”



maintenance workers, engineers, and more who pushed for meaningful collective bargaining.

“Tonight’s extraordinary victory is the direct result of working people joining together in our union and pushing for transformative change. This ordinance protects workers, strengthens public services, and benefits every single member of the Fairfax community. Our union is thrilled and looks forward to working in collaboration with the County to make Fairfax an even better place to live, work, and play,” said Wondong.

Only as of May 1, 2021, when the Virginia General Assembly granted local government employers the right to decide their course of action regarding collective bargaining could Virginia cities, towns, counties and school boards including Fairfax County pass such an ordinance or resolution. After a forty-four-year ban, Virginia’s collective bargaining law allows for recognizing unions or employee associations as the exclusive bargaining representatives for specific segments of their workforces.

2021 Walk to End Alzheimer's

Taking steps toward a cure and the first survivor.

By Mercia Hobson
THE CONNECTION

Alzheimer's disease wreaks havoc on families, financial stability, and futures. It is not just memory loss; Alzheimer's kills. The disease shows no signs of slowing down. More than 6 million people live with Alzheimer's today. By 2050, the Alzheimer's Association predicts the number to rise to nearly 13 million, unless a medical breakthrough leads to curing, preventing or slowing the disease.

Just as the disease is not slowing down, neither have the estimated 738 walkers who gathered for the 2021 Walk to End Alzheimer's in Reston on Sunday, Oct. 24. "Like flowers, we don't stop when something's in our way. We keep pushing for a breakthrough in the fight to #ENDALZ," tweeted the Alzheimer's Association National Capital Area @ALZNCA.

Numerous marchers carried a single flower, a Promise Garden of yellow, orange, blue, and purple. Some carried multiples. The flower colors served as virtual monuments to the marchers' personal experiences with the disease. According to Katie Roper of Alexandria, president of the Alzheimer's Association National Capital Area Chapter, a blue flower represents someone living with Alzheimer's or another dementia; a purple flower represents someone who lost a loved one to the disease; a yellow flower represents someone currently supporting or caring for someone living with Alzheimer's, and an orange flower represents a participant who supported the cause and the Association's vision of a world free of Alzheimer's and other dementia.

In 2018, the Alzheimer's Association intro-



Nina Frymorer: "My mom passed in April, and an aunt."



"Alzheimer's is something that affects a member of my family."



From left, John Griffin of Herndon, Chris Griffin of Reston, Diane Griffin Goldberg of McLean, Ron Goldberg, and Don Owens of Reston. "It has touched our family like it will 50 percent of all families. It is a societal thing, [impacting] resources and family."

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



The Cheifetz family of Centreville, from left, Craig, Jason, Tracy holding ABI, and Joel. "We've raised \$1,500. I've seen the impact on my family's lives. My mom is in New York, a half-mile from her son, in a memory care unit."



Ruth Caldwell of Fundraising Team Elder Tree Care Management Services in Herndon. "We believe in supporting Alzheimer's [Association] for all the good work it is doing."



Zoie Barcase of Reston and family. "I'm here because my grandmother died of Alzheimer's, and I work at a community that has a memory care neighbor and am part of a Team Tribute."



The Richardson and Lee families of Herndon, Bristol, and Gainesville. "Our Gramma, Loretta Reed, battled the disease and died in June. We walk in her honor and to raise funds." The Daydreamers' Team raised \$1,200

duced a single white flower symbolizing the first survivor, and hope. A single white blossom rested on the announcer's podium at the Reston Pavilion.

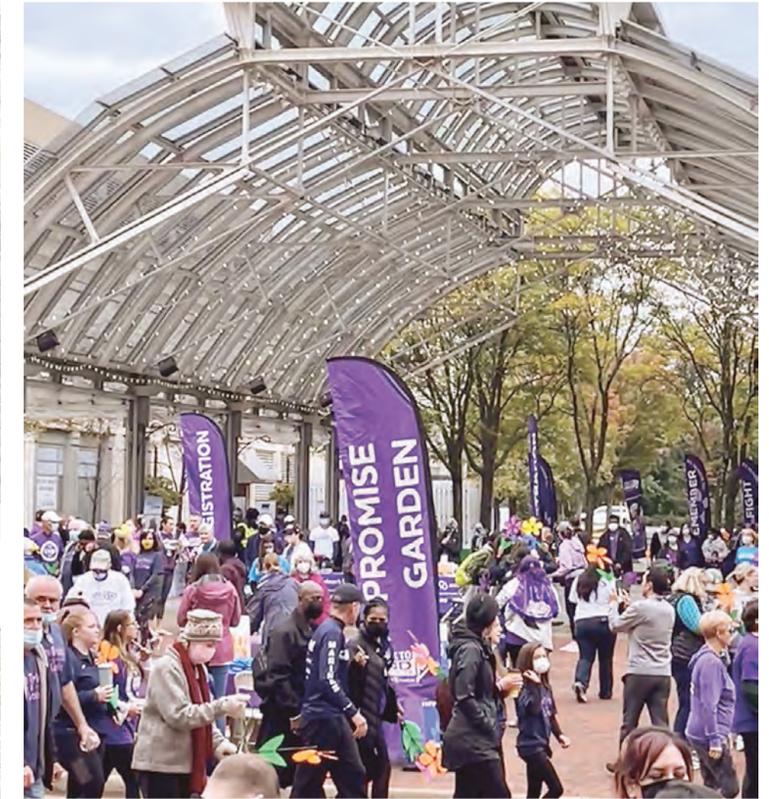
Cindy Schelhorn, senior director of communications and marketing for the Alzheimer's Association National Capital Area Chapter, said the Reston walk's goal was to raise \$220,000 toward Alzheimer's disease research, and to offer care and support for all those affected. Schelhorn said they would accomplish the goal. "We are very confident," she said. The top fundraiser was Nicole Erdelyi, at \$3,795, followed by Meridith Hannan, who raised \$3,780.

Roper explained that walkers come to show their support for the community and raise awareness about Alzheimer's disease and all other forms of dementia. They are "here to support those who are newly diagnosed, and for those who are dealing with this devastating disease. ...

"We're here as a resource; we're here to help support the community, and we're here to raise funds so that we can put more money towards research and caring support."

Dan Cronin is the Alzheimer's local chapter's manager of programs and services. He is responsible for the educational programs locally. "We transitioned to the virtual world. We have been delivering our educational programs via ZOOM. We have everything from a 101 to Understanding Alzheimer's and Dementia. We have the 10 Warning Signs. And we have Healthy Living for the Brain and Body. It talks about how the four pillars of good health can be applied to our everyday lives to help us age well," Cronin said.

Nicole Erdelyi, top fundraiser of the Reston event, is a member of Lizzie's team. Erdelyi said that approximately 6 million people in the United States, including 150,000 in Virginia, live with Alzheimer's disease, while over 11 million individuals in the U.S. serve



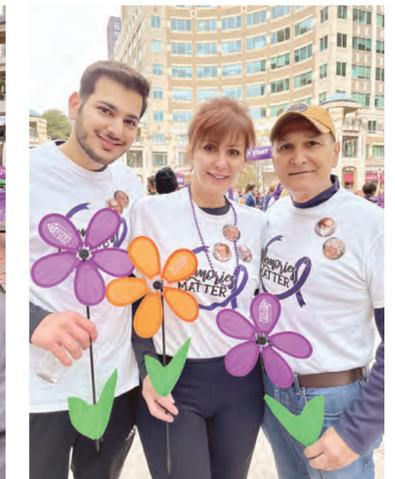
More than 700 walkers participate in the 2021 Walk to End Alzheimer's- Reston. Behind them, the Promise Garden bloomed with their handheld flowers, each color coded to symbolize the impact Alzheimer's had on them and those they love.



From left, Emily Harris of Oakton, her daughter Aurora, 3, and Katie Roper of Alexandria, president of the Alzheimer's Association National Capital Area Chapter at the 2021 Walk to End Alzheimer's in Reston. Emily Harris: "I support the Alzheimer's Walk because I believe it is a curable disease that impacts so many families. It is heart-breaking. I have a friend with it."

as unpaid caregivers. As the disease's incidence increases, the cost of care continues to increase, already more than \$300 billion annually.

"Alzheimer's is destroying our families, our finances, and our future, and it's time to end it," Erdelyi said. "The money we raise helps



From left, Kyle, Mina, and John Khaziram. Their t-shirts read, "Memories Matter." Alzheimer's steals memories and lives, and breaks hearts,

the Alzheimer's Association lead the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction, early detection and maximizing quality care and support."

Erdelyi's grandmother, Agatha Rappa, died in August 2021 after being diagnosed with Alzheimer's disease in 2010.

"My grief has come in stages as she progressed: not remembering me, not speaking, not smiling, and lastly, not eating or drinking. I walk because I have hope for a cure, and I'll continue to walk until there is a cure."

Thank You for Being a Friend

Women find comradery, support and fun through weekly art group.

BY MARILYN CAMPBELL
THE CONNECTION

First they start with coffee, conversation and perhaps a slice of cake. Then they unzip their canvas tote bags which hold paint brushes, acrylic paint in a rainbow of colors, Mod Podge, a canvas and maybe dried flowers and a few scraps of wrapping paper. The group of six women, who have been friends for more than 50 years, meet every Friday morning at 11:30 to explore their interest in art, maintain their friendship and satisfy their need for relaxation.

“We talk about everything from our grandchildren to what’s going on in the world,” said Chrystal Pierce, a retired art teacher who lives in Fairfax, who organized the group. “We each work on what inspires us on a particular day. It’s different for each of the women. Some paint or make decoupage art on canvas, some sketch or some just doodle. The art is secondary, the main idea is spending time together and having something to look forward to every week.”

The women, who are in their early 70s have been close friends since high school and have supported each other through life changes that range from the death of a spouse to the birth of a grandchild. None are aspiring artists, but they use art as a way of maintaining their bond. They take turns hosting their weekly art and social sessions and they believe that their healthy friendships will sustain them as they age.

“I know that friend groups like ours can keep you happy and that contributes to your overall wellbeing,” said Liz Best, a retired high school guidance counselor who now lives in Potomac. “Coronavirus was a tough time for us when we couldn’t get together. We used Zoom, but it was only slightly better than nothing.”

As a single mother of five, Dickerson got support from her friends while she was raising her children in Alexandria. “I had one son who used to give me so much trouble,” she said. “He would throw these parties and mess up my house when I wasn’t there. I can’t tell you how many times he was suspended from school for one thing or another. I would call these friends and they would tell me that it was all going to be okay.”

“Art is secondary, the main idea is spending time together and having something to look forward to every week.”

— Chrystal Pierce, Fairfax



PHOTO COURTESY OF CHRYSTAL PIERCE

(from left) Gloria Black, Chrystal Pierce and Alice Dickerson have been close friends since high school. They gather every week for art and conversation.

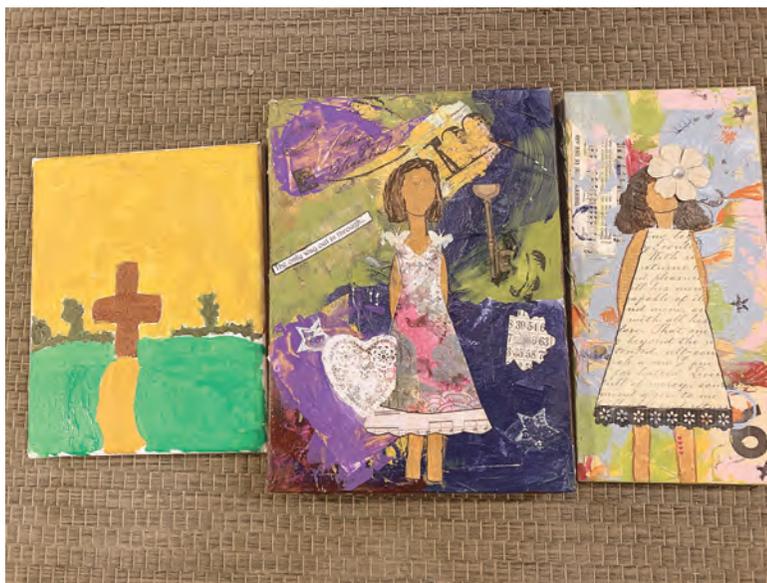


PHOTO COURTESY OF CHRYSTAL PIERCE

Creating art is one of the ways that Chrystal Pierce and her friends stay connected.

When Gloria Black was diagnosed with breast cancer the women took turns going with her for her chemo treatments. “I don’t think I could’ve done it without them,” she said. “Liz even knitted a cap for me when I lost all of my hair. They made meals and brought them to my house so that I didn’t have to cook for my family. When I think about what these women mean to me, I get tears in my eyes.”

Pierce says that while she sometimes gives advice and offers ideas to the other women, most of their time together is relaxed. “Nobody judges or comments on anyone else’s work,” she said. “There have been times when one or the other of us has wanted to create something to hang at our house, but most of the time we just want to relax and enjoy each other’s company.”

\$5K Grant for Food for Neighbors

Earlier this month, Jeff Block, manager of Sprouts Farmers Market in Herndon, presented Food For Neighbors with a \$5,000 Neighborhood Grant from the Sprouts Healthy Communities Foundation. The healthy grocer’s annual grant program supports nonprofits working to advance nutrition education and fresh food access.

Karen Joseph, Co-founder and Executive Director of Food For Neighbors, accepted the donation. With the help of Food For Neighbors Area Manager, Liz Campbell, she also recognized the Sprouts partnership with a plaque and invited Block and his staff to participate in the Nov. 6 Red Bag Program food collection event.

“We are thrilled to have the continued support from Sprouts,” shared Joseph. “Sprouts’ steadfast generosity has enabled Food For Neighbors to continue making a direct, positive impact on area students. It also has allowed programming to expand to support more schools and their students.”

Now in its fifth year of serving Northern Virginia, Food For Neighbors has grown from helping students at Herndon Middle School and Herndon High School to supporting students in 24 schools in Fairfax County and Loudoun County. The nonprofit will use the awarded funding to support its premier Red Bag Program, which impacts approximately 1,400 students weekly. This program mobilizes individuals to shop for nonperishable items at their convenience and to set them on their doorsteps for collection five times per year. Volunteers organized by neighborhoods then collect the food and bring it to central locations, where it is sorted and then delivered to participating schools.

At the schools, volunteers package the food, and social workers, counselors, and/or parent liaisons distribute the packages to students on a weekly basis. While the first food event collected over 550 pounds of food from 60 Herndon area households, Food For Neighbors now has over 1,500 neighbors registered to donate food and over 1,000 volunteers signed up to help collect, sort, and deliver it.

As of September, 2021, the most recent Red Bag Program food collection event, Food For Neighbors has provided over 207,000 pounds of food to Northern Virginia students.

In response to great need,

Food For Neighbors also has established additional programs, which work together to battle food insecurity. In addition to the Red Bag Program, the nonprofit has a Pantry Program that provides shelving and other related food storage and distribution support items for school pantries, and it has a Holiday Meals Program that gives extra help in the form of food gift boxes and/or grocery store gift cards distributed near the Thanksgiving holiday. Food For Neighbors also has a Grocery Gift Card Program that, in addition to enabling school staff to reach vulnerable students in an easy, COVID-safe manner, allows students and their families to shop for their most-needed food, including ethnic foods as well as fresh fruits and vegetables. A new Toiletry Program will complement existing programs by giving students access to important personal care and hygiene items.

Food For Neighbors has provided over 207,000 pounds of food to Northern Virginia students.

By distributing food through schools, Food For Neighbors provides easy access to a reliable, nutritious food source. Removing the obstacle of hunger adds immensely to the quality of life of students, who then have the opportunity to focus on their education and relationships. With less pressure to work long hours to provide for themselves and/or their families, students can remain in school. While there, they are also better able to stay focused, as hunger is not interfering with higher thinking. Food For Neighbors empowers children to live healthy lives, where they may thrive and succeed in school. Longer term, being better students helps them become successful members of the community, which lifts up everyone.

Food For Neighbors welcomes donations of food, volunteer support, and financial contributions to continue its important mission of ending child hunger by raising awareness and community involvement. There are many ways for businesses, service organizations, foundations, and individuals to become involved. To learn more, please visit <https://www.foodforneighbors.org/>

Arrest in Alleged Chantilly High Assault

Fairfax County police have arrested a Fairfax man following an alleged sexual assault inside Chantilly High. He is Galata Bekele Bengessa, 22. Police responded to the school, Sept. 27, after the victim's mother contacted them to report her daughter had been assaulted, two hours earlier, at 8 a.m.

According to police, a man wearing a mask entered the school with other students, early that morning. "He approached the female victim, who believed he was another student," police say. "The man initiated a conversation and then unlawfully touched the victim. She was able to get away as other students approached. She contacted her mother and returned home prior to alerting school officials."

Upon hearing from the mother, officers searched the area surrounding the school and found Bekele Bengessa on foot near Route 50 and the Fairfax County Parkway. Police say he was "positively identified as the offender" and was then taken into custody. During his arrest, Bekele



Bekele Bengessa

Bengessa reportedly made statements to the officers that led him to be taken to a nearby hospital for treatment.

Last Wednesday, Oct. 13, Bekele Bengessa was officially arrested and taken to the Adult Detention Center. Police charged him with abduction by force, sexual battery and trespassing on school property. Further Investigation led officers to two, additional alleged victims, who reported similar incidents involving the suspect that occurred away from school property.

Police would like to hear from anyone who has information about this crime and anyone who may have had unlawful contact with Bekele Bengessa. Tipsters are asked to call the Major Crimes Bureau at 703-246-7800, option 3. Tips may also be submitted anonymously to Crime Solvers by calling 1-866-411-TIPS (866-411-8477), texting "FCCS" plus the tip to 847411, and at <http://www.fairfaxcrimesolvers.org/>.

— BONNIE HOBBS



Police Release Sketches of Rape Suspects

Detectives from Fairfax County's Major Crimes Bureau Sex Crimes Squad are seeking the public's help in identifying two men who sexually assaulted a woman on Thursday, Oct. 7, in the 14000 block of Saint Germain Drive in Centreville.

Officers responded there around 7:40 a.m. after a report of an unconscious person. They found the victim who'd reported the sexual assault which occurred overnight. She was taken to a nearby hospital for treatment of non-life-threatening injuries.

According to police, a man approached her and pulled her into a nearby wooded area, where he and another man sexually assaulted her. The first suspect is described as a His-

panic man, 30-40 years old; about 5 feet, 8 inches; with an average build and dark hair. The second suspect, also a Hispanic man, is 60-70 years old; approximately 5 feet, 8 inches; with a stocky build and partially gray hair. Working with the Loudoun County Sheriff's Office, composite sketches were created of both men.

If anyone recognizes either man or has information about this case, they're asked to contact the Major Crimes Bureau at 703-246-7800, option 3. Tips may also be submitted anonymously through Crime Solvers at <http://www.fairfaxcrimesolvers.org> or by calling 1-866-411-TIPS (8477).

— BONNIE HOBBS

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PHOTO COURTESY OF RESTON ASSOCIATION

Eight of the 40 volunteers who came out to assist, entertain, and marshal the route of the inaugural Friends of Reston Fall 5K on Sunday.



PHOTO COURTESY OF RESTON ASSOCIATION

The crisp fall morning was ideal for runners and walkers enjoying RA trails in Sunday's inaugural Friends of Reston Fall 5K.

Friends of Reston First Fall 5K

The inaugural Friends of Reston Fall 5K brought out 200 runners and walkers of all ages – some in strollers, some over 80 – on a beautiful fall morning, Oct. 17, at Browns Chapel Park. “We are fortunate to have the advantage of our wonderful Reston Association trails for this new, fun, community event that will help us fund scholarships for RA youth programs,” said Carol Nahorniak, president of Friends of Reston. “Everyone involved is so grateful for the outstanding support from RA staff, great sponsors, enthusiastic participants, and 40 amazing volunteers that helped at the event and made our new Friends of Reston Fall 5K a big success.”

Proceeds from the Friends of Reston Fall 5K will fund youth scholarships and enrichment in Reston Association programs. Friends of Reston (FOR) is the 501(c)(3) non-profit organization that supports Reston Association with funds for educational, scientific and charitable projects. Friends of Reston is grateful for the generous support of CACI International as Gold Sponsor, CDW-G as Silver Sponsor, Marnie Schaar-Compass Real Estate as Bronze Sponsor, and for Reston Association's support in organizing the first Friends of Reston Fall 5K.

For information about sponsorships and prize donations, email Friends of Reston Executive Director, Kia Cole-Hines, kia@reston.org or call 703-435-7980.



PHOTO BY CAROL NAHORNIK

Along with many awards given to the fastest finishers at the inaugural Friends of Reston 5K, part of the team that organized the event – Kia Cole-Hines and Jimmy Norcross of Friends of Reston, and Laura Kowalski of Reston Association.

FOR's flagship achievement is the \$1.5M capital campaign for the design and construction of Nature House, the LEED

Gold certified, environmental education building at the Walker Nature Center that opened in 2009.



PHOTO BY CAROL NAHORNIK

At the finish line, Earl the Squirrel greeted runners Alycia Serikstad, Jimmy Norcross, and Jake Nahorniak at Sunday's inaugural Friends of Reston 5K.



PHOTO BY CAROL NAHORNIK

Laura Kowalski with award winners – daughter Hayley, dad Mike Scheurer, and mom Dana Scheurer – at Sunday's inaugural Friends of Reston 5K.

Cornerstones Combats Hunger

Federal funds support hot, nutritious meals and snacks at child care center and emergency shelter.

BY MERCIA HOBSON
THE CONNECTION

The federal Child and Adult Care Food Program (CACFP) is assisting Cornerstones in Reston in providing free meals to students and clients enrolled in two of the organization's community centers. For more than two decades, Cornerstones' Laurel Learning Center, 1484 Washington Plaza West, and Embry Rucker Community Shelter, 11975 Bowman Towne Drive, have ensured that children enrolled in the center and guests staying at the shelter receive hot, nutritious meals and snacks, said Margaret Anne Lara at Cornerstones.

Nonetheless, the ongoing pandemic demonstrates the frailty of the United States' health, economic, and social structures and those in Reston and Herndon. Cornerstones contributes to the wellness, healthy growth, and development of young children enrolled in Laurel Learning Center and families living in Embry Rucker shelter as designated

Child and Adult Care Food federal program centers.

"Job loss for parents, rising food costs for all families, and the growing need for quality, affordable childhood education and youth enrichment programs are ... having a profound impact on an entire generation of vulnerable children and their parents in Northern Virginia," Lara said.

The pandemic is far from over, and the future remains uncertain for those who experienced insufficient food. The 92 children enrolled in full-day childcare at Laurel Learning Center receive a hot meal and two snacks daily. Cornerstones participates in the federal program to improve the quality of meals served and to provide more nutritious options.

CACFP is administered by the United States Department of Agriculture's Food and Nutrition Service. "Many parents ... depend on our supplemental lunches and snacks, including formula for infants, to help with tight food budgets," Lara said.

Laurel Learning Center's director is Court-

ney Park-Jamborsky. Infants are included in the federal Child and Adult Care Food Program, Park Jamborsky said, because it comes down to civil rights. "You have to provide for everybody. So, if infants are using formula, meaning not breastfed, we offer formula."

Park-Jamborsky said access to nutritious meals and snacks also enables children to experiment with new foods and gain knowledge about nutrition. She said that Laurel Learning Center contracts with an Arlington-based company for lunches and for snacks the center adheres to the USDA's snack guidelines, making them nutrient-dense and enjoyable. "The kids love hummus and pita bread. They love chips and salsa ... We used to serve juices but felt it was too sugary. So, we started doing cucumbers and water and lemon and water," she said.

Every day, individuals experiencing homelessness who reside at Cornerstones' 70-bed Embry Rucker Community Shelter located at 11975 Bowman Towne Drive in Reston receive three hot meals and a snack, as well as individuals who are homeless and drop-in.

Without the federal Child and Adult Care Food Program, they would have to fundraise, and the funds would be designated. "Normally, that's an additional \$50K that we would have to account for, and that's just for Laurel," Lara said. "Remember, Embry Rucker is doing the same thing as well... But they



PHOTO BY MERCIA HOBSON/
CONNECTION NEWSPAPERS

Lunch at Laurel Learning center is supported by sponsorship of the federal Child and Adult Care Food Program (CACFP).

are serving three meals a day plus a snack... Without this program, well over \$100,000 would have to be dedicated," Lara added.

Herndon Police Department Promotes 20

MERCIA HOBSON
THE CONNECTION

The Herndon Police Department held a promotion ceremony on Thursday, Oct. 21, for 18 of its officers and three civilians. The agency also welcomed K-9 Bragg, a member of the force since March 2021.

"Our HPD family has changed and grown so much over the past two years. Tonight was the first time since the pandemic that we were able to come together as an agency to celebrate those who have been promoted to greater levels of responsibilities within our agency," said Maggie A. DeBoard, chief of police for the Herndon Police Department.

SEE PROMOTED, PAGE 14



Captain Steven Pihonak and Captain Justin Dyer pledge the Oath of Office during the Herndon Police Department Promotion Ceremony held on Thursday, October 21, in the Council Chambers.



From left, Chief Maggie Deboard, Herndon Police Department, Lieutenant Jaysyn Carson, Lieutenant Mark Dale, Lieutenant Charles Findley, Lieutenant Jeffrey Lange, Captain Justin Dyer, and Captain Steven Pihonak

PHOTOS VIA #HERNDONPD

Promoted

Captain Justin Dyer
Captain Steven Pihonak

Lieutenant Jeffrey Lange
Lieutenant Charles Findley
Lieutenant Jaysyn Carson
Lieutenant Mark Dale

Sergeant Joe Furman
Sergeant Damien Austin
Sergeant David Forbach
Sergeant Mark Fraser
Sergeant Jonathan Sorg

Corporal Eliezer Calo Espinet
Corporal Derek Harrison
Corporal Johnathan Heavner
Corporal Steven Mather
Corporal Gabriel Miranda
Corporal Stephen Phelps
Corporal Drew Stanley

Assistant Communications Manager
Sandra Harman
Assistant Records Supervisor Tiffany
Payne
Police Network Engineer Giancarlo Corsi

Welcome
K-9 Bragg



The Herndon Police Honor Guard presents the colors at the promotion ceremony.

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NEWS

Panel

FROM PAGE 4

THE PANEL MADE 11 major recommendations, including the need for an executive director, an increase in its outreach efforts to the community and to the police,

“Racial bias and racial profiling complaints still present a challenge to the FCPD and the panel. It’s obvious why these cases present a challenge. These cases are hard,” he said. “Let me step back a moment. These cases could be easy but they often aren’t. They often don’t involve something that is outward or very clear and we need to find ways to investigate allegations of racial bias and systematize such investigations.”

For more on the panel, see <https://www.fairfaxcounty.gov/policecivilianreviewpanel/>

Promoted

FROM PAGE 13

Families, supervisors, and colleagues celebrated the major career milestones of the promoted law enforcement officers — two to the rank of captain, four to lieutenant, five to sergeant, and seven to corporal.

“Equally important was having many of their families and loved ones there to be a part of it,” said Chief DeBoard. “It is the families behind these law enforcement officers that provide the support and stability needed for our officers to serve. We love our HPD families for sharing their loved ones with us and our community.”

“One of the promotions was Sergeant Damien Austin,” Mayor Sheila Olem said, “an officer who was also a football coach to my youngest son twenty years ago. As a widow with two sons, I have always been thankful to the officers who are also part of our community fabric. It really does take a village to raise a child,” she said.

BULLETIN BOARD

FROM PAGE 5

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/healthy-mindsfairfax or www.nami-north-ernvirginia.org/parent-peer-support.html.

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 Zoo-fari, 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 unforgettably spectacular night of lights. The festival includes African, Asian, Arid, and Ancient-themed exhibits of spectacularly lit art displays set up in the zoo's walk-through area. Visit the website: www.roerszoofari.com.

NOW THRU NOV. 7

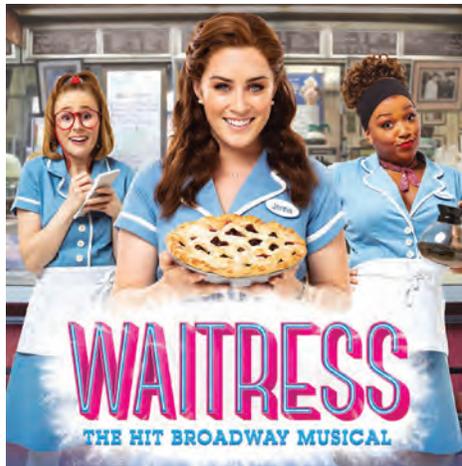
The Turn of the Screw. At NextStop Theatre, 269 Sunset Park Drive, Herndon. Adapted by Jeffrey Hatcher from the story by Henry James, this classic ghost story depicts the trials of a young governess, haunted by ghosts while caring for two orphaned children on a remote estate in the English countryside.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

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. www.CONNECTIONNEWSPAPERS.COM



"Waitress" will be held Oct. 29-31, 2021 at Capital One Hall in Tysons Corner.

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.

THURSDAY/OCT. 28

The Lantern Tour. Featuring Emmylou Harris, Steve Earle, Larry Campbell & Teresa Williams, Amy Helm, and Gaby Moreno. 8 p.m. At Capital One Arena, Tysons Corner. The Lantern Tour brings together art and advocacy to stand with migrant and refugee women, children, and youth around the world. Proceeds will benefit the Women's Refugee Commission. Visit the website: capitalonehall.com.

OCT. 29 - 31

"Waitress." Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 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.

SATURDAY/OCT. 30

Making a Scarecrow. 10 a.m., 11 a.m., 1 p.m., 2 p.m., 3 p.m. At Historic Sully Site, 3650 Historic Sully Way, Chantilly. Have you always wanted your very own scarecrow friend? Visit Sully Historic Site and make your own to take home with you! Enjoy the fall season by creating your very own fall friend. Simply bring some old clothing, and we'll supply the hay for stuffing. Afterwards, pose with your new friend for a great fall photo and play some of our historical games! And don't forget to take your new fall friend home with you. Cost is \$20 per family. Advanced registration is required. Call 703-437-1794.

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.

WEDNESDAY/NOV. 3

Native American Fusion Music with D'DAT. 7 p.m. Learn more about the composition process and culture before D'DAT's performance in The Alden. D'DAT's music mixes three American art forms—jazz, native southwest and hip-hop styles—to create a sound that is uniquely theirs.

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.

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"No, Thank You"



By KENNETH B. LOURIE

Really? I'm being polite to an artificially-intelligent computer now? Why, exactly? Do I risk cancelling my transaction if I'm not courteous and respectful when I sign off? This ludicrous thought crossed my eyes the other day when I was transacting some after-hours banking business through my bank's ATM. I put in my debit card, waited for the machine to click/read my details, and then proceeded to conduct my business. Though I was shown multiple/options/buttons to press to advise the computer what I needed to do, I was only making a deposit. "Yes," I was asked, the amount entered is correct. "Yes," I'm selecting my checking account. "Yes," I'd like a receipt with the check image. "Yes," I'd like a paper receipt, not one texted to my cell phone or emailed to the email address on file. Finally, after confirming all these details and completing my transaction, I was asked - via the computer screen, if I wanted another transaction. It's at this exact nearly-final moment at the ATM when I got the inspiration for this column.

If indeed I was finished with my ATM banking business, I needed to sign off (thereby freeing up the machine for the next person). However, signing off was not simply a "yes" or "no" answer. There was of course a box for me to press to end this process. The words in these boxes were my answer as provided by the computer. The box said: "No, Thank You." That's when it hit me. By pressing this box - and tacitly agreeing to its sentiment, I was being forced - indirectly, into being polite to an inanimate object, whether that object was being artificially intelligent or perhaps simply programmed to be insufferably presumptuous. Either way, I felt my humanity compromised as if I had just made the ultimate sacrifice: my independence. I wasn't a man anymore. I was a machine.

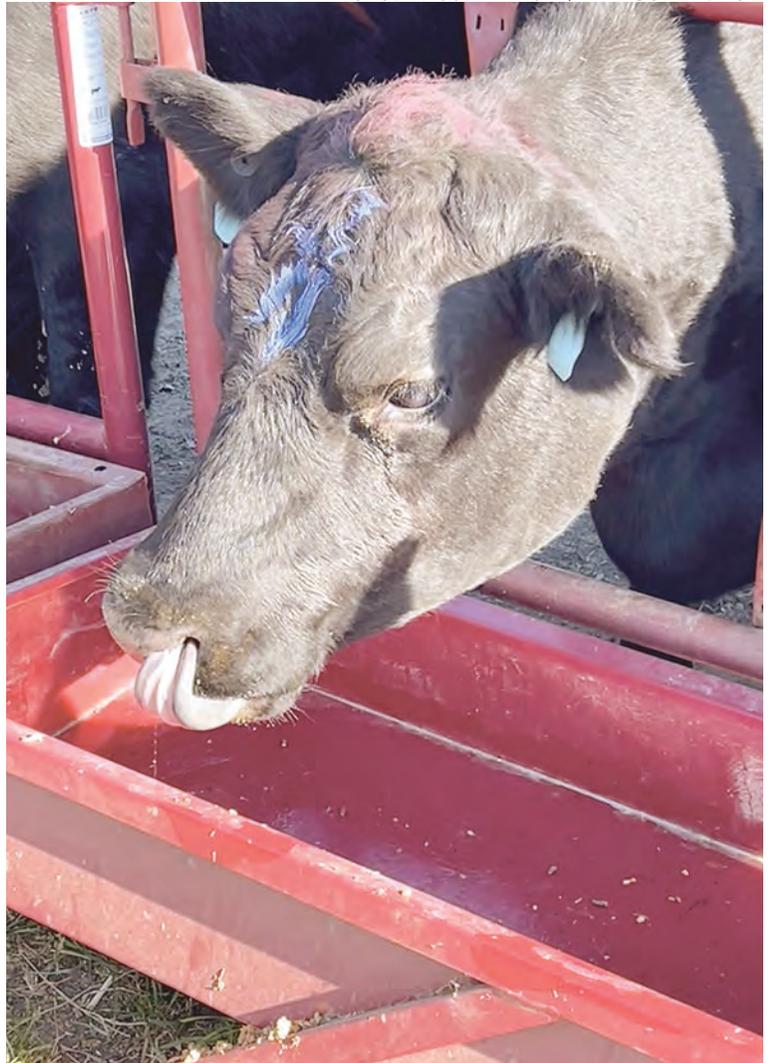
Do you mean to say that there's honor-among-thieves-type of courtesy between computer users and the computers themselves? Am I supposed to treat my fellow computer like my fellow man? Like it has feelings? And if I somehow fail to interact with my computer in the proper form/tono/inflexion/manner, could I suffer negative consequences for my oversight? What are we talking about here? The movies? The future? Real life? I just wanted to make a deposit through my bank's ATM. I didn't want to start a relationship and I certainly didn't expect to inadvertently incur the wrath of some computer network last night that might now target me as some kind of virus (I've had all my vaccinations, even my booster). In fact, I'm simply a depositor. I'm not a threat. And I definitely don't want to have to pass muster with a computer chip. Can I speak to someone real, PLEASE? Of course not. It's after hours. I guess I'll have to come back tomorrow. But as it turned out "tomorrow" is a Saturday and the branch is no longer open on Saturdays. If I have any further business to conduct, it will have to be through the ATM. Great. Can you say vicious cycle?

But if I am to believe the computer programmers, the computers are incapable of being vicious. They're simply calculating, without being calculating. They're not being "Hal" from "2001: Space Odyssey." There's no ulterior motivation. They're not making my life miserable because they can. They're tools, like a doorknob, except they're excellent with numbers. They are simply following instructions/programs, very detailed ones for sure, but nothing more. I don't have to worry about them - aside from their computations, do I? And if I don't have to worry about them then why do I have to be nice to them, considerate to them as if they had feelings? I'm the one with feelings. You should be more concerned with being nice to me, not me being nice to computers. It used to be said that "Talk is cheap;" now it's computer code that's cheap. Obviously, in today's world, computers are essential, but never more than the customers. We may not always be right but our opinions always matter.

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



Marybelle's "stretched neck" strategy was not effective against Evee's compact, low-set and solid Angus body block; it was Evee (front) who led the herd and captured the grain.



2021 NASCOW race winner, Evee, demonstrates her winnings are good to the last morsel and long lick

Hoofing It for Donations

Angus Evee moooves fastest for NASCOW's Golden Grain.

BY SUSAN LAUME
THE CONNECTION

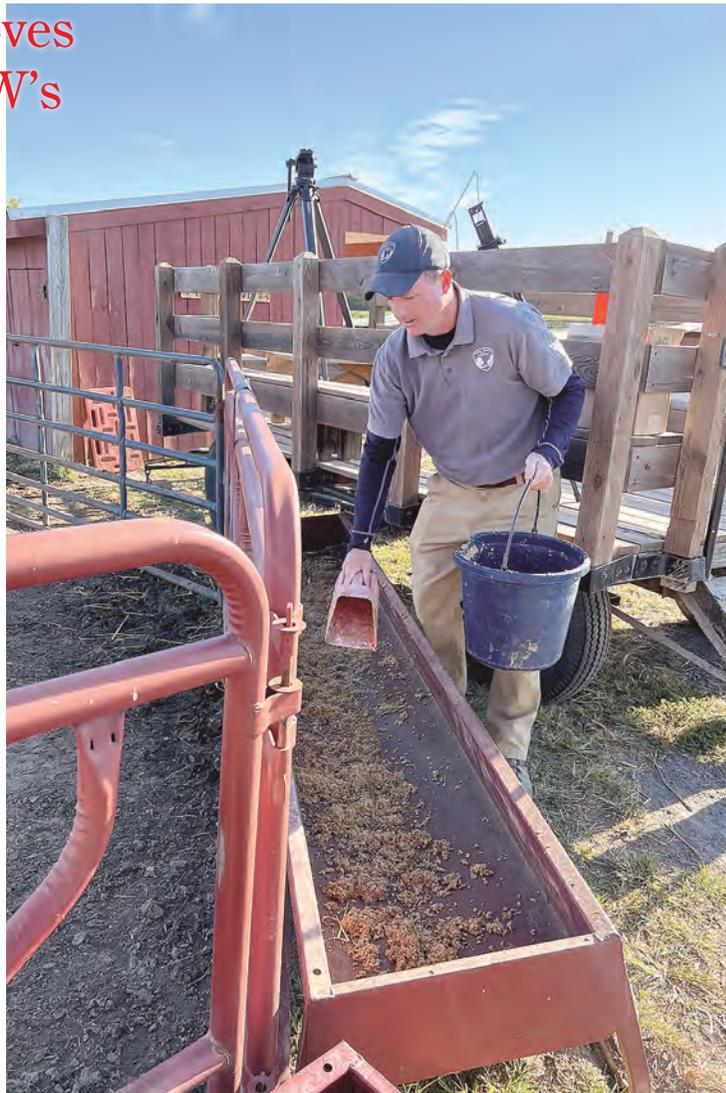
Race day's dawn at Frying Pan Park broke sunny on Friday, with a bit of wind, as the thoughts of nine resident cows steered toward hoofing it for the special sweet grain, and for the title of winner of this year's NASCAR fundraising event. The ladies, some Angus, Hereford, Jersey, and Guernsey cows of various ages, were udderly eager to help fund racing for the care of all the animals at the working farm.

The winner earned first dibs on a prize spot at the feed trough, though all participants were milking the opportunity to share in the winnings: a special blend of spent brewer's grain.

As they approached the finish line, the experience of last year's winner Marybelle, was clear as she set a fast pace moving around the starting fence and passing early leaders. But in the end, Evee's compact, low-set beefy Angus body put her in position for the win as she blocked Marybelle and the other racers nearing the finish line.

Supervisor Walter Alcorn officiating the race start, his first NASCOW event, remained neutral in keeping with his official role.

Other fans selected individual cows to sponsor with donations, which at race time, had reached over \$13,000. As Alcorn said, "This park is a jewel for families in this part of Fairfax County, as



Farm operations manager, Paul Nicholson prepares the race prize of sweet, yeasty brewer's grain, its aroma enticing cows to cross the field finish line at maximum cow possying speed

it continues to achieve [farming] which used to be dominant in this county not too long ago."

The park is still accepting operating donations at the park and at www.friendsoffryingpan.org.



Fairfax County supervisor Walter Alcorn, whose flag opened the starting gate, shares words of consolation with last year's winner, Marybelle