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Reston CONNECTION



'Runway to the Cure' Held at Reston Town Center

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Senior
Living
Fall 2018

Reston
CONNECTION

Lucy Williams, breast cancer survivor enters the Reston Town Center Pavilion to watch the "Second Annual Runway for a Cure Fashion Show" but not before Ryan Gammon, 13, of Reston hands her a pink rose and Jake Price, 13, waits to hand a rose to the next survivor. "I thought this would be a good thing to do," said Price.

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Senior Living

OCTOBER 3-9, 2018

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

THEATRE

Musical Blast of Fun at CenterStage

Reston Community Players to present "Hairspray."

BY DAVID SIEGEL
THE CONNECTION

With uber-catchy songs such as "You Can't Stop the Beat," ballads like "Without Love," and soul-rich numbers like "I Know Where I've Been" punctuated with high energy dancing and fantastic characters, "Hairspray" will be coming to Reston courtesy of the Reston Community Players.

Winner of eight Tony Awards including Best Musical, "Hairspray" has an important message too. It doesn't just entertain," said Paul Tonden, Artistic Director, Reston Community Players. "It deals with things like race, body image and generational issues. It's all about being loved and accepted for who you are."

"Hairspray" is set in early 1960s Baltimore. A captivating teen, Tracy Turnblad, wants to dance on TV's most popular program; "The Corny Collins Show." Others, however, think of Tracy as a social outcast not worthy of dancing on the big TV show. And if Tracy does appear on the show, will her big dream of dancing with her heartthrob happen? Will she be able to integrate a TV network in a time when only white kids appeared?

Erich DiCenzo, "Hairspray's" Director/Choreographer said he "wanted to direct this show because of one word: relevance. It seems that our world is not

moving as fast as the ambitious, brave, and determined characters that we find in 'Hairspray.'

"It is a show that promotes acceptance and advocates for equality, without becoming preachy," explained DiCenzo.

With a cast of nearly 30, the Reston Community Players production will have "intricate choreography, live video production, and surprise scenic and costume elements to 'wow' audiences," added DiCenzo. Music direction is by Kirsten Boyd

Dana Robinson portrays Tracy Turnblad. "Tracy is absolutely a dream role. The character inspires me, as a performer, to be fearless and unapologetic onstage. It's moving, inspiring, and a great deal of fun all at the same time." "Hairspray's" soulful center is the character Motormouth Maybelle played by Bruni Herring. "Audiences can expect to be transported to the 60s where they will be reminded of the times - big hair, vibrant costumes and music that will make you want to tap your feet to the beat."

Matthew Jake Lefler portrays the character Link Larkin, Tracy's love interest. "The themes of 'Hairspray' are still very relevant today. The overarching message throughout the show of 'acceptance for who you are, not what you look like' is something that I think we should all keep in mind."

Get ready for RCP's "Hairspray;" to be both entertained and inspired.

Reston Community Players present "Hairspray" at Reston CenterStage, Reston Community Center, Hunters Woods Village Center
2310 Colts Neck Road, Reston. Performances: Oct. 19 through Nov. 10, 2018. Tickets: \$24-\$28. Call 703-476-4500 or visit www.restonplayers.com



Dana Robinson (as Tracy Turnblad) and Matthew Jake Lefler (as Link Larkin) in Reston Community Players' production of "Hairspray."

PHOTOS BY JENNIFER HEFFNER PHOTOGRAPHY/
COURTESY OF RESTON COMMUNITY PLAYERS



The Baltimore Crabs ensemble with Tracy Turnblad (played by Dana Robinson) in Reston Community Players' production of "Hairspray."



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PHOTOS BY MERCIA HOBSON/THE CONNECTION

The Reston Town Center Pavilion is turned into Fashionista Boulevard for the “Second Annual Runway to the Cure Fashion Show” held Saturday, Sept. 29, 2018.



Reagan Crozby, 7, bids on a raffle item hoping to win it as a gift for her mother, Stephanie Stephens Crozby. With Reagan is her dad, Brian Crozby. “My wife is a cancer survivor, and she is in the show,” he said.

‘Runway to the Cure’ Held at Reston Town Center

Proceeds benefit the Susan G. Komen Breast Cancer Foundation.

BY MERCIA HOBSON
THE CONNECTION

A young girl sporting a pink t-shirt runs about under the Reston Town Center Pavilion, Saturday evening, Sept. 29. Her t-shirt reads, “I wear pink for my mom.” Another young girl, Reagan Crozby, 7, stands with her dad, Brian at a raffle table. Reagan holds her raffle ticket stub. “I want to win the hair-style basket,” she says to the volunteer behind the counter.

“My wife is a cancer survivor and is in the show,” says Crozby.

The “Second Annual Runway to the Cure Fashion Show” held at the Reston Town Center Pavilion Saturday, Sept. 29, 2018, is about to begin. Proceeds raised from the event which was presented by Scout & Molly’s, Reston Town Center, and Athleta go to the Susan G. Komen Breast Cancer Foundation whose “Bold Goal,” the organization reports, is to reduce the current number of breast cancer deaths by 50 percent in the U.S. by 2026.

October is Breast Cancer Awareness month. More than 40,000 women and men die of breast cancer every year in the U.S. cites the Susan G. Komen Breast Cancer Foundation.

“Breast cancer affects everyone. This event is about raising funds to continue the research to find a cure and to fund support programs while honoring the women in treatment and those who have won their battles,” said Jane Abraham, owner of Scout & Molly’s Boutique. All 40 models are breast cancer patients and survivors. Plus today is about fashion. Scout & Molly’s Boutique and Athleta fashions will be highlighted. “Many corporations and merchants in and around Reston have donated a wonderful list of raffle items. This event has truly brought



Kirsten Berset-Harris, breast cancer survivor and emcee of the Second Annual Runway to the Cure Fashion Show held at Reston Town Center on Sept. 29, 2018, announces that all proceeds from the event will go to the Susan G. Komen Breast Cancer Foundation for breast cancer research and support programs.

the Reston community together.”

Kirsten Berset-Harris, anchor of Great Day Washington on WUSA9 emceed the “Second Annual Runway to the Cure Fashion Show.”

“I’m honored to be here tonight to raise money for breast cancer research and support programs. Tonight is especially meaningful to me because I am also a breast cancer survivor,” said Berset-Harris.

During the next hour, forty breast cancer patients and survivors walked the pink runway, to help benefit breast cancer research and programs. PaShon Mann, a talent acquisition executive at Inova Health System, wife, mother, survivor and volunteer, was one of the first models. “Mann is dedicated to bringing awareness of the disparities in



Doris Hambricht, surviving her first year with cancer, struts the pink carpet at the Second Annual Runway to the Cure Fashion Show. She sports Mavi ADA boyfriend denim matched with a Dex pink tie top and vegan leather jacket featured at Scout & Molly’s Boutique.

the survival rate of women of color,” announced Emcee Berset-Harris.

Shannon Cunningham was a two-time breast cancer survivor whose motto Berset-Harris repeated; “If your story doesn’t have a happy ending, it’s not over yet.”

One of the final models for the evening was April Yeager of Reston, cancer survivor for just over a year diagnosed at age 38. Berset-Harris said that Yeager recently ran the “Stepsisters Ribbon Run” 5K and will run the “Dewey Goes Pink” 5K next week.

“I’m honored to be part of this community,” said Dawn D. Gammon OD, Eyewear Gallery, Reston. “It brings together retailers, residents, business owners, and volunteers from the community to raise money for a cause that affects so many of us.”



Lex Harrison is a breast cancer survivor. Her grandmother had breast cancer twice, and her sister also had it, yet she has no genetic markers, said Emcee Kirsten Berset-Harris during the Second Annual Runway to the Cure Fashion Show’ held at Reston Town Center, Sept. 29, 2018. Wearing an outfit from Athleta’s and sunglasses from the Eyewear Gallery, Harrison is ready to walk the runway.



The 8-year old daughter of Lex Harrison excitedly watches her mother, a breast cancer survivor, prepare to walk onto the pink carpet as a model in the Second Annual Runway to the Cure Fashion Show held at Reston Town Center. The child’s t-shirt reads, “I wear pink for my mom.”

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NEWS

From left, Gin Dance Company dancers **Therese Gahl, Hannah Church, and Alissa Huff.**



PHOTOS BY RUTH JUDSON/
COURTESY GIN DANCE COMPANY

Reston's Gin Dance Company to Perform in New York

This is the second year in a row that Gin Dance, a modern dance company, will be performing at invitation only festival.

BY DAVID SIEGEL
THE CONNECTION

Reston's own Gin Dance Company has been honored with an invitation to perform at a prestigious New York City dance festival; the 18th DUMBO Dance Festival. This is the second year in a row that Gin Dance, a modern dance company, will be performing at the invitation only festival.

"I feel so fortunate that Gin Dance Company can be part of the DUMBO Dance Festival two years in a row. We are looking forward to the festival," said Shu-Chen Cuff, Gin Dance Founder and Artistic Director.

"We had a wonderful experience performing at last year's DUMBO Dance Festival," added Cuff. "It was so great to meet many talented artists from around the globe and see their work. The host of the festival Young Soon Kim, Artistic Director of White Wave Dance and her team are passionate and dedicated to bringing unique and fresh work to New York City."

According to Young Soon Kim, "This is a festival about opportunities. It offers New York audiences the chance to participate in one of the most diverse



Shu-Chen Cuff, Artistic Director, Gin Dance Company

WHERE AND WHEN

Gin Dance Company to perform at 18th Annual DUMBO Dance Festival, Gelsey Kirkland Arts Center, 29 Jay Street, Brooklyn, NY 11201. Performance Oct. 13 at 8 p.m. Tickets are \$15. Ticket and information at: <http://www.whitewavedance.com>

displays of leading-age choreography and excellence at an affordable price," noted Young Soon Kim.

Gin Dance will perform excerpts from its original

work choreographed by Cuff titled, "Burgundy." The dance work piece takes the audience "into" a deeper look at the roles that women play in our society as strong, confident, capable, fun, and sensitive individuals," said Cuff. "Women play very important roles in bringing the community together and building a better and healthier world."

Gin Dance will perform "Burgundy" on Saturday evening, Oct. 13, 2018 as part of an extended weekend of four nights and three days of singular contemporary dance programs.

THE CONNECTION

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Senior Living

FALL 2018

Reston
CONNECTION

50+ Community Action Plan

Donna Lopez at the Herndon Senior Center, offers insight on what is available at all Fairfax County Senior Centers.

MERCIA HOBSON
THE CONNECTION

This week is the Connection Newspapers Senior Living edition. The Connection invited local senior program specialist(s) and citizens of all ages to engage in open conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible conversation starters given to Donna Lopez, Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services on Saturday, Sept. 29, 2018, as she worked with seniors at the center.



Donna Lopez,
Assistant Director
at the Herndon
Senior Center

❖ Although you are as only as old as you feel, what age do you consider to be the senior-citizen threshold and why?

❖ What factors might be culprits for lower well being, those that have the most substantial negative impact on a senior's well-being?

❖ How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/ wellbeing

❖ On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Donna Lopez is Assistant Director at the Herndon Senior Center, Fairfax County Department of Neighborhood and Community Services. The following reflects Fairfax County's 50+ Community Action Plan, as well as the broader variety of programs not only at the Herndon Senior Center but at all of the county's 14 senior centers including the Sully Senior Center, as presented by Lopez.

Fairfax County's population of adults aged 50 and older is estimated to reach around 452,000 by 2040 – that's about 33 percent of the total county population. With this trend in mind, Fairfax County has adopted the 50+ Community Action Plan to identify and address the needs and interests of older adults

50 and over, and to plan for their continued engagement in the community.

In the September 2017 report of the 50+ Community Action Plan, several of the common challenges facing older adults in Fairfax County include health-related issues, isolation and loneliness, mobility and transportation, limited financial resources and being the target of criminal activity.

Fairfax County's 14 senior centers provide a welcoming and safe environment for older adults to socialize and engage.

Programs, activities and events – each tailored to the specific interests and needs of the center's surrounding community – afford older adults opportunities to pursue hobbies, set and achieve health and fitness goals, learn new skills, and cultivate friendships with others in the community.

All centers offer inclusion services, which provide assistance to participants with minor cognitive and physical disabilities to participate in day-to-day activities as well as offer guidance and referrals to additional programs and services that meet evolving needs. We provide participants with options for transportation and meals as well.

Each senior centers has a participant-led advisory council, which offers insight into the needs and interests of each community. Together with our advisory councils, our center staff plan activities, guest speakers and workshops to address a myriad of topics such as learning about how to use a smartphone or email, understanding Medicare, or even learning to protect themselves from potential scammers.

Speaking for Fairfax County's senior centers, we certainly value our participants' talents and welcome their suggestions and engagement. The opportunities we provide are the result of constant collaboration and partnership with the communities we serve, and we make every effort to ensure that our spaces afford everyone, regardless of age, background or ability, the chance to share their talents, cultivate new ones and enjoy being part of a community of fellowship. We welcome any and all suggestions and questions, just contact your local senior center to learn more.

You can find us online at www.fairfaxcounty.gov, just use the search tool and look for senior centers.

For more information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.



Dixon Hemphill with Laurie Strickland, fitness director at South Run Rec Center in Springfield.

Run, Dixon, Run

BY MARY JANE DYE
GOLDEN GAZETTE

"He leaned and I didn't," says 93-year-old Dixon Hemphill, appraising last year's upset loss in the 60-meter dash.

The race took place at the 2017 USA National Masters Indoor Track and Field Championship in New Mexico. Hemphill was facing just one competitor, Orville Rogers. Hemphill had already beaten Orville in four other events. A YouTube video, which went viral, continues to tell the story of the 60-meter dash. At the shotgun start, Hemphill blazes ahead, confident and steady. Suddenly, 99-year-old Rogers kicks it up a bit, and ... they are neck and neck. As they near the finish line, Hemphill clearly remembers thinking he'd still win.

But then, Orville stretches his upper body forward, just a bit, and edges him out by a fraction of a second. The winning time for Orville was 18.00 seconds to Dixon's 18.05.

Runner's World wrote about the race and rivalry, posting the video under the headline, "99-Year-Old Upsets 92-Year-Old in Thrilling Sprint."

HEMPHILL SAYS THAT, despite the loss, he was impressed that a man seven years his senior could beat him. Nevertheless, losing by a mere fraction of a second immediately nagged at him. Dixon wanted a rematch. "I was not going to let Orville beat me ever again."

So, he began to strategize for the next race. "It's just the way I am. I knew that I could improve." Hence, the sport's newest and oldest rivalry would continue in Landover, Md. at the 2018 National Masters Indoor Track and Field Championships.

According to Hemphill, the two World War II Navy veterans genuinely like each other. When possible, they go out to dinner. They discuss future races via email. "He bought my dinner after I lost the race in Albuquerque. He's a good guy. We care

about each other."

Originally from Connecticut, Dixon is practically a native to Fairfax arriving in 1965. He spent many years owning and operating two running centers—one in Fairfax and one in Alexandria, while also raising four children with his wife. After selling his businesses, he went into race management.

Since age 50, he has competed in more than 60 triathlons and won many championships. Before that, he played a little golf and tennis, however in his youth, he was a college athlete.

At 74, he was hit by a car while training on his bike for a triathlon. He spent more than a month in the hospital, but that did not deflate his enthusiasm for running.

"I was seriously injured, but knew I'd compete again.

"You know, you can get a lot done from age 50 to 90," he laughs.

Laurie Strickland, fitness director at South Run Rec Center, says Dixon has a shuffle when he runs; common for older runners. To address this, she said, "I helped him to increase the length of his stride by improving flexibility."

Obviously he did something right. Because when the rematch took place last March he beat Rogers handily.

"I knew he had slowed down," he said. "After all, he is 100 now."

With no longevity in his genes, Dixon attributes his full and long life to always having a goal along with a positive attitude. "I really see the glass as half full." Hemphill likes to talk with groups about exercise, diet, hobbies and the importance of attitude.

"You are never too old to start something new." In fact, at 94, he turned his hobby of converting wind-up clocks into electric ones has turned into a business.

"Why not?" he says.

For information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

SENIOR BRIEFS

Fall's Classy Line-up of Learning Opportunities

Some of the best adult learning opportunities in the country are available this fall in Fairfax County. Contact these programs early for best choice of courses, clubs, lectures and tours.

Adult and Community Education, Fairfax County Public Schools.

The fall line-up features cooking classes (Mediterranean Diet, French Desserts, Japanese Soups), a series on Alzheimer's Disease, as well as classes on Social Security and Baby Boomer Retirement Planning. Check out their wide range of classes focusing on job training and personal enrichment offered throughout the county or online.

703-658-1201, <https://aceclasses.fcps.edu>

Fairfax County Park Authority offers a wide array of classes including genealogy, golf, gardening, dance, sewing, fitness and more. Classes are held throughout the county. Check out the popular fall tours including one to the Shenandoah Skyline. 703-222-4664

www.fairfaxcounty.gov/parks/parktakes

Fairfax County Public Libraries provides workshops on a variety of topics as well as author talks, wellness activities, reading programs, lectures, technology workshops and more. Call your local library for class availability or visit the library webpage.

703-324-3100, www.fairfaxcounty.gov/library

Fairfax County Senior Centers offer classes, trips and tours, health and wellness programs and opportunities to socialize with neighbors.

703-324-4600, www.fairfaxcounty.gov/ncs

Green Spring Gardens offers programs in arts and crafts, gardening, yoga, historical workshops, tastings and teas, social programs, trips and

more. Classes are held throughout the year.
703-642-5173
www.fairfaxcounty.gov/parks/greenspring

Jewish Community Center of Northern Virginia's Adult Learning Institute offers social and self-development programs and activities for adults of all backgrounds and ages. 703-323-0880, www.jccnv.org

Lifetime Learning Institute of Northern Virginia begins a new season of classes (from Understanding Opera to Remodeling for Retirement), lectures and tours this fall. Classes include health, art, science, Learning Opportunities personal development and more. 703-503-0600, <http://lli.nova.org>

Osher Lifelong Learning Institute at George Mason University offers diverse intellectual, social and cultural experiences with daytime courses and special events. After Aug. 24, registration is still available but selection may be limited. 703-503-3384, <https://olli.gmu.edu>

Shepherd's Centers of Fairfax/Burke, Oakton/ Vienna and Annandale/Springfield offer the popular Adventures in Learning programs and Lunch n' Life lectures. Topics cover the gamut of art, travel computer skills, financial security issues and more.

Workhouse Arts Center offers courses in visual, performing and culinary arts, as well as art events and lectures. 703-584-2900, www.workhousearts.org

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SENIOR LIVING

'Other People Make Me a Senior'

Locals speak out on senior wellbeing in the community.

BY MERCIA HOBSON
THE CONNECTION

The Connection invited local senior program specialist(s) and citizens of all ages to engage in conversation on how seniors experience well-being on a personal level, how best to promote well-being later in life and what factors might be culprits for lower well-being.

The following were possible 'Conversation Starters.'

* Although you are only as old as you feel, what age do you consider to be the senior-citizen threshold and why?

* What factors might be culprits for lower well-being, those that have the most substantial negative impact on a senior's well-being?

* How best in the local community, are factors such as physical, mental and spiritual needs, the more "subjective factors of a senior's well-being," met or not met? What about more objective needs, such as financial stability/wellbeing?

* On a scale of 1-10, how well do you think a senior's voice and opinions, talents and skills are solicited and respected in the community and ultimately incorporated?

Julie Nash, 68, Reston

"I'll say 60 is the senior citizen threshold. I retired from the government at 57. Physical age is just one factor. I think some seniors are deluding themselves. They feel entitlement. A lot of the elderly become ridged and narrow-minded, and some are looking for an argument. I used to do a lot of bicycling touring, but I had to adjust and instead began walking on the trails.

"Reston feels comfortable and safe for me. I'm doing much educational learning because of a recent surgery. I've been to some of the OLLI classes, the Osher Lifelong Learning Institute; it's a non-profit. I also work with education programs in D.C., and there are concerts in Reston.

"I had a bad time with my Reston condo association. I stood up for others, and myself, and it made an impact. Reston Hospital's



Julie Nash, 68 of Reston believes physical age is just one factor to consider when labeling someone a "senior."



Cheryl Chen, 48, of Reston believes loneliness is one factor for lower well-being among seniors. A second factor is helplessness, as seniors physically may not be able to do things they want or used to do.



Eleanor Benedict will be 90 at the end of October and lives in Herndon, "I don't consider myself a senior citizen. I think it's just a number. Other people make me a senior."

PHOTOS BY
MERCIA HOBSON
THE CONNECTION



Karen Kan, 78, of Reston does not feel like she's a senior. Kan enjoys riding camels on vacation. "Although I feel aches and pains, I still want to be very active."

PHOTO CONTRIBUTED

Parks and Recreation Programs for Seniors in the Town of Herndon

Cindy S. Roeder, Director of Parks and Recreation Town of Herndon:

The Herndon Parks and Recreation Department programs and facilities are designed to meet the recreation and fitness needs of all segments of our community. For seniors, programs encourage socialization, active lifestyles, and lifelong learning. The community center features dedicated land and water-based fitness classes for seniors as well as group exercise classes for all ages.

Instructional activities like tennis, martial arts, yoga, and dance or art programs like pottery, photography, and knitting encourage adults to recreate with those having similar interests. Independent activities like swimming, walking and use of the strength and cardio equipment are also highly encouraged.

For specific interests or more information contact us at parksandrec@herndon-va.gov or visit www.herndon-va.gov/recreation for more details.

outpatient physical therapy, orthopedic department has an excellent rapport. It has a wonderful atmosphere for healing. During my recent surgery and rehab, I felt very

cared for."

Cheryl Chen, 48, Reston
"I consider the senior citizen threshold to be over 60 years of

age. I believe loneliness and helplessness are factors for lower well-being among seniors, as physically seniors cannot always do things they want to do. I even feel that sometimes.

"I feel Reston is a great place for seniors and if finances allow it, Reston is a great place to retire. Reston Association arranges events, senior movies, trips to D.C., things that seniors love. And the events allow seniors to socialize."

Karen Kan, 78, Reston
"Sometimes I don't even feel like I am a senior because I'm still active and want to do the things I like. Although I feel aches and pains, I still want to be very active. What has the most substantial negative impact on a senior's well being? I don't like to lose friends. It really brings me down."

Eleanor Benedict, 90 at the end of October, Herndon

"I don't consider myself a senior citizen. I think it's just a number. Other people make me a senior. (As for lower well-being) health is one culprit. People not acknowledging me (makes a substantial negative impact.) They are absorbed in themselves.

"Ninety percent (of my physical, mental and spiritual needs are met) through the Herndon Senior Center with their classes. I take local transportation. I do it all the time, the buses and the Metro. It's available and up to others to take advantage of it.

"At the Senior Center, we have book clubs, puzzles, dance, Zumba and computer courses. So many things that I can't do them all. Friday Night Live is here within walking distance. We can listen to live music.

(As for financial stability/wellbeing), there are discounts available in the community for seniors depending on income. Even here in the Senior Center, there are discounts. Buses and restaurants have discounts too. It's up to you to take advantage of them.

"Senior voices are heard in the Town of Herndon. The Mayor and Town Councilmembers are aware of our needs. They've been here. They honor us for our past accomplishments and listen to our ideas. The biggest thing is that the town put lights on the W& OD Trail. It can be used after dark and the police patrol it. There will be volunteers to take us to vote. And our Police Chief, Maggie DeBoard does 'Coffee with a Cop.' There's one this week at Starbucks."

SENIOR BRIEFS

FROM PAGE 7

the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15-Dec. 7. Registration required. Use the phone numbers below to register. For more information and dates, go to www.fairfaxcounty.gov/familyservices/older-adults and click Insurance Counseling-VICAP.

Thursday, Oct. 11, 7 - 8:30 p.m.
Chesterbrook Residences, Falls Church
Rita Evrony, 703-896-7910 or
revrony@jssa.org

Friday, Oct. 12, 2 - 3:30 p.m.
Reston Community Center, Reston
Karen Brutsché, 703-390-6157

Thursday, Oct. 18, 9:30 - 11 a.m.
Unitarian Church, Oakton
Shep. Center, Oakton/Vienna, 703-281-0538

Tuesday, Oct. 23, 12:30 - 2:30 p.m.
McLean Community Center, McLean
Sydney Duberstein, 703-790-0123

Thursday, Nov. 8, 10:30 a.m. - Noon
Dar Al-Hijrah, Falls Church
Social Services Office, 703-531-2905
Leave a message.

Thursday, Nov. 15, 12:30 - 2 p.m.
Providence Community Center, Fairfax
Robert Webster, 703-865-0520

Friday, Nov. 16, 1 - 3 p.m.
Sherwood Regional Library, Alexandria
VICAP, 703-324-5851

Encore Choral

Registration is open for the fall session of Encore Chorale and Encore ROCKS in the county. Singers age 55+ are invited to join without an audition. Weekly rehearsals began the first week of September and continue for 15 weeks. The session ends with free community concerts in December. The fee is \$175 and includes rehearsals, sheet music, a practice CD and performing in community concerts in December. Register in person at the first rehearsal or online at www.EncoreCreativity.org.

For further information including locations, email info@EncoreCreativity.org or call 301-261-5747.

Fairfax County Access Services Library

The Access Services branch removes barriers to library services for people with disabilities. Our many services include: providing opportunities to learn about assistive technology and equipment, providing books in alternative formats to people with vision impairments and delivering books to readers who cannot visit a local library. We welcome invitations to present informational programs and participate in community events.

If you or someone you know cannot read standard printed materials or cannot get to a library, the county's Access Services Library can help. Located in the Fairfax County Government Center at 12000 Government Center Parkway, Suite 123, Fairfax, its mission is to remove barriers for library services for people with permanent and temporary disabilities. For details go to www.fairfaxcounty.gov/library/branches/access-services.

For information on services, recreational activities and volunteer opportunities, go to www.fairfaxcounty.gov/OlderAdults. You will also find a subscription link to the free monthly Golden Gazette.

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OPINION

Demand Increasing, But Not Resources

Suicide prevention efforts need more funds, volunteers.

September was Suicide Prevention Month, and the Connection sponsored outreach efforts of PRS, the local nonprofit that provides CrisisLink service and trained staff to answer the “hotline” in Northern Virginia.

It’s clear that demand is increasing for crisis call services, but resources are not.

When Kate Spade died of suicide on June 5 this year, and Anthony Bourdain died of suicide June 8, crisis calls spiked around the country. High profile deaths locally and of celebrities will always trigger more calls and more people seeking help.

PRS CrisisLink program handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year, said CEO Wendy Gradison, and those numbers will continue to increase with successful outreach.

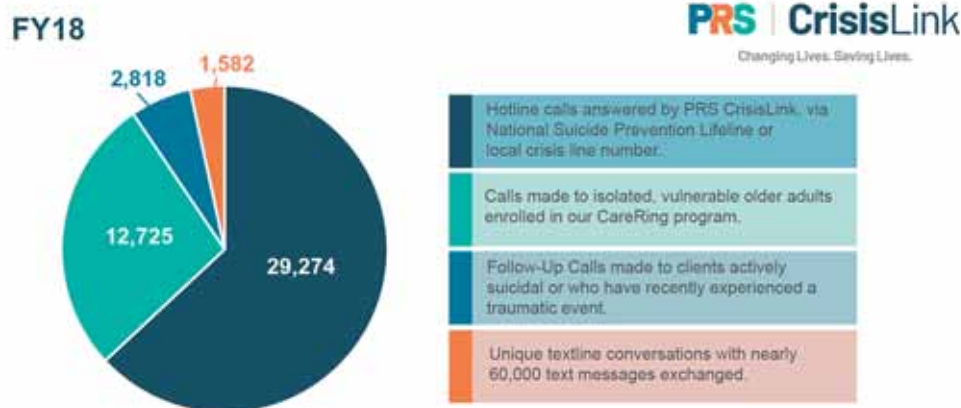
PRS provides a variety of mental health services. Crisis calls and texts are answered mostly by volunteers who can respond with the empathy and understanding that someone in crisis needs right then. Answering local calls means these volunteers can connect those in need of crisis help to local resources for care. “Most of these voices are volunteers

from our community — neighbors and friends — who share the gift of listening to those who hope to be heard,” Gradison said.

Call or text to the crisis hotline or textline: (800) 273-TALK [8255] or text “CONNECT” to 85511.

PRS is the northern Virginia call center to respond to the National Suicide Prevention line when calls come in to 1-800-273-TALK from local area codes.

Centers like PRS CrisisLink are provided an



VOLUME CHANGES AT PRS CRISISLINK

	FY15	FY18
ACTIVE SUICIDE CALLS Calls in which a client responds to “Are you currently thinking of suicide?” with “yes”	3,623	5,342 (+47%)
ACTIVE RESCUES Cases in which a caller was at imminent risk of death or injury without emergency resources	343	373 (+9%)
CRISIS CALLS NON SUICIDE Calls about domestic or sexual violence, child abuse, significant trauma, requiring follow-up	2,031	3,046 (+50%)
TOTAL CRISIS CALLS Total suicide and crisis calls combined; all of these calls are eligible for follow-up care.	5,654	8,388 (+48%)

annual stipend to provide the Lifeline and rely heavily on local government, donations and a volunteer workforce to offset the financial challenges centers face to participate in the Lifeline. If centers like PRS CrisisLink are unable to answer the calls distributed to the center from the Lifeline, a caller will wait longer and longer each time the call is queued or sent to another center, usually outside the state. When

sent out of state, callers are not necessarily connected with local resources.

And the efforts to provide help in a crisis save lives. For every death, more than 275 people who attempt suicide or have thoughts of suicide survive and recover.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

Who Are You?

By KENNETH R. “KEN” PLUM
STATE DELEGATE (D-36)



COMMENTARY

Beginning on Oct. 1, Virginians will be able to obtain through the local offices of the Department of Motor Vehicles a REAL ID that complies with federal regulations to prove their identity. While having state-issued, federally-approved identification to prove who you are is offensive to many, the practical use of the REAL ID will result in most if not all complying with its requirements.

The REAL ID came about from recommendations of the 9/11 Commission studying ways to improve security to prevent other horrible terrorist acts from happening. Half of the Sept. 11 hijackers had received driver’s licenses

in Virginia. Congress passed an act to help prevent terrorist attacks and to reduce the number of licenses issued to undocumented residents. It established the requirements for states to follow in issuing driver’s licenses, and the program is implemented by the Department of Homeland Security. Under the congressionally passed law, states are required to issue licenses only to applicants who provide in-person proof of their identity and legal U.S. residency. The new cards must use the latest counterfeit-resistant security features.

Half the states are now in compliance with the new federal law,

SEE PLUM, PAGE 10

It’s Starting to Look and Feel Like Fall

By JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

Hasn’t it been nice to wake up to bright, sunshiny days recently? With rain neither in sight nor in the weather forecast! And then to go out for a daily walk along Reston’s paths, as we do with our Scottie companion, and actually have to wear a light jacket or sweater in the cool, dry air? Over the weekend, I also noticed that some maple trees around Lake Anne are showing yellow, even orange leaves. Fall is indeed with us.

This morning I turned the page on my wall calendar over the com-

puter and, sure enough, in big, bold letters it reads OCTOBER. In our Reston Farmers Market, we bought what I’m pretty certain are our last peaches and last sweet corn of 2018. Squashes, gourds and pumpkins both the traditional orange ones and the increasingly popular blue cheese colored ones are the order of the day. And apples! I counted twenty-three varieties in the farmers’ stands on Saturday — from the sweet Honeycrisps to the tart, tangy Granny Smiths.

SEE LOVAAS, PAGE 10

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- Mount Vernon Gazette
- Vienna/Gaines Connection

LETTERS

**County Not
Ready for HQ2**

To the Editor:

You know you are hitting close to home when the big dogs bark. And, in his letter to the Connection last week (“Amazon’s HQ2 - Facts or Opinions”) Fairfax County Economic Development Agency Director Dr. Gerald Gordon — the man charged with bringing businesses to Fairfax — strained his vocal chords about my letter that the arrival of Amazon’s HQ2 in the Reston area would have an adverse effect on our quality of life.

So he attacked the messenger, not the message. He says Maynard “ignores some important facts and misstates other particulars,” “misleads the reader,” “neglected to note,” “non-facts,” “misstatements,” etc. For the most part, these characterizations are not true. I acknowledge sloppy wording in not specifying that the now-departed Mobil headquarters was in Merrifield, not Reston. My bad.

Then he glosses over the core point of the letter: Fairfax County

cannot and will not provide the infrastructure needed to support the influx of 50,000 Amazon people and tens of thousands more in supporting businesses in or around Reston these new residents reasonably expect, even over three decades. The county has not provided the needed infrastructure countywide, schools, parks, libraries, transportation, for years, if not decades, much less in Reston.

❖ Public school classroom sizes are steadily increasing while teacher pay lags regional averages.

❖ Parkland growth, much less facilities in parks, is not keeping pace with the county’s slow long-term population growth.

❖ Public libraries have seen significant operating budget cuts over the last decade (\$32 million to \$28 million) and its total collection has shrunk by more than 16 percent.

❖ Driving, especially commuting, is a nightmare across the county, including Reston, because of inadequate, poorly maintained roads due to limited funding.

❖ Fairfax is explicitly planning not to add any bus service to Reston over the next three decades according to our master plan.

❖ Metrorail ridership is declining, even with the arrival of the Silver Line in Reston, with little

change anticipated in its discouraging service.

What does Dr. Gordon say about the infrastructure challenge if HQ2 comes to Fairfax County? “Amazon’s HQ2 campus will be significant in its size and will certainly contribute substantial real estate taxes to both counties (Fairfax and Loudoun), taxes that will support local education systems, recreational opportunities and other important public services.”

True as far as it goes, but the cost of providing community services to HQ2 and other new employees who live here will exceed the tax revenues they generate. Real estate tax from the commercial HQ2 facilities will help close that gap, but Amazon would receive county financial benefits that would offset those gains. Fairfax County does not have adequate finances, policies, plans, staffing, or a commitment to sustain its current or future residents quality of life here in the county if Amazon decides to locate its HQ2 in our area.

That said, I wish Dr. Gordon a long and healthy retirement beginning at the end of the year.

Terry Maynard
Reston

Plum

FROM PAGE 9

and others like Virginia have been working hard to put the new system into place. Beginning in the fall of 2020, persons who want to board a commercial flight must present a REAL ID or an alternative form of acceptable identification. Likewise, persons entering federal facilities must present a REAL ID. The DMV-issued credential will meet the requirement of REAL ID and will allow holders to access federal buildings, including military installations, and board commercial flights.

Obtaining a REAL ID when you renew your driver’s license is vol-

Lovaas

FROM PAGE 9

In Reston, in late September we celebrate the annual Multi-cultural Festival in Lake Anne with all its diversity, colorful folkloric dancers, and crafts and foods from around the globe. A personal favorite part of the Festival is the ceremony for new American citizens on Washington Plaza next to the Lake. It’s a moving reminder of how we traditionally do and should welcome new arrivals to our very special country.

The Reston Community Center holds its annual preference poll, the start of a process to fill three positions on its Board of Governors. In fact, this year’s poll results were just announced and, lo and behold, one of the top three

untary. That is what I intend to do. I do not want to have to remember to make a special trip to the DMV in the future to prove my identity for a REAL ID when I can do it as part of renewing my driver’s license.

To get a REAL ID you must apply in person and provide DMV with physical documentation of identity, such as an unexpired U.S. passport or a U.S. birth certificate and provide your legal presence through the same documentation. And yes, there is an additional one-time fee of \$10 to help pay for the new cards. Hopefully you can visit a DMV office when they are not too busy. But you do need to go in person and

vote getters is a newcomer to a Board which typically ends up with the same folks year after year. Number two in the vote count this year is Dick Stillson, a retired International Monetary Fund Economist and Professor of Economics at George Mason University, and a founder and chair of Reston 2020. RCC needs some new blood. Mr. Stillson brings it and will be a terrific addition, with new ideas for how RCC can address the needs of 10,000 or so new residents in the rail corridor in the next few years.

At the Reston Association, new leadership is trying to oversee preparation of a budget for 2019 in the absence of a CEO and CFO, both of whom left a few months ago. Other things being equal, we

take the time to meet the requirements.

Important news for those who do not drive and hence do not have a driver’s license: You can get a REAL ID through the same process just described to use for entering federal facilities, boarding commercial flights and voting.

Need more information? The DMV website is filled with full details, https://www.dmv.virginia.gov/drivers/#real_id.asp Check my interview with Commissioner Rick Holcomb of the DMV on You Tube after Oct. 10 or watch it on Reston Comcast Channel 28 for public service programming or Verizon Channel 1981 at 7:30 p.m. on Tuesday, Oct. 23 or at 10:30 p.m. on Wednesday, Oct. 24.

should expect a budget and assessment to pay for it about the same as last year, or actually reduced because the prior Board had slashed \$400,000 from overstuffed legal services, paid off the dreadful Lake House mortgage, and planned a minor reduction in the generous staff health plan. However, without a budget savvy CFO or CEO, and with a strong new Fiscal Committee effectively sidelined from the process, the budget has grown, and the new leadership seems content to accept the added weight. If the heavier budget is approved, the upward trend broken last year will likely continue climbing into the future. It is not too late for the RA Board to restore fiscal discipline in the 2019 budget.

BULLETIN

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

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

VOTER REGISTRATION AND ID EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ♦ Wednesday/Sept. 26, 10 a.m.-2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season.

Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

THURSDAY/OCT. 4

Enjoy Your Strong-Willed Child. 7-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. In this workshop with Celebrate Calm's Kirk Martin, learn specific strategies to: understand a strong-willed child; motivate without power struggles; stop yelling, lecturing, and nagging; enjoy a strong-willed child. For parents of children ages 2-22. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

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No News is No News



By KENNETH B. LOURIE

Having checked my email inbox fairly regularly (that's an understatement if there ever was one) since my Wednesday morning CT scan with no word yet as to its finding; and given the fact that it's Saturday morning and my column is requested to be in-house on Friday mornings, I am compelled nonetheless to submit one despite its incompleteness.

I would expect that by the time the newspapers go to press (Tuesday) and you regulars read this column (sometime after), to invoke Mark Twain - the results of my scan will not have been exaggerated. They will have been made known via email, with the radiologist's report likely attached, for my review (at least that's what happened the last time, in July).

Not that this method of communication and/or these daze of waiting is atypical of the process. It's not. It is the process.

And not that I'm unable to function/maintain my focus/keep my sense of humor, I am.

It's more that when the stakes are higher than they've been in a few years, this one's ability to embrace life with unbridled joy is difficult. It's almost as if there's an emotional-governor embedded in my brain to control my speed, so to speak. I just can't break out in uncontrollable laughter. Somehow, I'm refrained/disinclined from doing so.

I imagine my subconscious is involved but I'd need Dr. Freud to confirm it. Unfortunately, I don't believe he's seeing patients any more.

Still, in the midst of this information void, I feel duty bound to put pen to paper - literally - and try to write some "thoughtful commentary and insightful humor" as my columns have been characterized by great friend and fellow writer, E.A. Faine rather than writing "Everything in general about nothing in particular," as I once described them.

Considering the slew of cancer-specific columns I've published since June 2009, they've rarely been about "nothing in particular." Nor have they been about "everything in general." They've been about one thing in particular: cancer, and very specifically at that.

And while I've re-mentioned cancer, I've just taken another moment to check my inbox again to see if there's any Saturday-morning news, but unfortunately there's not. I'm still in the dark, sort of, even though the lights are on in the room where I'm writing.

However, all is not lost. "Chino," the brother of "Biscuit," the other of the buff-colored brothers we rescued back in May 2007, is cuddled up against my left forearm as I block his desire to roll on top of my writing tablet. And in his desire to be with me at this stressful time, I am able to draw some comfort as he purrs himself to sleep.

Now let me ask you all a few questions:

How many times/how often should I check my inbox for results? Do I presume my oncologist appreciates the significance of this moment for me? Is he even aware, given how many patients he cares for, of the time-sensitivity of me wanting to know my results before the weekend? Not knowing the answer to any of these questions, is it possible for me to stop wondering about the answers and get on with my life and let the chips fall where they inevitably will?

If you can't answer any of these questions either then you know how I feel.

I've been down this road before though. It's sort of like mental gymnastics. Trying to contort myself emotionally into positions/moods from which there's no rational escape. Occasionally I will get blue and feel the weight of the worry, but mostly, I'm able to put one foot in front of the other and try not to take two steps forward while taking one step backward.

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

ENTERTAINMENT

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

ONGOING

Art Exhibit: "Peace and Identity."

Through Oct. 23, gallery hours at the Waddell Gallery, Northern Virginia Community College Loudoun Campus, 21200 Campus Drive, Sterling. This League of Reston Artists exhibit of two-dimensional art and photography runs Sept. 23-Oct. 23 with an opening reception Wednesday, Sept. 26, 6 p.m. This is Phase II of a two-part project that began in the spring of 2018. Free admission. Visit www.leagueofrestonartists.org.

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Square Park. Free performances of heart-centered music for children. No performance on Columbus Day. Visit www.restontowncenter.com/events.

Art Exhibit. Through Nov. 24, gallery hours at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. The Greater Reston Arts Center (GRACE) presents Green is the Secret Color to Make Gold, a solo exhibition exploring themes of daily routine and ritual featuring new work by DC-based artist Caitlin Teal Price. Visit restonarts.org.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Small Business Support Sundays. Visit independent stores and restaurants, and those that support small businesses at Reston Town Center, offering specials, discounts, tastings, and localized treats every Sunday. Visit SmallBusinessSupportSundays.com.

All-comers' Group Fun Run. Thursdays, 6:30-7:30 p.m. at Potomac River Running, Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 or visit www.potomacriverrunning.com/reston/.

THURSDAY/OCT. 4

Meet the Artists. 2:15-3:40 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Enjoy a free concert with Beverly Cosham, perennial favorite cabaret singer and entertainer, along with pianist and collaborator Howard Breitbart. Free. Call 703-503-3384 or visit olli.gmu.edu.

SATURDAY/OCT. 6

Dog Paddle. 10 a.m.-1 p.m. at Ridge Heights Pool, 11400 Ridge Heights Road, Reston. Bring dogs for a final dip this season. Current Dog License required. Dogs must remain under control and sociable at all times or will be asked to leave without refund. Female dogs in heat are not permitted. Fees are per dog. Register online at www.restonwebtrac.org (\$8) or walk up (\$10) on the day.



Reston Home Tour

The Reston Historic Trust & Museum's 17th Annual Reston Home Tour focuses on six homes that have undergone major redesign in the form of renovations, additions, complete remodels, extensive landscaping, hardscaping and interior decor. Travel in architectural time from a South Reston 1968 Dutch Colonial to Reston's newest luxury apartments, Signature, at Reston Town Center where a "taste of autumn," catered by Balducci's, will be offered. Tour these homes at your own pace, in any order during the tour. Saturday, Oct. 13, 10 a.m.-5 p.m. in Reston. \$30. Call 703-709-7700 or visit restonmuseum.org/hometour for more.

YMCA Community Celebration. 10 a.m.-1 p.m. at YMCA Fairfax County Reston, 12196 Sunset Hills Road, Reston. Free community grand re-opening. Everyone welcome. The celebration includes an open house and activities for children and adults of all ages. Tours, demonstrations, activities, giveaways, refreshments, and a new member special offer are scheduled. Call 703-742-8800 or visit www.ymcadc.org/locations/ymca-fairfax-county-reston/.

Flavors of Fall. Noon-11 p.m. at Reston Town Center. Savor the flavor of autumn brews and delicious fare from area restaurants. Enjoy food, wine, German and craft beers on tap, and live entertainment. Free admission; purchase tickets for food and beverages. Visit restonflavors.com.

Flavors of Fall Cornhole Experience.

1-5 p.m. on Library Street at Reston Town Center. The four-hour tournament features prize packages including travel, weekend get-aways, adventure, restaurants, and more. Register as an individual or a team. Sign up today as slots are limited using this special promo code: FlavorsCHTM for \$10 off team registrations. Call 703-707-9045 or visit RestonChamber.org.

Dance: "The Story of Our Lives."

7:30 p.m. at The CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Gin Dance Company, a performing arts modern dance company, presents "The Story of Our Lives." The audience will see the premiere of GDC Artistic Director Shu-Chen Cuff's newest work, "We, The Moon, The Sun" – an Asian culturally influenced work blending Chinese Opera movements and modern dance. Also debuting is Shu-Chen's "200 Feet" inspired by author Jack Canfield's teachings. Visit gindance.org.

SUNDAY/OCT. 7

Pumpkin 5K, & Kids' Pumpkin Dash. 8:15 a.m. at Reston Town Center. Get off the couch and get

ready for the Greater Reston Chamber of Commerce's Pumpkin 5K, & Kids' Pumpkin Dash. Participants are encouraged to debut their Halloween costumes and join in the fun with family, friends and corporate teams. Use promo code HealthyWorkPlace18 to save \$3 off adult registration. Visit restonflavors.com/reston-pumpkin-5k/.

2018 Arts Herndon Children's Literary Festival.

11 a.m.-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. In collaboration with local author, Kwame Alexander, The National Endowment for the Arts and Arts Herndon presents the first Arts Herndon Children's Literary Festival. A Newbery Medalist, Alexander founded the Capital BookFest in 2005, and has brought thousands of people year after year to various literary events. Panels and author conversations, featuring adult and teen authors; featuring food, live entertainment, authors and artisans; purchase books, illustrations, specialty artwork, and gifts; strolling entertainment and more. Free and open to the public. Visit www.artspaceherndon.org/arts-herndon-childrens-literary-festival.

Pitchapalooza.

11 a.m. at on the Gallery Stage at ArtSpace Herndon, 750 Center St., Herndon. Pitchapalooza is American Idol for books (only kinder and gentler). Twenty writers will be selected at random to pitch their book. Each writer gets one minute—and only one minute. Dozens of children's book writers have gone from talented amateurs to professionally-published authors as a result of participating in Pitchapalooza. Visit www.artspaceherndon.org.

SUNDAY-SATURDAY/OCT. 7-13

2018 Herndon's Arts Week – celebrating the arts in Herndon. With an event every day of the week and something for everyone it promises to be special. Bring the family out for the Children's Literary Festival or

Kids Day at Frying Pan Farm Park. Have a night out with friends at a Jazz Concert, take a Swirladelic Design & Wine class or find out the winners of the 10th Annual Expressions Portrait Competition. Visit www.artspaceherndon.org.

OCT. 9-NOV. 6

Art Exhibit: 3 Artistic Runners.

Gallery hourse at Reston Community Center, 2310 Colts Neck Road, Reston. Jerry Lewis, Bob Lambert and Mohsen Alashmoni are/each accomplished runners who are also artists who are exhibiting paintings and ceramics. Free admission, all sales donated to charities. Email jeelewis2003@yahoo.com or call 703-476-1619.

THURSDAY/OCT. 11

Meet the Artists. 2:15-3:40 p.m. at Reston Community Center – Hunters Woods, 2310 Colts Neck Road, Reston. Enjoy a free concert with Peter Fraize, celebrated saxophonist, and The New Peter Fraize Quintet perform. Includes DC luminaries Paul Pieper (guitar), Jon Ozment (piano), Nathan Kawaller (bass), and Leland Nakamura (drums). Free. Call 703-503-3384 or visit olli.gmu.edu.

Creative Response: M.J. Rymsza-Pawlowska.

5-7 p.m. at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. The Greater Reston Arts Center (GRACE) presents Green is the Secret Color to Make Gold, a solo exhibition exploring themes of daily routine and ritual featuring new work by DC-based artist Caitlin Teal Price. The exhibit runs through Nov. 24. Visit restonarts.org.

FRIDAY-SUNDAY/OCT. 12-14

Carnival & Harvest Fun. Frying Pan Farm Park, 2739 West Ox Road, Herndon. Carnival games and rides will be open from Friday, 5-9 p.m.; Saturday, 11 a.m.-9 p.m.; and Sunday, 11 a.m.-6 p.m. Carnival-

goers of all ages will enjoy "Fall Carnival Fun" with games, rides and fair foods and beverages. Tickets are \$1 each or 24 for \$20. Rides take three to five tickets. In addition to the Fall Carnival, Frying Pan is hosting "Farm Harvest Days" on Saturday and Sunday. Fall is a busy and exciting time at the park. Watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations from 10 a.m.-3 p.m. For a fee, you can also take a wagon ride around the park or a spin on the carousel. Admission and parking are free. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park/fall-carnival-harvest-days.

SATURDAY/OCT. 13

Family Fitness & Fun Fest. 9 a.m.-noon at Town Hall Square, 730 Elden St., Herndon. Bring friends and family for a superhero themed event to include fitness and nutrition stations, interactive themed games, fitness class demonstrations, and an inflatable obstacle course. Put down the electronics, get outside to move and have fun. Free admission and free parking. Visit herndon-va.gov/recreation or call 703-787-7300.

LOOK. LISTEN. LEARN. 10 a.m.-4 p.m. at all Fairfax County Fire Stations. In celebration of Fire Prevention Week, all Fairfax County Fire and Rescue Stations will be hosting an Open House. Stop by a local station that day to meet firefighters, see the fire trucks, join in the activities and learn about fire safety. Find a local Fairfax County Fire & Rescue Department Fire Station at bit.ly/2ReXaHk.

DogFest Walk 'n Roll DC.

11:30 a.m. at Reston Town Center, 11900 Market St., Reston. Last year, hundreds joined in the biggest celebration yet with an agility course, demonstrations, treats, freebies, raffles, and best of all, stories of graduate teams who live and work in and around D.C. Admission is free, parking is free and our event is accessible. Create a fundraising page and share the story of a family pet. Visit cci.org or call 1-800-572-BARK.

Prose and Poetry.

2-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author Alfredo Del Arroyo will present his novel *Martes de Infamia: y Otros dias fatales*, and poet Fernando Gudiel will share his poetry in celebration of Hispanic Heritage Month. Adults, teens. Free. Call 703-397-0412 or visit www.fairfaxcounty.gov/library/events.

SUNDAY/OCT. 14

Reston Chorale Concert. 4 p.m. at Saint Luke's Catholic Church, 7001 Georgetown Pike, McLean. Reston Chorale "Out of the Shadows" concert highlights 900 years of music composed by women. Guest artists are Ysaye Barnwell, composer and former member of Sweet Honey in the Rock and P. Lucy McVeigh, soprano. Tickets are \$20-\$25 on line; \$25-\$30 at door. Active military and youth under 17 free. Visit www.RestonChorale.org.

MONDAY/OCT. 15

Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit www.leagueofrestonartists.org.



FREE Remodeling Seminar

From this....



To this!!



Saturday, October 13th 2018 - 10:00am - 12:00pm

KITCHEN AND BATH REMODELING Overcoming the Challenges

Have you been dreaming about a remodeling project? If so, please join us for a seminar where we'll discuss concepts, inspiration, and industry insight! Our talented design consultants will provide you with fun and educational information to help you understand the trends, terminology, and materials to get you started. We'll also discuss the common kitchen and bath challenges that we, as designers, have encountered. See how we have overcome them using our design expertise and industry resources.

Presenters



Kayla Shoff
Design Consultant



Rachel Mignogna
Design Consultant





OPEN HOUSE

SATURDAY, October 13th, 2018

12:00pm - 4:00pm



Come Join us in West Springfield!!

Come and See the Transformation!

This dazzling first floor remodel includes the kitchen, dining room, hall bath and living room with fireplace! This remodel touches every room on the first floor and the results are simply gorgeous! Meet the Foster design team, the homeowners and see our work firsthand. Whether you are in the preliminary stages or simply looking to stay in the loop of the latest trends, we guarantee you will walk away with a wealth of knowledge, sure to ease you into your next remodeling project. Refreshments will be served. Please RSVP to (703) 550.1371 for address.

Meet the Designer!



Chris Arnold
Design Consultant

- Get a tour of the newly remodeled first floor
 - Meet the Foster Design Team
 - Meet our client and learn about their experience
 - Food and Drinks will be served
- and much more!

