This pine tree in front of a home on South Shore Drive did not survive the brief yet powerful storm. The National Weather Service reports that the storm did not qualify as a tornado.

# Tornado-Like Storna Strikes Lake Anne Area

Reston

# Residents Use USE for Services

News, Page 3

Home & Lifestyle

County Sounds Alarm On Transportation Funding

News, Page 3

September 12-18, 2012

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## Happening Now In A Park Near You: **Bow Hunting in Fairfax County Parks**



**Free Estimates** 

703-969-1179

> Should Fairfax County cater to bow hunting special interest groups OR fairly represent the interests of our 1.3 million residents?

Fairfax County has mismanaged the deer issue & used our tax dollars for a one-sided, useless, lethal program for decades. The results? INEFFECTIVE. FAILURE. WASTED TAX \$\$\$.

#### There are numerous proven effective alternatives that the County has not pursued:

4-poster bait stations, roadside deer warning systems, wildlife migratory passages, fencing/barriers, herding methods, immunocontraception, etc.

#### Please contact your representatives & demand responsible, efficient, sustainable, & humane solutions!

Chair Mason District Braddock District Mount Vernon District Dranesville District **Providence District** Hunter Mill District Springfield District Lee District Sully District

Sharon Bulova 703-324-2321 Penelope Gross 703-256-7717 703-425-9300 John Cook Gerald Hyland 703-780-7518 John Foust 703-356-0551 Linda Smyth 703-560-6946 Catherine Hudgins 703-478-0283 Pat Herrity 703-451-8873 Jeff McKay 703-971-6262 703-814-7100 Michael Frey

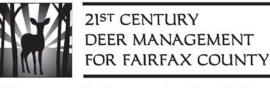
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> Should families, hikers, joggers, cyclists, dog walkers & other park visitors have to dodge arrows intended to kill wildlife for 5 months each year?

- > Should Fairfax County waste our tax dollars on ineffective lethal "deer control" when proven effective humane methods exist?
- > Should hunters be allowed in our parks to exacerbate deer-vehicle collisions, which increase when deer flee in fear from danger?
- > Should we have to witness suffering, dying, or dead deer in our parks or surrounding neighborhoods?
- > Should animals be subjected to suffering & slow death when humane methods exist?



Deer are not killed quickly by arrows. Studies show that death takes many hours. If this is not acceptable for companion animals, why is it acceptable for wild animals?



Citizens committed to comprehensive, effective, sustainable & humane 21st Century solutions to community-deer conflicts.

### www.21stcenturydeer.org

## BULLETIN BOARD

To have community events listed in the Connection, send to reston@ connectionnewspapers.com. Deadline is Friday

WEDNESDAY/SEPT. 12

Public Hearing. 5-8 p.m., at South Lakes High School's cafeteria, 11400 South Lakes Drive, Reston. An open house hearing with informational exhibits about the Dulles Corridor Metrorail Project, the cost and financing of the Dulles Corridor Metrorail Project and potential improvements that may be made to the Dulles Toll Road, and the cost of operating the Toll Road. Representatives from the Airports Authority will be present to discuss these items. www.mwaa.com

#### THURSDAY/SEPT. 13

**Free Conversational English** Classes. 7 p.m., at the Washington Plaza Baptist Church on Lake Anne, Reston. Three skill levels available (Beginner, Intermediate and Advanced). Registration for the classes begins Sept. 12 at 2 p.m. for the Wednesday afternoon 2-3:30 p.m. class; Sept. 13 for the Thursday evening class 7-8:30 p.m.; and Sept. 16 at 2 p.m. for the Sunday afternoon class 2-3:30 p.m. If you miss the first day of registration, you may register at a following class. www.washingtonplazachurch.com.

#### MONDAY/SEPT. 17

**NARFE Dulles Chapter 1241** Luncheon Meeting. 11:30 a.m., at Amphora Diner, 1151 Elden Street, Herndon. Lunch and discussion with Candidate Kristin Cabral (D) and Congressman Gerald Connolly (D) District 11. \$17. RSVP by Sept. 13 at 703-435-3523.

#### SUNDAY/SEPT. 23

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

#### TUESDAY/SEPT. 25

INOVA Blood Drive. 12-7:30 p.m. Reston Town Center, 11900 Market Street, Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

### School Notes

Stacey L. Zhou of Reston has been named as a 2012 National Merit \$2500 Scholarship winner. The Thomas Jefferson High School for Science and Technology student's probable career field will be economics.

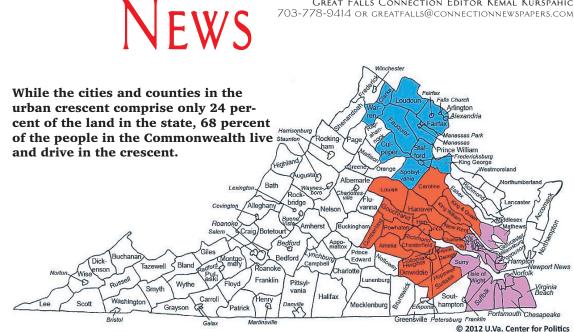
Danielle Neuberger of Herndon has been named to the fall 2011 dean's list at Rochester Institute of Technology's B. Thomas Golisano College of Computer and Information Sciences

Air Force Airman Andrew L. Wong graduated from basic military training at Lackland Air Force Base, San Antonio, Texas, after training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Wong earned distinction honor graduate. He is the son of Jean Wong of Briargrove Court, Oak Hill, and a 2008 graduate of Oakton High School.

Abigail Marchesseault of Herndon is listed on the fall 2011 honor roll with distinction at Southern Methodist University, Dallas, Tx.

www.ConnectionNewspapers.com

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The map courtesy of the University of Virginia's Center for Politics

## Local Leaders to Virginia Governor: Time to Fund Transportation is 'Now'

"We want the governor

and General Assembly

on the hook. We want

created and the state

-Supervisor Jeff McKay (D-Lee)

results. This is a

problem the state

needs to fix."

Officials form historic 'Urban Crescent' coalition to press governor for transportation funding.

> By Victoria Ross The Connection

ocal government leaders from urban centers across the state joined together last week in an unprecedented effort to pressure Governor Robert McDonnell and the General Assembly to head off the state's looming "transportation crisis."

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) led 54 mayors and county chairs of Virginia's "Urban Cres-

cent"-the state's 46 most populous regions stretching from Northern Virginia to Richmond and Hampton Roads—in sending a letter to top Commonwealth leaders on Sept. 4, urging them to adequately fund Virginia's "crumbling" transportation system.

Bulova said state leaders were putting Virginia's business-friendly reputation at risk by failing to meet the state's responsibility to fund transportation.

"This is an economic issue, a

jobs issue," Bulova said, referring to the recent CNBC rankings of America's "Top States for Business," which lowered the Commonwealth's overall ranking in state competitiveness from one to three, and dropped its ranking for infrastructure and transportation from 10 to 33.

The cost of inaction will no doubt be higher than the cost of addressing this crisis now," Bulova said.

THE COALITION of Urban Crescent officials is bipartisan, broad and historic, according to county officials. It includes City of Fairfax Mayor Scott Silverthorne; Town of Vienna Mayor Jane Seeman;

Herndon Mavor Lisa Merkel: Alexandria Mavor William D. Euille; Prince William County Chairman Corey Stewart and Loudon County Chairman Scott York.

GREAT FALLS CONNECTION EDITOR KEMAL KURSPAHIC

"I don't think I've ever seen regional cooperation this broad," said Supervisor Jeff McKay (D-Lee). "This is unprecedented."

McKay said elected leaders in Virginia's economic heartland formed the coalition this summer, specifically because they were tired of Governor McDonnell and state legislators "pitting regions against one another.

"We all have the same interests, and by presenting a united front, it forces the governor to realize that we can't be manipulated," McKay said. "We want the governor and General Assembly on the hook. We want results. This is a problem the state created and the state needs to fix."

"In a nutshell, the letter makes the case that crumbling transportation infrastructure is harmful to businesses and to commuters across Virginia," said

Bulova. "Where the Urban Crescent goes, so goes the Commonwealth."

While the cities and counties in the urban crescent comprise only 24 percent of the land in the state, 68 percent of the people in the Commonwealth live and drive in the crescent. They provide nearly 72 percent of Virginia's employment, and generate nearly 80 percent of the state's gross product.

But the state's political clout rests with elected officials in Virginia's rural areas, which en-

compass a bigger swath of land—nearly 76 percent of the state.

On June 7, 2012, the urban crescent's top elected officials met in Henrico County for the first and only time. They vowed to come together to leverage their considerable economic influence, and pressure state legislators to provide new, long-term funding for the state's aging highways and transit systems.

"The consensus at that meeting was that Virginia's transportation system is significantly underfunded

See Alarm. Page 4



Members of the Reston Useful Services Exchange meet at their annual picnic Saturday, Sept. 8, at a member's home.

# **Residents** Use **USE for Services**

**Useful Services Exchange** connects people with services in Reston, Herndon area.

> BY ALEX MCVEIGH The Connection

n 1975, Henry Ware, an economist, came up with the idea that local residents could trade services, without the exchange of money. The group became known as the Reston Useful Services Exchange, and by the early nineties, it was serving more than 10,000 community members with a variety of skills and services.

"Back then we had an office and kept our records on sets of three by five cards," said Marilyn Silvey, current secretary with USE. "I moved to Reston in 1977, and as a newlysingle woman with kids, I found it very helpful when it came to getting things done around the house, even stuff like curtain rods. I worked in the office to earn my hours."

Ware founded the exchange after noticing that there weren't many ways for people to get small services done without hiring a professional, which usually comes at a high hourly cost.

Members can advertise their needs for a service to the group, for example babysitting on a certain night for a certain amount of time. Other members, who are able to babysit, can negotiate what they will thing they have in common is a "charge" for the services, not on money, but in hours.

**USE MEMBERS** can accrue and spend their hours to get



Marilyn Silvey, secretary of the Reston Useful Services Exchange, speaks at the group's annual picnic Saturday Sept. 8.

services, and they perform services for others to earn hours.

USE petered out a bit in the late 90s and early 2000s, when many of the longtime members moved away, or stopped participating as they aged. A few years ago, Silvey and two others got back in touch and restarted the group. They now have around 170 members.

"Everyone comes in with different interests and skills, people of all ages, the only willingness to help and to ask for help," she said. "Our oldest member is a Chinese scholar in

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# News Alarm Over Transportation Funding

From Page 3

and the situation continues to deteriorate, as evidenced by some startling facts," according to leaders in the Sept. 4 letter.

They painted a bleak picture of the state's transportation crisis, pointing out that:

\*Within five years, no state funds will be available for highway construction, and the Commonwealth will be unable to fully match federal funds.

\*Approximately 26 percent of roadways statewide are in poor condition, according to the Virginia Department of Transportation (VDOT), which maintains the roads. However, that number jumps to 34 percent for the Urban Crescent, including 39 percent in Northern Virginia, 36 percent in Hampton Roads and 31 percent in Richmond.

\*State secondary and urban system construction funds have been eliminated.

\*Only 66 percent of Virginia's secondary roads currently meet pavement performance targets. Using VDOT's estimates, the cost of meeting VDOT's goal of 82 percent of secondary roads in fair or better condition could be \$1.3 billion to \$1.8 billion.

\*In the Richmond area, commuters waste 20 hours per year stuck in traffic; in Hampton Roads, commuters waste 34 hours; in Northern Virginia, commuters waste 74 hours per year.

\*The morning and evening rush hours in the Urban Crescent last as long as two and a half to seven hours each day.

With nearly 58,000 miles of roads, Virginia currently operates the nation's third-largest state highway network, and the state government is responsible for virtually all Virginia's main and local roadways.

The Virginia Department of Transportation's annual budget for 2012 is nearly \$4.8 billion. However, almost \$1.3 billion of that money is borrowed, according to state officials.

State Sen. Chap Petersen (D-34) said state funds for transportation have disappeared in the past 10

years due to a number of factors.

"The most obvious is the fact that we have a fixed 17.5 cents per gallon tax on gasoline," Petersen said.

According to state officials, every 1-cent increase in Virginia's gasoline tax would generate about \$50 million for transportation. But state legislators historically have been reluctant to propose new taxes or new funding mechanisms.

**THE LAST MAJOR INFUSION** to the state's transportation funding stream was in 1987.

That reluctance, Petersen said, is unacceptable.

"Now that cars are far more efficient, less gasoline is purchased at the pump. So less revenue is collected, even though more cars are on the road. It's a vicious cycle that won't be solved until we go to an indexed tax—or simply replace all taxes with tolling," Petersen said.

Though various efforts have been made in recent years to address the Commonwealth's transportation needs, adequate and sustainable solutions have not been achieved, according to Urban Crescent officials.

"We believe that the time for action is now, and that inaction is a 'traffic tax' on our localities, our residents, our visitors, and our businesses through decreased productivity, diminished quality of life, higher fuel costs, higher maintenance costs, and increased pollution," the leaders wrote.

The letter isn't the final product of the Urban Crescent efforts. Bulova said it is part of a sustained effort and a "call to action" for the General Assembly and the administration to provide the funding Urban Crescent leaders say is needed in the Commonwealth to address the backlog of road and infrastructure maintenance needs, and funding for transit and road construction.

"Transportation is one of the state's fundamental responsibilities," Bulova added. "By shifting the responsibility to local government, it is essentially a tax increase on localities. When the state doesn't invest in transportation improvements, it costs the commuting public lost time and productivity."

The way I see it, if you want the rainbow, you gotta put up with the rain. —Dolly Parton





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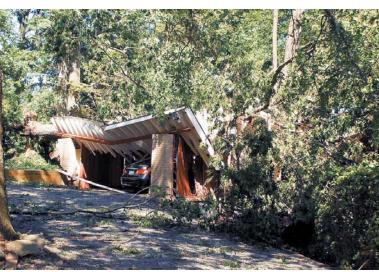
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ADVANTAGE

## News

An oak crushed Tom and Sue Hill's garage on South Shore Drive. The car parked inside appeared as if it were undamaged. Along with many homeowners on South Shore Drive, the Hills will only know the total damage of the storm after the fallen trees are removed.



Photos by Amiee Freeman/ The Connection

# Tornado-Like Storm Strikes Lake Anne Area

By Amiee Freeman The Connection

t felt like déjà vu on South Shore Drive near Lake Anne in Reston. A powerful wind and rain storm hit the area around 3:30 Saturday afternoon. The majority of the storm damage was concentrated, almost in a straight line, from North Shore Drive near Fairway Apartments to Weihle Avenue.

Randy and Nina Sands' house was hit by a falling tree during the derecho storm in late June. On Saturday afternoon Randy was at home as the winds started to blow. Again his house was hit and his truck was crushed by falling trees. Under the debris lay boards he had bought to repair his roof damaged in the June storm. Randy said he was started to feel targeted by Mother Nature.

Across the street, neighbors Tom and Sue Hill did not escape unscathed. An oak fell on their garage. Sue said she was on the phone with her son in Ashburn when the storms hit. The ominous skies and violently blowing trees lead her to seek shelter on the lower level. Once the storm passed and she surveyed the damage, she noted that it appeared that

the car in the garage didn't have a scratch on it. On Sunday she did not want to risk entering to double check her assumption for fear the oak would continue its fall.

In nearby Waterview Cluster, a row of pine trees that divided the neighborhood from Orchard Green were snapped and toppled. One large pine fell across Orchard Lane around 3:30 p.m. Thanks to neighborhood responsiveness and help from firefighters the tree was removed in two hours.

All along Fairway Drive and North Shore Drive trees were toppled, snapped and splintered.

Tree removal companies and their trucks and cranes cramped onto South Shore and along Fairway Drive throughout the day Sunday and into Monday. Residents said VDOT came through South Shore Drive on Saturday and cleared the roadway. Still there were trees to remove from rooftops.

In all, the storm lasted just a few minutes, but caused thousands of dollars of damage. Numerous homes, garages and cars were damaged. No injuries were reported.

According to reports from the National Weather Service, the storm that hit Reston Saturday was not a tornado.



www.ConnectionNewspapers.com

This Acura parked along South Shore Drive was another casualty of Saturday's brief storm.



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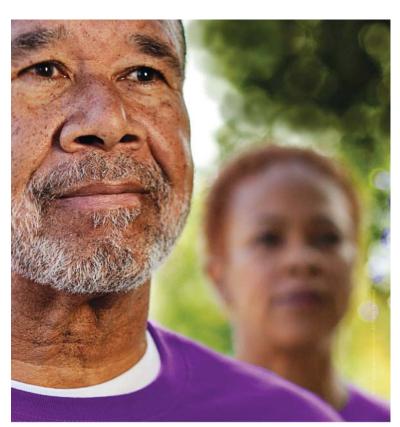




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# OPINION Remembering Those Lost on Sept. 11

♦ Gerald P. Fisher, 57, Potomac, Md., em-

♦ 1st Lt. (Ret.) Richard P. Gabriel Sr., 54,

Diane M. Hale-McKinzy, 38, Alexandria,

ing, died on AA Flight 77

Great Falls, employed by Stratin Consult-

employed by U.S. Army, died in Pentagon

Stanley R. Hall, 68, Centreville, employed

Brady K. Howell, 26, Arlington, employed

Burke, employed by U.S. Army, died in

Bryan C. Jack, 48, Alexandria, employed

Ann Judge, 49, Great Falls, employed by

National Geographic Society, died on AA

Norma Cruz Khan, 45, Reston, Plumbing-

Terence M. Lynch, 49, Alexandria, em-

✤ Ada L. Mason-Acker, 50, Springfield,

ployed by Booz Allen Hamilton, died in

employed by U.S. Army, died in Pentagon

employed by U.S. Army, died in Pentagon

Carr Futures, died in World Trade Center

employed by Department of Defense, died

ployed by Navy contractor, died in Penta-

Barbara K. Olson, 45, Great Falls, attorney,

Maj. Clifford L. Patterson Jr., 33, Alexan-

Capt. Jack D. Punches, 51, Clifton, retired

dria, employed by U.S. Army, died in

Lt. Gen. Timothy J. Maude, 53, Fort Myer,

Mark McGinly, 26, Vienna, employed by

Patricia E. Mickley, 41, Springfield,

Khang Ngoc Nguyen, 41, Fairfax, em-

Heating-Cooling Contractors Assn., died on

by Department of Defense, died on

Steven D. Jacoby, 43, Alexandria,

employed by Metrocall, died on AA

by Raytheon, died on AA Flight 77

Lt. Col. Stephen Neil Hyland Jr., 45,

by U.S. Navy, died in Pentagon

AA Flight 77

Pentagon

Pentagon

Flight 77

Flight 77

AA Flight 77

Pentagon

in Pentagon

died on AA Flight 77

gon

Pentagon

ployed by Booz Allen Hamilton, died in

### Eleven years after terrorist attacks.

n Sept. 11, 2001, 9:37:46 a.m., American Airlines Flight 77 crashed into the Pentagon. The Pentagon's on-site firehouse responded immediately to the crash. Firefighters from nearby Reagan National Airport and Arlington County Fire Department arrived within minutes.

One-hundred-and-eighty-four lives were lost at the Pentagon that day. Nearly 3,000 people died that day in the nearly simultaneous attacks in Arlington, New York and Pennsylvania. Since Sept. 11, 2001, more Editorial than 6,400 U.S. military service men

and women have died in support of the wars in Iraq and Afghanistan. The following list of people who lived in

Connection Newspapers coverage area and died in the Sept. 11, 2001 terrorist attacks is compiled from multiple sources, including news reports, and is likely not complete. The Pentagon Memorial website offers photos and biographies of most people who died at the Pentagon. http://pentagonmemorial.org/explore/biographies.

- Spc. Craig Amundson, 28, Fort Belvior, employed by U.S. Army, died in Pentagon
- ✤ Lt. Col. Canfield D. Boone, 54, Clifton, employed by U.S. Army, died in Pentagon
- Charles Burlingame, 51, Herndon, employed by AmericanAirlines, died on AA Flight 77
- Rosa Maria Chapa, 64, Springfield, employed by Defense Intelligence Agency, died in Pentagon
- Eddie A. Dillard, Alexandria, employed by Philip Morris, died on AA Flight 77
- Capt. Robert Edward Dolan, 43, Alexandria, employed by U.S. Navy, died in Pentagon
- Charles A. Droz III, 52, Springfield, employed by EM Solutions Inc., died on AA Flight 77

#### COMMENTARY

#### By Kenneth R. "Ken" Plum STATE DELEGATE (D-36)

he notion that the user of a public service should be the one to pay for it makes sense in theory. But when the service is a roadway and the payments are tolls, the system can feel a bit unfair and clearly needs limits. It made sense when I voted to approve an authority in the early 1980s to build a toll road in the Dulles Corridor to provide traffic congestion relief for western Fairfax County and to open the area for economic development. Using the toll method of financ-

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lections be used as a percentage of financing for the extension of Metrorail in the corridor, since the mass transit system would help relieve future traffic congestion on the Toll Road. But there has to be limits on the use of tolls, and clearly the level of tolls proposed for the Dulles Toll Road is too high.

The Metropolitan Washington ing meant that we got the road and Airports Authority (MWAA) that

from U.S. Navy, died in Pentagon Lisa J. Raines, 42, Great Falls, employed

- by Genzyme Corp., died on AA Flight 77 Todd H. Reuben, 40, Potomac, Md.,
- attorney, died on AA Flight 77
- Charles E. Sabin, 54, Burke, employed by Department of Defense, died in Pentagon
- Marjorie C. Salamone, 53, Springfield, employed by U.S. Army, died in Pentagon Cmdr. Robert Allan Schlegel, 38, Alexan-
- dria, employed by U.S. Navy, died in Pentagon
- ♦ Mark E. Schurmeier, 44, McLean, employed by Federal Home Loan Mortgage Corp., died in World Trade Center
- Janice M. Scott, 46, Springfield, employed by U.S. Army, died in Pentagon
- Michael L. Selves, 53, Fairfax, employed by U.S. Army, died in Pentagon
- ♦ Diane M. Simmons, Great Falls, died on AA Flight 77
- ✤ George W. Simmons, Great Falls, retired from Xerox, died on AA Flight 77
- ◆ Lt. Col. Gary F. Smith, 55, Alexandria, retired U.S. Army, died in Pentagon
- Norma Lang Steuerle, 54, Alexandria, died on AA Flight 77
- \* Lt. Col. Kip P. Taylor, 38, McLean, employed by U.S. Army, died in Pentagon
- Leonard E. Taylor, 44, Reston, employed by XonTech Inc., died on AA Flight 77
- Sandra C. Taylor, 50, Alexandria, employed by U.S. Army, died in Pentagon
- Sandra D. Teague, 31, Fairfax, employed by Georgetown University Hospital, died on AA Flight 77
- ♦ Karl W. Teepe, 57, Centreville, employed by Defense Information Agency, died in Pentagon
- Meta L. Waller, 60, Alexandria, employed by U.S. Army, died in Pentagon
- Ernest M. Willcher, 62, North Potomac,
- Md., employed by Booz-Allen Hamilton Inc. died in Pentagon
- ✤ Maj. Dwayne Williams, 40, Lorton, employed by U.S. Army, died in Pentagon
- Vicki C. Yancey, 43, Springfield, employed by Vredenburg Co., died on AA Flight 77.

# **Tolls Must Have Limits**

cades before it would have been considered through the usual methods of road financing. It even made some sense that toll col-

expanded it de- has responsibility for building the Metrorail extension in the corridor has asked for comments on the toll increases it is considering to finance Phase 2 of the rail project (www.mwaa.com). I wrote to them last week and told them that I thought the tolls being considered were "way beyond any justifiable or reasonable amounts." I encourage you to make your views known on the proposed increases by writing to Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030. A public meeting will be held on the issue at South Lakes High School on Sept. 12 at 7 p.m. and on Sept. 13 at

Spring Hill Elementary School in McLean at 7 p.m.

Some immediate pressure on toll increases have been relieved by the promise of federal, low-interest loans and by a cash contribution by the Commonwealth of Virginia of \$150 million approved in the 2012 session of the General Assembly. My budget amendment for \$500 million was not approved, but I will be seeking annual appropriations from the state for the project like the one approved this year.

I will be advocating to members of Virginia's Congressional delega

See Plum, Page II

Reston INNECTION

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# Home LifeStyle



The wine cellar in this McLean home opens to the adjacent billiard room. Designers say homeowners should create a style for the cellar that is consistent with the rest of the home.

# Uncorking the Possibilities

Local builders say wine storage options are almost limitless.

> By Marilyn Campbell The Connection

rom those who sip an occasional glass of Chianti with friends to enthusiastic oenophiles, the notion of owning a wine cellar is fascinating to many people. In fact, a recent U.S. Luxury-Home Market survey by Wine Trends, a wine-consulting firm, showed that 67 percent of respondents were interested in incorporating wine storage into their homes.

"With wine cellar design, the sky is the limit. In fact, the sky is actually the starting point." — Jason Kirkpatrick

> Local designers say they are now catering to a new breed of wine collector and are creating cellars equipped with perks ranging from full kitchen and dining spaces to rare art and LED lighting. Jason Kirkpatrick, of Kirkpatrick's Construction in Centreville, says creative options are virtually boundless.

tasting area.

"With wine cellar design, the sky is the tively small space into a gorgeous wine cellimit. In fact, the sky is actually the starting point," he said. "There are so many neat

**DESIGNERS SAY** that when planning a wine cellar, there are a few basic factors to

consider. The first item that those who want to build a wine cellar should think about is a

See Options, Page 9

Reston Connection & September 12-18, 2012 & 7

Jason Kirkpatrick of Centreville-based Kirkpatrick's Construction won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a

<image>



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| 1049 BROOK VALLEY LN 5 5 . 2 MCLEAN \$3,150,000 Detached 2.00 22102 PROSPECT HILL 07/16/12                |
| 2 1947 LORRAINE AVE 5 5 . 3 MCLEAN \$2,615,642 Detached 0.53 22101 FRANKLIN FOREST 07/18/12               |
| 3 1005 SHALLOW CREEK PL 6 5 . 1 GREAT FALLS \$2,175,000 Detached 1.62 22066 ESTATES AT LONGWOOD 07/09/12  |
| 4 7305 PETER PL 6 6 . 3 MCLEAN \$2,000,000 Detached 0.70 22102 BEAUFORT PARK 07/31/12                     |
| 5 11105 ELMVIEW PL 4 3 . 2 GREAT FALLS \$2,000,000 Detached 1.91 22066 BEACH MILL ESTATES 07/11/12        |
| 6 3105 WINDSONG DR 5 5 . 1 OAKTON \$1,610,000 Detached 1.10 22124 WINDSONG WEST 07/13/12                  |
| 7 3521 SAINT AUGUSTINE LN 6 6 . 1 OAKTON \$1,601,000 Detached 0.84 22124 AVONDALE GLEN 07/27/12           |
| 8 12101 OLD PINE WAY  |
| 9 11990 MARKET ST #2115 2 2 . 1 RESTON \$1,200,000 Hi-Rise 9+ Floors 20190 . MIDTOWN@RESTON TOWN 07/16/12 |
| 1 2022 UPPER LAKE DR  |
| 1932 UPPER LAKE DR  |
| Copyright 2012 RealEstate Business Intelligence. Source: MRIS as of August 16, 2012.                      |
|   |



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# Home Life Style Limitless Options for Wine Storage

#### From Page 7

system of organization. "You have to not only think about how many bottles you have in your collection, but also how much you think your collection will grow over the next five to 10 years," said Kirkpatrick, who lives in Clifton. "You don't want to make this kind of investment in your home and then a year or two later say, 'Gosh, we need to make an addition onto our wine cellar."

Local interior designer Marika Meyer of Marika Meyer Interiors says homeowners should create a style for the cellar that will be consistent with the rest of the home, something she and the design team did when creating the cellar in a McLean home.

"We ... developed a sophisticated space that was reflective of the home and the collection," she said. "For example, the flooring is the same slate that is used in the exterior patio. We wanted to use the cherry cabinet that is featured in the center of the two front columns, so we designed the room around this piece. Each stone column was designed to work around the room based on the proportion established by this piece of furniture. We also wanted the space to feel open to the billiard room, which is attached. To that end, we widened the door enclosure and added side-lights to make the space open."

HOW THE SPACE WILL BE used is another important consideration. "Are you planning to use it for strictly for utilitarian storage or would you like for there to be a space for entertaining in it as well?" said Kirkpatrick, who won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a tasting area. "Which do you drink more of: White or red? Do you prefer large format bottles or standard-sized bottles?

Designers say the style and features of the rest of the home should be factored into the cellar's design: "What are the spaces that are adjacent to the wine cellar? You can incorporate them into the design for a better flow," said Kirkpatrick.

Kirkpatrick says he integrated a wine bar into the design of a south Arlington kitchen during a recent renovation. "We used interesting frosted glass cabinets and really designed the space for wine tasting, there was even a space for tasting cheese or chocolate. The plan was integrated into the design of the kitchen and the whole space flowed."

When remodeling a kitchen in Alexandria, Kirkpatrick created two spaces for wine. "We used open storage where wine can be stored for easy accessibility and built-in wine storage under the cabinets. But one of the most costeffective things you can is to buy a glass-front refrigerator that is specifically designed for holding wine with so you can display the wine nicely," said Kirkpatrick.

In fact, Potomac, Md.-based de-

signer Susan Matus of Case Design/ Remodeling says that there are budget-friendly options for wine storage. "[Kitchen] cabinetmakers are now making cabinets that incorporate wine storage in base cabinets or wall cabinets. There are also wine refrigerators that have two cooling zones that are appropriate for red and white wine, but are not outrageous in terms of price."

According to National Association of the Remodeling Industry spokesperson Nikki Golden, "Wine cellars are still very popular for people to put into their home during a remodel."





| <b>OPEN HOUSES</b><br>SATURDAY/SUNDAY, SEPTEMBER 15 & 16  |                             |  |  |
|---|-----------------------------|--|--|
| When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.<br>Call Specific Agents to Confirm Dates & Times |                             |  |  |
| Chantilly   |                             |  |  |
| 13709 Southernwood Ct\$449,900Sun 1-4Cristina Dougherty   | .Long & Foster703-969-0471  |  |  |
| Clifton   |                             |  |  |
| 6305 Oak Stone Ct\$899,000Sun 1-4John Purvis Jr   | Keller Williams703-927-6802 |  |  |
| Fairfax   |                             |  |  |
| 5312 Windsor Hills Dr \$575,000Sun 1-5Lena Restivo  | Weichert703-855-7341        |  |  |
| Fairfax Station   |                             |  |  |
| 10817 Windermere Ln\$1,398,000Sun 1-4Carol Hermandorfer<br>11125 Henderson Rd\$839,000Sun 1-4Carol Hermandorfer   | Long & Foster 703-503-1812  |  |  |
| 815 Heron Pond Ln\$748,000Sun 1-4Tony Araj<br>11215 September Ln\$642,500Sun 2-4Pat Fales   | Samson Props703-209-3535    |  |  |
| Lorton  |                             |  |  |
| 9628 Eaton Woods Pl\$339,000Sun 1-4Dan Mleziva  | RE/MAX 703-380-0015         |  |  |
| Manassas  |                             |  |  |
| TVT ATT A S S A S<br>7078 Token Valley Rd\$399,000Sun 1-4 Danny Samson  | Samson Prons 703-378-8886   |  |  |
| 7075 Yates Ford Rd\$345,000Sun 1-4 Patrick Kessler/Charter Wells  | Keller Williams703-405-6540 |  |  |
| Manassas Park   |                             |  |  |
| 9316 Michael Ct\$418,990Sun 1-4Kevin Fennell  | Samson Props703-594-1850    |  |  |
| McLean  |                             |  |  |
| 919 Swinks Mill Rd\$1,449,000Sun 1-4Debbie Mesen  | Weichert703-201-7723        |  |  |
| Potomac Falls   |                             |  |  |
| 20425 Swan Creek Ct\$759,900Sun 1-4Glynis CantoI  | Keller Williams703-395-2355 |  |  |
| Reston  |                             |  |  |
| 1401 Greenmont Ct\$409,000Sun 1-4Cathy & John McCambridge   | .Samson Props703-906-7067   |  |  |
| Sterling  | D : 700 740 0004            |  |  |
| 45842 Oak Branch Ln \$539,900Sun 1-4Bill Wang<br>46778 Snow Hill Way \$529,900 Sat 1-4 Shila Barish   |                             |  |  |
| 46778 Snow Hill Way\$529,900Sat 1-4Shila Barish<br>215 Trail Ct\$480,000Sun 1-4Donna Johnson  | Tunell571-209-8659          |  |  |
| 112 Country Rd\$450,000Sun 1-4Karen Ricciardi   |                             |  |  |
| Vienna<br>10686 Water Falls Ln\$1,449,000Sun 1-4Jeanne Siracuse   | Weighart 700,000,0040       |  |  |
| 10686 Water Falls Ln\$1,449,000Sun 1-4Jeanne Siracuse<br>1711 Dove Point Ct\$1,245,000Sun 1-4Ellen Moyer  |                             |  |  |
| To add your Realtor represented<br>Open House to these weekly listings, please call<br>Karen Pechacek-Washburn at 703-778-9422 or E-Mail<br>the info to kwashburn@connectionnewspapers.com<br>All listings due by Monday at 3 P.M.  |                             |  |  |

# SPORTS



Marshall's MacKenzie Haight finished 10th at the Monroe Parker Invitational on Sept. 8.



South Lakes' Ashkan Mohammadi finished ninth at the Monroe Parker Invitational cross country meet on Sept. 8 at Burke Lake Park.

# McGorty, Christen Win **Monroe Parker Titles**

### Chantilly boys, Lake Braddock girls win team cross-country titles.

By Jon Roetman The Connection

ean McGorty is focused on himself as he enters the 2012 cross country season. But don't confuse the Chantilly senior's mentality for selfishness; he's simply searching for motivation.

McGorty has been one of the top high school harriers in Virginia since his sophomore season, when he finished fourth at the 2010 VHSL state meet. In 2011, he finished state runner-up. Each year, however, McGorty was surpassed by fellow Northern Region runner Ahmed Bile, who won back-to-back state championships as a junior and senior. While McGorty couldn't catch Bile at states, the Annandale harrier pushed McGorty to succeed.

This year, Bile, who is now a freshman at Georgetown, won't be there to motivate McGorty. Instead, McGorty, who was ranked in the milesplit.com preseason national top 10, is looking for drive from within.

On Sept. 8, he put his approach to the test and came out a winner.

McGorty finished first at the Monroe Parker Invitational at Burke Lake Park, posting a time of 14 minutes, 50 seconds. He finished 26 seconds ahead of his nearest competitor and helped Chantilly capture the boys' team title.

"You have to be very mentally strong," McGorty said of running with no competitors around him. "I've been working on that coming into this year because I really want to be able to motivate myself during races and not rely on other people or other events...It will be a little different not having someone right there with you. Mentally, last year I had to focus on staying with [Bile] or pushing the pace, trying to beat him. This year, it's more pushing myself, keep-

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ing myself motivated, so it just takes out the aspect of having someone right there next to you."

McGorty praised Northern Region harriers after the race, but none posed a threat on this day. Lake Braddock's Nick Tuck finished second with a time of 15:16. followed by Edison's Louis Colson (15:18). Battlefield's Haben Zemichael (15:54) and Chantilly's Peter Malander (15:55). Madison's Matthew Calem (15:56) finished sixth, followed by Stone Bridge's Brady Guertin (15:56), Chantilly's Faris Sakallah (15:57), South Lakes' Ashkan Mohammadi (15:58), Marshall's MacKenzie Haight (16:05), Battlefield's Aaron Hill (16:05), Bishop O'Connell's J.J. LaPointe (16:05), Yorktown's Ryan Hart (16:07), Lake Braddock's Alex Corbett (16:07) and T.C. Williams' Anteneh Girma (16:08).

Chantilly finished first as a team with a score of 57, followed by Battlefield (122) and Robinson (134).

South Lakes (258) finished seventh, led by Mohammadi's ninth-place individual effort. Madison (462) was 15th, led by Calem. McLean finished 20th, including a team-best 67th-place finish by Daniel Bachman (17:11). Haight's 10th-place effort helped Marshall finish 22nd. Langley was 27th, led by Jack Flatley (114th, 17:51).

In girls' action, Lake Braddock senior Sophie Chase, ranked in the milesplit.com national top 10, pulled out of the race around the halfway point with lowerbody discomfort.

Despite Chase's early exit from the race, Lake Braddock captured the girls' team championship, thanks to Hannah Christen capturing the individual title. Christen, ranked in the milesplit.com national top 15, finished with a time of 17:40. She battled West Springfield's Caroline Alcorta, who placed second at 17:46.

Lake Braddock finished with a team score of 83. followed by Battlefield in second with 108 and Madison in third with 120.

South Lakes finished 13th, led by August Durham (31st, 20:20). Marshall was 15th, led by Zoe Scopa (56th, 21:00). Langley ended the race in 21st, paced by Rebecca Powell (95th, 21:51).



Junior running back/defensive back R.J. Lee and the South Lakes football team defeated Herndon, 21-7, on Sept. 7 at Herndon High School.

## South Lakes Football **Beats Rival Herndon**

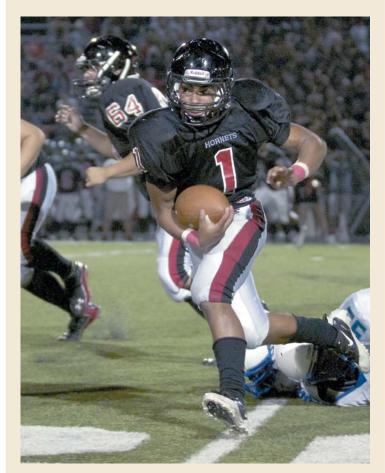
team defeated rival

Herndon, 21-7, on Sept. 7 at Herndon High School. It was the Seahawks' second win against the Hornets in the last three seasons.

For South Lakes, the victory came one week after the Seahawks opened the 2012 season with a lopsided defeat 7:30 p.m. on Friday, Sept. 14.

he South Lakes football against Westfield, 51-13, on Aug. 30. South Lakes' home opener is Friday, Sept. 14 against Stone Bridge at 7:30 p.m.

> For Herndon, the loss dropped the Hornets to 0-2, including a 42-14 defeat against Langley on Aug. 30. Herndon will travel to face Yorktown at



Herndon running back Denzel Weaver runs against South Lakes on Sept. 7.

## Entertainment

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

#### FRIDAY/SEPT. 14

JamBrew Indie Music Fest. 6-10 p.m., at the Herndon Town Green, 777 Lynn Street, Herndon. Free outdoor concerts every Friday in September. http://jambrew.com/.

#### SATURDAY/SEPT. 15

- Birding at Lake Fairfax Park. 7:30 a.m., Lake Fairfax Drive off of Baron Cameron Avenue, Reston. There is a lot more to this park than just the lake and the Water Mine. Bill Brown has been exploring and has found some excellent birding area. Meet at the visitor's center. www.fairfaxcounty.gov/parks/
- lakefairfax/. **Tigerlily Pink Boa 5K.** 8 a.m., at Reston Town Center, 1818 Discovery Street, Reston. Run/walk to benefit young women before and after breast cancer. Registration and information at tigerlilyfoundation.org.

#### SUNDAY/SEPT. 16

**Celebrating Jaguars.** 10 a.m.-3:30 pm, Pavilion & Market Street. The Nation's Capital Jaguar Owners Club (NCJOC) presents its 48th Concours d'Elegance judged car show. michelledawson@yahoo.com or 571-213-1847 or ncjoc.org.

#### TUESDAY/SEPT. 18

Ari and Mia Friedman. 7:15 p.m., at The folk Club of Reston-Herndon, 151 Elden Street, Herndon. Boston's Americana sister act, Ari & Mia are a soulful and spirited acoustic accompanied duo. \$11 for members; \$12 for non-members. 703-435-2402 or jamessue@aol.com or www.restonherndonfolkclub.com.

#### WEDNESDAY/SEPT. 19

**Open Mic Night.** 9:30 p.m-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

#### FRIDAY/SEPT. 21

JamBrew Indie Music Fest. 6-10 p.m., at the Herndon Town Green, 777 Lynn Street, Herndon. Free outdoor concerts every Friday in September. http://jambrew.com/.

#### SATURDAY/SEPT. 22

Rally for a Cause Tennis Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and

## Plum

#### From Page 6

tion that we seek direct federal appropriations for the project as well. The federal government paid for 80 percent of the Metro in the District of Columbia and almost 50 percent in Phase 1. Aside from low-interest loans, the federal government is not helping with Phase 2. I encourage you to join me in writing to our Congressional delegation to seek federal assistance. Any monies we get from these

www.ConnectionNewspapers.com



### Fine Art Nature Photography by Patricia Deege

Sept. 4-28, in the Long Gallery, United States Geological Survey, 2201 Sunrise Valley Drive, Reston. Open to the public during regular business hours, 8:30 a.m.-5 p.m. Monday through Friday. A reception will be held 5-6:30 p.m. on Sept. 14th. A photo ID is required for entry to the building. Parking and entry - FREE. °Information: Patricia Deege 703-255-1426.

Faith Notes

Faith Notes are for announce-

ments and events in the faith community, including special holi-

day services. Send to reston@

connectionnewspapers.com. Dead-

Laurel Branch Group Concert.

6:30-9 p.m., at the Washington Plaza Baptist Church on Lake Anne Plaza, 11402, Washington

Plaza West, Reston. The musical

follow.They will serenade us in a

benefit concert for our choir in

the sanctuary with a dinner

following. 703-471-5225 or www.washingtonplazachurch.com.

Buddha's Guide to a Happy

and Healthy Life. 10-11:30

a.m., Unitarian Universalist

Church, 1623 Wiehle Ave.,

to make our daily activities

**Rite of Christian Initiation for** 

Various times, at St. Veronica

about the Catholic faith and

practice, as well as for those

returning to) the Catholic Church. Classes begin Sept. 17.

interested in entering (or

Catholic Church on Centerville

Road. RCIA is a series of classes for people interested in learning

Adults (RCIA) Classes.

www.meditation-dc.org.

meaningful. \$12.

Reston. Meet in the library to

learn about practical teachings and guided meditations on how

SATURDAY/SEPT. 15

group serenades in a benefit

concert for the choir in the

sanctuary with dinner to

line is Thursday.

FRIDAY/SEPT. 14

Women's Doubles and Singles; players donate \$30 and choose which organization their funds go to: Reston Interfaith's Laurel Learning Center, The Wounded EOD Warrior Foundation or HEART "Have Everyone Access Reston Tennis" kids tennis scholarships. Register at www.restontennis.org or rally4acause@restontennis.org.

rally4acause@restontennis.org. Fairfax Symphony Orchestra: Masterworks I. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist Jeffrey Biegel perform Adams' The Chairman Dances, Zwilich's Shadows for Piano and Orchestra, Bernstein's Three Dance Episodes from "On the Town" and Gershwin's Piano Concerto in F Major. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

#### SUNDAY/SEPT. 23 Rally for a Cause Tennis

**Tournament.** 9 a.m., at Lake Newport Tennis Center, 11452 Baron Cameron Ave., Reston. Men's and Women's Doubles and Singles; players donate \$30 and choose which organization their funds go to: Reston Interfaith's Laurel Learning Center, The Wounded EOD Warrior Foundation or HEART "Have Everyone Access Reston Tennis" kids tennis scholarships. Register at www.restontennis.org or rally4acause@restontennis.org.

#### WEDNESDAY/SEPT. 26

Meet Me at the Movies - Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Watch the "Best Exotic Marigold Hotel." Free to those 55+. 703-435-6530.

#### Vajrayogini Buddhist Center,

rcia@stveronica.net

Brown's Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. www.meditationdc.org or 202-986-2257.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.



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sources will reduce the need to raise tolls.

Tolls will be on the high occupancy toll (HOT) lanes on the Capital Beltway. In southern Virginia the Governor is proceeding with plans to add tolls to I-95 in the most economically depressed region of the state. Needless to say, his plans have not been met with much favor from local residents. Tolls will be part of our future, but policy makers need to be reminded that tolls do have their limits.

# **CALL FOR VOLUNTEERS**

Does transportation move you? How about improving communications or making sure that properties in Reston are up to standard?

Then you may be interested in becoming a volunteer committee member for the Transportation, Communications or Covenants Advisory committees of **Reston Association.** 

Members serve one to three-year terms and provide advice to the Reston Association Board of Directors.

Online: www.reston.org

Reston<sup>®</sup>

To learn more, contact Cate Fulkerson 703-435-6512 or via e-mail at cate@reston.org

**IOLUNTEER** 

### **YOU ARE INVITED TO ATTEND THE North Point District Community Meeting**

Meet your district director and learn about the issues and amenities in your area.

#### Wednesday, September 19, 7-9 p.m.

#### Aldrin Elementary School, 11375 Center Harbor Road

Free

Hosted by District Director Mike Collins your representative to the Reston Association Board of Directors. RSVP: Ha Brock, 703 435-7986 or via e-mail habrock@reston.org



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## News

Members of the Reston **Useful Services** Exchange share stories about how the group has helped them a their annual picnic Saturday, Sept. 8.



PHOTO BY ALEX MCVEICH/THE CONNECTION

**Connecting People** With Services

#### From Page 3

his 90s, our youngest is about 16 years old."

Rides to the airport, child and pet care and home services are among the most popular services rendered through USE. Work that requires materials, such as building materials or gasoline, is provided by the person seeking the service.

"One of the best parts about having an organization like ours is that you don't have to directly trade hours for hours, you can bank them and get credits," said Ellie Fusaro, the group's president. "Besides getting things done, one of our primary purposes is to create friendships, people get to know each other, more than just their immediate neighbors."

The exchange has come a long way from information on index cards, they now maintain an online database. Miles Maestas, who joined the group in January and recently became a board member, is hoping to expand the group's technology even further in the coming months.

"I'm working on a new database and time bank, which will hopefully give members multiple ways to connect with each other," he said. "I probably give out more hours than I use, but it's very nice to know that should anything come up, there's a big list of people I can trust that are ready to help. I see it as a great community builder."

Maestas is also helping the exchange file paperwork to eventually become a 501(c)3 nonprofit.

Member Gene Morris is helping the group get more exposure, using his graphic design experience to create signage that they display and other community locations.

"I do some of the design work, but also some handyman services," said Morris, who joined last summer. "I use most of my credits for

babysitting, which is nice, because there's a large pool to pick from, and they're all people that I know are trustworthy."

He also performs handyman work, and Fusaro has direct experience about how much it helped her.

"I had a loose tile on my kitchen that I wanted fixed, and I figured to get a tile guy out just for that would probably be a lot, it could be a hundred dollars just to get him in his truck to come out," she said. "But Gene came over, fixed the tile, and even found that it was caused by a leak, which he was also able to fix. If he wasn't there, I would have had to call a separate plumber."

Kathy Deligianis earns most of her credits by baking, she has even baked a wedding cake for two USE members.

"We needed a cat sitter for 10 days when we were traveling this summer, and my regular sitter was going to charge something like \$24 a day, so I ended up getting an exchange member to do it, which was great," she said.

Mary Frances says she uses the service to help her with mechanical-related issues around her house. She earns her credits by babysitting, giving rides to the airport and cooking.

"One of the things I do is make meals for people I'm giving rides back from the airport," she said. "Often they're coming from long flights and long trips, and the last thing they want is to cook something, if they even have food in the house. So I make something light, so they have a quick meal when they get home and that's one less thing to worry about."

**USE IS AVAILABLE** to people at the Reston Community Center who live or work in Reston or Herndon. They set up a weekly booth at the Reston Farmer's Market, where prospective members can sign up. More information can be found at www.restonuse.org.

## Week in Reston

### Mentors Needed to Make a Difference

The Reston-Herndon Branch of the American Association of University Women (AAUW) has mentor/tutor openings in its after-school program for girls in third through sixth grade. Consider joining and making a difference, Tuesday afternoons from 3 to 4:30 at Forest Edge Elementary School.

Fairfax County Schools background check required. Sessions begin Tuesday, Sept. 25. Contact Mary at 703-860-1071.

### Forum on 'Building Justice' to be Held Sept. 27

A multi-faith community forum on "Building Justice Beyond Charity," to discuss new strategies to change society, will be held Thursday, Sept. 27, at 7 p.m. at the United Christian Parish, 11508 North Shore Drive, Reston.

A panel, moderated by Reston Interfaith CEO Kerrie Wilson, will feature Amanda Andere, director of FACETS; Marco Grimaldo, executive director of Virginia Interfaith Center; John Horejsi, director of SALT (Social Action Linking Together); and Kathleen O'Toole, organizer for VOICE (Virginians Organizing Civic Engagement). Tables to register voters and to show the work of area non-profit organizations will open at 6:30 p.m.

The United Christian Parish is an ecumenical church uniting four denominations: United Methodist, Presbyterian Church (USA), United Church of Christ, and Christian Church (Disciples of Christ). For more information, call the church office at 703-620-3065 or visit www.unitedchristianparish.org.

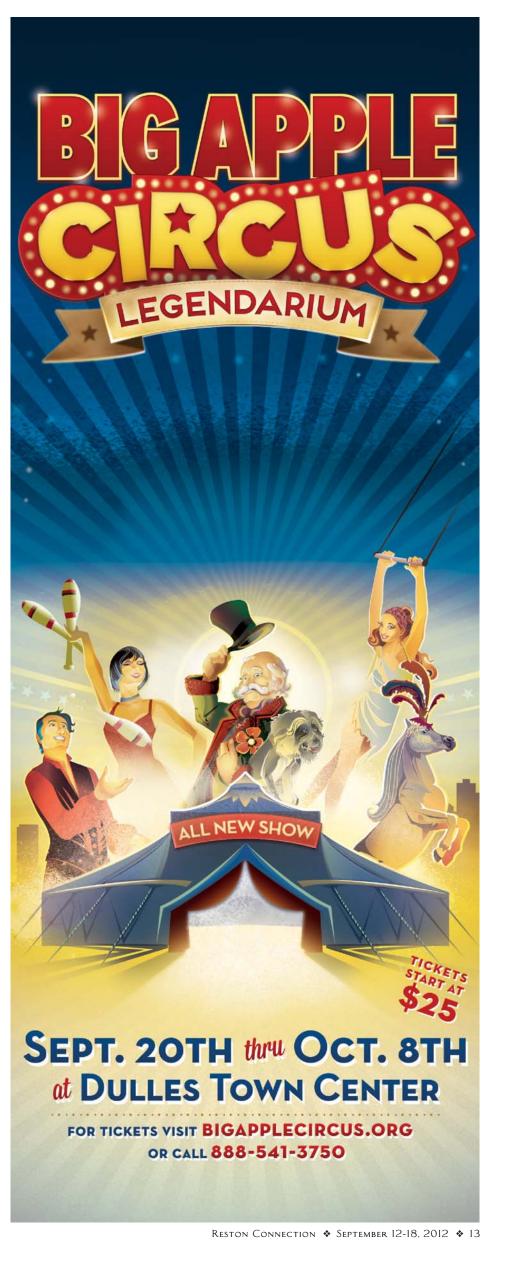
### Project Counts Walkers and Bikers

How many people travel on bikes or on foot in Reston? That's the subject of an upcoming project to count bicyclists and pedestrians. You may see volunteers at intersections watching as cyclists and walkers pass by. The volunteers may also be documenting helmet usage.

This is part of a national, two-day project, The National Pedestrian and Bicycling Documentation Project, designed to develop a consistent model for data collection and provide ongoing data for planners, communities and biking and pedestrian professionals.

The Reston Association's pedestrian and biking advisory committee is organizing the local event, which will take place for two hours in mornings and evenings on Tuesday, Sept. 11, Wednesday, Sept. 12 and Thursday, Sept. 13.





## Trip Without a Fall

#### By KENNETH B. LOURIE

Recently, for the first time in nearly two years, I took a trip without having my car. Significant to me in that not "having my car" meant not being able to transport/have all my cancer things. And by "things" I mean all the not-prescribed-by-my-oncologist supplements I have assimilated into my treatment regimen. "Things" that are not particularly well-suited or even allowed on an airplane; impractical, but allowed on most other public conveyances, however. Specifically, I refer to gallon containers of my alkaline water (100 oz. per day), pureed asparagus which I refrigerate and "tablespoon" eight portions of a day, organic apple cider (32 oz. bottle) from which I mix a tablespoon in with my alkaline water twice a day, Green Tea extract - another liquid from which I "drop" 4 mL per day, and baking soda (I don't want to bring white powder onto a plane) which I mix with my alkaline water once a day, typically washing down my 10 raw almonds and pancreatic enzyme pill. All part of a routine I have maintained rather assiduously ever since I was diagnosed with stage IV non-small cell lung cancer back in late February, 2009.

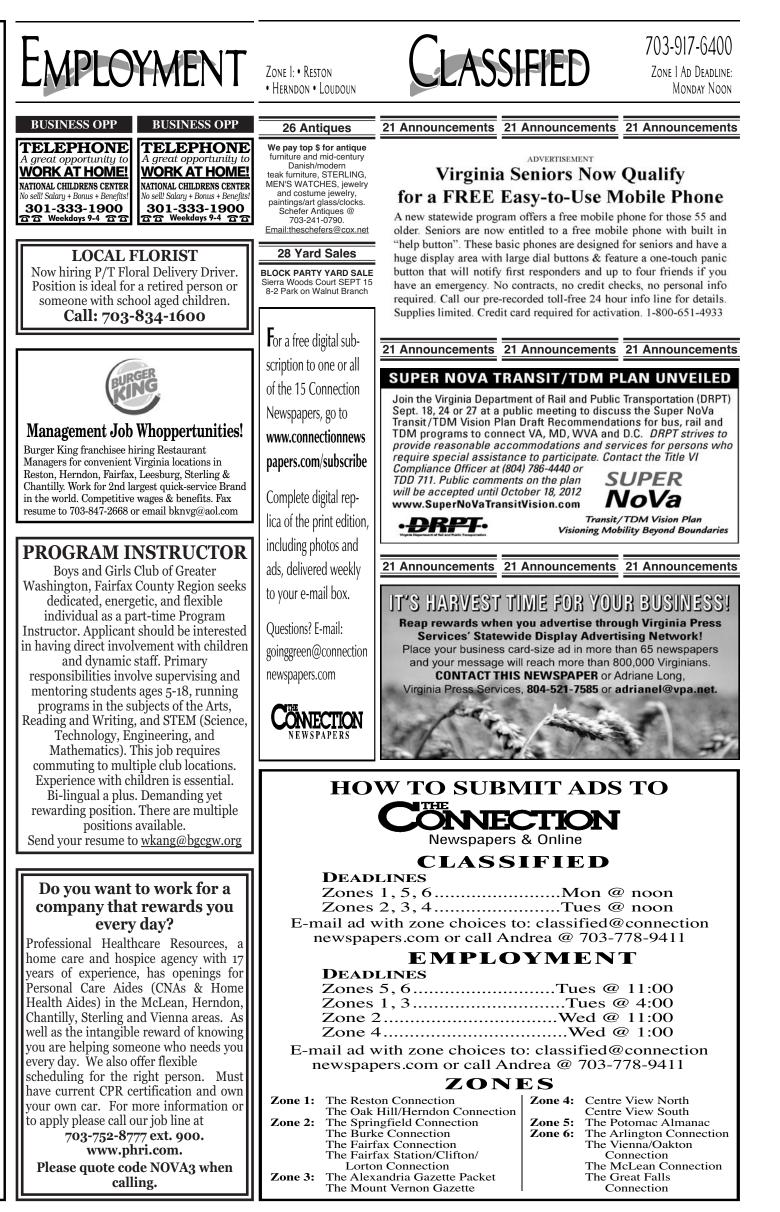
Given the fact that I am alive and still writing three and a half years after receiving a "13month to two-year prognosis," it is a routine which presumably has contributed something (along with the standard "lines" of chemother apy with which I have been infused and now on to an oral medication) to my amazing survivability (median life expectancy for my type of cancer is eight months; 10 percent survive beyond 5 years). And so, any time the opportunity or even suggestion has been made for me to travel away from home, where the logistics of getting to and from would have prevented me from being able to have my cancer "things," it has been met with very little enthusiasm - by yours truly. I don't know which I've feared the most: starting chemotherapy in early March 2009 or stopping any of the routine I described in the previous paragraph, a routine I truly believe has contributed positively to my overall health. (And there will be no backsliding, either. Perhaps a few modifications. I do remain open to suggestions.)

Nevertheless, a unique set of circumstances presented themselves in July (an invite, actually) and so I decided to fly with my wife, Dina, to Bozeman, Mt. to spend a weekend with a family - the Knightons (former teachers from her high school, along with their three sons,) and a close friend, Jeff (from Pensacola, Fl. who was traveling with his wife, Sherril), all of whom (save for Sherril) have been major influences in Dina's life, but due to time and distance had rarely been seen over the years. I certainly didn't anticipate dying on the trip simply because I wouldn't be able to drink my normal 100 oz. of alkaline water, with or without all my magic ingredients. However, breaking my routine does give me pause.

And this was the first 'pause' in a long time. And I was anxious, and afraid. But no, I wasn't second-guessing myself. However, I was looking forward to returning home afterward and resuming my drinking (you know what I mean). But given what the reunion (of sorts) meant to Dina, and knowing – from previous first-hand experience, the quality of the individuals involved, we bought the tickets and away we went.

To say that the trip exceeded my expectations would be disparaging to any and all "expectations." I had a great time. My wife, Dina, had a great time. And most importantly, Kenny-with-cancer (one of my handles, unfortunately) had a great time, one I will remember for years to come. The Knightons were beyond gracious and hospitable. Jeff, Dina's friend from high school and his wife were super cool. Montana was magnificent and my routine wasn't so routine. I survived just fine. I suppose now I'll have to live with the consequences of my actions. In fact, I'm counting on it.

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





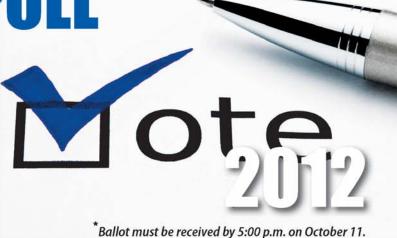
Reston Connection & September 12-18, 2012 & 15

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