

From left, Tina Caroddo, Tara Ward, Zoe Mitnecheck, 3, and Lisa Mitnecheck at the annual Light the Night walk at Reston Town Center Saturday, Oct. 5.

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## **An Oral Treatment Option for Relapsing Forms of Multiple Sclerosis (MS)**

**An informative event for people  
living with MS and their caregivers.**

**Heidi Crayton, MD  
MS Center of Greater Washington  
Thursday, October 17, 2013,  
at 6:30 PM Eastern**

**Maggiano's Little Italy  
2001 International Dr., McLean, VA 22102**

Space is limited. A light meal will be served.

To RSVP, please call 1-866-703-6293  
or e-mail [MSrsvp@ahmdirect.com](mailto:MSrsvp@ahmdirect.com)

Event code: TR223587 (1059029)

MS.US.PO1497.0313

## **Living With Multiple Sclerosis (MS)**

**An informative event for people living  
with MS and their care partners.**

**James Simsarian, MD  
Neurology Center of Fairfax  
Tuesday, October 22, 2013,  
at 6:30 PM Eastern**

**Paolo's Ristorante  
11898 Market St., Reston, VA 20190**

Space is limited. A light meal will be served.

To RSVP, please call 1-866-703-6293  
or e-mail [MSrsvp@ahmdirect.com](mailto:MSrsvp@ahmdirect.com)

Event code: TR228070 (1080654)

MS.US.PO1497.0313





PHOTOS BY ALEX McVEIGH/THE CONNECTION

The annual Light the Night walk to benefit the Leukemia and Lymphoma Society takes place at Reston Town Center Saturday, Oct. 5.

## Lighting the Night at Reston Town Center

Annual walk funds blood cancer research, family support.

BY ALEX McVEIGH  
THE CONNECTION

**A**va B" will turn 5 years old early next year, and spent more than half of her young life dealing with leukemia. She was diagnosed with pre-B acute lymphoblastic leukemia in December 2011 at age 2. Since then, she has undergone more than 20 months of chemotherapy, and seen her family and friends rally around her.

Team Ava, set up in her honor, participated in this year's Leukemia and Lymphoma Society Light the Night Walk at Reston Town Center Saturday, Oct. 5. Last year, the team raised \$8,700, and this year raised at least \$7,000 before the walk.

"This walk has been one of the best experiences we could imagine," said Ava's mom Jeannie. "And this year is especially notable, because Ava will finish her chemotherapy in March 2014."

Team Ava had more than 25 participants in this year's walk, which helped raise money for blood cancer research and family support offered by the LLS.

"We are glad to support this walk because I know that if anybody is going to find a cure, it's going to be because of the LLS," Jeannie said.

The annual event is one of three walks that take place in the Washington, D.C. area. The walk took participants down Market Street from the pavilion, with walker carrying balloons in three colors.

White balloons are carried by cancer survivors, red for supporters of cancer patients and gold carried by those who are walking in memory of someone lost.

For Michael Robinson, general manager of Microsoft's Health and Life Sciences, the walk's corporate chair, the event was personal as well.

"I lost my dad to non-Hodgkins lymphoma 16 years ago. When he was diagnosed, he was given about 5 years to live, and that's about how far he made it," he said. "Today, he would have an 80 percent chance to survive. It's the research that is funded by events like this, as well as the support the LLS provides to families, that make this an especially important event to me personally."

One of the largest, and biggest fundraising teams

at the walk was Team Zavadowski. Rich Zavadowski was diagnosed with Stage Four Peripheral T-Cell Lymphoma, a rare, aggressive cancer that was in his blood, lymph nodes, bone marrow and metastasized to his leg and ribs.

"After months of tests, hospital visits and consultations, Rich was accepted into a research protocol at the NIH's National Cancer Institute. He underwent 650 hours of experimental chemotherapy over five months," said Mary Ann Zavadowski, Rich's wife. "Because of his participation in this research, not only is he helping doctors move one step closer to a cure, he has also been cancer-free. This September we celebrated five years. I know personally that this research is working and saving lives."

The Zavadowskis started walking at Light the Night three years ago.

"We started with just the three of us, my dad, my mom and I, and just tried to grow as a team every year, and we've raised more than \$75,000 in the past three years," said Chris Zavadowski, Rich and Mary Ann's son. "Since then, we've shared my dad's story with other survivors, heard a lot of inspiring stories, and have been helped by an amazing group of supporters that are helping us raise funds that save lives."

**THE TWO OTHER** local Light the Night Walks will be at Rockville Town Square Saturday, Oct. 12 and in Washington, D.C. at Freedom Plaza Saturday, Oct. 19.

More information can be found at [www.lightthenight.org/nca](http://www.lightthenight.org/nca).



Participants in the annual Light the Night walk head down Market Street in Reston Town Center Saturday, Oct. 5.



Haitian American Olympic runner Moises Joseph and Monique Péan announcing winners of last year's VIP5K.

## Running, Walking To Help Haitians

VIP 5K Run/Walk to be held Saturday, Oct. 12 at Lake Fairfax Park.

**T**he Vanessa Péan Foundation is sponsoring the second annual VIP 5K Run/Walk in memory of Great Falls resident Vanessa Péan who died tragically in a car accident on Beach Mill Road Oct. 30, 2005 at age 16. Since 2005, the Vanessa Péan Foundation has been shaping the future of Haiti by providing scholarships to underprivileged children as well as critically needed basic services such as clean water. This 501c3 is dedicated to creating a better future for all Haitians through education and by addressing basic human needs. Over 322 scholarships have been provided and a clean spring water well now provides potable water for a town the size of Great Falls.

Join the Péan Family and friends at Lake Fairfax Park in Reston Saturday, Oct. 12. The run/walk begins at 9 a.m.

Experience what it is like to do in Haiti. You have a chance in a short relay before the 5k run/walk. Individuals can sign up at [www.prraces.com](http://www.prraces.com), one of

three Virginia certified cross-country courses.

A raffle for a new iPad and Kindle will be held at the race site and a silent auction includes gift certificates to local merchants including Chez Francois, Fontaine de Jeunesse "Venusfreeze" treatments, Starbucks gift basket, Stars Studio Private Acting Lessons, and Private Oil Painting lessons at Artists Studio on the Green.

VIP 5K race sponsors include The J. Donegan Family, 1 to 1 Fitness, Helen Vasiliadis, Realtor of Long and Foster, Strawberry Cottage, and John and Jane Trimble Accounting Services.

❖ Saturday, 8 a.m. through noon, Oct. 12.

❖ Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston

Register online at [www.prraces.com](http://www.prraces.com) under the Vanessa Péan Foundation logo or on race day at 8 a.m. Donations can also be made online or at [www.vanessapeanfoundation.org](http://www.vanessapeanfoundation.org). Checks can be mailed to 343 Springvale Road, Great Falls, VA 22066.

PHOTOS CONTRIBUTED



Seven-pound water cans are used to demonstrate how heavy carrying water long distances can be for women and children. Nina Yalung of Loebig Chiropractic is ready to begin relay. Monique Péan, Coty, Courtney and Dan Dickson, T.J. Loeffler, Claire Donegan and Steve Glass are ready to race as well.



# Negative Campaign

Candidates appear at minority business forum, attacking each other.

BY MICHAEL LEE POPE  
THE CONNECTION

Local and statewide candidates for office appeared at an unprecedented forum in Northern Virginia last weekend, a collaboration of minority business groups of blacks, Hispanics and Asians. But as candidates arrived at the Annandale campus of the Northern Virginia Community College for a Sunday afternoon forum, voters realized that the tone of the campaign would remain unrelentingly negative.

"All three of the Republican candidates are Tea Party right wing extremists," said Del. Ken Plum (D-36), who is running unopposed. "Look at their records and their stands on the issues."

Plum attacked Cuccinelli's lawsuit against the Affordable Care Act as well as his investigation into a University of Virginia professor studying climate change. The longtime delegate also said the Republican attorney general candidate Sen. Mark Obenshain (R-25) has a similar record, including a bill that would have required women to report abortions to police. Together with the candidate for lieutenant governor, Plum said, the ticket is Tea Party from top to bottom.

"For some reason, some folks in the Democratic Party think that the label Tea Party is going to stimulate some kind of negative feelings," said Jay McConville, chairman of the Fairfax County Republican Committee. "But I think those people are great patriots, and they are supporting the candidates they think are best for the commonwealth."

**AS CANDIDATES** for governor took the stage to make their case to voters, the tone of the campaign remained starkly negative. Each of the candidates spent as much time talking about their own vision of the future as they did castigating their opponent as someone who would harm Virginia. For Republican Attorney General Ken Cuccinelli: "My time as attorney general and my time in the state



Republican Ken Cuccinelli speaks at the Annandale campus of the Northern Virginia Community College.

**"Politics has become a blame game. They are always talking about what the other candidate is and how that's not working, but they never say how they can fix it or what is going to lead to fixing it."**

— Deborah Williams of Fairfax City

Senate leaves me as the only candidate who would show up on day one knowing how Virginia government works from having participated in it. I will not need on the job training if you elect me on November 5th, and I'm the only candidate who can say that."

For weeks, Republicans have been criticizing Democrat Terry McAuliffe for threatening to shut down Virginia government unless the General Assembly agreed to expand Medicaid. McAuliffe attempted to beat back that argument during the Fairfax Chamber of Commerce debate, pledging that he would not force a shutdown. Meanwhile, the Democrat is now criticizing the Republican for appearing at a fundraiser with Texas Senator Ted Cruz, whom Democrats say is the architect of the government shutdown.

"Ken Cuccinelli was apparently more concerned about his reputation with the Tea Party than with ending the government shutdown that is undermining Virginia's economy," said McAuliffe. "It's the obligation of Virginians to send a message to Washington. A govern-

ment shutdown should never be a bargaining chip."

**WITH ELECTION DAY** only four weeks away, candidates and their advisors are preparing for the most intense and high-stakes portion of the race. Both of the major-party candidates are responding to that dynamic by trying to frame their opposition in the most negative way possible. That leaves Libertarian candidate Robert Sarvis rising in the polls as his opponents take shots at each other. After McAuliffe and Cuccinelli finished Sunday evening, Sarvis offered a critical review. "A lot of negative attacks. Not a whole lot of substance," said Sarvis, who is polling at about 10 percent support. "And if you want to see dysfunction of voting out of fear for the lesser of two evils, look at the federal government right now."

After the candidates were finished making their pitches, many of the voters had a hard time processing what they heard. The stump speeches left many wondering what the candidates would do if elected. Many of the voters at



Democrat Terry McAuliffe takes the stage at the Annandale campus of the Northern Virginia Community College.



Libertarian candidate Robert Sarvis greets voters at the Annandale campus of the Northern Virginia Community College.

the Annandale forum said they felt the tone of the campaign had become distractingly negative, a series of attacks and counter-attacks that left many feeling isolated from the process.

"Politics has become a blame game," said Deborah Williams of Fairfax City. "They are always talking about what the other candidate is and how that's not working, but they never say how they can fix it or what is going to lead to fixing it."

**RECENT POLLS** have shown a clear and growing lead for McAuliffe, with the Democrat running five to seven percentage points ahead of the Republicans. That lead grows even larger if the Libertarian is included in the polls, giving the Democrat an eight-point lead in one poll. Republicans reject the idea that their candidates are in trouble, though. When

asked about polling numbers, McConville said Republicans seem more motivated than the Democrats.

"I think that there's a lack of feeling of that same kind of excitement on the McAuliffe side," said McConville. "He's obviously a problematic candidate."

Democrats say they feel national Republicans have delivered an October surprise that has harmed their side, the government shutdown. On the campaign trail and in interviews, Democrats are making the case that Cuccinelli and the Republican ticket are aligned with obstructionists in Washington.

"I feel that Ken Cuccinelli is at a desperate point in his campaign," said Del. Charniele Herring (D-46), who is chairwoman of the Democratic Party of Virginia. "He attacked Terry time and time again instead of talking about what he would do for Virginia."

PHOTOS BY MICHAEL LEE POPE/THE CONNECTION



# Reston Native Releases Novel

“The End of the City” features South Lakes student protagonist.

BY ALEX McVEIGH  
THE CONNECTION

Growing up in Reston, David Bendernagel said he always thought writing was cool. His interests ranged from the fantastical to the realistic, and with his first novel, “The End of the City,” he has found a way to explore both of those themes in an unorthodox, but interesting way.

“The book has two narrators, one is a teenage boy, a student at South Lakes High School, who is dealing with the death of his father and troubled by his obsessions with sports and comics, and the second is this comic book-type assassin who is feeling guilty over having just killed his best friend,” Bendernagel said. “They alternate chapters, and are both connected

in some way, but neither are sure if the other one is real.”

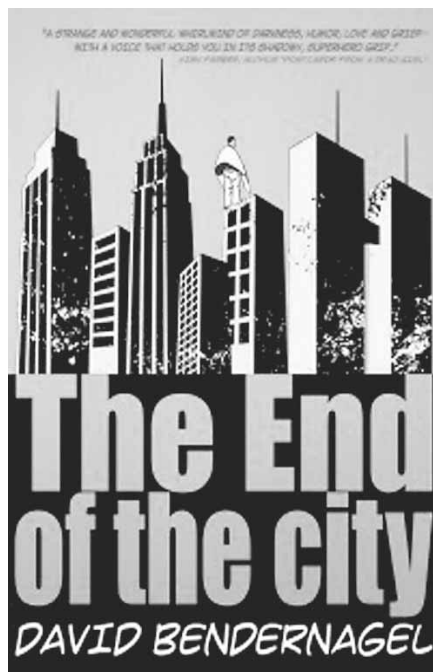
Bendernagel continued writing while in graduate school, and that’s where he got the early ideas for the novel.

“I’ve always wanted to write a book, I’d done short stories here and there,” he said. “Some of the projects were about a teenager from Reston who was a student at South Lakes High School.”

As he continued writing and participating in workshops, Bendernagel said he found himself drifting from more realistic stories to “more fantastical, almost pulp fiction-style writing.”

When he figured out how to combine the two, the foundation for “The End of the City” was born.

“I left grad school with what I thought was a fun idea, it was interesting, but had sort of meander-



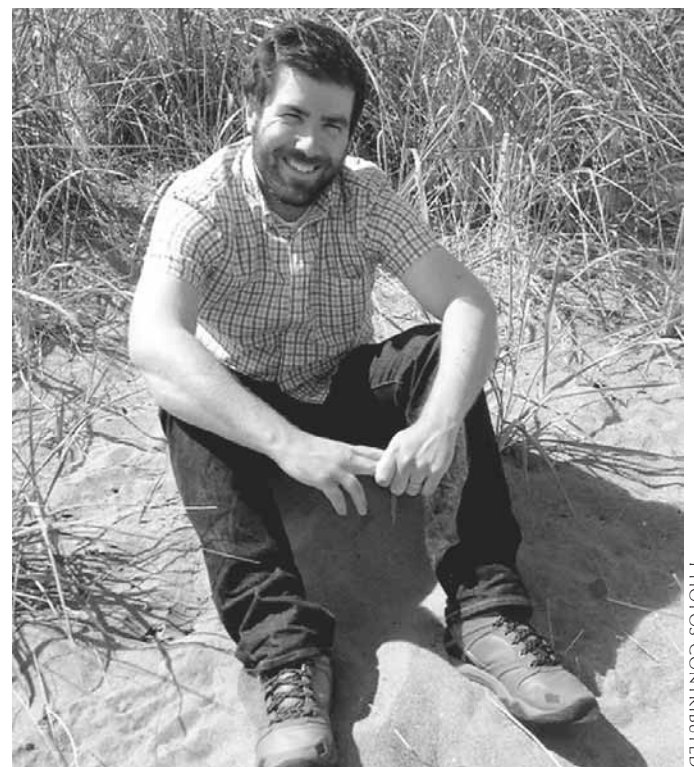
**Reston native David Bendernagel has written his first book, “The End of the City,” which features a South Lakes student as one of the main characters.**

ing quality, it wasn’t really publishable,” he said. “But as I got more comfortable with structuring the plot, it all came together.”

During the writing of the book, Bendernagel and his wife moved around the country, to Iowa and Washington State, going to school and studying for degrees.

“I tried to do work whenever I could, whether it was while my wife was in school, or whenever I

could squeeze it in,” he said. “I find it hard to sit down and just write for hours and hours on end, but after work I could come back to writing and be refreshed.” The novel is Bendernagel’s first, he says he’s not the type that has unfinished novels in his closet waiting to be released. “I was so interested in this story, and getting it right, that I think I learned how to write a novel with this novel,” he said.



**David Bendernagel, who grew up in Reston, has released his first novel, “The End of the City.”**

“I knew I had ideas I wanted to address, I just needed to find a plot that was interesting. But going in, I didn’t know how the characters would end up, I had ideas, but there was plenty of room for surprises.” “The End of the City” was released Oct. 8, and is available at Amazon as a paperback or an e-book. More information is available at [thepinkfishpress.com/publications/the-end-of-the-city/](http://thepinkfishpress.com/publications/the-end-of-the-city/).

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# Preventative Medicine

Getting a flu shot has never been easier.

**W**ith the Center for Disease Control shut down along with almost all of the Federal Government, it falls to the states to monitor influenza activity.

Visitors to [cdc.gov](http://cdc.gov) are greeted with: "Due to the lapse in government funding, only websites supporting excepted functions will be updated unless otherwise funded. As a result, the information on this website may not be up to date, the transactions submitted via the website may not be processed, and the agency may not be able to respond to inquiries until appropriations are enacted."

No update is required to the CDC recommendation that every child, woman and man over the age of six months be vaccinated for the flu every year, preferably by October.

Virginia and Maryland are both reporting confirmed cases of influenza at a "sporadic" level. Since it takes two weeks for the vaccine to take full effect, now is the time to be vaccinated if you haven't yet had the shot.

Every year, 5-to-20 percent of U.S. residents become sick with the flu, with 200,000 hospitalizations. Children are especially vulnerable with about 20,000 children under the age of 5 hospitalized. Depending on the severity of the

## Get One

Flu shots are available on a walk-in basis at most pharmacies including Walgreen, CVS, Rite Aid, Giant, Safeway and independent pharmacies; most urgent care clinics and at area hospitals.

### INOVA CLINICS

Inova Alexandria Hospital, Every Friday 3-6 p.m. until Dec. 13 (not Nov. 29)  
HEC Rm 1 & 2, 4320 Seminary Road, Alexandria, VA 22304

Inova Fair Oaks Hospital, Every Saturday 1-4 p.m. until Dec. 14, Medical Plaza Building Conference Room A, 3700 Joseph Siewick Drive, Fairfax, VA 22033

Inova Fairfax Hospital, Every Saturday until Dec. 14, 9 a.m.-noon, The Atrium, 3300 Gallows Road, Falls Church, VA 22042

Inova Mount Vernon Hospital Every Tuesday until Dec. 17, 9 a.m.-noon, Hospital Lobby, 2501 Parker's Lane, Alexandria, VA 22306

Inova HealthPlex-Lorton Every Sunday until Dec. 15, 1-3 p.m. Conference Room, 9321 Sanger Street, Lorton, VA 22079

flu in a given year, from 1976 to 2006, estimates of annual deaths ranged from 3,000 to a high of about 49,000, according to the CDC.

Remember that getting the flu shot is also community service. You might be strong and healthy and think that you will not suffer too much if you get the flu. But everyone has contact with people in the high-risk groups: people over 65, children under 5, pregnant women, people with other illnesses. So have your shot to protect other people.

## Deadline to Register to Vote, Oct. 15

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2013. You can check your registration status online by visiting the State Board of Elections website at [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

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132 North Royal Street, Alexandria, 22314; FAX 703-838-6449; email [tom.parkins@alexandriava.gov](mailto:tom.parkins@alexandriava.gov)

Fairfax County Board of Elections, 703-222-0776, [www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)  
12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

Arlington Board of Elections, 703-228-3456, <http://www.arlingtonva.us/vote>, 2100 Clarendon Blvd. Suite 320, Arlington, 22201; FAX 703-228-3659; email [voters@arlingtonva.us](mailto:voters@arlingtonva.us)

\* City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

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# The Battle to Insure Everyone

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

**L**ast week saw the beginning of a federal government shut-down—at least a partial shut-down. Even the most ardent of the angry fringe element that subverted the congressional legislative process to cause the partial shut-down seemed willing to admit that there were some "essential" services of government that needed to

continue. To be able to use the words "essential" and "government" in the same sentence is a step forward for some people who severely criticize government for whatever it does or does not do and for whatever happens or does not happen. There is still a wide chasm to bridge between what is considered necessary for the government to do and what should be left to individuals. Health care is at that juncture.

The Affordable Care Act (ACA) is the law of the land that has been passed by the Congress, signed by the president, reviewed and approved as constitutional by the Supreme Court, and was a key issue in a campaign in which the president was re-elected by more than five million votes. While some would argue with the details of the Affordable Care Act, it is clear that as a country we have taken a stand that each individual is entitled access to health insurance regardless of whether their employer provides it. A small but vocal minority in the Republican Party disagrees and has decided to block the ability of the federal government to pay its bills as they try to get their way on stopping a law they have been unable to overturn in 40 attempts.

At the same time, the American people have crashed websites and tied up systems in their frantic rush to get into the program. Its

SEE PLUM, PAGE 8

# Republican Shutdown—Shouldn't We All Get a Turn?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

**A**s we walked our dog around the lake this morning, we encountered three Restonians in furlough mode—one with NASA, one a DoD contractor and one with the Department of the Interior, Bureau of Ocean Energy Management, all solid citizens doing work that is needed and broadly beneficial to us all.

None of them are known targets of John Boehner and his merry band of thugs. They are just a tiny sample of the huge collateral damage done by these irresponsible people still drawing their comfortable \$174,000/year salaries. Collateral damage includes, for example, 800,000 government employees furloughed, hundreds of thousands of little kids denied Head Start programs, meat and food safety inspections that won't happen, clinical trials for children and adults halted at the NIH, etc,

etc. Did I mention the costs, likely in the billions, of shutting down all manner of program operations, services and construction; and, then having to re-start them all because these guys don't like a health care law?!

By John Boehner's logic, shouldn't the other party, and all of us for that matter, be allowed a turn at shutting down the government

until our least favorite law is denuded, defunded, repealed or whatever? We're not talking about legislation under consideration, or even the yearly budget, areas which should be the subject of thorough, deliberative processes in a responsible legislature. We are talking about cherry picking an existing law that has passed the test of constitutionality. I'm sure that we liberals, broadly centrist Democrats, and DINO's (Dems in Name Only) all would love to pick one or more of our most despised laws, and hold the government hostage until our pick

SEE LOVAAS, PAGE 8



# PEOPLE



PHOTOS CONTRIBUTED

**Amy Edgmond started running with Foxcroft's cross country team one year ago. She is in the running to win best runner in the Delaney Athletic Conference.**

**Amy Edgmond, mid-right, recently won All-State in the VISAA Division II state meet Sept. 17.**

## Reston Runner Named Foxcroft Athlete of the Week

**F**oxcroft School senior Amy Edgmond has mastered the art of competitive running in a short time, winning races routinely since joining Foxcroft's cross country team only a year ago.

This year she may well be the best runner in the Delaney Athletic Conference.

She ended up earning All-State honors in VISAA Division II by finishing 16th in the state meet last fall, and Sept. 17 of this year she outran 70 runners to win the initial DAC meet of the season, held at

Foxcroft. Edgmond's performance earned her Athlete of the Week honors for the period ending Sept. 20.

It was the second strong effort of the early cross country season for Edgmond, who finished second among 100 competitors in her first race, an invitational meet held at Quantico, Va., on Sept. 10.

Amy is the daughter of Jamie McClellan and Skip Edgmond of Reston.

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# The Container Store Reston Opens, Helps Community

**Donates \$22,000 to Cornerstones (formerly Reston Interfaith).**

The Container Store debuted its 62nd store opening on Saturday, Sept. 21 in Reston. As part of the retailer's commitment to its local communities, the organization donated a percentage of its Grand Opening weekend sales to Cornerstones (formerly Reston Interfaith), making a contribution totaling \$22,000.

Reston Container Store "Super Fan" Christi Milton was first in line Saturday at the grand opening and received her own gold shopping cart decorated with flags and signs. Milton submitted the winning entry for The Container Store's Reston Super Fan contest that asked why she considered herself worthy of Super Fan status.

In addition to being first in the store, her prize package included a gift card, a box full of products from The Container Store, her own crown and an invitation to the private preview party on Thursday, Sept. 19.

The storage and organization retailer's 20,000-square-foot store filled with 10,000 products to organize every area provided the perfect backdrop for a party on Thursday in collaboration with Cornerstones supporters. Around 2,000 guests enjoyed champagne and food from Ridgewell's Cater-



**Pictured at The Container Store-Reston private preview party, from left: Sara Leonard, Cornerstones Board of Directors, Supervisor Cathy Hudgins, (D-Hunter Mill), Casey Shilling, vice president, The Container Store, Georgia Graves, Bridgman Communications, Stuart Rakoff, chairman, Cornerstones Board of Directors, Kerrie Wilson, CEO, Cornerstones, Ken Kneuve, Reston Association, Melissa Reiff, president & COO, The Container Store, Gail Greenberg, Cornerstones Board of Directors; Mahaba AlWazir, general manager, The Container Store, Garrett Boone, chairman emeritus, The Container Store.**

ing, all of which were served out of The Container Store's products. Band Marquise played live and riled up dancing from guests.

Among those in attendance were Kerrie Wilson, CEO of Cornerstones, Robert E. Simon, founder of Reston, Del. Kenneth Plum (D-36), Supervisor Catherine Hudgins (D-Hunter Mill). Melissa Reiff, president & COO of The Container Store, welcomed all attendees and thanked Cornerstones for all of their sup-

port and efforts in getting the store ready for its Grand Opening.

Cornerstones helps people build more stable lives by connecting them to vital resources that solve their needs for housing, childcare, food or financial assistance.

Reiff said that partnering with an organization like Cornerstones is an honor for The Container Store. They are truly invested in the entire Reston community, said Reiff. "We couldn't have found a better match."

PHOTO CONTRIBUTED



By ANDREA WORKER/THE CONNECTION

**From left—Wayne Brissey, manager for Area 6 with the Fairfax County Park Authority Park Operation Division, Scout and Project Manager Ethan McKnight of Reston, and mom Carrie McKnight take a moment to congratulate themselves on the improvements being made to the Stuart Road Park in Reston, thanks to Ethan's community motivational efforts as he seeks to earn his place as an Eagle Scout.**

## Local Scout Trains Eagle Eye on Community Pocket Park

Ethan McKnight of Reston needed a project to graduate to Eagle Scout in Troop 1577. His neighborhood pocket park needed some additional work to go along with the renovation-in-progress by the Fairfax County Park Authority. It seemed like a good fit to seventh-grader Ethan, so he got to work.

First he had to get the sign-off from his troop leaders. Then came the more intimidating moment—contact with the Park Authority to explain his proposed project and get the necessary approvals. "It went really good," said the young McKnight. "Mr. Brissey has been really amazing and helpful to work with," he added, referring to Wayne Brissey, manager, Area 6 with the Park Operation Division.

Once the project was outlined and approvals were secured, Ethan took to the streets around the park, soliciting donations of time, as well as money to make the plan come to life. He must have been pretty persuasive, because not

only did he come up with the funds, but on Implementation Day he had gathered a small army of locals and a few other troop members to get the work done. Even Brissey was on hand to provide some supplies and assistance.

"This is such a great win-win event," said Brissey. "With our budget down 25 percent, we were able to put in the needed new equipment, do drainage improvements and work on the trees around the tot lot, but there just isn't the money to work on the surrounding area." So Evan's crew got to digging, hauling, raking and mulching the outdoor exercise area. They even built handicap-accessible picnic tables from materials provided by the county. The workers stayed busy from 9 in the morning to late in the afternoon, but were kept refreshed by beverages and snacks provided by the McKnight family. The crew deemed themselves well satisfied with their efforts and with Ethan for getting the community ball rolling.

—ANDREA WORKER

## Plum

FROM PAGE 6

difficulty to date has been its overwhelming appeal and acceptance. There seems to be a major disconnect between the people who re-elected the president and who are now flocking to get affordable health care and those who oppose him and the program. Events unfolding in the nation's capital are an excellent case study in how not to do business and the consequences of dysfunctional behavior in government.

Travel consultant Rick Steves wrote last week that Americans are about to get what Europeans have had for decades—affordable health care. Steves said, "It's amazing to me that in our great nation, about a fifth of the citizens are unable to afford health insurance, need to go to the emergency room for routine medical needs, and are terrorized

by the specter of one serious accident or sickness wiping out their family financially. ...It is an embarrassment that so many Americans are brutalized by health-care costs."

The battle as to whether or not everyone will have access to preventive services and adequate health care has been settled. It is time for those who disagree with that decision to focus on ways to improve implementation of the ACA—not try to block the law from taking effect. At the state level, we need to enhance Virginians access to health care options with our own marketplace for health care services without being fully dependent on the federal government. We need to expand Medicaid to provide health insurance to 400,000 currently uninsured Virginians. It's time to move onward.

## Lovaas

FROM PAGE 6

is deleted or repealed. Actually, it turns out that Democrats are philosophically and otherwise opposed to shutting down all the essential work that the government does for the American people.

If I weren't personally so opposed to damaging the wide sweep of important and even wonderful things that our government does for America and hurting so many people while I'm at it, my dark side would like to take a shot at getting rid of one of the sources of the mounting inequality in this country. My bogeymen include corporate and fat cat welfare woven throughout many of our laws like the tax code, laden with

special exceptions and bargain tax rates for unearned income.

Take a minute and think what law, laws you'd like to have taken off the books if you had the power that conservative Republicans are trying to wield with their hostage-taking today. I'm willing to bet that precious few Restonians would pick a law that, with some fixable flaws, will provide essential health care to over 30 million people. It takes really special people to shut down our government, much less to do it just to prevent millions of people from having essential health care. There, I feel better!





Captain Kevin Wensing (ret.), USTA, Dr. Hani Thariani, orthodontist (Tournament Presenting Sponsor), Courtney Park-Jamborsky, director, Laurel Learning Center, Mary Lee Brendsel (4.0 doubles champion), Marjie Alloy (4.0 doubles champion), Elaine Killoran, tournament co-chair at the Rally for a Cause Tournament in Reston Sept. 21-22.

## 'Rally for a Cause' Tennis Tourney in Reston

Early morning clouds dispersed and the rain held off Sept. 21 and 22 for Reston's "Rally for a Cause," the second annual tennis tournament. Sixty five players, nearly double the number of players from the previous year, gathered at the Lake Newport tennis facility for men's and women's 3.0, 3.5, and 4.0 singles and doubles draws. They brought their racquets, their wallets and their friends to combine the sport of tennis with charitable giving. The tournament sponsored three causes: USTA Serves/Wounded Warrior Curriculum, HEART (Have Everyone Access Tennis) and Cornerstones, which respectively support rehabilitation through tennis for injured or ill veterans, tennis scholarships for children and interfaith family ser-

VICES.

The tournament drew a significant number of entrants from surrounding areas such as Arlington, Alexandria and Herndon and saw fundraising revenue grow from \$2,000 to \$3,100; an increase of approximately one third.

While competitors mixed it up on court in competition Saturday, tournament directors mixed it up Sunday with a last minute men's and women's 4.0 mixed doubles round robin. A shortfall of men's and women's doubles teams required the last minute fix but the players loved the remedy. Trophies, raffle drawings and free refreshments donated by local businesses and underwritten by local orthodontist Hani Thariani, supplemented the fun and success of the event.



Rachel McGowan (women's singles player) returns in the Rally for a Cause Tournament to benefit three area nonprofits.

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# Oktoberfest Returns to Reston Town Center

Northern Virginia's largest outdoor fall festival is Friday through Sunday, Oct. 11-13.

The beer and wine will be flowing at Oktoberfest Reston, produced by the Greater Reston Chamber of Commerce, the largest fall festival in Northern Virginia drawing crowds of up to 85,000 over three days. This event features the best in fall brews with traditional Oktoberfest fare from area restaurants. Beginning on Friday, Oct. 11, at 3 p.m., restaurants and vendors will line the streets of the Reston Town Center. Live music will fill the air with traditional German tunes from the Low'n'Brows and Kings Park German Band as well as favorites from headliners Love Seed Mama Jump, 2U and White Ford Bronco. Children won't feel left out with the Oktoberfest Carnival open during event hours throughout the weekend and a special "All You Can Ride" wrist band time on Saturday from 10 a.m.-2 p.m. Oktoberfest Reston is offering two special Craft Brew Showcases at select times on Saturday and Sunday featuring seasonal and local beers. The Northern Virginia Police and Fire and Rescue Departments will face off on Saturday afternoon in the Guns 'n Hoses Chili Cook-Off, with the winner to be announced at 4 p.m. The Great Pumpkin 5k, Pumpkin Smash Mile and Kids Pumpkin Dash, produced by the Greater Washington Sports Alliance and benefiting the YMCA Fairfax County Reston, kicks off Saturday's events with an 8:30 a.m. 5k race start time. Oktoberfest Scrambled Legs Breakfast will help runners refuel with Shock Top Pumpkin Wheat Ale and breakfast items served up from specific Oktoberfest vendors. Oktoberfest Reston event admission is free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Carnival tickets are \$1 per ticket or \$20 for 24 tickets. All-you-can-ride carnival wristbands will be on sale for \$20 ahead of the event and for \$25 at the event; wristbands are good only for Saturday 10 a.m.-2 p.m. Advance tickets are on sale online now at



Members of the Alpine Dancers, an ensemble specializing in dance from Austria, Germany and Switzerland, perform at the Reston Oktoberfest 2012.



Bob Westin of the Kings Park German Band plays his strumpffiddle at last year's Reston Oktoberfest.



Herbert Traxler of the Alpine Dancers leads a toast at the Reston Oktoberfest 2012.

## Oktoberfest Reston

**WHEN**  
Friday, Oct. 11, 3-11 p.m.  
Saturday, Oct. 12, 11 a.m.-11 p.m.  
(Race begins at 8:30 a.m.)  
Sunday, Oct. 13, Noon-8 p.m.

**WHERE**  
Reston Town Center, 11900 Market Street, Reston

**BEVERAGES**  
Beers on tap throughout event: Devil's Backbone Vienna Logger, Dominion Oktoberfest and Widmer Hefeweizen  
www.OktoberfestReston.com or at the Greater Reston Chamber of

Beer on tap at select times: Bold Rock Hard Cider, Devil's Backbone Schwartz Bier, Fordham Brewing Company Spiced Harvest Ale, James River Brewing Company, Shock Top Pumpkin Wheat, Starr Hill Northern Lights and Three Brothers  
Wine provided by: Market Cellars and The Wine Cabinet

**RESTAURANTS**  
Buffalo Wing Factory, Clyde's of Reston, Hooked Seafood & Sushi Bar, Milwaukee Frozen Custard, The Melting Pot, Naked Pizza, Obi Sushi, Paolo's Ristorante, Paradise Ice Cream, The Counter and Vie de France

Commerce, 1763 Fountain Drive, Reston.

## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

### WEDNESDAY-SATURDAY/OCT. 9-12

**Arts Week.** Various times, at ArtSpace Herndon, 750 Center St., and around Herndon. The festival features ArtSpace Herndon's Portrait Competition, the Arts Crawl at Mediterranean Breeze, Jimmy's, O'Sullivan's and Ice House Café on Oct. 9, 5:30-7:30, with Herndon-area artists available at each restaurant with examples of their work on display. Light appetizers are available and the bar is open on a pay-your-own way basis. Crosscurrents Concert Om Shalom is Oct. 12. [www.artspaceherndon.org](http://www.artspaceherndon.org).

### WEDNESDAY-MONDAY/OCT. 9-28

**2-D Mixed Media & Painting Competition.** 9 a.m.-9 p.m., at the Jo Ann Rose Gallery Exhibit, 1609 Washington Plaza, Reston. Jean Gill, an artist, juror and educator with a love of both science and art is the judge for this exhibit of 2-dimensional paintings and mixed media art. The League of Reston Artists is a non-profit organization open to all Washington, D.C. Metro art lovers and has been an important part of the Reston community for nearly 45 years. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### WEDNESDAY/THURSDAY/OCT. 9-31

**Breaking the Panels: Pop Culture, Comic and Illustration Art.** 9 a.m.-9 p.m., at Hunters Woods Gallery Exhibit, 2310 Colts Neck Road, Reston. Gian Lomagilo and Jeff Lonnett are two young artists and teachers who are serious about their art, but like to have fun with it. Both were inspired by popular culture – musicians, movies, television, comic books, advertisements, novels – but their artistic interpretations are very different.

### THURSDAYS-SUNDAYS/OCT. 10-20

**"The 39 Steps."** 7:30 p.m. Thursdays; 8 p.m. Fridays and Saturdays; 2 p.m., 7 p.m. Sundays at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Theatre company produces a murder mystery, directed by Evan Hoffman and adapted from the Hitchcock film and novel by John Buchan of the same name. \$25-27. 866-811-4111 or [www.NextStopTheatre.org](http://www.NextStopTheatre.org).

### THURSDAY/OCT. 10

**Classical Guitar Concert.** 2:15 p.m., at Reston Community Center, Center Stage  
2310 Colts Neck Road, Hunters Woods Village Center, Reston. Dr. Miroslav and Natasa Loncar are classical guitarists and native Croatians who have performed throughout Europe and the U.S. 703-503-3384, [olli@gmu.edu](mailto:olli@gmu.edu), [www.oli.gmu.edu](http://www.oli.gmu.edu)  
**Newcomers' Night.** 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. This one-stop shopping event is open to new, current, or past volunteers and newcomers. Light refreshments and door prizes will be available. RSVP. [Ashleigh@reston.org](mailto:Ashleigh@reston.org) 703-435-6577.

**Artwork Critique.** 7-9:30 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Ted Reed, the judge of our 5th annual portrait competition, offers a critique to artists of their own artwork. Bring up to three pieces of



Om Shalom Trio, ArtSpace Herndon presents the Om Shalom Trio in concert on Saturday, Oct. 12 at 8 p.m. The Om Shalom Trio concert represents the premiere of CrossCurrents, a series of world music concerts and master classes at ArtSpace Herndon. The CrossCurrents series features collaboration among artists of different cultures results in performances of thrilling and exhilarating original music.

artwork in any traditional medium. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

### FRIDAY-SUNDAY/OCT. 11-13

**Ikebana: The Freestyle of Flowers.**

2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Washington Chapter of the Ichiyo School of Ikebana presents a three day exhibition of Ikebana floral arrangements. The exhibit opens at 2 p.m. Friday and demonstrations are

on Saturday and Sunday at 2 p.m., with chances to win door prizes. **Oktoberfest Reston.** 3-11 p.m. Friday, 11 a.m.-11 p.m. Saturday, noon-8 p.m. Sunday, at Reston Town Center, 11900 Market St., Reston. The beer and wine will be flowing at

## NOTICE OF PUBLIC HEARING

The Reston Association will be holding a public hearing at 7 p.m., at the Reston Association Conference Center (12001 Sunrise Valley Drive, Reston, VA 20194) on Oct. 24, 2013 to consider a proposed common area "land exchange" with Lake Anne Development Partners, L.L.C.

Information on the matter will be posted on [www.reston.org](http://www.reston.org) the week of Oct. 14.

For more information please call 703-435-6530.



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Oktoberfest Reston produced by the Greater Reston Chamber of Commerce, the largest fall festival in Northern Virginia drawing crowds of up to 85,000 over three days with children's activities, and an 8:30 a.m. Pumpkin Smash Mile and Kids Pumpkin Dash Saturday. This event features the best in fall brews with traditional Oktoberfest fare from area restaurants. [www.OktoberfestReston.com](http://www.OktoberfestReston.com).

703-476-9689 ext. 5 or [naturecenter@reston.org](mailto:naturecenter@reston.org).  
**The Phoenix Winds Quintet.** 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Members Rosalie Morrow on flute, Jane Hughes on oboe, Bill Jokela on bassoon, Allen Howe on clarinet and Ako Shiffer on French horn. 703-503-3384, [olli@gmu.edu](mailto:olli@gmu.edu), [www.oli.gmu.edu](http://www.oli.gmu.edu).

### SATURDAY/OCT. 12

**The Om Shalom Trio.** 8 p.m., at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Award-winning international musicians Ranedra Das, Abhik Mukherjee and Valeriya Sholokhova draw upon their Far Eastern and Middle Eastern roots to create a fusion of Indian Classical and Jewish Folk music. \$18, adults; \$15, students and seniors. Reservations. [www.artspaceherndon.org](http://www.artspaceherndon.org) or 703-956-6590.

### FRIDAYS-SUNDAYS/OCT. 12-NOV. 3

**"Legally Blonde the Musical."** 8 p.m. on Fridays and Saturdays, 2:30 p.m. on Sundays at 2310 Colts Neck Road, Reston. The Reston Players brings excellent theatre that all of the community can enjoy. Directed by Joshua Redford, musically directed by David Rohde. Price to be determined. 703-476-4500, [rcp-tix.com](http://rcp-tix.com), or <http://restonplayers.org/>.

### THURSDAY/OCT. 17

**Rascal Raccoons.** 1:30-2:30 p.m., at the Walker Nature Center, 11450 Glade Drive, Reston. Make your own raccoon mask and tail crafts, and the dress up like a raccoon to go in search of what it needs to survive. Explore the forest to look for food, water and shelter that is just right for a raccoon. Reservations required by Oct. 14. \$5/child RA members, \$8/child Non-members.

### FRIDAY/OCT. 18

**VOCE Chamber Choir.** 8 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Selections from Les Misérables will be played in the opening concert of the 25th anniversary season, dedicated to songs about finding voice and acceptance; the earth's future; and the desire for freedom among peoples all over the world. A special feature will be a work originally commissioned by Voce Chamber Choir. \$10. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org).

### Special Consensus.

8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. An acoustic contemporary and traditional bluegrass band feature raw, emotional lyrics and orchestrates vocals and instrumentation. \$15; children 12 and under, free. 703-435-8377 or <http://www.special.com>.

### SATURDAY/OCT. 19

**Lost Dog and Cat Rescue Yard Sale.** 8 a.m.-1 p.m., at 2355 Bedfordshire Circle, Reston. A sale with furniture, clothing, knick knacks and more to benefit the organization. Volunteers are needed to staff the sale, prepare and sort merchandise for the sale, help clean up after the sale, advertise, etc. Sellable merchandise for the yard sale also needed. Baked goods and coffee/juice are for sale. [Cct17@verizon.net](mailto:Cct17@verizon.net) or 703-930-9220.

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# Sophomores Lead South Lakes Volleyball Past Herndon

## Caloyannides finishes with 18 kills for Seahawks.

BY JON ROETMAN  
THE CONNECTION

**S**outh Lakes outside hitter Melody Caloyannides doesn't need a perfect set to be an offensive force, Seahawks head coach Cheri Hostetler said. But when a teammate puts the ball on the money, the 6-foot sophomore is capable of putting down kills with authority.

Caloyannides was the driving force behind the South Lakes volleyball team's 3-1 (25-20, 21-25, 25-16, 25-21) victory against rival Herndon on Monday night during a Dig Pink match at South Lakes High School. She finished with 18 kills, including eight in the fourth set.

After a 5-1 Herndon run cut the South Lakes lead to 16-15 in the fourth set, Caloyannides had four kills down the stretch to help the Seahawks capture their second victory in a best-of-five match this season and improve their record to 10-9.



**South Lakes sophomore Melody Caloyannides totaled 18 kills against Herndon on Monday.**

"She's great," Hostetler said about Caloyannides. "Just getting her the right sets is part of our challenge with her. You can see, even if she has a bad set, she still makes something happen. But you see when she gets a perfect set: it's a crusher."

**CALOYANNIDES WASN'T** the only South Lakes sophomore who had a strong performance against Herndon.

Outside hitter Kristina Brownell totaled 12 kills and five aces. Six-foot-1 middle blocker Vela

McBride had eight kills and five stuff blocks. McBride missed a month with a fractured bone in her foot, but has been a force at the net upon her return. "The first couple matches, it took her a little bit to get into it," Hostetler said. "But now she's fully into it. We just need to set her more."

After dropping six straight matches, South Lakes has won seven of its last eight, including a 5-0 mark in best-of-three matches during the Hayfield Hawks Invitational.

On Monday, the Seahawks won



**Herndon senior Kayleen Harrington (8) swings against South Lakes on Monday.**

the first set, but dropped the second to the Hornets. In the third set, South Lakes scored the final five points to earn the win.

Herndon scored three straight in the fourth set to cut the South Lakes lead to 21-19, but the Seahawks scored four of the final six points to win.

"It feels great to get the win over [our] rival," McBride said. "We had a great [crowd]."

Senior outside hitter Kayleen Harrington had 12 kills for Herndon. Senior outside hitter Catherine Nickle had five kills and

senior opposite hitter Katie Gettler had four.

"They're doing well on offense, but I think they have to focus more on truly playing until the end of the point," Herndon coach Rebecca Waters said about the Hornets. "South Lakes hustled and got a lot of those balls back over that should have been kills, and we didn't get that."

South Lakes will host Oakton at 7:15 p.m. on Thursday, Oct. 10. Herndon, which dropped to 5-3 in best-of-five matches, will host Chantilly.

## AREA ROUNDUPS

### Langley Football Blows Out Marshall

The Langley football team overwhelmed and outplayed an over-matched and outmanned Marshall Statesmen squad on Friday, winning 56-13 at Marshall High School.

The Saxons scored early and often, using a balanced attack for a total of 530 yards (283 in the air and 247 on the ground) to improve their season record to 3-2, with two of their wins coming against teams ranked in the Washington Post's top 20.

Langley scored on its first five offensive possessions against Marshall, going 56-yards (in two plays), 42-yards (also in two plays), 88-yards (in three plays), 76-yards (in four plays), and 85-yards (in two plays). Between the first two scores, Garrett Collier returned a punt 61 yards for a touchdown. By



**Langley quarterback Nick Casso, seen against Chantilly on Sept. 27, threw two touchdown passes and ran for a score on Oct. 4 against Marshall.**

halftime, Langley had amassed a 42-6 lead (Erik Swayne had supplied all six PATs).

Marshall's sole score came with 6 seconds left in the half on a 2-yard run.

The Saxons played their reserves the remainder of the second half after registering a quick seven

points on their first possession of the half to push their lead to 49-6. Both teams traded fourth quarter scores to end it at 56-13.

For the game, Langley senior quarterback Nick Casso completed 4 of 7 passes for 218 yards and two touchdowns.

He also scored a rushing touch-

down. Casso had a career-long 85-yard toss to Austin Denham late in the second quarter.

Complementing the passing was junior running back Tyler West, who rushed for 204 yards and three touchdowns on only seven carriers. He had an 88-yard gallop at the outset of the second quarter.

Langley will host Fairfax at 7:30 p.m. on Friday, Oct. 11. Marshall (0-5) will travel to face Stuart.

### McLean Football Beats Herndon

The McLean football team on Oct. 4 earned its second consecutive victory, beating Herndon 42-27.

McLean's Gabriel Sutherland carried 18 times for 176 yards and four touchdowns, according to stats from the Washington Post's allmetsports.com.

Daniel Hecht completed 12 of 17 passes for 185 yards with two touchdowns and one interception.

Herndon's Lamik Bumbrey carried 23 times for 104 yards. Ryan McLaughlin completed 13 of 20 passes for 201 yards and three touchdowns.

McLean (3-2) will host Stone Bridge at 7:30 p.m. on Friday, Oct. 11. Herndon (0-5) will host Edison at 1 p.m. on Saturday, Oct. 12.

### South Lakes Football Defeats Madison

The South Lakes football team improved to 3-2 with a 36-27 victory over Madison on Oct. 4.

Madison's Marcus Person carried 17 times for 103 yards and two touchdowns, according to the Washington Post's allmetsports.com.

South Lakes will travel to face Thomas Jefferson at 7:30 p.m. on Friday, Oct. 11. Madison (0-5) will host Robinson.



**BULLETIN BOARD**

To have community events listed in the Connection, send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com) by the Friday prior to the following week's paper.

**THURSDAY/OCT. 10**

**The Moral Imperative of Environmental Justice.** 7-9 p.m., at the United Christian Parish, 11508 North Shore Drive, Reston. Jewish, Roman Catholic and Protestant scientists and activists will address the subject of environmental justice and its relationship to the faith community. The panel and discussion will be moderated by Marco Grimaldo, VICPP executive director. 703-860-1203 or [louisadavis@verizon.net](mailto:louisadavis@verizon.net).

**Hunter Mill District Meet and Greet.** 7-9 p.m., at Reston Community Center Lake Anne, 1609-A Washington Plaza, Reston. Qualified candidates for sheriff and state delegates for Districts 34, 35, 36 and 86 are invited. Co-sponsored by the League of Women Voters of the Fairfax Area and AARP Dulles Area Chapter #4681. 1-877-926-8300 or <http://aarp.cvent.com/HunterMillEvent>.

**"How Congress Works and How it Doesn't."** 8 p.m., at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. A talk by Robert Kaiser, associate editor of the Washington Post on "How Congress Works and Why it Doesn't."

SEE BULLETIN BOARD. PAGE 14

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# BULLETIN BOARD

FROM PAGE 13  
DHeysfeld@gmail.com.

## THURSDAY/OCT. 10

**AWANA Club.** 7-8:30 p.m. at MLK Christian Church, 11400 North Shore Drive, Reston. Awana programs offer a program to teach children to practice Christian faith in the church and community. 703-709-3641.

## FRIDAY/OCT. 11

**Campfire Cookery.** 6-7:30 p.m., on Soapstone Drive, between Glade Drive and Lawyers Road. Enjoy dinner around a crackling campfire. Try different methods of campfire cookery, including stick, pouch and Dutch oven techniques. Plan to also

make campfire popcorn, and finish the evening with s'mores. All supplies provided. Reservations required by Oct. 8. \$7/person RA members, \$10/person Non-members. 703-476-9689 and press 5.

## SATURDAY/OCT. 12

**Mushroom Hike.** 10:30 a.m.-noon, at Walker Nature Center, 11450 Glade Drive, Reston. Explore the forest with local mushroom expert Mark Richman and look for the fruiting bodies of mushrooms; learn about their life cycle, the types found in our area and which edible mushrooms are commonly foraged for. Reservations required by October 9. \$4/person RA members, \$6/person

Non-members. 703-476-9689 and press 5.

## TUESDAY/OCT. 15

**Adult Bible Study.** 7-9 p.m., at Reston Town Center, 12000 Market St., Reston. The study will be from Kenneth Copeland's "The Blessing of the Lord Makes Rich and He Adds No Sorrow With It." 703-928-1608 or gilbert.paula@gmail.com.

## WEDNESDAY/OCT. 16

**Navigating the Local Transit System.** 10 a.m.-12:30 p.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. Those 55 and older can learn about traveling by bus and learning to read bus

schedules and route maps, how to pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver the group to a Metrorail station where attendees will learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 703-435-6577.

## THURSDAY/OCT. 17

**Volunteer Fair.** 10 a.m., at the Lake Anne Community Center, 1609-A Washington Plaza in Reston. Representatives from six organizations will talk about opportunities and give a brief explanation of their needs and what

types of volunteers they can utilize. Refreshments provided. 571-201-8719 or www.restonnewcomers.org.  
**Metro Update Luncheon.** 11:30 a.m. reception, noon lunch, at Washington Dulles Airport Hilton, 13869 Park Center Road, Herndon. Info on the plan for Metro's decisions over the next 10 years; Richard Sarles, WMATA's general manager and CEO will speak to the Committee for Dulles.

**Innovate Conference.** 1-6:30 p.m., at the Center for Innovative Technology, 2214 Rock Hill Road, Herndon. Dulles Chamber's conference to address pressing public and private sector cybersecurity needs. 571-323-5304.

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# NEWS

## Memorial Service Set for William Jarvie Nicoson

A memorial service for William Jarvie Nicoson, lawyer and first director of the New Community Assistance Program, US Department of Housing and Urban Development, will be held Saturday, Oct. 19 at 10 a.m. at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston.

Nicoson died earlier this summer Sunday, July 7, after a long illness. He was 81.

As a Reston resident, he was very active in the community: he served on the Reston Association Board of Directors, was one of the founders of the Connection Newspapers, and he helped create and serve on the boards of Greater Reston Arts Center, Planned Community Archives, Celebrating Special Children, and the Reston Historic Trust, where he served as president for 10 years. He was recognized for his many community contributions by being awarded the prestigious "Best of Reston" award in 2002.

He is survived by his wife Patricia McLaughlin Nicoson, the president of the Dulles Corridor Rail Association; stepchildren William Todd Fairbairn and Mary Fairbairn Morgan; and five grandchildren. His marriage to his first wife Jacqueline Robb ended in divorce.

## Women's Club of Reston to Host a Volunteer Fair

For their October general meeting, the Women's Club of Greater Reston will host a volunteer fair at the Lake Anne Community Center, 1609-A Washington Plaza in Reston on Thursday, Oct. 17 at 10 a.m. Representatives from six organizations will talk about opportunities to give back to the community. They will give a brief explanation of their needs and what types of volunteers they can utilize.

The meeting is free and open to the public. (No need to be a Reston resident.) Refreshments will be provided. See their website at [www.restonnewcomers.org](http://www.restonnewcomers.org) or call Sharon at 571-201-8719 for more information.

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## Farther Away But Still Close



By KENNETH B. LOURIE

I went to visit my father the other day – at the cemetery – September 23rd was his birthday. He would have been 94. I had no trouble finding him; he was in his usual spot next to my mother of course, also deceased. My father often joked about his cemetery plot: he wanted an aisle so if he had to get up in the middle of the night for a glass of water, he wouldn't disturb my mother. Presumably, when I stand over his grave and blather on about stuff – most regularly about my life living with cancer, I am not disturbing him. I really don't know for sure since I receive very little feedback. It's always quiet there, other than when I'm speaking. But I wouldn't expect anything else; after all, it's a cemetery. Libraries are noisy by comparison.

My father has been gone now nearly seven years, since December 2006. (My mother died two years later, nearly to the day.) Hardly has he ever been forgotten though. I was an extremely lucky child. I had a great father who was devoted to his family: me, my brother Richard and my mother, Ceil. There wasn't anything he wouldn't do for any of us. I miss him terribly, especially during baseball season. He loved the Boston Red Sox and was fortunate, unlike some others his age (born in 1919) to have actually witnessed a World Series Championship in his lifetime (1918 was the last Championship until 2004). There are New Englanders who during their particular 86 years of life (the actual length of the "Curse of the Bambino") – or less, never celebrated a Championship; he did in 2004. With the Red Sox back in the playoffs this year for the first time in four years, my father's memory looms large; (heck, he was a member of a "knothole gang," attending games as a child during the Great Depression).

And though I readily admit I haven't had any two-way conversations with him at the cemetery, I have had – and continue to have, although less frequently than in previous years, the occasional dream where he appears or is present somehow. I don't recall any real interactions of late: touching, conversing, interacting, etc. In the past, however, there have been a few dreams where there was definite acknowledgment of one another, touching even, and a feeling that our connection was still intact. I don't know that I feel anything like that when I visit him at the cemetery now. But given the fact that he's buried a few feet below where I typically – and respectfully, stand (off to the side, actually), his physical proximity to me there almost trumps the cerebral-type dream interactions that we've shared since his death. I wouldn't want to have to choose between the two. I like experiencing both. I hope he does as well.

My parents are resting peacefully approximately 20 minutes by car from my house. And though neither one is still alive, they both live on inside of me. I don't think I could have survived having stage IV non-small lung cancer (a terminal diagnosis) for as long as I have without their wisdom and encouragement – in life and in death. I'm lucky still.

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

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# Decorating for Fall

Local designers offer suggestions for bringing the harvest into your home.

BY MARILYN CAMPBELL  
THE CONNECTION

The colors of autumn are all around as pumpkins and squash fill produce stands and leaves change from green to orange, red and yellow before falling from their branches.

Local designers and tastemakers are unveiling home accents that allow you to bring the warm hues of the season into your home. Whether using pillows, throws or flowers, adding the colors and textures of fall requires less effort than one might expect.

“Emerald green, orange and turquoise are three of the biggest color trends we’re seeing,” said Marcus Browning of European Country Living in Old Town Alexandria. “Throws and pillows are a given, but you can also tie in traditional and modern accessories with rugs, stained glass lamps with modern or intricate designs.”

Small trays provide a canvas for highlighting color and adding functionality to a room, says Marika Meyer of Marika Meyer Interiors in Bethesda, Md. “Color and pattern are in right now,” she said. “I just purchased the C. Wonder (<http://www.cwonder.com>) navy and white chevron tray for my home. It adds a punch of color and freshness to a room. Preppy is back in a big way, too, offering lots of patterns.”

Potomac, Md., based interior designer Sharon Kleinman of Transitions by Sharon Kleinman uses flowers to add warmth to a room. “I love mums,” she said. “I put them on my kitchen island and on the hearth in my family room. I fill my yard and home with them. They offer such great fall color. I plant them in my flowerbeds and put them in pots on my front porch.”

For those who don’t want the maintenance of fresh flowers, Browning suggests their fabric

counterpart. “Great silk flowers are nice to put in corners of side boards,” he said. “If you have a brown table, colored candle stick holders add a lot of great color.”

Pumpkins, which are ubiquitous this time of year, are also one of Kleinman’s fall accessories of choice. “I add them to the display of mums on my porch,” she said. “I have a large ceramic pumpkin ... that I put on my kitchen table surrounded by real, tiny pumpkins, gourds and squash. I use that centerpiece from early October right through November.”

David Mitchell of David Mitchell Interior Design in Washington used a similar style concept at a McLean home recently. “Wooden bowls are a great way to bring in seasonal accessories,” said Mitchell. “Pottery Barn has large, vintage, carved wood bowls that are great for a sideboard or coffee table, and you can fill them with mini pumpkins to add a dash of orange to a neutral space.”

Ann O’Shields, of The Nest Egg in Fairfax, said, “Hand-blown glass pumpkins are extremely popular and a great way to add a classic touch of fall in your home.”



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**Mums and pumpkins are classic fall accessories for both the exterior and interior of one’s home.**

Make use of fall foliage both inside and outside of your home, advises O’Shields. “Wreaths for fall are abundant, featuring leaves and small pumpkins, and are a great way to set the stage for fall décor,” she said. “Mantel decorating ... is an easy way to create a focal point for fall in a room. Add leaves, fall candles, pumpkins and more to liven up a room.”

Incorporating the hues of fall

into a home’s existing décor can help welcome the season in style. “Bringing in the colors of fall will add warmth to your home as the air gets crisper,” said O’Shields. “Orange, gold, reds and brown are all earth tones that create a feeling of fall. Adding warm throws for cooler nights and updating throw pillows are easy ways to incorporate colors for the new season.”

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# Local REAL ESTATE

## August, 2013 Top Sales in Great Falls, McLean, Oakton, Reston and Herndon



**1** 7814 Swinks Mill Court,  
McLean — \$2,300,000



**5** 10023  
Colvin Manor  
Court,  
Great Falls —  
\$2,000,000



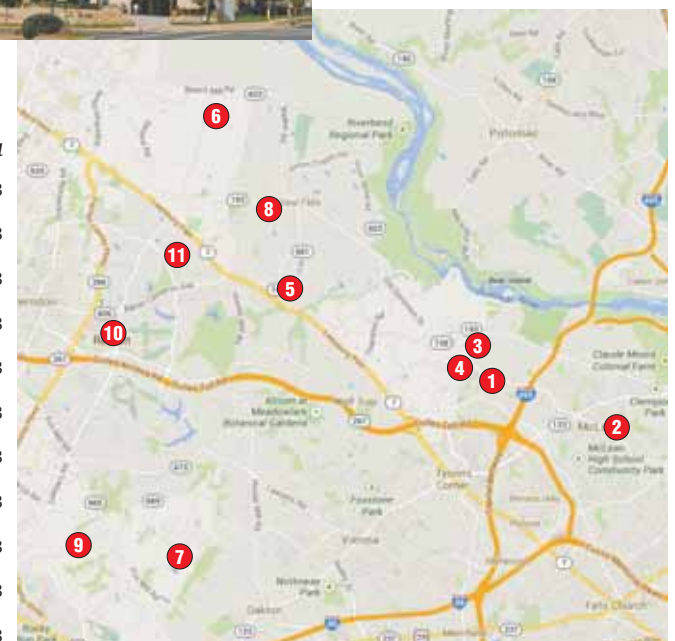
**7** 11115 Sweetwood Lane,  
Oakton — \$1,770,000



**9** 3154 Mary  
Etta Lane,  
Herndon —  
\$1,399,990



**10** 1830 Fountain Drive  
#1401, Reston —  
\$1,100,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
<b>1</b> 7814 SWINKS MILL CT	7	7	2	MCLEAN	\$2,300,000	Detached	0.83	22102	SWINKS MILL ACRES	08/23/13
<b>2</b> 1415 KURTZ RD	5	5	2	MCLEAN	\$2,236,694	Detached	0.46	22101	SALONA VILLAGE	08/08/13
<b>3</b> 8000 GREENWICH WOODS DR	5	5	2	MCLEAN	\$2,205,000	Detached	1.04	22102	GEORGETOWN PLACE	08/30/13
<b>4</b> 1009 EATON DR	5	4	2	MCLEAN	\$2,050,000	Detached	0.83	22102	THE GREAT HAMPTONS	08/14/13
<b>5</b> 10023 COLVIN MANOR CT	5	5	2	GREAT FALLS	\$2,000,000	Detached	0.83	22066	COLVIN MANOR	08/07/13
<b>6</b> 10770 RIVERSCAPE RUN	5	5	3	GREAT FALLS	\$1,775,000	Detached	1.94	22066	RIVERSCAPE	08/23/13
<b>7</b> 11115 SWEETWOOD LN	5	6	1	OAKTON	\$1,770,000	Detached	2.87	22124	FOX LAKE	08/12/13
<b>8</b> 809 CREWS RD	4	5	1	GREAT FALLS	\$1,750,000	Detached	0.85	22066	CREWS WOODS	08/15/13
<b>9</b> 3154 MARY ETTA LN	5	4	2	HERNDON	\$1,399,990	Detached	1.08	20171	SHADETREE ESTATES	08/15/13
<b>10</b> 1830 FOUNTAIN DR #1401	3	3	1	RESTON	\$1,100,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	08/28/13
<b>11</b> 1251 CENTER HARBOR PL	5	4	1	RESTON	\$1,075,000	Detached	0.49	20194	RESTON	08/01/13

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© Google Map data



# FAITH

## Promoting Jewish Medical Awareness in Northern Virginia

The Rohr Jewish Learning Institute (JLI) will present a program on ethics, "Life in the Balance: Jewish Perspectives on Everyday Medical Dilemmas," as part of the institute's new six-session fall 2013 course that will begin during the week of Oct. 27.

Rabbi Leibel Fajnlund of Chabad of Northern Virginia will conduct the six course sessions from 7:30-9 p.m. on Monday, Oct. 28 in Fairfax and Tuesday, Oct. 29 in Herndon.

"Nowadays, at some point or another, everyone faces an extremely difficult medical decision that they aren't equipped to handle," said Rabbi Zalman Abraham of JLI's headquarters in Brooklyn, N.Y. "Our objective with this course is to acquaint the public with fascinating Jewish perspectives on some of the most cutting-edge dilemmas in medical ethics."

In Life in the Balance, participants will ponder ethical questions about a range of topics ranging from end of life issues to preventive measures and respect due to the body after death. Questions include: Must we prolong life at the expense of immense suffering? Should we legalize compensation for organs to save the lives of those on the transplant list? And where do we draw the line between keen vigilance to safeguard one's health and pointless panic? The course



**Rabbi Leibel Fajnlund**

will also explore ethical ramifications of fascinating new technologies such as digital autopsies, and uterine transplants.

"These important issues are critical to so many people's lives yet they are rarely discussed nowadays," said Rabbi Fajnlund, the local JLI instructor in Northern Virginia. "This is a unique opportunity that will benefit the wider community and we invite everyone to attend." Like all JLI programs, Life in the Balance is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. The course is accredited to offer AMA PRA Category 1 CME credits for medical professionals, CLE credits for attorneys in most states, and AGD PACE credits for dentists. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 703-476-1829 or visit [www.myJLI.com](http://www.myJLI.com) for registration and other course-related information.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Register and allow your employees or members to wear jeans to work on Friday, October 18, in exchange for a \$5 employee contribution to the Fairfax-Falls Church Community Partnership to Prevent & End Homelessness!

[jeansday2013-eorg.eventbrite.com](http://jeansday2013-eorg.eventbrite.com)



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