

Silver Line Officially Opens

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PHOTO BY REENA SINGH/ THE CONNECTION

Riding the Silver Line - Day One

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Pirate Fest a Success

NEWS, PAGE 2

U.S. Secretary of Transportation Anthony Foxx, Gov. Terry McAuliffe and Board of Supervisors Chairman Sharon Bulova after the ribbon-cutting ceremony at Wiehle-Reston East Silver Line station on Saturday, July 26.



PHOTOS BY REENA SINGH / THE CONNECTION

Pirate re-enactors Alpheus Chewning and Jack Morgan show off reproductions of 17th and 18th century compasses and lamps at Pirate Fest.

Shiver Me Timbers! First Pirate Fest a success.

BY REENA SINGH
THE CONNECTION

Caitlin Stedt, 7, had her favorite pirate shirt on and a plastic sword, ready to take on Lake Fairfax's inaugural Pirate Fest.

She and hundreds of other children and adults spent the day being regaled with pirate puppet tales and seeing replicas of pirate ships on Saturday for the family-friendly fete.

"I like pirates, and I like to read about them," said Caitlin, of Burke. "I liked the bounce house."

She talked about her trip to Disney World and her love for all things pirate related.

"These guys just love pirates, as you can see," said her mother, Elaine Stedt.

Event organizer Tammy Schwab, manager of Education and Outreach for the Research Management for the Parks Authority, said she was happily surprised with the number of people who showed up for the festival.

"We're at the point where we're half way through the day, and we're running out of things," she said.

The event was set up like a port town. Even the games had to be paid in doubloons rather than with cash.

"The idea is that the pirates go get their share of

the loot and come here to spend it," she said.

She said the bounce house and the puppet show were the most popular parts of the event. By mid-day, there already had been a costume contest. People dressed up in seafaring garb were all over the event grounds.

"I'm excited because we have so many families dressed up together," she said.

Elizabeth Grafelman, 5, and her dad, Tebben, traveled from Arlington dressed as sailors.

"My favorite parts are the bouncy house and the obstacle course," she said. "I liked dressing up as a pirate and the treasure hunt and making a flag."

The festival had an educational side to it as well. In the middle of the event field was a tent with reproductions of 17th and 18th century goods, including spices, oil lamps, treasure maps and compasses.

Although the festival was short of volunteers just a month ago, Schwab said she ended up with 75 to 100 volunteers for the day to man the games and talk to the children in pirate speak.

"We probably had 25 to 30 staff members here as well," she said.

She sees the event continuing after this year, getting bigger with each passing summer.

"We're going to be looking for sponsors so we can expand next year," she said.



Pirate puppet show at inaugural Pirate Fest Saturday.



Visitors took pirate boat tours at Lake Fairfax Park's inaugural Pirate Fest.

Esposito Nominated for Power Players Award

Jackson Lewis P.C., one of the country's largest and fastest-growing workplace law firms, has announced that Washington SmartCEO has selected Jewell Lim Esposito as a Finalist for the 2014 Power Players Awards. Esposito is a Shareholder in the law firm's Washington, D.C. Region office in Reston.

The Power Players Awards program honors 45 of the D.C. region's most enterprising attorneys, bankers and accountants for their leadership, accomplishment, innovation and success.

Washington SmartCEO will profile Esposito and her fellow 2014 Power Players in the September/October issue and will celebrate at an awards reception on Tuesday, Sept. 16 at The Westin Washington, D.C. City Center. There, the Power Players of the Year will be announced live.

Esposito has over 20 years of practice in ERISA, Executive Compensation, and Tax law. She helps clients navigate their fiduciary obligations, under-



PHOTO CONTRIBUTED

Jewell Lim Esposito

stand their retirement plan operations, and ensure those plans maintain their tax qualification. She also structures executive compensation and unwinds payroll tax issues for public, tax-exempt and government contractor clients. Esposito frequently interacts with the Internal Revenue Service (IRS), the Department of Labor (DOL) and the Treasury Department.

NEWS



PHOTOS BY REENA SINGH / THE CONNECTION



People rushing to get on the first public Silver Line rail cars on Saturday, July 26, at Weihle-Reston East Silver Line station.

Local, state and national officials at the ribbon-cutting ceremony for the Silver Line on Saturday.

Silver Line Officially Opens

Weihle-Reston East to Largo Town Center.

BY REENA SINGH
THE CONNECTION

After the speeches, after the ribbon-cutting, there was a mad rush to board the first publicly open rail cars that rolled on the Silver Line heading towards Tysons Corner. “Step back. Doors closing.”

Those inside the eight new rail cars cheered. Those outside were visibly - and

some vocally - disappointed.

After years of promises, history was being made. Local residents wanted to be a part of it.

THE SILVER LINE grand opening ceremony, attended by energetic local, state and national dignitaries, was held Saturday at the Weihle-Reston East Station, a station that was only one part of the \$2.9 billion project known as Phase I.

“Welcome aboard the Silver Line!” said Washington Metropolitan Area Transit Authority CEO Richard Sarles. “It’s time to ride.”

WMATA expects 37 percent of current rail riders will experience shorter wait times thanks to the new project.

“The Silver Line is not just a transportation project,” said Fairfax County Board of Supervisors Chairman Sharon Bulova. “It’s a major transformative initiative.”

She and other officials, including Gov. Terry McAuliffe and U.S. Secretary of Transportation Anthony Foxx, rode the very first rail cars to the W-RE station before the ceremony.

“I just rode the car from Tysons,” said Gov. McAuliffe. “It was smooth, it was right on time, it was perfect and soon, we’ll all be on it.”

SEE METRORAIL, PAGE 11

Tysons Welcomes Metrorail

BY RYAN DUNN
THE CONNECTION

Five Silver Line Metro stations located in Reston and Tysons Corner opened to the public on Saturday, July 27. According to a report provided by the WMATA, approximately 32,147 people entered or exited at one of the five new Silver Line stations that day. The first phase of the Silver Line is a 1.7-mile extension from East Falls Church in Arlington to Wiehle Avenue in Reston. It includes five Metrorail stations: McLean, Tysons Corner, Greensboro, Spring Hill, and Wiehle-Reston East.

THE PHASE 1 of the Silver Line cost \$2.9 billion to construct. The Metro line extension in Virginia is planned to expand an additional 11 miles by 2018, connecting the rail system to Dulles International Airport. Many riders seemed relieved the Silver Line is finally in operation. “I think the Silver Line will be transformative, it is great,” said Reston resident Roz Rakoff who rode the Silver Line out to the Spring Hill metro station in Tysons.

“I think the Silver Line will bring more corporate business to the area,” said Herndon resident and retiree Charles E. Walker. “My nephew bought a parking space at the Reston station garage.” The

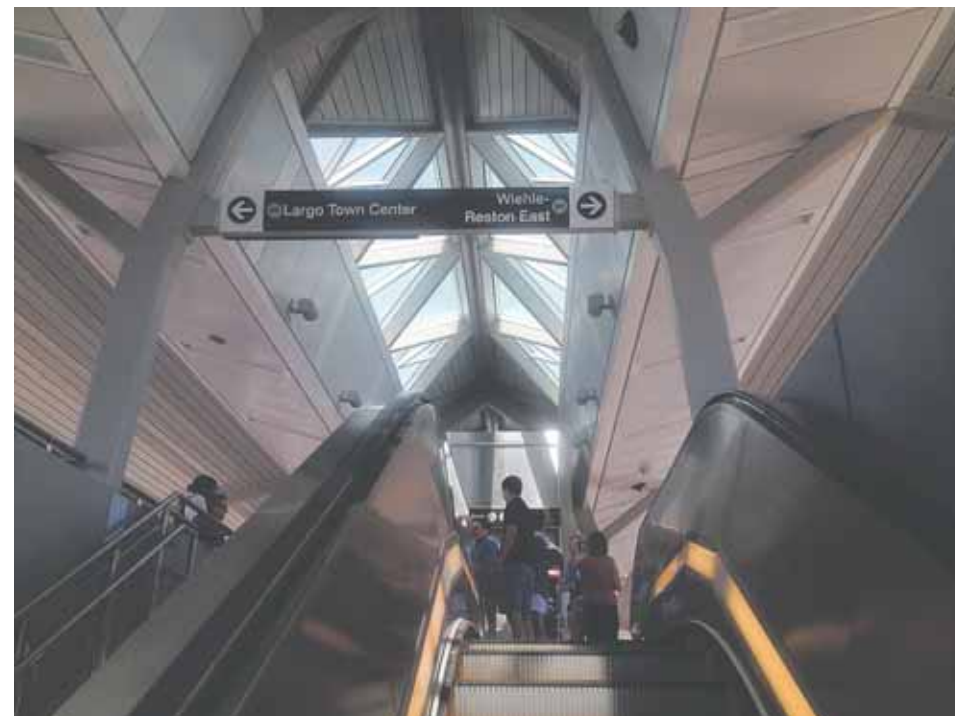


PHOTO BY RYAN DUNN / THE CONNECTION

An elevator and stairs lead up to metrorails at the Silver Line Spring Hill metro station. Both Loudoun County Transit and the Fairfax Connector have bus routes to Spring Hill metro.

Reston garage was built as a public-private partnership by Comstock Partners and Fairfax County. The county owns the commuter garage, and Metro will collect park-

ing fees. Rates will be the same as at other Metro garages in the county: \$4.85 per day; \$65 a month for reserved parking; and \$75 a year for using the secure bike room.

Arrival of Silver Line to Tysons set to encourage residential development.

Ultimately the Silver Line will extend to the Dulles International Airport and into Loudoun County. Costs are expected to exceed \$2.7 billion. “It is so exciting to finally see this critically-important rail link become a reality,” remarked U.S. Rep. Gerry Connolly (D-11). “You can sense the excitement in Reston and Tysons as residents and creative-thinkers look forward, envisioning bold projects incorporating smart growth and transit-oriented economic and housing development.”

“I think the Silver Line will make transportation issues easier for commuters,” said Alex Horwitz, a resident of Fairfax and middle school teacher. “Although the lack of parking at some of the metro locations is bit unusual.” There are no parking garages at the metro station in Tysons, but there are bike racks and bike lockers. Wiehle-Reston East is the only Silver Line station with a parking garage. “I think the Silver Line will bring a lot of great opportunities,” said Fairfax resident Steven Tricarico, an events coordinator with Comstock Partners.

HOUSING DEVELOPERS are testing to see if metro accessible Tysons will bring in more tenants. Home to two

SEE SILVER LINE, PAGE 4

First Train Arrives to McLean

Grand opening of the new metro line welcomed by residents.

BY EMMA HARRIS
THE CONNECTION

It was 12:23 p.m. Saturday, July 26 when for the first time, a full Silver Line metro train zoomed from Reston, through Tysons Corner and into the new McLean metro station.

The gates of the station opened at 11:30 a.m., letting in about 30 people who had been waiting to enter. At noon, riders were allowed onto the platform. Orange Line trains began heading to both Largo and Wiehle-Reston East almost immediately — a temporary move until the first Silver trains in both directions made their ways to the McLean station. Currently, the Orange and Silver lines split at East Falls Church.

A mix of train enthusiasts, police, reporters and area residents crowded the platform waiting for the first Silver Line train to arrive, though many came for different reasons. Throughout the stations were Metro representatives handing out free silver flags to commemorate the opening day.

“In the long run, this will bring some business and more residents,” said David Won of McLean. “I’m elated,” he said, “because this will change my life a little. I don’t need to go to West Falls Church now that this stop is so close to my house.” Not wanting to miss the first day, Won said he was happy because the metro is another way of connecting people in Northern Virginia to Washington, D.C.

“I’m here today because why not,” said William Varona of McLean. “I’m kind of impressed, too. This is a solid, well-thought out station.”

Emy Dillon of McLean said she likes the convenience of the new metro line, even not for commuting. “The metro line is wonderful, and the view is beautiful from here,” she said. And though the metro will “definitely change” Tysons, Dillon said it is a nice travel option to have available.

Amongst the growing crowd were many parents with their young children, most very excited to see a train arrive.

“This is my train aficionado,” said Lynn Stein, gesturing to her young son wearing a conductor’s hat and clutching a miniature train. “It’s been a five year wait, and he is so excited.”



PHOTOS BY EMMA HARRIS/THE CONNECTION
Metro riders walk on and off of the first Silver Line metro train at the McLean station, Saturday, July 26.

Jeehang Lee and his son Nathaniel stood by the tracks waiting for a train, too. “I’m only here for him,” Lee said as Nathaniel eagerly asked when a train would arrive. “But hopefully the traffic won’t be that bad after this station gets busy,” he added.

Next weekend is expected to bring a “packed” silver line, said Metro Transit Police officer J. Anderson.

“Metro has changed the character of the area,” said Darren Ewing of McLean. “Even if you don’t commute, having it here to go into DC for events is nice,” added Andy Marshall of Great Falls. For Saturday, they both were there for the same reason: “the inaugural ride.”

Other residents doubted that the full impact of the metro on the McLean community would be seen for another few years. “As exciting as it is to have the Silver Line opening, I don’t think we will get the full effect until it connects to Dulles airport in a few years,” said Nancy Eveleigh of McLean. “Then the major transport needs of the metro area will be met by not just those of some commuters and shoppers.”

After the first train from Wiehle-Reston East left for East Falls Church, there was still one more first — at 12:30 p.m., the first Silver Line train headed through Tyson’s to Wiehle-Reston East pulled into the station. “All aboard,” the Metro train operator called as passengers walked into the cars.



Nathaniel Lee, a train enthusiast, points to the first Silver Line metro train after it pulls into the McLean station, Saturday, July 26.



Riders walk through the gates and up to the platform for the first time at the McLean metro station, Saturday, July 26.

VIEWPOINTS

How will the Silver Line affect the area?

—EMMA HARRIS

Emy Dillon, McLean

“It’s a convenient new way to travel for both commuters and residents. People will move around differently, so this will definitely change Tysons.”



William Varona, McLean

“With the metro, more people will come to Tysons. I’m kind of impressed, too. This is a solid, well-thought out station.”



Darren Ewing, Great Falls, left

“The area will expand. This connects people from all the way out in Reston to Maryland. It will change our community.”

Andy Marshall, McLean, right

“Metro has changed the character of the area. Everyone, not just people going into D.C. for work, will ride. And more people will come here, too.”

Silver Line Spurs Development

FROM PAGE 3

shopping malls and the corporate headquarters of numerous companies, Tysons currently has more stores and jobs than residents. Tysons is effectively Fairfax County’s central business district and a commercial

center with a population of 19,627 as of the 2010 census. In June 2010, the Fairfax County Board of Supervisors adopted a Comprehensive Plan for a Metro-accessible, urban Tysons with 100,000 residents. The Plan is designed to take advantage of the new Metro stations and by the year 2050

transform Tysons into a walkable urban center.

In April, The Ascent, a 25-story high-rise on 8421 Broad Street welcomed its first tenants. A second building designed by R2L Architects of Georgetown will be constructed by the Spring Hill Metro Station.

This location will add another 400 housing units. The project is one of seven planned towers which will be part of the 7.8 million-square-foot Spring Hill Station development.

For more information on the Silver Line, visit silverlinemetro.com.

OPINION



The first public Silver Line rail cars leave the Wiehle-Reston East station.

PHOTO BY
REENA SINGH/
THE CONNECTION

Riding the Silver Line - Day One

No doubt about it:
The Silver Line is a game
changer for Reston.

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

I was kind of excited about the opening of the Reston (Wiehle-Reston East) Metro station on Saturday. In fact, Fran and I decided to take a ride on Silver—after we closed the Reston Farmers Market at noon and had our nap, of course. We could have walked to the station, but we drove instead—on the grounds that we had had our walking exercise for the day. At 3:30 parking was no problem. Inside, the station looked and felt new, and it was not crowded so we easily got to a waiting train—a long one, about half full. We noticed that our car looked new as well—it had the shiny new, easy to clean hard surface floors and the electronic signs

indicating the stations. After a couple of minutes, a clear voice announced, “Welcome to the Silver Line to Largo, Maryland,” and we were off! Soon, maybe 10 minutes later, we were in Tysons. Two observations about the ride through the four Tysons stations. First, as I expected, it seemed like a long time to go a relatively short distance. This is the Silver Line’s big design flaw—two or three stations too many. But, second, Tysons does look a lot nicer from an elevated train car than it does from street level.

Then, it was on to East Falls Church where the new Silver Line track joins the existing Orange Line. Note: several people have asked us where one must change trains to go all the way from Reston to Largo, the other end of the Silver Line. The answer is nowhere. No train changes at all. You arrive in Largo in the same seat you got at Reston. The train changes designations as it goes—i.e., it starts in Reston as the Silver Line; becomes Silver and Orange at East Falls Church; changes to Silver, Orange and Blue at Rosslyn station; and, at Stadium/Armory it drops the Orange name and proceeds on to Largo as the Silver and Blue lines. In fact, we could have kept the same seat roundtrip! Because, when we got to Largo, our train simply changed directions and became the Silver Line (and Blue, etc.) to Reston!

We did get off the train at Eastern Market on our way to Largo. Eastern Market is about the oldest farmers market in the metro region, and the Reston Farmers Market’s co-Market Masters (Fran and I) could not resist the opportunity to visit one of the



PHOTO BY RYAN DUNN / THE CONNECTION

The first Silver Line metro train pulls into the station in Tysons Corner carrying passengers on Saturday, July 26.

old classic markets. And, we got a nice surprise there. One of our Reston vendors, Wisteria Gardens, has a stand in Eastern Market. The lady tending the stand told us she’d heard Reston was a great market! Back on the train, we soon passed the Morgan Road station, just a short walk from the FedEx Field where we and daughter Jenni saw the Redskins beat the Green Bay Packers last season. It turned out to be their last win of that season. Then, we sat back and read the newspaper and watched the scenery (when above ground) on the way to Largo and then heading back home. We would make one more stop—to reward our hard work with dinner at Coastal Flats in Tysons Corner, a restaurant we had not visited because Tysons is such a hassle. But, the Silver Line changed that. We had a nice seafood dinner at the bar and walked 10 minutes back for our comfortable Silver Line ride to Reston. Love hearing the announcement as we returned westward—“This is the Silver Line to Reston!” No doubt about it. The Silver Line is a game changer for Reston. How we manage the change remains to be seen. I would feel much more confident if we were a self-governing town or city making our own decisions on how we grow from 60,000 to twice that many. There is no question however that the Silver Line will enable us to see a lot more of our region than we currently do. And, imagine walking to a comfortable train whizzing us to Dulles Airport, too.

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OPINION

Finally, Marriage Rights Protected in Virginia

On July 28, 2014, in affirming that Virginia's ban on same-sex marriage is unconstitutional, Circuit Judge Henry F. Floyd writes:

"We recognize that same-sex marriage makes some people deeply uncomfortable. However, inertia and apprehension are not legitimate bases for denying same-sex couples due process and equal protection of the laws. Civil marriage is one of the cornerstones of our way of life. It allows individuals to celebrate and publicly declare their intentions to form life-long partnerships, which provide unparalleled intimacy, companionship, emotional support, and security. The choice of whether and whom to marry is an intensely personal decision that alters the course of an individual's life. Denying same-sex couples this choice prohibits them from participating fully in our society, which is precisely the type of segregation that the Fourteenth Amendment cannot countenance."

Judge Arenda Wright Allen, on Valentine's Day, 2014, ruled that Virginia's ban on same-sex marriage is unconstitutional, writing:

"A spirited and controversial debate is underway regarding who may enjoy the right to marry in the United States of America. America has pursued a journey to make and keep our citizens free. This journey has never been easy, and at times has been painful and poignant. The ultimate exercise of our freedom is choice.

Our Declaration of Independence recognizes that 'all men' are created equal. Surely this means all of us. While ever-vigilant for the wisdom that can come from the voices of our voting public, our courts have never long tolerated the perpetuation of laws rooted in unlawful prejudice. One of the judiciary's noblest endeavors is to scrutinize laws that emerge from such roots.

"Plaintiffs assert that the restriction on their freedom to choose to marry the person they love infringes on the rights to due process and equal protection guaranteed to them under the Fourteenth Amendment of the United States Constitution. These challenges are well-taken. ...

"The Court is compelled to conclude that Virginia's Marriage Laws unconstitutionally deny Virginia's gay and lesbian citizens the fundamental freedom to choose to marry."

Help with Newcomers And Community Guides

Our 2014 Insider's Edition Newcomers and Community Guides, will publish the last week of August.

What tips do you have for someone getting to know your community? What do you wish you had discovered sooner?

We're hoping to share the special places, activities, events, organizations, volunteer opportunities and more that make each community what it is. Tell us your favorite park; let us know what events are not to be missed. Give a shout out to organizations that do a great job. Share your best volunteer experiences. Do you have tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about your organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Thursday, Aug. 14.

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— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Kids Count Officials at all levels of government need to demonstrate that we know how much kids count!

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

Since 1990 the Annie E. Casey Foundation has ranked states annually on overall child well-being in a report called Kids Count Data Book (www.aecf.org). The Foundation's report is viewed as the authoritative source of information on how

we are doing nationally as well as state by state for our children. An index of key indicators in four domains measures what children need most in order to thrive: (1) economic well-being, (2) education, (3) health, and (4) family and community.

"States vary considerably in their amount of wealth and other resources. State policy choices also strongly influence children's chances for success." (Kids Count Data Book, page 20) Living in the ninth wealthiest state, Virginia, in the wealthiest nation, the United States, we need to ask ourselves if we are doing as well as we should for our future as represented by what we are doing for our children.

Virginia's rate of 15 percent of

children in poverty is better than the national rate of 23 percent, but we can take little comfort in our better percentage when we realize that there are 279,000 children in poverty in Virginia. All regions of the state, including Northern Virginia, contribute to that number that has gotten worse in recent years. Reflecting the recent recession, the percentage of children whose parents lack secure employment has risen from 23 percent in 2008 to 25 percent in 2012.

Despite all the evidence of the importance of early childhood education and the incredible returns that can be realized from an investment in preschool programs, more than half (52 percent) of Virginia's children are not attending preschool. Unfortunately many of the children who do not have an opportunity for an early start in education contribute to other statistics that find 57 percent of fourth graders are not proficient in reading, 62 percent of eighth graders are not proficient in math, and 16 percent of high school stu-

dents are not graduating on time, although these numbers have been improving in recent years.

Virginia has seen a slight improvement in the health indicator of low-weight babies at 8.1 percent over the last decade

but exceeds the national rate of 8 percent. In Virginia as well as in the nation, about 6 percent of teens abuse alcohol or drugs.

Probably paralleling the increase of children in poverty is the number of children in single-parent families increasing from 29 percent in 2005 to 31 percent in 2012.

LETTERS TO THE EDITOR

Bow Hunts are Consistent With Reston Values

To the Editor:

The Reston Association has wisely begun to approve bow hunts to curb our deer overpopulation, under strict regulations that this be done safely and professionally. Pam Corbett's recent letter

The number of children in families where the household head lacks a high school diploma has improved from 13 percent to 9 percent during the same period and beats the national 15 percent.

The area of greatest improvement in Virginia is the rate of teen births per 1,000 dropping from 34 percent in 2005 to 23 percent in 2012. Still the lower percentage represents over 6,000 babies born to teenagers each year.

While the statistics are interesting, the much more important question is how they inform public policy.

Officials at all levels of government need to demonstrate through our actions that we know how much kids count!

opposing bow hunts ["Deer Hunting Contradicts Reston's Values," Reston Connection, July 16-22, 2014] betrays a lack of knowledge about what can be done practically

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmattulla
Editorial Assistant
703-778-9410 ext. 427
arehmattulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
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Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



LETTERS

FROM PAGE 6

to mitigate the problem. Her yard may be fenced, limiting damage to landscaping that others of us contend with. But fencing is generally discouraged as unfriendly in Reston. Our efforts to curb the deer overpopulation are not against love of wildlife and green surroundings. Quite the contrary. Deer overpopulation destroys the forest understory and thereby cuts down on habitat for other wildlife, chewing up many natural shrubs and saplings where birds would nest. Destruction of the understory also increases drainage and soil erosion, which reduces the ability of the trees to regenerate and increases the ease with which invasive plants spread. The deer are out of balance and much other wildlife, especially bird life, is actually constrained. If you love green areas, you can't be happy about their erosion from deer cropping of the forest understory.

Deer have overpopulated in our immediate region largely because suburban development has driven out the predators that would naturally keep deer numbers in balance and has also limited the acreage of forest and rural areas in which the deer could forage without intruding on homeowner properties. As part of the background of the problem, Fairfax County prohibitions on use of firearms to hunt at all – which makes absolute sense where suburban housing is concentrated – mean that the only natural threats to our deer are from being hit by cars or trucks on the roads, or from disease and starvation. The natural consequence is that our white-tailed deer multiply, limited only by the fact that the weakest among them starve in the winter when their forage shrinks.

I have lived in Reston since 1979, in houses adjoining the wooded areas of the Glade, and without fencing. Seeing a deer or two back then was quite rare, and hardly ever very close to an occupied house. Now several deer herds that number from seven or eight up to a dozen and a half at a time come through my property, fearlessly, and right up to the house. If one of us goes out and claps, they just stare at us. Our neighbor has a barking dog. This does not deter them in our yard. Back a decade or two ago, they dug up and ate the Tulip bulbs of those brave enough to plant them in flower beds. Now they have acquired a taste for and chew through Azaleas and Rhododendrons, and even English Ivy, Arbor Vitae, and Juniper – which they formerly did not bother.

A more recent problem is one of public health. Deer are among the

hosts of the ticks that spread Lyme disease, a parasite that did not exist in this region historically. Lyme disease was unheard of when I moved to Reston and my kids were in school. It is increasingly recognized as a serious public health threat today. If you have kids playing in the yard, you don't want them to encounter deer ticks. So, love the deer if you will, but let's admire them out in the country or on the Blue Ridge Drive, and keep their numbers down in the surroundings where we live.

Pam Corbett talks about sterilizing the does. If that could be done very cheaply and systematically, it could make a big difference. If homeowners could all leave a bowl out in the back yard with a tasty sterilizer compound that the deer would lick up, we might have a solution. Of course, domestic dogs, cats and other licking wildlife might be sterilized too – and could that be true also of an unwitting child? But the fact is it takes bow hunters or some other method of shooting deer with tranquilizer darts, and paid workers to do the sterilization under controlled conditions. The cost where this has been done as an experiment is roughly \$1,000 per deer. How affordable is that, if done on a large and systematic scale?

Bow hunts in selected localities are a way of mitigating the problem, cheaper, more direct, and far more cost-effective than a program of sterilization. Bow hunts are only going to make a significant difference to the region if they are adopted widely. But it is a place to start. It is a way of focusing more attention on a serious problem of environmental degradation and also of public health. That Reston Association will be doing a more comprehensive investigation is welcome.

But let those who have patiently worked through the formidable RA regulations on bow hunts proceed on their own properties without bickering. We are after all, are we not, a developed country?

Rodney Jones
Reston

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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Foreign Nationals Immersed in Local Lifeguarding

For some, it starts out on two wheels.

By MIKE SALMON
THE CONNECTION

Every day, Vasyl Smolii uses two different routes when he bikes to and from work at the Belle View pool in Alexandria. Coming down the hill on Belle View Boulevard is an easy ride in the morning but going back up in the evening is not as easy on the bicycle Smolii rents from his sponsor High Sierra Pools, an Arlington-based pool management company.

"I must buy this bike for the summer," said 19-year-old Smolii from Ukraine.

For Martin Stefanov and Victoria Tshacheva, the bikes are their transportation this summer as well. In the evenings, six bikes are parked on the first floor patio of the apartment they share in Kingstowne with other lifeguards who are also from Europe.

This is Stefanov's second year lifeguarding; Tshacheva heard about his adventures last year while they were attending Sofia University in Sofia, Bulgaria. Tshacheva is studying public relations. "This country is much different, you can see different cultures, a lot of people from the whole world, you can learn a lot of stuff," she said. Riding bikes to work was one of those things she is learning. Biking in Bulgaria "is not so popular," she said, but she may continue when she goes back. "I will ride the bike in my country, I think so," she said.

At the EOS Twenty One apartment complex in the Landmark area of Alexandria there are two pools, one manned by a pair of 20-somethings from Poland, and the other by twin sisters Irina and Olha Shemchuk, also from Ukraine. These lifeguards, who went through U.S. Aquatics for their summer jobs, don't ride bikes to work. The pair from Poland are staying in an apartment with three other lifeguards close enough to EOS to walk to work, and for the Shumchuk sisters, "our driver picks us up every day," said Irina Shemchuk.

Transportation is one of the concerns of Doug Winkler, owner of Winkler Pool Management Inc., with an office in Springfield. They employed 260 lifeguards from various countries this year, such as



Martin Stefanov on his way to work at a neighborhood pool from the apartment he shares with other lifeguards in Kingstowne.

Ukraine, Serbia, Turkey, Jordan, Bulgaria, Azerbaijan, Dominican Republic, China, Slovakia, Russia, Poland, Egypt and Kazakhstan. The Winkler lifeguards either walk, use public transportation, have drivers, like the Shemchuk sisters, or use bikes that Winkler supplies for a deposit. Winkler, who lifeguarded when he was a teen, remembered his years on the lifeguard chair as a "great job," but noted that "the desire is not there in American kids anymore, they don't want to work." Lifeguards from overseas want to travel and experience the United States as well as earn some money.

All of the lifeguards get training in their home countries and another course here before starting. According to High Sierra Pools, which has job fairs in the U.S. and internationally, "All of our representatives are former lifeguards to give you the inside scoop," on the job, according to its website. "High Sierra works with U.S. visa sponsors to promote our jobs with the help of partner agencies worldwide." Communicating in English is key. For EOS lifeguards Weronica Mikoljczyk and Agnieszka Kaczmarek from Poland, this is their second summer lifeguarding in the U.S. Before starting, they were interviewed via Skype to get a sample of their dialect, and "the tests are in English," said Kaczmarek. Smolii's English has

improved since Memorial Day, but "when I arrived, I had very bad English," he said. Kaczmarek was a swimming coach in Poland, so she gives some of the children at EOS swimming lessons "before it opens," in the morning. Mikoljczyk was a lifeguard on a lake close to Poznan, a city in Poland, and both know synchronized swimming which they also share with the children at the pool. "I love kids," said Kaczmarek, and the "kids love us," added Mikoljczyk.

Over at Belle View, Smolii had to rely on his training early on this summer, rescuing a resident in distress. "My first week, a woman at Belle View was swimming and got a cramp. I jumped in with my rescue tube, take her shoulder," he said, reenacting the procedure. Smolii is with High Sierra, and they check his lifeguarding skills every month, he said.

ALTHOUGH MOST of the lifeguards work long days that stretches to more than 40 hours a week, they do find time to enjoy their American experience. Smolii went to Ocean City, Md. with another lifeguard and experienced the ocean and eating crabs for the first time. The crab mallet techniques were tough to master at first and he ending up splattering crab all over him until "waiters showed us the correct way," he said.

Stefanov took a day trip to New York City for a fellow lifeguard's birthday. "It was amazing," he said.

For another Ukrainian, Victoria Horbenko, a lifeguard in Ellipse at Government Center off Lee Highway, her summer at poolside is "like a student exchange, to get new experience," she said.

The lifeguards are hot and cold to American food. Stefanov and Tshacheva in Kingstowne try to eat healthy and "cook a lot in our apartment," said Tshacheva, noting that her father in Bulgaria "cooks, it's the most delicious food," she said. She's familiar with the obesity trend in this country. For the twin sisters, the "food here is very bad," said Olha Shemchuk, "too many sweets." Her sister Irina is not a fan of American bread. "Your bread is not bread," she said.

There are still community pools that only hire teenagers from the neighborhood for the lifeguard positions such as Hunt Valley pool in Springfield. According to manager Lauren Blackburn, "We all live right here."

Hunt Valley lifeguard Luke Chapman, 17, went to a class to become a pool operator and no-

ted "they were all Eastern European," he said. Winkler noted that being in the community they grow up in has advantages, as when he was a teen and "many evenings, some of the pool patrons would bring me dinner." On the other hand, being in charge is a hard sell to friends. "It's tough for them to be disciplinary," he said.

The summer abroad is making an impression on Tshacheva. "Here we are so separate from our life in Bulgaria. It will be so different when we go back," she said.

For Olha Shemchuk, 19, she might give it another summer, after she turns 21 so she can go dancing and clubbing. "We are young," she said.

Martin Stefanov and Victoria Tshacheva from Bulgaria with bikes supplied by Continental Pools, their sponsor company.

PHOTOS BY
MIKE SALMON/
THE CONNECTION



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PHOTO BY MEGHAN MOORE

Shakespeare Company Extravaganza Returns to Reston

The trio's annual visit to RCC's CenterStage has made them a favorite with Reston audiences.

In celebration of Reston's 50th Anniversary, Reston Community Center (RCC) has announced a 10-day Reduced Shakespeare Company Extravaganza. The festival will include eight performances by The Reduced Shakespeare Company, a comedy boot camp and several opportunities to meet members of the internationally-known comedy ensemble. The Reduced Shakespeare Company is a three-man comedy troupe that takes long, serious subjects and reduces them to short, sharp comedies. The "Bad Boys of Abridgement" have created nine stage shows, two television specials, several failed TV pilots, and numerous radio pieces – all of which have been performed, seen, and heard the world over. The trio's annual visit to RCC's CenterStage has made them a favorite with Reston audiences.

"The Reduced Shakespeare Company has been part of the RCC arts family for more than two decades," said RCC Executive Director Leila Gordon. "We can't imagine any significant anniversary year in Reston that wouldn't include sharing the hilarity they bring to the CenterStage and our community. In this extraordinary year, bringing back these shows and many original cast members is the 'least' we could do for their fans and fully in the spirit of 'reducing' us to helpless laughter." Tickets will be available to Reston residents and employees on Aug. 1 and to the general public on Aug. 8. Reston Community Center's Reduced Shakespeare Company Extravaganza will include the following performances:

- ❖ Complete History of Comedy (abridged) Reston Premiere plus Opening Night Party Friday, Sept. 12 at 8 p.m. (\$30 Reston/\$60 Non-Reston)

- ❖ Complete Works of William Shakespeare (abridged; revised)

In honor of the Sesquicentennial of Shakespeare's Birth

Saturday, Sept. 13 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Complete History of America (abridged)

Sunday, Sept. 14 at 3 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Selected readings from the Lost Works (abridged)

...including (but not limited to) The Ultimate Christmas Show (abridged) & The Complete Millennium Musical (abridged), songs/verses cut from other shows, readings from RSC books and radio shows - recorded live for future podcast

Wednesday, Sept. 17 at 8 p.m. (\$15 Reston/\$30 Non-Reston)

- ❖ Complete World of Sports (abridged)

Thursday, Sept. 18 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Bible: Complete Word of God (abridged)

Plus post-show Q&A session
Friday, Sept. 19 at 8 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ All The Great Books (abridged)

Saturday, Sept. 20 at 8:00 p.m. (\$25 Reston/\$50 Non-Reston)

- ❖ Completely Hollywood (abridged)

Plus farewell toast

Sunday, Sept. 21 at 3 p.m. (\$30 Reston/\$60 Non-Reston)

"We are putting the 'extra' in extravaganza," says PD Michnewicz, RCC Director of Arts and Events. "The festival will include comedy boot camps, podcasts, book signings, talk backs, school workshops, and special guests."

All performances will take place at the CenterStage, located at Reston Community Center Hunters Woods (2310 Colts Neck Rd., Reston). More information about RCC, CenterStage, the Professional Touring Artist Series and these performances is available online at www.restoncommunitycenter.com.

Tickets will be available for purchase as follows:

- ❖ Aug. 1: Sales Open to Reston Residents and Employees

- ❖ Aug. 8: Sales Open to the General Public; Online Sales Begin

Box Office Business Hours are as follows: Tuesday, Wednesday, Thursday: 4 – 9 p.m.

Saturday: 1 – 5 p.m.

Two hours prior to curtain time for each performance.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

TUESDAY/JULY 29-FRIDAY/AUG. 15

To the Beach. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Acrylics by Karen A. Pida. 703-476-4500.

TUESDAY/JULY 29 - SUNDAY/AUG. 24

Riches from RAGS Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Fine art by the 11 artists of Reston Art Gallery & Studios (RAGS). www.artspace.org.

THURSDAY/JULY 30-SATURDAY/AUG. 23

Greater Reston Arts Center Artist Member Exhibition. 11 a.m.-5 p.m. Greater Reston Arts Center, 12001 Market Street Suite #103, Reston. Come see the first of what will become a biennial exhibition highlighting the talents of our artist members. 703-471-9242.

THURSDAY/JULY 31 - SUNDAY/AUG. 3

Fairfax County 4-H Fair and Carnival. 10 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Old-fashioned carnival with games, rides, 4-H exhibits, animal shows, and entertainment. Admissions: Free; Cost varies for some rides. 703-437-9101.

FRIDAY/AUG.1- AUG. 29

New Solo Exhibits Open at Reston Corners One and Two. 8:30 a.m.-4:30 p.m. 12001 and 12005 Sunrise Valley Drive, Reston. The League of Reston Artists showcases the compositions of Melanie Zucker Stanley and Cristina Abbate Jacobson. www.leagueofrestonartists.org

SATURDAY/AUG. 2

Family Fun Entertainment Series at Reston Town Square Park. 10-10:45 a.m. Reston Town Center, 11900 Market Street, Reston. Come for Tracey Eldridge's Music and Motion, interactive games teaching kids about sharing, teamwork, leadership and compromise. 703-579-6720.

Cine Classics at Bow Tie Cinemas. 11 a.m. Reston Town Center, 11900 Market Street, Reston. Classic films back on the big screen. 703-464-0816.

Reston Concerts on the Town Series – Jeffery Broussard & the Creole Cowboys. 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. It's a jambalaya from the bayou with Louisiana zydeco, high-energy blues. 703-579-6720.



View fine art by the 11 artists of Reston Art Gallery & Studios (RAGS) at ArtSpace Herndon from July 29 – Aug. 24.

SUNDAY/AUG. 3-WEDNESDAY/SEPT. 3

"Past and Present" Reston Art Gallery and Studios Exhibit. 10 a.m.-5 p.m. Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Come meet the artist at the opening reception August 3 from 2-4 p.m. 703-481-8156.

SUNDAY/AUG. 3

Exercise Series with Athleta and Reston Town Center. 10 a.m. Reston Town Center, 11900 Market Street, Reston. Enjoy various fitness classes including yoga, pilates, self-defense, cardio and core strength. 703-668-0256.

Sunday Bourbon and Blues Brunch at McCormick and Schmick's. 10 a.m.-2 p.m. Reston Town Center, 11900 Market Street, Reston. A southern-inspired bourbon brunch featuring live blues music performed by local artists. 703-787-7766.

Cine Classics at Bow Tie Cinemas. 11 a.m. Reston Town Center, 11900 Market Street, Reston. Classic films back on the big screen. 703-464-0816.

MONDAY/AUG. 4-AUG. 25

Oil Paintings by Morgan Johnson Norwood. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. A contemporary artist, Morgan Johnson creates paintings that evoke images of stones to trees to human cells and nerve endings. 703-476-4500.

MONDAY/AUG. 4

RCO Summer Reading Sessions. 7:30 p.m. - 10 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. Wondering what it would be like to play with the Reston Community Orchestra? Looking for a chance to play between seasons or semesters? Is that musical instrument collecting dust but keeps calling you back? Come out and play! See why Reston loves its symphony orchestra. All classical musicians are welcome at RCO's Open Rehearsals. \$10 adults, \$5 students. Sign up at <http://restoncommunityorchestra.org/free-concert-series/open-rehearsals/>.

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

SATURDAY/AUG. 9

Keri Staley. 8 p.m. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. A Herndon Native and current Fairfax County High School Choral Director Keri has graced stages up and down the east coast fronting big bands, as a featured back up vocalist and leading lady. NextStop presents her solo cabaret premier! \$20/25. nextstoptheatre.org or 866-811-4111.

NEWS

Metrorail Seen As 'Game Changer'

FROM PAGE 3

Several of the speakers following him commented on the governor's energy about the project.

"Virginia, sir," he said. "50 states. It's only the Commonwealth that matters. Nowhere else are they doing what we're doing today in Virginia."

Laughing, he ordered that Phase II of the Silver Line would be completed the day before his term of office is over.

After Phase II is completed, WMATA does not expect there will be another major project until a new strategic plan is drawn up in 2025.

"We are committed to unlocking the region," said Gov. McAuliffe. "That's why we've been so involved with making sure this comes to fruition."

U.S. Rep. Gerry Connolly (D-11) said the road to the Silver Line has not been easy, however.

"There were not many believers," he said. "We were sued. Some of the people who sued us are in this room."

A couple of people in the audience laughed and raised their hands.

"This is going to transform our corridor," he said.

U.S. Secretary of Transportation Anthony Foxx spoke similarly. He likened the road to the Silver Line like building a cathedral during the medieval era. While the builders did not know what the cathedral would look like by the end, they finished their work.

"The work of transportation is really the work of generations," he said. "Today is the day to celebrate



PHOTO BY REENA SINGH/THE CONNECTION

Gov. Terry McAuliffe is interviewed by the media moments after stepping off the Silver Line rail car on the way to the extension's grand opening Saturday.

the voice of yes being stronger than the voice of no."

SUPERVISOR Catherine Hudgins (D-Hunter Mill) spoke as a WMATA board member and as a longtime resident of Reston.

"When many of us moved to Reston, we were told that rail was coming," she said. "We didn't think it would take 48 years to come." She said that Reston's motto of live, work and play will be taken beyond the town boundaries with the new Metro line.

"These five stations really make a game changer for the county," she said.

But a ribbon cutting and a train ride is just the beginning, said Supervisor John Foust (D-Dranesville). Foust was not a speaker at the event, but also had the opportunity to ride the Metro line on the way to the event.

"This will really affect the quality of life and jobs here," he said. "It will create the opportunity to develop new communities around the metro stops that will become vibrant places to live, to work and to play."

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South Lakes' Wojciechowski Looking for Continued Improvement

Q&A: Pitcher recently traveled to Haiti for mission trip.

Matt Wojciechowski has played for the South Lakes varsity baseball team since his freshman season. As a junior in 2014, he was a primary reason the Seahawks started to believe in themselves.

After struggling in recent seasons, South Lakes started the 2014 campaign by losing seven of its first eight games.

The Seahawks would turn things around, however, winning six of eight to close the regular season and earning the No. 2 seed in the Conference 6 tournament.

Wojciechowski, voted captain by his teammates, earned first-team all-conference as a pitcher. He also played second base and shortstop.

Now a rising senior, Wojciechowski is looking for continued improvement for the South Lakes baseball team. He recently participated in Q&A via email with The Connection.

Connection: You recently traveled to Haiti. What was the reason for the trip? How long were you there? How was the experience?

Wojciechowski: I traveled to Haiti with a group from my church for a mission trip in which we held a camp for the kids there and had many activities such as soccer, Frisbee, and Hacky Sack. We also taught them Bible stories and sang songs with the kids. It was a once-in-a-lifetime opportunity and truly an amazing experience that was very eye opening. The country is in complete ruins after the earthquake and is very depressing to see, but it makes you want to act on it and do everything you can to help the country.

Connection: Are you interested in playing college baseball? Are you committed anywhere?

Wojciechowski: I am very interested in playing baseball in college and right now I am not committed to play anywhere. As of now, there are a few schools showing interest but I'm not quite sure how serious they are. I am not focusing on certain schools right now as I would like to keep my options open in order to find the right school for me.

Connection: The 2014 South Lakes baseball team got off to a rough start before turning things around in the second half. Why did the team improve and what did it feel like to be a part of it?

Wojciechowski: The team improved because our mindset improved. The beginning of the year was very tough and it seemed as if South Lakes baseball was getting ready for another gruesome season, but it all changed during spring break. We went 2-2 and lost in the semifinals after finishing first in group play. We came back believing that we could play with the best of them and



CONNECTION FILE PHOTO

Matt Wojciechowski helped the South Lakes baseball team turn things around during the second half of the 2014 season.

started to believe in ourselves. It was an awesome thing to be a part of. The team came together and our chemistry has come a long way. We would always get frustrated with each other after a loss and could never figure out what was wrong. But once we started winning, our team became happier and started getting along better. Our mindset at practice changed as we knew that we were playing for a lot more than in previous years as we would typically finish in the 6-8 seeds. It was a great building period for the organization as a whole and should hopefully carry over to next year.

Connection: Is there anything you experienced during your junior year that can help you as a senior?

Wojciechowski: I learned that baseball really is half mental and that it starts in your

head. I also learned that the season starts as soon as it ends. It really is a full-year sport as you train and get stronger during the offseason. After being nominated captain, I made everyone go to the weight room at least two-three times a week and go hit three times a week. Next year, we need to do the same thing, if not more.

Connection: At what age did you start playing baseball? Have you always been a pitcher?

Wojciechowski: I started playing baseball when I was 4 back in Texas. I started pitching about 4 years ago for my travel team.

Connection: What is your favorite athletic moment from your first three years at South Lakes?

Wojciechowski: My favorite memory was probably the game I pitched against Langley the first time we played them this year.

“My favorite memory was probably the game I pitched against Langley the first time we played them this year.”

— Matt Wojciechowski, rising senior, South Lakes High

It was a pitcher's duel between myself and Jake McSteen and they won on a walk-off in the ninth inning. I pitched eight innings, allowed two hits, no runs and struck out nine.

Connection: What is your favorite food?

Wojciechowski: My favorite food is steak and shrimp wrapped in bacon.

Connection: Who is your favorite music artist? Why?

Wojciechowski: My favorite music artist is Eminem, because he has music for almost anything. He has great meaning to his songs and I listen to him before every game to pump myself up.

Connection: What is your favorite movie? Why?

Wojciechowski: My favorite movie is 'Dumb and Dumber' because it has the stupidest jokes that are just hilarious and I laugh about 95 percent of the movie. It can always cheer me up.

Connection: Do you play video games? If so, which one is your favorite?

Wojciechowski: I play video games during my free time and mainly only play sports games, depending on the sports season. My favorite is MLB The Show.

Connection: What is your favorite hobby outside of baseball?

Wojciechowski: My favorite hobby besides baseball is basketball because I love the constant motion and I can play pretty well.

Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Wojciechowski: The farthest I've traveled from D.C. is Germany. I go there every summer for a mission trip. We teach kids how to play baseball. It's my favorite thing to do during the summer because I get to use my abilities to teach other kids how to play the game and spread the love of the game throughout other countries.

Connection: Are you a pro sports fan? If so, who are your favorite teams?

Wojciechowski: I'm a huge pro sports fan and I follow every single sport. My favorite baseball teams are the Boston Red Sox and Washington Nationals. My favorite basketball team is the San Antonio Spurs (I'm not a bandwagon fan; my dad is from San Antonio and grew up there). My favorite football team is the Indianapolis Colts. My favorite hockey team is the Washington Capitals.

— JON ROETMAN

Fairfax Updates Green Building Policy

New policy is result of new technology for green rating systems.

By Janelle Germanos
The Gazette

The green building policy in Fairfax has been updated, requiring higher standards for residential, retail, office and other construction projects seeking approval for rezoning in the county.

"Fairfax County's Green Building Policy is a major component of our board's environmental agenda and my own efforts toward making Fairfax County a leader in energy efficiency. Business leaders understand the value of this policy not only for its environmental benefits, but also the savings they achieve and the competitive advantage of low energy costs," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

The vote was made at the July 1 Board of Supervisors meeting. Fairfax County first adopted a green building policy in 2007, as part of the Comprehensive Plan.

Now, the policy is updated to include changes that have been made in rating systems of green buildings.



The Fairfax County Board of Supervisors, pictured here in May, voted July 1 to update the county's green building policy.

LEED certification or equivalent programs, which are more clearly defined in the updated policy, are extended to industrial areas under the plan, and for proposals in high density areas. Green buildings in higher density areas must meet higher levels of performance to be certified green in these areas.

The new plan also urges data collection of water and energy use within green buildings.

More than 100 developers have committed to design and construct green buildings since the policy began in 2007.

"The Green Building Policy is all about promoting sustainability in Fairfax County. This policy helps position office buildings, residential developments, industrial sites and other developments for an energy-efficient and competitive edge well into the future," Bulova said.

The policy applies to development

projects required to undergo the rezoning process. Under the updated policy, existing buildings looking to meet green standards are also supported. Infrastructure for electric car charging stations is also included in the plan.

Green buildings are buildings that have minimal effect on the environment through a decreased greenhouse gas emission through lower levels of water and energy consumption. Fairfax County government has built 16 green-certified buildings since 2008.

Springfield District Supervisor Pat Herryty addressed his concern with the fiscal impact of this policy, specifically with the electric car charging stations.

"Clearly, this policy has a cost to industry, clearly this has a cost to housing, it has a cost to commercial development — there is a cost impact," Herryty said. "I think we have to look at the cost of this before we charge ahead."

Some board members wanted to defer the decision, but this motion failed.

"I think the time has come to provide some guidance in our plan," said Lee district Supervisor Jeff McKay. "I don't know what delaying this accomplishes when people have been working on this and discussing this for this long."

Supervisors John Cook, Pat Herryty and Michael Frey voted against the motion to update the green building policy.

BULLETIN BOARD

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

THURSDAY/JULY 31

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

FRIDAY/AUG. 1

Red Cross Blood Donation. 9 a.m.-2 p.m. YMCA Reston, 12196 Sunset Hills Road, Reston. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

WEDNESDAY/AUG. 6

Red Cross Blood Donation. 11:30 a.m.-5 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-

RED CROSS.

SATURDAY/AUG. 9

Community Yard Sale. 8 a.m. - 1 p.m. Dogwood Cluster in Reston, intersection of Glade and White Cornus Lane.

WEDNESDAY/AUG. 13

Red Cross Blood Donation. 8 a.m.-1:30 p.m. Department of Interior BSEE, 381 Elden Street, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

THURSDAY/AUG. 14

Red Cross Blood Donation. 8 a.m.-1:30 p.m. The Hallmark Building, 13873 Park Center Road, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

Red Cross Blood Donation. 8 a.m.-1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

Red Cross Blood Donation. 9 a.m.-2:30 p.m. URS Corporation, 13825 Sunrise Valley Drive, Herndon. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

TUESDAY/AUG. 26

INOVA Blood Drive. 12-7 p.m. Reston Town Center, beside the Pavillion, 11900 Market Street, Reston. Come donate blood to those in need. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

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"CanSir"



By KENNETH B. LOURIE

When it comes to being a cancer patient, even more so a multi-year cancer survivor, I have always erred on the side of caution. And by caution, I mean being respectful to the disease, courteous of its comings and goings, mindful of its potential damage and afraid of its intangibles. And by intangibles, I mean the unexplained and the inexplicable, and most fearfully, its power and unpredictability. Therefore, my behavior toward it has been intended to be as polite as possible; never to be perceived – in any way imaginable – as arrogant, presumptuous, in control, all-knowing and most especially, victorious.

My philosophy has been to remain as positive as I could, never buying into the generally unfavorable statistical models, while taking any success I've had as much in stride as humanly possible. Moreover, to the extent these successes have prolonged my life – and of course they have, considering the original "13 month to 2 year" prognosis I was given back in late February, 2009 – I still want to maintain a low profile and never boast or speak loudly, and never confidently, about the amazing good fortune I've experienced since I was diagnosed as "terminal" five years and exactly five-months-to-the-day ago (27th of the month). I've always worried that the reason I've survived is that somebody (some entity) somewhere made a mistake in their accounting and skipped over my name, sort of like a reverse typo. Irrational I suppose; nevertheless, I see no advantage in rocking the boat and/or bringing any attention to the fact that yours truly is still very much alive; flying under the radar is my preferred route.

Granted, I do write about this fact and I do bring attention to it, but not out of any need for self-aggrandizement. I do it because if I didn't, I'd probably be much less able to endure under my circumstances. Apparently, the need to express myself publicly is too overwhelming to deny. And thanks to my Publisher, Mary Kimm, I have had and continue to have the means, motivation and opportunity to do so/share my feelings about life as a cancer patient/survivor; hardly a crime. But never have I written any words because I matter in the discussion; rather because the subject (cancer) matters. And since I've been able to do so in a relatively quiet, honest and positive manner – never intending to be the story, only the storyteller – my life, my pursuit has continued.

Certainly I realize, as an originally-characterized-as-terminal cancer patient, that I'm up against an immovable object, generally speaking; still, statistics do have a margin of error, and human beings do have an immeasurable desire to live. Yet living to one's ripe old age is hardly guaranteed, as I've learned all too well. Accordingly, as you regular readers know, I've made many changes in my life, incorporating a variety of anti-cancer remedies into my daily routine, and so far, so great. What you may not have known, however, is how I've actually lived my life while changing. I have done so by always being grateful for the gift of life I have received and reverential to the powers that be. What I've done, I could not have done alone and elevating myself would seem to be the definition of counter-productive.

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

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Chris McDonald

Northwest Federal Launches Food Challenge

Northwest Federal Credit Union has set a goal to collect 12,000 pounds of non-perishable food items – or six tons of spaghetti sauce, peanut butter, canned juice and cereal boxes – by Aug. 15 for its annual food drive.

“We wanted to make a significant impact, as late summer is such a critical time for local food banks,” said Chris McDonald, President/CEO of Northwest Federal. “It’s a sizable goal, but the need is great.”

All donations will benefit LINK, Inc., an organization providing emergency food to people in need in the Herndon, Sterling, and Ashburn, Va. communities. During the summer months, LINK’s shelves thin out, as the many donations received during the previous holiday season run low. At the same time, the need for emergency assistance spikes as families can’t turn to school resources to provide meals for their children.

“This will exceed what we have collected in the past, and I believe our employees, members and friends in the community are up for the challenge,” said McDonald.

Non-perishable food donations will be collected through Aug. 15 at Northwest Federal branches in Chantilly, Gainesville, Herndon, Leesburg, Manassas and Vienna. Cash donations will also be accepted via account transfers made at branch locations, through the Credit Union’s foundation website, or by calling the Call Center at 1-866-709-8901. Every \$5 donation will equal eight pounds of food.

Food items in greatest demand include pasta, peanut butter, canned fruits and vegetables, canned and powdered milk, canned meats, soups, rice, and flour. General guidelines recommend food donations be low in sugar and sodium, and high in protein and whole grains.

To learn about Northwest Federal and its work in communities, visit www.nwfcu.org.

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Community & Newcomers Guide

August 27, 2014

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens’ Associations and local government.

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