

A Plum Good Time!

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Del. Ken Plum with his patriotic granddaughter, Sophia Niday, at his annual Family Picnic and Pre-Election Rally on Saturday, Sept. 6 held at the North Hills Picnic Pavilion in Reston.



Supervisor John Foust (D-Dranesville) waits to speak at the 10th Annual Plum Family Picnic and Pre-Election Rally held Saturday, Sept. 6 at the North Hills Picnic Pavilion in Reston.



Fairfax County Sheriff Stacey Kincaid gets a warm welcome from Congressman Gerry Connolly (D-11) at Del. Ken Plum's Annual Family Picnic and Pre-Election Rally held on Saturday, Sept. 6 at the North Hills Picnic Pavilion in Reston.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

A Plum Good Time!

Democrats gathered to support Dranesville Supervisor John Foust at Del. Ken Plum's Annual Family Picnic.

BY VICTORIA ROSS
THE CONNECTION

The powerful thunderstorms that drenched Northern Virginia Saturday night had the good sense to wait until the crowd of similarly powerful forces of nature – aka political VIPs – rallied, stumped and socialized at Del. Ken Plum's (D-36) Annual Summer Picnic and Pre-Election Rally.

The Democratic fundraiser, now in its 10th year, was hosted by Plum and his wife Jane, at the North Hills Picnic Pavilion from 4 to 6 p.m. on Sept. 6.

The popular family event drew a diverse crowd of about 150 people, including top-tier Democratic notables and hopefuls. Special guests included Congressman Gerry Connolly (D-11) Virginia Attorney General Mark Herring, Virginia Senator Janet Howell (D-32), Fairfax County Sheriff Stacey Kincaid and Hunter Mill Supervisor Cathy Hudgins.

Herring and Connolly pumped up the crowd with upbeat, amusing speeches in support of Dranesville Supervisor John Foust, the Democratic candidate in the



Virginia Attorney General Mark Herring was on hand to officially open the 10th Annual Plum Family Picnic and Pre-Election Rally held on Saturday, Sept. 6 at the North Hills Picnic Pavilion in Reston.

hotly-contested campaign to win the 10th District Congressional seat. He is running against Virginia Delegate Barbara Comstock (R-34) to capture the coveted seat held for 34 years by retiring Congressman Frank Wolf.

Connolly joked with the crowd about the need to turn out and vote for Foust.

"We don't need someone as polarizing as Barbara Comstock in Congress," Connolly said, before introducing Foust to the podium. "I have enough problems with (California Congressman) Darrell Issa."

"I think I have a good sense of right and wrong, and I think it's just wrong for the government to get involved in our personal lives," Foust said during his speech to the crowd. "We don't need the government coming between patients



Hunter Mill Supervisor Cathy Hudgins received a round of applause when she showed up at the Plum Family Picnic and Pre-Election Rally to support her colleague and friend John Foust in his bid to win Virginia's 10th district Congressional seat.

and their doctors."

"John is an unusually empathetic man," said Howell. "He listens very carefully to people and he cares deeply about the issues affecting all of us here in Northern Virginia."

While Herring and others stumped for Foust, Plum's 15-month-old granddaughter Sophia Niday captured the crowd's attention, and was unofficially voted the "Cutest Baby to Kiss."

"Sophia is completely in love with her grandparents. She is excited to support him for years to come," said Augusta Niday, Plum's daughter and Sophia's mom.

"The family picnic has been going for about ten years and is a great way to connect with the community. We were lucky to enjoy the event before the skies opened up!" Niday said.



COURTESY OF THE INITIATIVE FOR PUBLIC ART - RESTON (IPAR)

Professional mural artist Patrick Owens, who has done chalk art projects for over eight years, drew a chalk mural highlighting the upcoming Sept. 27 Reston Multicultural Festival. Owens is a former student of Fairfax's W.T. Woodson High School.

Reston Town Center Hosts ChalkFest

IPAR ChalkFest Award Winners brings hundreds of spectators and artists to Reston.

BY RYAN DUNN
THE CONNECTION

Amazing art lined the streets of Reston Town Center during the Reston ChalkFest event. Adults, teens and children had an opportunity to color the bricks of Reston's Market Street between Library Street and Presidents Street. The event was presented by the Initiative for Public Art Reston (IPAR) in collaboration with Reston Town Center. Professional artists and art teams started their work on Friday, Sept. 5. Other artists had the opportunity to work on chalk art from 7 a.m. to 4 p.m. on Saturday.

The Reston ChalkFest's objective was to make art a communal activity. In June, IPAR teamed up with the Friends of Lake Anne to present Chalk on the Water, a chalk festival held at the neighboring Lake Anne Village Center. There visitors watched as 150-plus artists made artistic chalk murals on the bricked plaza. Some of the artists who were in the June chalk art event participated in the September ChalkFest show.

"IPAR is extremely pleased to collaborate with Reston Town Center to bring the first chalk art event to Town Center," said Anne Delaney, executive director of IPAR. Chalk art, also referred to as street art, pavement painting, and sidewalk art, is a form of temporary public art that can engage not only professional artists but also amateurs, families and kids.

♦ Professional Artist Winners

- 1st prize: Penny Haufler
- 2nd prize: Erica Fallen
- 3rd prize: Lynn Nguyen
- ♦ Audience Choice Winners
- 1st prize: Penny Haufler
- 2nd prize: Daniela Munoz
- 3rd prize: McKinley Gillespie
- ♦ Families & Kids Winners
- 1st prize: Oishee and Rovnakwie
- 2nd prize: Alexa Alfeo
- 3rd prize: Anisha Shetty
- ♦ Amateur Artists Winners
- 1st prize: Daniela Munoz
- 2nd prize: McKinley Gillespie
- 3rd prize: Kara Brownback

Only chalk was permitted for drawings. Paint, crayon, ink or other non-washable or permanent products were not allowed. Registered ChalkFest members from Northern Virginia spanned from Reston to Ashburn and Centreville. Participants in the art event were allotted an individual art space along with a box of 24 colored chalks. Water was provided to be used for drinking or erasing. Participants were encouraged to bring their own snacks or visit the surrounding restaurants and cafes in Reston Town Center.

Professional mural artist Patrick Owens, who has done chalk art projects for over eight years held a workshop at Reston Town Center to review chalk art techniques and strategy. Some artists can earn sums for chalky masterpieces. Artist Cesar Sanchez-Morazzani was commissioned to create a Van Gogh-inspired 15'X10' chalk piece in front of the Mayflowers florist store in Reston Town Center, on the Promenade.

Funds raised from the event will help support IPAR's programs. ChalkFest sponsors included Boston Properties, Reston Community Center, Reston Association, Access National Bank, and Mayflowers. To read more about IPAR visit www.publicartreston.org.

Businesses Change Hands at Reston Lake Anne Plaza

Some businesses move on despite redevelopment plans.

BY RYAN DUNN
THE CONNECTION

Located between Baron Cameron and Sunset Hills Road, Lake Anne Plaza and the adjacent neighborhood are the nucleus of the original Reston development. An important part of Reston's development is its five village centers and town center. Lake Anne was the first village center built. Architect James Rossant was hired to design Lake Anne to emulate the Italian coastal town of Portofino.

Reston founder Robert E. Simon Jr. resides at the Heron House which overlooks Lake Anne Plaza. Development in Reston began after Simon bought 6,750 acres of undeveloped land in Fairfax County in 1961. Construction of Reston's Lake Anne Plaza began in 1963. One of the businesses which opened at the location was Lakeside Pharmacy.

LAKE ANNE also has an art gallery, the Reston Historic Trust Museum, shops, and a senior citizens' fellowship house.

Lakeside Pharmacy, which has been at Lake Anne Plaza for 44 years and was operated by owner and pharmacist Larry Cohn, will be closing Sept. 22. "I am sorry to see the pharmacy close," said Reston resident and real estate agent Dee Rawski. Rawski works at the Long & Foster Real Estate office at Lake Anne Plaza. "A lot of businesses depend on walk in customers and they do not get as much of this as at the Reston Town Center."

"It is coincidental that some of the businesses are closing," said Linda Fuller, owner of Lake Anne Florist. "They all faced individual issues as to why they are closing." Fuller has operated her florist business for over 40 years, and now is looking to put her business on the market. In addition to selling flowers, Lake Anne Florist vends wine, peanuts and chocolates.

Lake Anne Plaza hosts numerous seasonal events throughout the year including a popular Saturday farmers market, which begins in May and continues until October. It also hosts a summer concert series and a popular August Jazz and Blues festival. However, Lake Anne lacks the parking facilities of the neighboring Reston Town Center, which offers more than 50 retail shops, 30 restaurants, a multi-screen cinema, and a Hyatt Regency Reston Hotel.

Lakeside Pharmacy was the last original store at Lake Anne. The space was sold to an investor last spring with the hope the



Lakeside Pharmacy which has been at Lake Anne Plaza in Reston for 44 years and was operated by owner and pharmacist Larry Cohn is closing Sept. 22.



Reston's Linda Fuller, owner of Lake Anne Florist has operated her business for over 40 years, and now is looking to put her business on the market.

store would remain in operation. Yet talks with a new, independent pharmacy did not materialize. Other Lake Anne businesses are changing hands or have been closing. Jasmine Cafe, a locally owned restaurant on the plaza, closed in April. The Lake Anne Coffee House is now for sale. The Cupcake Ladi and the health juice bar New Family Naturals also recently closed. "We will miss



Reston resident and real estate agent Dee Rawski works at the Long & Foster Real Estate office at Lake Anne Plaza, and says many businesses at the plaza depend on walk-in customers.

PHOTOS BY
RYAN DUNN/
THE CONNECTION

Larry Cohn and wish him all the best in his retirement," said Eve Thompson, a real estate agent who has owned property at Lake Anne since 2000.

"What makes Lake Anne different from other business locations is Lake Anne commercial spaces are owned by individuals with limited business oversight," said Thompson, a member of the Lake Anne Plaza

Merchant Committee. "We have begun to implement rules regarding the types of businesses which can operate at our location." Lake Anne Plaza has long had no uniform landlord-tenant plan, and each unit is subject to different terms and standards.

Not all businesses at Lake Anne have struggled. "We have had our best year yet and exceeded our expectations," said Vicky Hadjikyriakou, owner of Kalypso's Sports Tavern. Located at 1617 Washington Plaza, the tavern has had an increase in customers. "The redevelopment should bring in more business," said Hadjikyriakou. "The trick will be getting through the construction period." The family restaurant Cafe Montmartre which opened at Lake Anne Plaza in 1997 has also been doing well. Reston's Used Book Shop, the last bookstore in Reston, has kept a brisk business.

Prescriptions on file at Lakeside Pharmacy will be transferred to the CVS at Plaza America. Cafe Lakeside, the breakfast and lunch counter located in the pharmacy closed in February. The waterfront space that houses Lakeside Pharmacy is not slated for redevelopment as part of Lake Anne Development Partners' (Republic Development) plan for the area. Because the pharmacy is in the historic part of Lake Anne, it cannot undergo big changes. Nearby areas such as the current parking lot at Lake Anne Plaza, a grove of trees owned by Reston Association and Crescent Apartments are included in the plan, which includes 60,000 square feet of new retail space, up to 82,500 square feet of office space, and 1,037 residential units.

Lake Anne Development Partners LADP, a division of Republic Land Development, was chosen last summer to revitalize the county-owned affordable housing neighborhood. As Lake Anne Plaza has historic designation it will not be redeveloped. Yet retail additions are planned for where Lake Anne Plaza's current parking lot is located, and developers envision a stronger retail atmosphere. Republic Land Development is reviewing options for a boutique grocery store at Lake Anne Plaza, similar to a Trader Joe's.

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THE ENTIRE REDEVELOPMENT is expected to take 10 to 12 years, and is divided into five phases with minimal disruption to the existing community and providing temporary parking solutions. Construction on Phase 1 is expected to begin mid-2015. LADP's plans are scheduled to go before the Planning Commission in a public hearing Nov. 5. If the planning commission recommends approval, the plan will go to the Board of Supervisors Nov. 18. "I think businesses will be attracted to the redevelopment at Lake Anne," said Fuller. For more information on Lake Anne visit lakeanneplaza.com.



Reston resident Amy Burton shakes hands with Hunter Mill Supervisor Cathy Hudgins after winning first place for the 30-34 age group.



Sarah Bunn finishes the Reston Triathlon with her sons Chris and Coleman at her side.

PHOTOS BY REENA SINGH / THE CONNECTION

Reston Triathlon Attracts Hundreds

More than 430 people compete in 31st annual race.

BY REENA SINGH
THE CONNECTION

Despite having spent the morning swimming, biking and running, Neil Medoff wasn't impressed with himself. The Reston resident is one of two triathletes who has competed in the Reston Triathlon all 31 years it has been an event, but he said Sunday's race was not a personal best.

Although he mulled over whether he will do next year's race, Medoff said Reston's event is one of the best of its kind in the country.

"It's one of the nicest ones," he said. "It's my home."

He has done about 120 triathlons total, but had a hiccup when he needed to get spinal surgery three months ago. After a month of recovery, he had one last month to prepare for the race.

Medoff joked that he and Rick Uhrig, another Reston-area triathlete who has competed in all 31 events through the years, are waiting for the other to retire from racing.

Uhrig said he lives inside the triathlon bike course. He signed up for his first race with his friends in 1984. Since then, he hasn't stopped.

"I didn't realize it at the time, and popular culture didn't have a metaphor for it, but I gained a survivor mentality and didn't want to be voted off the island."

Although many of those friends do not join him for the race anymore, his bicycle remains constant. He rode the same one throughout all 31 Reston triathlons.

"It's an antique now," he said.

Both Medoff and Uhrig were recognized by the Reston triathlon Board of Directors during the awards ceremony. This year,



Triathletes head to the South Lakes High School track to finish the last leg of the Reston Triathlon Sunday.

Hunter Mill Supervisor Cathy Hudgins and state Senator Janet Howell (D-32) handed out trophies for the top three participants in each age category.

"Our race is unique in that it is a community event," said board member Donna Rostant.

This year's race course was changed to an Olympic-official course in preparation for next year's World Police and Fire Games.

"The swim was a little bit shorter, the bike was a little bit longer and the run stayed the same," she said. "We started planning this race nine months before it began."

The Reston Triathlon opens for registra-

tion in November, almost a year from the event's date. By the end of the month, however, it is usually full with a wait list.

This year, 700 people signed up to race. Rostant said 454 people showed up at the starting line at Lake Audubon that morning. She stated that at most races, 25 percent of the people who signed up may not compete on race day due to injuries, illnesses or other reasons.

Nearly 1,000 volunteers were called upon to feed the athletes, cheer them on and help with morning registration.

"We've got great community support," said Rostant. "Without them, we couldn't



Runners near completing the last leg of the Reston Triathlon on Sunday.

make it happen."

Reston resident Tom Conrad was one of those volunteers on Sunday.

"I did the first triathlon, just as Neil did," said Conrad. "My family member have done it. One year, all three of my kids did it."

Sarah Bunn's children were also involved in the triathlon, but in an unofficial way. As she finished the last leg of the run on South Lakes High School track, her two children Chris, 10, and Coleman, 13, ran alongside her.

"The first triathlon I ever ran was in 1989," she said. "It's a sport you can do forever, which is my plan."

It's Back-to-School Time in Reston

Taryn Dougherty, 7, and Calvin Dougherty, 5, with their brother Jack, 1, before going to Terraset Elementary for the first day of school.

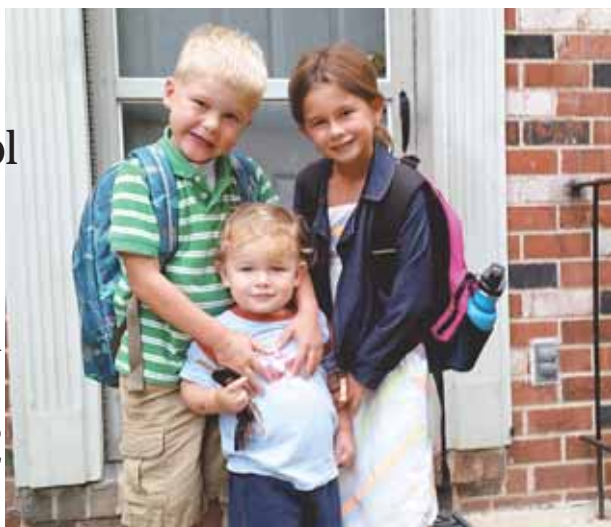


PHOTO BY KRISTIN DOUGHERTY



PHOTO BY LAUREN SMITH

Deven Shanta, Lucy Rosst and Lillian Ingraham before the first day of first grade at Terraset Elementary.

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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION
NEWSPAPERS



Euphemia Fay Sardone (Age 83) of Reston, Virginia, on August 25, 2014 lost her 14 year battle against Alzheimer disease. Fay was born in Glasgow, Scotland and immigrated to the US at age 19 in New York City, and pursued a modeling career. She later married, and settled in Fairfax County. In 1970 she became one of Northern Virginia's first women Realtors, real estate broker, and co-owner and founder of Jerry Sardone Realty.

She is survived by her loving husband Jerry and her children Laurie, Alan, Karen, Lyn, her step children Jerry Jr. and James, and 16 grandchildren.

The family requests in lieu of flowers, donations be made to the National Capital Area Chapter of the Alzheimer Association, 3701 Pender Dr. #400 Fairfax, VA 22030

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO IMPLEMENT A 2015 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS **CASE NO. PUE-2014-00088**

On August 14, 2014, Columbia Gas of Virginia, Inc. ("CGV" or "Company") filed an application for approval to implement a 2015 Infrastructure Reliability and Replacement Adjustment ("IRRA") in accordance with Section 20 of its General Terms and Conditions ("Application"), as contemplated in the State Corporation Commission's ("Commission") November 28, 2011 Order Approving SAVE Plan and Rider, as modified by the July 3, 2012 Order Approving Amended SAVE Plan. The Company's SAVE Plan, as amended ("Amended SAVE Plan"), was authorized pursuant to the Steps to Advance Virginia's Energy Plan (SAVE) Act, Chapter 24 of Title 56 of the Code of Virginia.

In its Application, CGV states that its Amended SAVE Plan is a five-year program that commenced on January 1, 2012. According to the Company, the Amended SAVE Plan includes cost recovery mechanisms that are designed to facilitate the accelerated replacement of \$120 million of SAVE eligible natural gas infrastructure in addition to the recovery of costs associated with \$4.5 million of incremental infrastructure replacements occurring in 2011 that were not included in the Company's non-gas base rates.

The costs incurred in replacing eligible natural gas infrastructure are recovered through a SAVE Rider, which is defined in the Company's tariff as the IRRA. The IRRA is comprised of two components: an Infrastructure Replacement Current Rate ("IRCR") and an Infrastructure Replacement Reconciliation Rate ("IRRR"). The two components collectively constitute a single IRRA, which is billed as a fixed charge each month. The IRRR is the mechanism by which the Company true-ups, on an annual basis, the actual IRRA revenues against the preceding year's actual cost of service as determined from actual SAVE eligible expenditures.

In its Application, the Company seeks approval of the following: (1) the Company's 2013 IRRR credit in the amount of \$180,309 to be effective with the first billing unit of January 2015 through the last billing unit of December 2015; (2) the Company's 2015 IRCR to be set at zero effective for the first billing unit of January 2015 and be reset to \$1,725,627, effective for the first billing unit of October 2015 through the last billing unit of December 2015, to recover eligible infrastructure replacement costs that are not otherwise recovered through new base non-gas rates; and (3) the filing of rate sheets implementing the 2015 IRCR and 2013 IRRR. The 2015 IRCR and the 2013 IRRR result in an IRRA total net charge to customers of \$1,545,318 for 2015.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment or request a hearing on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836, The Application and related documents shall also be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons may also download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before September 30, 2014, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before September 30, 2014, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2014-00088.

On or before September 30, 2014, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing must refer to Case No. PUE-2014-00088 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for Such action; and (iv) a precise statement why a hearing should be conducted in this matter.

On or before September 30, 2014, any interested person may participate as a respondent in this proceeding by filing a notice of participation in accordance with 5 VAC 5-20-140, *Filing and service*, and 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure, 5 VAC 5-20-10 *et seq.* If not filed electronically, an original and fifteen (15) copies of the notice of participation shall be submitted to the Clerk of the Commission at the address set forth above. Pursuant to 5 VAC 5-20-80 B, *Participation as a respondent*, of the Rules of Practice and Procedure, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. All filings shall refer to Case No. PUE-2014-00088.

COLUMBIA GAS OF VIRGINIA, INC.

OPINION

Change Is Coming, Right?

Legislators on changing the culture of cash and gifts in Virginia: Crickets.

With former Gov. Bob McDonnell and his wife Maureen facing what could be decades in prison after their convictions for corruption, a reasonable person might reasonably expect that members of the General Assembly would be gearing up to make some big changes.

Under Virginia law, there was no barrier to the McDonnells taking tens of thousands of dollars in gifts from a single donor in search of help.

In addition to the gifts, the tens of thousands of dollars in contributions to campaign funds were not part of the corruption trial, but they were certainly part of seeking influence.

Virginia needs real change, but there is silence from members of the General Assembly on any real change.

It turns out that unlimited contributions and gifts is not good for government, not good for the public, especially not good for elected officials as the recent news demonstrates. It would

be better for most businesses to have limits as well so as not to be subject to the expectation of making huge donations.

The National Conference of State Legislatures www.ncsl.org summarizes how the 50 states regulate contributions: "States commonly place limits on contributions to candi-

EDITORIAL

dates from various sources, and also on contributions to political action committees (PACs) and political parties.

Just four states — Missouri, Oregon, Utah and Virginia — place no limits on contributions at all. Another seven states — Alabama, Indiana, Iowa, Mississippi, North Dakota, Pennsylvania, and Texas — have minimal contribution limits. These states limit or prohibit contributions by corporations and unions to candidates, but leave contributions from all other sources unlimited. In the remaining 39 states, contributions to candidates from individuals, political parties, PACs, corporations and unions are typically limited or, in the case of corporations and unions, prohibited outright."

In Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total, cumulatively to all candidates in a four-year election cycle. (These limits increase to \$6,000 and \$24,000 in 2015.) In Maryland, corporations and CEOs are not giving \$100,000 and more in an election cycle.

Do we really want to be a state where the rules are so lax, that what barely raises an eyebrow here can send a former governor and his wife to prison for a long time?

The silence is bipartisan. The silence unites NoVa (Northern Virginia) and RoVa (the rest of Virginia). Every incumbent in Virginia thinks they are benefiting from the ability to collect so much cash. They all know that they would not engage in the kind unseemly behavior that was recently on display in the McDonnell trial. They seem to think that the McDonnells were just an aberration.

Having our legislative process, locally and at the state level, awash in cash and gifts from people with business before the legislative bodies is not good for any of us.

It's time for some real limits and some disclosure requirements with teeth.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

The Legacy of Bob McDonnell

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



COMMENTARY

stances. We have a former governor found guilty of corruption in office. Somehow with Patrick Henry and Thomas Jefferson having occupied that seat, it was not supposed to happen in Virginia.

Bob McDonnell is the last person anyone would have thought would have brought this legacy to Virginia. He served his country in the military. He has three degrees from a Christian university. He married a professional cheerleader from a major league football team. The thesis for his masters' degree spelled out an old-fashioned morality that he thought was essential for how people should behave. He was a prosecuting attorney

finding others guilty of crimes in order to keep his community safe. He represented his community in the House of Delegates where he introduced bills that included one for a covenant marriage. His first statewide elective office was Attorney General responsible for seeing that Virginia's laws were fairly interpreted. His win for Governor was by a wide margin. He appeared squeaky clean.

The jury heard in detail what happened during his term as governor and determined he was guilty of corruption. That is the way our system of justice works. Not only is his legacy tarnished so too is that of his wife and family. For the Governor and his family on a personal level, they have my thoughts and sincere prayers. There will be an appeal no doubt. Whatever the criminal justice system does with the case under ap-

peal will not restore the man to the elevated position he had in the public's mind when he became governor.

We need to turn our attention now to the legacy for Virginia. Maybe we Virginians had it coming for we had become somewhat pompous over our reputation for the clean government we thought we had. Despite some cynics' views, virtually all elected officials and government employees are honest, hard-working people who want to do their best for the Commonwealth. For those who do not fit this category we need to participate in a whistle-blowing exercise that will expose any who are putting their selfish gain above the public good. And the legislature needs to do more work on its conflict of interest and ethics laws. Maybe those changes can become the legacy of Bob McDonnell.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Out with the Old in with the New at Vajrayogini Buddhist Center in Reston. This class will show us how to overcome negative mental habits of mind such as anger. You will learn practical methods for daily life and how to use meditation to overcome these negative minds. Thursday, Sept. 18,

7:30-8:30 p.m. at Brown's Chapel, 11300 Baron Cameron Ave. (opposite Lake Anne Village), Reston. Teacher: Gen Kelsang Varahi, an American Buddhist nun. Cost: \$10 (\$5 for full time students/unemployed/ adults 65 and over)

Details: <http://meditation-dc.org/reston/>

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-

8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Reston
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An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by
Local Media Connection LLC**

**1606 King Street
Alexandria, Virginia 22314**

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Reston Master Plan Phase II Community Meeting

Supervisor Cathy Hudgins (D-Hunter Mill) and the Fairfax County Department of Planning and Zoning are hosting a community meeting to present a working draft of Fairfax County Comprehensive Plan text pertaining to the Reston community. The meeting will be held on Saturday morning, Sept. 13, from 8:45 – 11:30 a.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. Doors will open at 8:30 a.m.

The working draft text will address the residential areas of Reston, the Village Centers, and other commercial areas located outside of the Town Center or Transit Station Areas. This first meeting will focus on understanding the plan guidance designed to preserve the existing residential neighborhoods, the Convenience Centers and the commercial area north of Baron Cameron Avenue and west of Reston Parkway. The draft text will be reviewed at the meeting and the community is invited to offer comments on the ideas contained in the document.

The Village Centers will be the focus of a second community meeting on Oct. 18. An additional community meeting will be held in November for community discussion of the draft text.

For additional information, contact the Hunter Mill District office at 703-478-0283.

Dance for Sight at Herndon Community Center

Melody Goodspeed lost her sight in 2003 at the age of 26, but thanks to her optimism and determination, lives a life filled with vision and purpose. As the spearhead of the second annual ZUMBA Dance for Sight, Melody wants to invite everyone to join her on Saturday, Sept. 13, at the Herndon Community Center for a ZUMBA danceathon and silent auction to raise money for the Louis J. Fox Center for Vision Restoration, a research institute located at the University of Pittsburgh.

For a \$15 tax-deductible donation, participants can dance as much or as little as they want to. Last year's event raised almost \$10,000 for sight research.

To take part in Dance for Sight, drop by the Herndon Community Center, 814 Ferndale Avenue on Saturday, Sept. 13, from 3-5 p.m.




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1 3001 WEBER PL	5	..	4	..	1	OAKTON	...	\$1,656,725	...	Detached	...	0.92	22124	...	WEBER PROPERTY	...	07/28/14
2 305 EAST ST SE	5	..	5	..	1	VIENNA	...	\$1,632,464	...	Detached	...	0.51	22180	...	MURMURING PINES	...	07/25/14
3 501 PRINCESS CT SW	6	..	5	..	1	VIENNA	...	\$1,500,000	...	Detached	...	0.46	22180	...	MOOREFIELD	...	07/02/14
4 3200 BARTON WAY	5	..	4	..	1	OAK HILL	...	\$1,315,000	...	Detached	...	0.92	20171	...	OAK HILL RESERVE	...	07/23/14
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7 1161 FIELDVIEW DR	5	..	4	..	1	RESTON	...	\$1,252,000	...	Detached	...	0.71	20194	...	ESTATES AT WYNDHAM HILLS	...	07/16/14
8 1258 NEW BEDFORD LN	5	..	4	..	1	RESTON	...	\$1,210,000	...	Detached	...	0.43	20194	...	NEW BEDFORD	...	07/28/14

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'Recession Ripple Persists' at Realtors' Summit

Private sector job growth key to strengthening regional economy, housing demand.

BY TIM PETERSON
THE CONNECTION

“There’s no question the primary economic driver of this region has always been Uncle Sam,” said David Versal, senior research associate at the George Mason University Center for Regional Analysis. “That said, we’re not Detroit.”

That was a year ago, when Versal addressed members of the Northern Virginia Association of Realtors at their economic summit held in George Mason University’s Mason Inn.



Panelists (from left) at the 2014 NVAR Economic Summit: Mitchel Kider, Dr. Michael Frantoni, James Dinegar and David Versal.

PHOTOS BY
TIM PETERSON
THE CONNECTION

At this year’s summit, his past remarks came back to haunt him, if not the whole room. “In 2013, job growth ground to a halt,” he said at the event last Thursday. “July [2013] to July [2014], net was about 20,000 jobs in our region. Who do we come closest to?”

The stunned conference hall full of Realtors, seeing his slide, answered in unison: “Detroit.”

Versal was back again for 2014,

along with discussion moderator Kenneth Harney, author of the syndicated column “The Nation’s Housing.”

New panelists included: James Dinegar, president and CEO for the Greater Washington Board of Trade; Dr. Michael Frantoni, chief economist and senior vice president of research and industry technology for the Mortgage Bankers Association, and Mitchel Kider,

chairman and managing partner for Weiner Brodsky Kider PC.

THE THEME of this year’s summit was “Housing Hangover: Recession Ripple Persists in 2014: Jobs, Confidence, Mortgages (+ Aspirin) Fuel Recovery.”

Each panelist brought a different perspective to the central concept that no, the recession is not over, growth is slow and home

sales are flat; but yes, the recovery is on and as long as home buyers, sellers and Realtors alike keep in front of the economic and regulatory changes taking place, things are looking up. We’re all still here.

Versal echoed his callout from last year, that since 2010 government spending cuts have decimated the Washington D.C. metro area. “We lost over \$11 billion in federal procurement,” he said, referencing the massive contracting industry, “just in 3 years; \$11 billion that was in our economy in 2010 that is no longer. This is on top of the 20,000 jobs we’ve removed.”

One true gainer in jobs over the same period, he said, has been hospitality — specifically restaurant jobs. However even though those jobs help pad the not-Detroit figure, they don’t exactly help a housing market that’s light on top-end inventory and lacking any semblance of a middle.

“Ask yourselves as Realtors: Are people buying \$6-7-800,000

SEE PANELISTS, PAGE 10

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Panelists Hopeful, Patient for Housing Market Improvements

FROM PAGE 9

houses in this region people who work in restaurants? Unless they own the restaurant probably not," said Versal.

According to Versal, Northern Virginia isn't creating enough jobs paying in the \$40- to \$70,000 range to stimulate growth in the market's midsection.

But that's not all: Another factor — and a continuation from 2013's remarks — keeping the market from balancing out is the lack of adequate housing construction.

Or rather, construction of homes for purchase. Versal said half of what's being built is rental property, which doesn't produce sales and doesn't help the sagging middle.

But the regional analyst did point out a few bright spots, looking forward. In the next three to four years, Versal predicts, the D.C. metro region will be creating 50-60,000 jobs again, like it was 10 years ago — which should drive demand for housing. However this growth, he stressed, will be borne by the private sector, not the federal government.

James Dinegar of the Greater Washington Board of Trade took that optimism and ran with it, giving a speech that hyped the many "cool factors" of the D.C. metro region.

He cited Forbes magazine recently voting that area "America's Coolest City."

He cited things like Bao Bao the infant panda at the National Zoo, Robert Griffin III, Maryland joining the Big Ten major college football conference (and more importantly the Big Ten Network) and the capital bike-sharing program that leads the nation in users per capita.

He cited things like numerous top tier universities, the juggernaut of cyber job-creating — NSA at Fort Meade — and being the hospitality capital of the world.

Things that, presumably, should be drawing young, family-oriented and financially stable professionals to the area, or keeping them here.

"You have to get your head around the Big Ten," Dinegar gave an example. "The BTN reaches 52 million households. We're not exposed to the Midwest the way we have been in the ACC. We're on radar screens now we haven't ever been on."

According to Dr. Michael Frantoni of the Mortgage Bankers Association, having a greater overall pull would be helpful to attract fresh capital to the nation's capital. The national trend, he said, is decreased mobility: Recent census data shows that



By TIM PETERSON/THE CONNECTION

"The economy has been bad. Yet in spite of all of this, we're all still here," said David Versal, senior research associate at the George Mason University Center for Regional Analysis.

aside from family-related moves, people are staying put more than they used to.

"Moving to a better neighborhood? If anything, people are moving to save money. But they're not aspirational movers," he said.

Or maybe they are aspirational movers, but are saving money by living with their parents. That group would be the mercurial, hard to put a finger on, mid-20s to mid-30s bracket referred to as "millennials." And they're a key group, being well situated with academic and professional experience to fill the \$40-\$70,000 a year private sector jobs Versal said should be driving the regional economy going forward.

However, said Frantoni, "They're different in all kinds of ways. They get married later, have children later, come home later. Everything is later. We don't know why."

A MILLENNIAL'S HESITANCY to buy property probably doesn't have much to do with the projected rise in interest rates from 4.3 percent for a 30-year fixed mortgage rate in 2013 up to 5 percent in 2015. But it may have something to do with the fact that student loan debt has ballooned in the last decade from \$200 billion to over \$1 trillion, according to Frantoni.

None of the panelists expects dramatic changes in the next several years. We're off the roller coaster, they all concurred. We're still here.

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CALENDAR

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

WEDNESDAY/SEPT. 10 – SEPT. 24

Reading Buddies. 4:45 – 5:45 p.m.
Herndon Fortnightly Library, 768 Center Street, Herndon. Teen volunteers (ages 12-19) read and listen to your child (ages 4-8) read.

WEDNESDAY/SEPT. 10-MONDAY/OCT. 6

Multicultural Festival Exhibition. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. To help celebrate the Reston Multicultural Festival, area artists are displaying works of art that relate to their cultural heritage. 703-476-4500.

WEDNESDAY/SEPT. 10 – SATURDAY/OCT. 11

“Signs of Summer.” Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. www.leagueofrestonartists.org

THURSDAY/SEPT. 11

Backyard Composting. 8 p.m.
Walker Nature Center, 11450 Glade Drive, Reston. Learn how to recycle fallen leaves the natural way. Also learn how kitchen waste and other yard debris can be composted right in your own backyard. Admissions: \$5 for RA members, \$7 for non-members. Reservations required by Sept. 8. Call 703-476-9689 and press 5 or email naturecenter@reston.org for more info. For adults.

FRIDAY/SEPT. 12 – SUNDAY/SEPT. 14

Gidion's Knot. Friday 8 p.m. Saturday



Catch The Larry Stephenson Band at Holy Cross Lutheran Church in Herndon on Sept. 20. Larry is known for his pure high tenor voice and mastery of the mandolin.

2 and 8 p.m. Sunday 2 and 7 p.m.
NextStop's Industrial Strength Theatre, 269 Sunset Park Dr., Herndon. **Gidion's Knot** depicts a parent/teacher conference with a grieving mother and an emotionally overwhelmed primary school teacher's conversation about the tragic suicide of the mother's son, Gidion. As the story of Gidion's suicide is slowly uncovered, the women try to reconstruct a satisfying explanation for Gidion's act and come to terms with excruciating

feelings of guilt. Tickets: \$28. www.nextstoptheatre.org

FRIDAY/SEPT. 12-FRIDAY/SEPT. 26

JamBrew. 6-10 p.m. Town Green Herndon, 777 Lynn Street, Herndon. Recurring weekly on Friday. 703-674-0589.

FRIDAY/SEPT. 12

Live Music at M&S Grill. 7-10p.m.
M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by Ken Wenzel. 703-787-7766.

Noisy Nature Night. 7-8:30 p.m.
Walker Nature Center, 11450 Glade Drive, Reston. Grandparents, bring your grandchildren for an evening hike to explore the woods after dark and listen to nocturnal creatures' sounds. Learn about nocturnal adaptations these animals use to survive and communicate. Admissions: \$5 for RA members, \$7 for non-members. Reservations required by Sept. 8. Call 703-476-9689 and press 5 or email naturecenter@reston.org for more info. For senior adults ages 55+.

SATURDAY/SEPT. 13

America's Adopt a Soldier 5-10K Run/Walk. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. America's Adopt A Soldier, an established nonprofit organization who has through grass roots volunteerism, donations, and partnerships; provided a positive impacted to our Nations Wounded, Deployed Service Members, Homeless Veterans, Veterans and their Families. This year's run is in support of homeless veterans – the goal is 500 Runners and 500 winter coats for local

homeless veterans. One hundred percent of all donations go directly to support their projects and programs. Visit: mericasadoptasoldier.org to register or call 703-278-3718 for more information.

SUNDAY/SEPT. 14

Lake Anne Summer Film Festival. 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy Skyfall under the stars. www.lakeanneplaza.com.

Sunday Bourbon and Blues Brunch. 10 a.m.-2 p.m. M&S Grill, 11901 Democracy Dr., Reston. Live blues musical performance by local artists. 703-787-7766.

MONDAY/SEPT. 15

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.

WEDNESDAY/SEPT. 17

Fall Container Planting. 2-3 p.m.
Walker Nature Center, 11450 Glade Drive, Reston. Learn what plants can be used in a fall container garden and discover creative items to use such as gourds or branches. Make a small container garden to take home. Admissions: \$10 for RA members, \$14 for non-members. Reservations required by Sept. 15. Call 703-476-9689 and press 5 or email naturecenter@reston.org for more info. For senior adults ages 55+.

THURSDAY/SEPT. 18

Out with the Old in with the New. 7:30 – 8:30 p.m. Brown's Chapel, 11300 Baron Cameron Ave. (opposite Lake Anne Village), Reston. This class will show us how to overcome negative mental habits of mind such as anger. \$10 (\$5 for full time students/unemployed/ adults 65 and over). <http://meditation-dc.org/reston/>

FRIDAY/SEPT. 19 – SATURDAY/SEPT. 20

Painting Competition for Youth, Teens and Adults. Friday: 3-7 p.m. Saturday: 9:30 a.m. – 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. This is day painting competition with cash prizes for youth 8-11 years old, teens 12-17, and adults. Entry fee. For complete rules or to register, visit www.artspaceherndon.org.

SATURDAY/SEPT. 20

Paint Herndon Celebration. ArtSpace Herndon, 750 Center Street, Herndon. Come out to celebrate the anniversary of the opening of ArtSpace in this annual celebration of the arts.
The Larry Stephenson Band. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Stephenson is known for his pure high tenor voice and . Tickets: \$15.
Bike Rodeo. 9:30 a.m. – 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Children and youth, bring your bike for a tune-up, learn bike safety tips, have your bike helmet properly fit, and decorate your bike.

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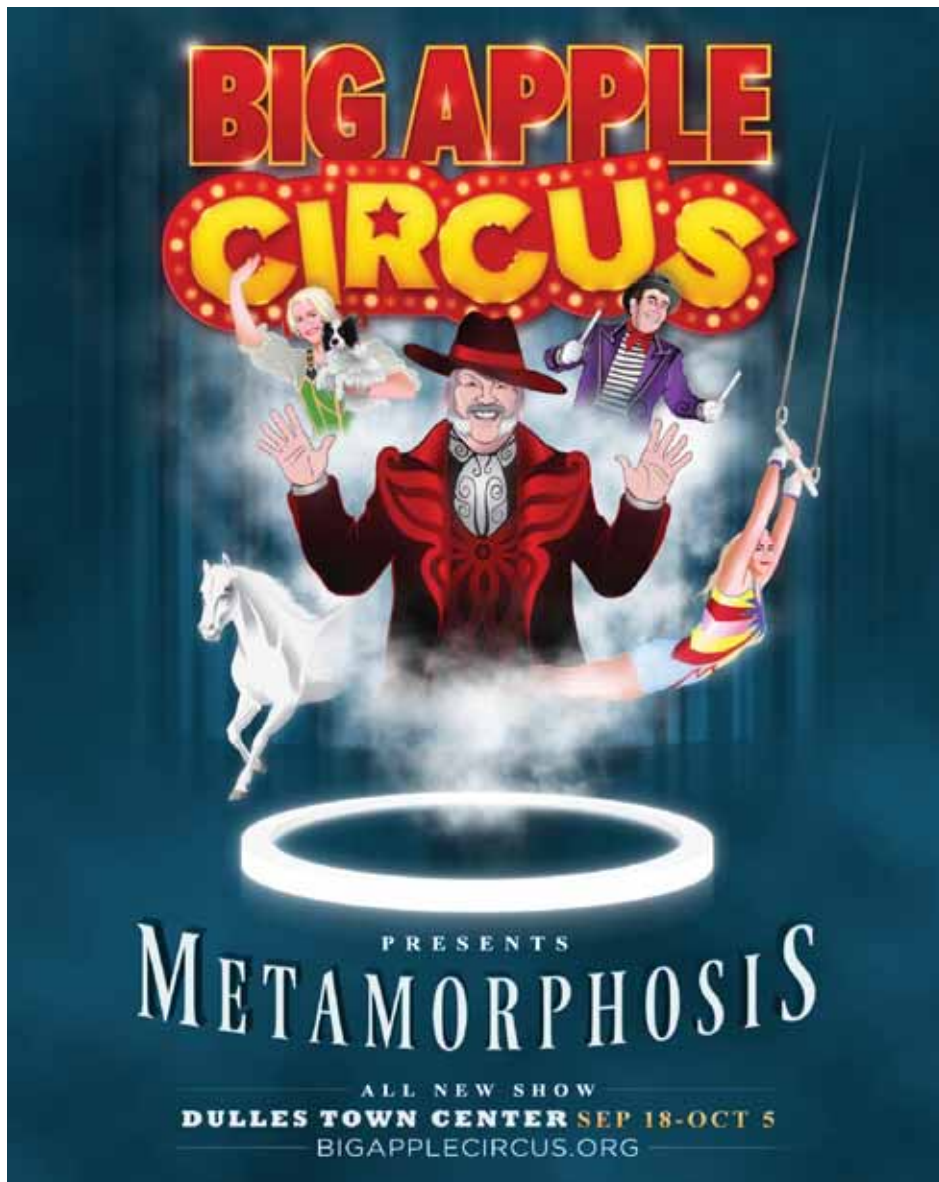
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South Lakes Volleyball Falls Short Against Langley

Senior captain McBride is Seahawks' top threat.

BY JON ROETMAN
THE CONNECTION

A member of the South Lakes volleyball team started to celebrate what she thought was the winning point in the opening set of Monday's match against Langley. As it turned out, the Saxons kept the ball off the floor, kept the rally alive and wound up with a kill of their own.

Three points later, Langley completed a 5-0 run to win the first set, 26-24.

"We gave up on a couple points," South Lakes head coach Cheri Hostetler said. "We celebrated a little too quick."

South Lakes scored the first six points of the second set and led 18-17, but Langley battled back to win, 25-23.

On a night when South Lakes had an opportunity to deny Langley head coach Susan Shifflett career win No. 300, the Seahawks couldn't put the defending state champion Saxons away, falling 3-1 (26-24, 25-23, 17-25, 25-17) on Sept. 8 at Langley High School. South Lakes fell to 3-6 during the 2014 season, but Hostetler was pleased with the team's effort.

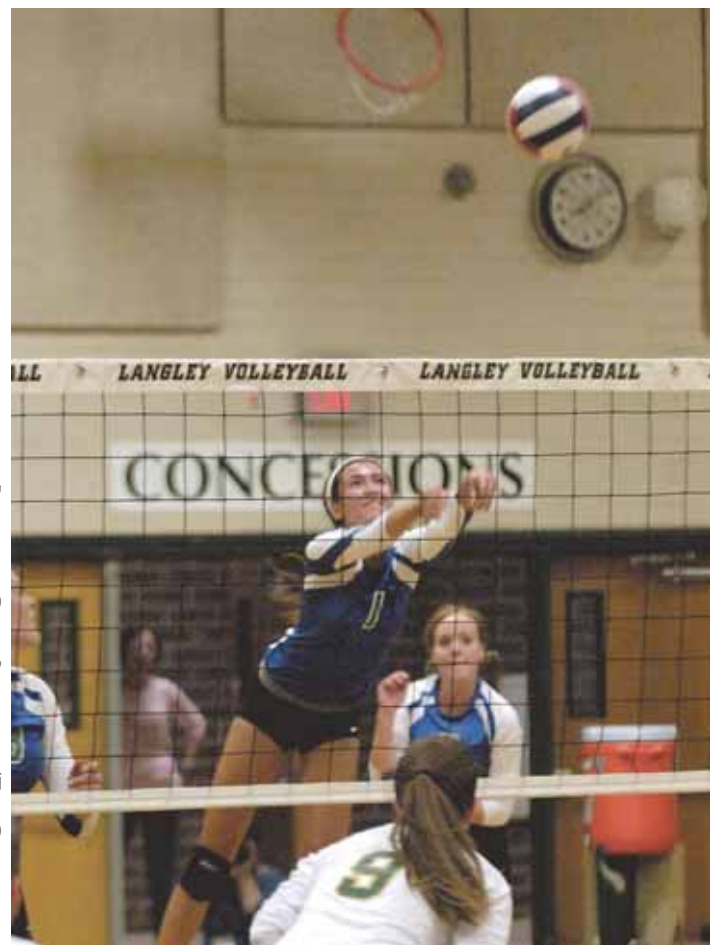
"I think they played the heck out of that match," she said. "They did a really good job."

Senior middle hitter Vela McBride is the Seahawks' most talented player. She is committed to Navy and is one of three South Lakes captains. On Monday, she finished with a team-high 12 kills.



South Lakes senior middle hitter Vela McBride is committed to Navy.

McBride also sets for the Seahawks. "She just brings a lot of energy," Hostetler said. "She's got great knowledge of the game. She knows really how to work the court, who to set, who are the hot hitters, who's not, and really how to attack the defense. She's great. She's very much a leader on the team."



South Lakes junior Melody Caloyannides had nine kills against Langley on Monday.

Junior outside hitter Melody Caloyannides finished with nine kills for South Lakes. Senior setter Jackie Trautman had five kills, and senior middle hitter Kaitlyn Ball, sophomore opposite hitter Emma Youngren and junior outside hitter Kristina Brownell each had four kills.

Ball and Trautman are also captains.

Monday's victory gave Shifflett, who founded Langley volleyball in 1998, 300 victories for her career. Hostetler shared her admiration for the Saxons coach. "She's always the coach you want to beat," Hostetler said. "She's a great coach. I really look up to her a lot." South Lakes will travel to face Stone Bridge at 7:15 p.m. on Monday, Sept. 15.

Madison Senior Swaak Places 1st at Monroe Parker

Warhawks win girls' team championship.

BY JON ROETMAN
THE CONNECTION

Madison senior Amanda Swaak's time at Saturday's Monroe Parker Invitational was 21 seconds slower than when she competed in the 2013 6A North region meet on the same course at Burke Lake Park. On this afternoon, however, Swaak focused more on place than time. With that in mind, her performance was an improvement as she took home a pair of championships.

With temperatures in the 80s, Swaak placed first in the girls' varsity race on Sept. 6 with a time of 18 minutes, 6 seconds. Swaak's effort helped the Madison Warhawks finish atop the girls' team standings, as well.

"I thought I ran pretty well," Swaak



Madison senior Amanda Swaak finished first at the Monroe Parker Invitational on Sept. 6 at Burke Lake Park.

said. "This week has been hard for me training-wise — I upped my mileage — so I came into it pretty sore."

Swaak finished four seconds ahead of Chantilly's Xaveria Hawvermale, who placed second with a time of 18:10.

"I had Xaveria running next to me ... so I wasn't by myself," Swaak said. "We both pushed each other until the last bit. ... It helps a lot."

Madison finished first in the team standings with a score of 75. Lake Braddock (99) placed second, and Patriot (140) finished third.

Along with Swaak's first-place finish, Madison's Morgan Wittrock placed eighth (19:04), Laura Sullivan finished 14th (19:20), Devon Williams took 20th (19:33) and Bella Maggio finished 32nd (19:55).

Swaak earned all-state honors as a junior, placing 12th during the VHSL 6A state race at Great Meadow. Wittrock finished 22nd at states last year as a sophomore.

OBITUARY

Jean Stuart Clymer

Jean Stuart Clymer, 90, of Reston, died Tuesday, Aug. 12, 2014. She was born Sept. 21, 1923 in Paisley, Scotland, to Harriet and Stuart MacAulay. She moved to Pennsylvania with her parents, and older brother Thomas, when she was 1 year old. She arrived from Glasgow, Scotland to the Port of New York on Oct. 8, 1924, described as fresh, fair and blue eyed.

She attended Cheltenham High School and Arcadia University (formerly Beaver College), on a full academic scholarship, where she studied French.

She married Everett S. Clymer, her beloved high school sweetheart in April 1944. They had two children, son Stuart and daughter Sylvia. Following Everett's service in the Navy during World War II, the young family lived in Oreland, Pa. In 1952, they moved to Wallingford, Pa., where they attended the Wallingford Presbyterian Church. They also resided in Turin, Italy from 1969 to 1979.

In 1974, Jean and Everett Clymer moved to Hillview Road in Malvern, Pa., and began attending Paoli Presbyterian Church where they were active in many church programs.

In 1984, they moved to Devon, Pa. Everett Clymer



died in 1997, after 53 years of marriage.

Her life-long love of plants and flowers was carried on while she attended a series of courses at the Barnes Foundation's Arboretum School, with participation in gardening groups and the landscaping committee of the homeowner's association at Devonshire. She was also a long-time member of the Daughters of the British Empire.

In 2010, she moved to Tall Oaks Assisted Living in Reston, Va., where she enjoyed the community of people as well as the variety of activities. She was especially proud of gold medals she won in the Tall Oaks Wii Olympics.

Jean Clymer is survived by her son E. Stuart (Isabel Torbert) Clymer of Stratford, Conn.; daughter Sylvia (Jeffrey) Wagner of Vienna, Va.; granddaughter Jean-Louise (Stuart Moll) Card of McLean, Va.; grandson Michael Wagner of Reston, Va.; and numerous nieces, nephews, and cousins.

Interment and a memorial service will be held at Paoli Presbyterian Church in Paoli, Pa., on Sept. 13, 2014 at 10:30 a.m. In lieu of flowers, the family requests that donations be made to Paoli Presbyterian's Mission Fund, 225 S. Valley Road, Paoli, PA 19301.

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Time Sensitive

By KENNETH B. LOURIE



As much as I don't want to be cognizant of date, time and place, relative to February 27, 2009 when Team Lourie first received the stage IV, non-small cell lung cancer diagnosis on yours truly, I am (a terminal diagnosis will do that to you). Moreover, as often as I write about the need to live forward, rather than die backward (if you know what I mean), I still struggle with the application. Not that I want to be preoccupied with it, but every day, every date presents opportunities, shall we say: anniversaries, birthdays, ages I thought I'd never be, appointments, scans, pills; constant reminders I am not in Kansas any more (in fact, I'm in Indiana as I write this column). Unfortunately, out of town doesn't put cancer out of mind. Though it may obfuscate its effect a little bit, I kind of feel like Al Pacino – as Michael Corleone in "Godfather III" (1990) – when frustrated by his attempts to legitimize the family business, he said: "Just when I thought I was out...they pull me back in again." And it's not as if I'm ever very far from my cancer reality anyway. The prospect of getting out (finding a cure) is probably less likely than the Corleone family going legit. Nevertheless, as I'm fond of admitting: it sure beats the alternative. So far, so good. Five and a half years and still counting.

Thankfully, life goes on and still I hope. And beholden to that hope is the recognition of the underlying facts: stage IV, non-small cell lung cancer is, as my oncologist said, "a terminal disease;" he could "treat me but he couldn't cure me." Meaning, at least to me, at that time: that a normal life expectancy had just left the building, especially since the prognosis I received from him was "13 months to two years." Now let me ask you this: how does one bury that statement of presumptive medical fact and go about your business/life as if everything is hunky dory? You don't, and as often and as consistently as I have attempted to bury that lead, the reality is, there are circumstances at nearly every turn, backwards and forwards, up and down, which make it nearly impossible to live as if I'm cancer-free. As much as I'd like to forget and live life as if the world were my oyster and that I had everything to gain and nothing to lose, the truth is, it's much easier said and written than actually done. And just like "Gold Hat" (portrayed by Alfonso Bedoya) didn't "need no stinkin' badges" in the 1948 film "The Treasure of the Sierra Madre," neither do I need any reminders, "stinkin'" or otherwise, that I have cancer.

Most of the time, I can overcome them. Sometimes I can't, though. No one said this cancer experience was going to be easy; in fact a close friend and fellow cancer survivor told me quite the opposite: that this would be the hardest thing I've ever done, and of course, she was 100-percent correct; and I'm reminded of that reality every single day, whether I want to be or not.

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

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BULLETIN BOARD

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

THURSDAY/SEPT. 11

American Red Cross Blood Donation. 8 a.m. - 1:30 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. redcross.org or 1-800-RED-CROSS.

MONDAY/SEPT. 15

American Red Cross Blood Donation. 8 a.m. - 1:30 p.m. Cisco, 13600 Dulles Technology Drive, Herndon. redcross.org or 1-800-RED-CROSS.

THURSDAY/SEPT. 18

FAA Reauthorization - What it is and Why it's Important. 11:30 a.m. Crowne Plaza, 2200 Centreville Road, Herndon. Jim Bennett, CEO, JB Transportation Advisors, LLC, will share with the Committee for Dulles what this legislation is about, the prospects for its passage, and what all this means to Washington Dulles International Airport and its airlines. Reserve your space, info@committeefordulles.org

Women's Club of Reston Meeting. 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The meeting is open to the public and there is no need to be a Reston resident. Some of the many activities include bridge, mahjong, book club and scrabble. There will be representatives from each activity available that day to answer questions & help you sign up. For more information, visit www.restonnewcomers.org or call Margaret at 703-834-0468.

Volunteering 101. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Get information about the youth volunteer program at Herndon Library. Volunteers assist staff and earn service hours. Volunteers apply at the program. Age: teen.

MONDAY/SEPT. 22

NARFE Dulles Chapter 1241 Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Suzanne Scholte (R), Congressional District 11, and Pete Snyder speaking for Barbara Comstock (R), Congressional District 10. Please call in your reservation by Sept. 18 to Louise Rooney 703-435-3523.

TUESDAY/SEPT. 23

Inova Blood Drive. 12-7 p.m. Reston Town Center Plaza, 11900 Market St., Reston. Blood drive occurs monthly on the 4th Tuesday. 1-866-256-6372.

ONGOING

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

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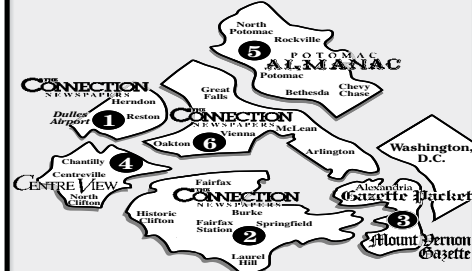
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