

Patricia and Steve Macintyre, owners of Reston Art Gallery and Studios, were recognized for their support for local galleries and artists throughout the years.

GRACE, Macintyres to Receive County Art Awards

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Fairfax County Reviews Bus Service

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FALL  FUN 2014

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Reston Multicultural Festival



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September 12 – October 2*

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SATURDAY SEPTEMBER 27

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The Reston Multicultural Festival is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston-based organizations and businesses.



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PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Several groups hold a monthly vigil outside the NRA headquarters in Fairfax on the 14th of each month to remember victims of gun violence in the United States.

Not Going Away

Citizens for gun legislation hold monthly vigil at NRA headquarters.

BY ABIGAIL CONSTANTINO
THE CONNECTION

The Reston-Herndon Alliance to End Gun Violence met outside the National Rifle Association's headquarters in Fairfax on Sunday, Sept. 14. The group has met there on the fourteenth of every month since the shooting at Sandy Hook Elementary School in Newtown, Conn. on Dec. 14, 2012.

They have been a fixture outside the NRA building that Officer B. Batten said that he got a call from NRA asking where the group was that morning.

Joanna Simon, the vigil's organizer, said that when the 14th falls on a weekday, they meet at 10 a.m. but when it falls on a weekend, they meet at 2 p.m., just after church. They were joined by McLean's Concerned Citizens Against Gun Violence and the United Universalist Congregation of Fairfax, which is based in Oakton.

The vigil started as a reaction to the shootings at Newtown but has grown to include all victims of gun violence and their families, including the shootings at Virginia Tech and the Navy Yard.

Simon said that one of the group's goals is to inform people of their point of view in an effort to affect who gets elected. They are hoping to get Democrat John Foust elected to the 10th Congressional district against Republican Barbara Comstock.

Ben Zuhl, of the Concerned Citizens Against Gun Violence, handed out flyers



Jim Gilkeson, retired, of Harrisonburg, hopes people will do a lot more thinking about safety, during a vigil outside NRA headquarters in Fairfax on Sunday, Sept. 14.

detailing the voting record of Virginia politicians on the issue of gun control. He gives Comstock an F for voting consistently against measures to curb the purchase and carrying of guns.

Del. Kenneth R. Plum (D-36th) said that this is about "protecting people." He is a proponent of expanding background checks. "Most people are talking about reasonable gun laws that say we do background checks to make sure that people who buy guns haven't committed violent crimes or they're not mentally ill."

Several drivers honked their horns in support. But there were also drivers who used their horns to express their disagreement or gestured with a thumbs down right before pulling into the NRA parking lot.

VIEWPOINTS

"What do you hope to accomplish with a monthly vigil?"

— ABIGAIL CONSTANTINO

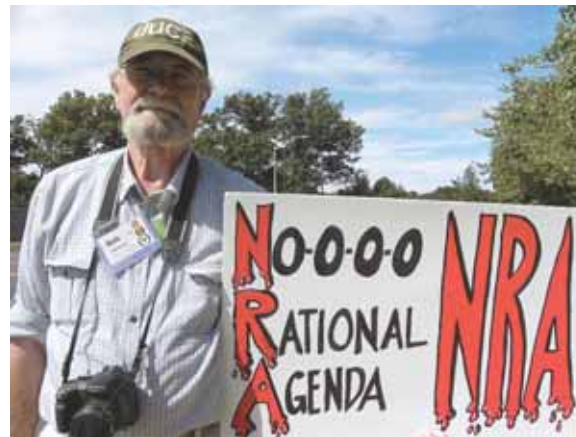
Nicole Gillen, Marketing, Fairfax

"Change does not happen overnight. It's easy to be upset when it first happens; it's harder to keep the message going over time. This is a reminder. It is that continual drumbeat that ultimately people start to listen to. I think this is an important activity."



Bob Hatfield, Retired, Vienna

"They bring us together. We represent four, five different advocacy groups. They bring us together around a common event, and they remind the public that we're not going away and that we're honoring, with action, all those who have lost their lives, and their families in the tragedies that we all know about."



Martina Leinz, President of the Northern Virginia Chapter of the Brady Campaign to Prevent Gun Violence

"I think that it shows the tenacity of this movement and that we are very diverse— all ages, all backgrounds. We represent America and this is a show of force. This is our country and we want it to be a safe place."



Del. Kenneth R. Plum (D-36)

"It highlights to the public that the issue is not going away, that the kinds of incidents we've seen over time will happen again. We see, daily, young people getting shot with guns, accidents, playing with guns, situations that we find really abhorrent...there will be another incident where somebody crazy will go out and shoot a bunch of people. We have to continue to say to people that this is gonna happen until we have sensible gun laws that make sure that people who have guns handle them safely, keep them out of children's hands, keep them locked up in their home. And, we also say to people that we need to keep guns out of the hands of people who aren't mentally capable of handling guns."



Sharon O'Brien, Oakton

"I think it shows people that even though they're struggling with this in Congress and it seems like sometimes there's not much progress being made, people like us still have this first in our minds. We want to make sure that people driving by, common people, understand that. And if they want to get involved, the issue's not going away because that particular tragedy has faded."



GRACE, Macintyres to Receive County Art Awards

Arts Council of Fairfax County presenting annual Art Awards in October.

BY REENA SINGH
THE CONNECTION

Two Reston art organizations will be recognized by the Arts Council of Fairfax County next month. The council will present their annual Art Awards to Patricia and Steve Macintyre - owners of Reston Art Gallery and Studios - and Greater Reston Arts Center on Oct. 24 for their work with the community.

"This year's Arts Awards celebrate leadership and innovation with a strong focus on arts education," said Linda S. Sullivan, President and CEO of the ACFC in a press release. "The arts are a powerful tool, central to human development, a global language everyone can connect to and critical in shaping strong communities."

Six awardees are recipients of the four awards that ACFC is awarding this year.

GRACE was nominated for the Arts Impact Award based on the generations old program GRACE Arts. The program takes place in 40 different schools in the county, D.C. and Loudoun County and serves about 20,000 students.

"We are enormously honored at GRACE to receive this award," said GRACE Execu-



PHOTO COURTESY OF GRACE

Lake Anne GRACE Art students with a group project inspired by sculptor Louise Nevelson. GRACE will be recognized for their work with GRACE Art at Arts Council of Fairfax County's Art Awards.

Director Holly McCullough. "Especially in our 40th year, this is a real validation to our efforts in this community."

THE PROGRAM, she said, promotes art education in elementary schools. Volunteers teach elements of design, cultural periods and artists to the young students through stories, and hands on projects. Every year, the studio has a GRACE Arts gallery to hang

up the children's masterpieces.

"GRACE Art fosters a fundamental appreciation of art, encouraging students to develop cultural awareness and seek out aesthetic experiences and allows parents who love art to share that passion with their children as volunteers for the program," according to ACFC's press release.

Steve and Patricia Macintyre will be awarded the Arts Philanthropy award for

their support for local galleries and local artists for many years.

Patricia said that after she graduated from the Corcoran School of Art in 1971, she helped to found the League of Reston Artists, Herndon Old Town Gallery and Reston Art Gallery and Studios.

"I started climbing on tabletops and ladders to hang art for other people's shows," she said, talking about her early days as a patron and supporter of the arts.

She also is on the Council of the Arts - Herndon board of directors and a founder and board member of ArtSpace Herndon.

ACCORDING TO HER RESUME, she helped to select art for the Silver Line and was recently commissioned to paint two murals for the Reston Hospital Center.

Patricia said her interests in the arts were sparked before she was even a decade old.

"When I was 9, my mom was sick in the hospital," she said. "I didn't have enough money for a get well gift, so I made her a card with Woody Woodpecker in it. All the doctors and nurses said, 'Wow, that's really good!'"

Her husband, Steve, is a scientist. The two of them also do manufacturing and testing for the satellite industry in their company MEDA Inc.

"I always wanted to be an astronaut, so it's nice that some of the things I've touched are outside of the solar system," she said.

The awards will be presented at 2 p.m. on Oct. 24 at Fairview Park Marriott. For more information or to buy tickets for the event, contact Business Manager Janay Turner at artsawards@artsfairfax.org or 703-642-0862.

COMMENTARY

What Is It About Virginia?

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

There really are not many native Virginians living in Northern Virginia. The growth of the region has come primarily from people moving here from other states or countries. Survey downstate Virginians and you will find many not wanting to travel here much less move here. Most will cite traffic as their main objection, but clearly there are differences in lifestyle and perspectives across the regions of the Commonwealth.

For those who move here and live here for a short time or even for decades, there are many questions about the state—its history, traditions,



politics, and culture. I often get questions directed to me as an elected official who is a native Virginian and student of her history. Periodically I teach a course on Virginia history at the OSHER Lifelong Learning Institute (OLLI) of George Mason University at its Reston location at the United Christian Parish in Reston. This week I just started a new class that I have

entitled "What is it about Virginia?" Once again most of the students are "come heres." Even though as retirees they may have lived here for a long period of time, they still have questions about the state, its history, its impact nationally, and its people.

First there is the history. As Ronald Heinemann and his co-authors described it in their book *Old Dominion, New*

Commonwealth: A History of Virginia 1607-2007 (University of Virginia Press, 2007), "Four centuries of remarkable history. Site of the first permanent English settlement in the New World. Home of the first representative assembly in America. Landing place of the first Africans in the Chesapeake, whose heirs were among the first to be enslaved on the plantations of British North America. Birthplace of the great generation of founders, who led the Revolution and created a brilliant constitutional order, four of whom were among the first five presidents of the new republic. Mother of presidents. Mother of states. The state whose territory was the scene of much of the critical fighting of the Civil War...The Commonwealth of Virginia—the Old Dominion—was without peer in the first two-and-a-half centuries of American history."

Then came the matter of being on the

wrong side of the Civil War and the move "to a defensive, tradition-bound, inward-looking, and different version of American development (1820-1960) and back again to a progressively conservative society in the late twentieth century" to today when President Obama wins the state twice, all five statewide elected officials are Democrats, and the General Assembly is controlled by the Tea Party wing of the Republican Party.

The major themes that play throughout Virginia history—change and continuity, a conservative political order, race and slavery, economic development, social divisions, and geographic diversity help to make Virginia a fascinating topic for discussion. I hope my students will enjoy the class as much as I am sure that I will, and I hope someday to be able to talk with you about Virginia.

OBITUARY

Kate Ellison Anderson, 86, Dies

Kate Ellison Anderson died on Aug. 6, 2014, in Fairfax at the age of 86. She was born in Ogden, Utah and grew up in Layton, Utah. She was the precious wife of Robert B. Anderson of Reston, and the beloved mother of Maria L. A. Sickinger of Oak Hill, and Robert B. Anderson, Jr. of Studio City, Calif. She is also survived by daughter-in-law Dr. Paula Whiteman, grandchildren Aaron and Dana Anderson, son-in-law

Ralph Sickinger, and sister, Carol E. Morgan.

Kate was buried at the Kaysville Cemetery on Sept. 13, 2014 following funeral services at the Park Street Chapel, Church of Jesus Christ of Latter-day Saints, Layton, Utah.

A Memorial Service will be held on Oct. 4, 2014, 2 p.m. at the Unitarian-Universalist Church in Reston, 1625 Wiehle Avenue, Reston, Virginia 20190.

WEEK IN RESTON

A Community Yard sale to Support Habitat for Humanity

Weichert Realtors is hosting a Community Yard Sale on Saturday, Oct. 18, 8 a.m. to 1 p.m. To participate in the sale, call Weichert at 703-264-0000. A donation of \$25 per space to Habitat for Humanity is all you need to reserve your space. Cash from all the items you sell will go in your pocket.

The sale will be held in a parking lot at 1760 Reston Parkway, Reston. www.ReStorenova.org

Correction

In the Sept. 18 issue of the Reston Connection, a reporter misquoted Reston Citizen Association board President Sridhar Ganesan. RCA does not support Lake Anne Fellowship House's decision to close 100 of its units because the revitalization plan was indefinitely deferred.

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OPINION

Deadly Medicaid Debacle

Literally killing poor people who could have health care, while refusing to give Virginia's economy a boost.

The poor people of Virginia are so seriously harmed by the actions of the Virginia General Assembly in refusing to expand Medicaid at little additional cost to the Commonwealth that those harmed should have some legal recourse.

The damage will cost many lives and the productivity of many.

People who will needlessly die of cancer undetected until it is too late. People whose productive lives will be cut short because of untreated diabetes.

People who will finally qualify for Medicare and Medicaid because they are permanently disabled after stroke or heart attack that could

have been prevented.

Examples of health harm beyond the poor: There are the extra flu cases because a working person who doesn't have health insurance so doesn't get a flu shot also can't afford to be off work and infects other by being at work while sick.

With whooping cough on the rise, people who will be around infants are advised to get a booster shot to protect the infants for whom the disease can be deadly, but if you don't have health coverage, you are unlikely to get the booster.

Vulnerable people, elderly, young children, people with chronic illness, people on chemotherapy, will get sick more than necessary even though they have insurance because of the 200,000-plus people integrated in all aspects of our communities who do not have access to basic health care.

Meanwhile, leaders lament the loss of federal dollars in Virginia due to the sequester and reduced spending on defense, homeland security and other programs.

Here is the one place where Virginia's economy could get a boost. Expanding Medic-

aid would create an estimated 30,000 jobs and pump hundreds of millions of dollars into Virginia's economy. Hospitals support expanding Medicaid which would offset many of the costs of caring for uninsured populations. So far, Virginia has lost out on about \$1 billion that could be creating jobs and making our local economy healthier in addition to protecting health in our communities.

Business groups and chambers of commerce around Virginia, including the Fairfax County Chamber of Commerce, support the expansion of Medicaid in Virginia under the Affordable Care Act.

In Virginia, Medicaid eligibility for adults without disability is almost nonexistent, limited to parents with incomes below 51 percent of poverty, or about \$11,900 a year for a family of four, according to the Kaiser Family Foundation. Adults without dependent children remain ineligible regardless of their income. Refusing to expand Medicaid is hurting all of us, but the most vulnerable are hurting the most.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Connecting to End Homelessness

BY KERRIE WILSON AND
SARA LEONARD

When the Fairfax-Falls Church Partnership and Fairfax County Board of Supervisors declared a bold goal of ending homelessness, we knew the steepest hill to climb would be securing affordable housing in a high cost-of-living area with an inadequate supply. Beyond that, the need to identify and align a broad variety of services and supports to address the underlying cause of one's homelessness and to prevent it in the future.

Equally important, and unique to the Fairfax plan, was the recognition that this could not be just another government-nonprofit initiative. To prevent and end homelessness in a "community" the size of Fairfax County would require us to engage that community in new ways, not just for immediate resources and support, but in a committed, sustainable campaign to reach that goal.

Connecting people to other members of the community and to the resources that enable them to achieve stability is the core of Cornerstones' mission. Addressing homelessness requires building relationships of trust between community groups, often with disparate views about the other. In the early years of the founding of

Reston and Reston Interfaith (now Cornerstones), it was Embry Rucker who brought people together around this cause and the eventual dedication of a homeless shelter in Reston's town center. Cornerstones has continued in that role, with the vision that our community will join us in ending homelessness, not just managing it.

Cornerstones has confronted challenges in building that understanding many times over the years. In 2013, we were alerted to issues of concern being voiced in the Hunters Woods Shopping Plaza about crime and safety and the perception that these issues were related to homeless individuals gathering there. We were aware of their presence, and that these men and women were made welcome to stay on the property of Christ the Servant Lutheran Church and to utilize facilities at the Reston Community Center—reflective of the community-minded missions of those institutions.

But other members of the community had reservations, citing public displays of drunkenness,



Kerrie Wilson



Sara Leonard

vulgar behaviors, and occasional aggressiveness. That linkage is not altogether unfounded, but it is not the entire story either. According to Katie Defoe, the Crime Prevention Officer based in Reston, the number of reported incidences over the last year involving homeless individuals was very low; rather, they tended to involve disaffected young men under the influence of alcohol or drugs.

How could Cornerstones help in this situation and address the feelings of discontent and insecurity that exist within the community? By connecting people.

Working with the church and community center, we convened a meeting with area residents and homeless persons, business owners, plaza developers, community representatives, local police and the Office to Prevent and End Homelessness.

Over the course of the year, Cornerstones has facilitated broader community meetings, thereby creating opportunities for interest groups to meet face to face, voice their concerns, listen to different perspectives, and make suggestions for how to improve relations.

The momentum of the neighbor-

hood meetings has encouraged members to think of new ways to engage, connect, and commit to playing a part in making Hunters Woods a stronger community. A code of conduct was developed with all stakeholders, laying out benefits and consequences for those visiting the plaza. The church is providing hot lunches for homeless neighbors, with Cornerstones' outreach worker on site to discuss housing and service options.

The Fairfax-Falls Church Community Services Board offered volunteer caregiver training in how to approach and support people suffering from mental illness. The police emphasize crime prevention, increasing patrols and response to any call received. Reston Association is focused on improved lighting and trail markings, and the property management company has made significant improvements to the plaza through an extensive redevelopment. Supervisor Hudgins has been there as a committed partner and to identify additional policies and resources her office can bring.

Much still needs to be done. Some people, including elderly residents of the Fellowship House, continue to feel fearful about sharing the plaza based on past expe-

SEE LETTER, PAGE 13

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Are you among the group of parents sitting in the waiting room or on the sidelines while your kids are physically active? What are you doing to improve your health and the quality (and quantity) of your life?

There never seems to be enough time left in the day for Mom and Dad to take care of themselves. It's easy to say, "I'm too busy," and do another errand rather than hit the gym.

But when you make fitness a priority for the entire FAMILY – parents included – you are setting a healthy example and establishing a lifestyle that kids will have for life. Taking just 15-30 minutes for a workout is important for managing stress, looking and feeling great, and having more energy. **Bottom line: a fit parent is a happy parent. And happy, fit parents have happier, healthier kids.**

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You CAN be that fit, strong person you've always wanted to be – for yourself and your family. Let us prove it to you. I feel so strongly about what we do at Koko FitClub, and believe it will truly change your life, that I invite you to try 30 days of Koko for just \$30 -- no obligation. Come in for a visit, meet my team, try our club for yourself, and see how easy it can be to fit fitness into your busy life. Don't just do it for you – do it for the kids!

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- Linda Weber



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- Scott Kreitz

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www.kokofitclub.com

CALENDAR

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

WEDNESDAY/SEPT 24-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 24-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 25-TUESDAY/SEPT 30

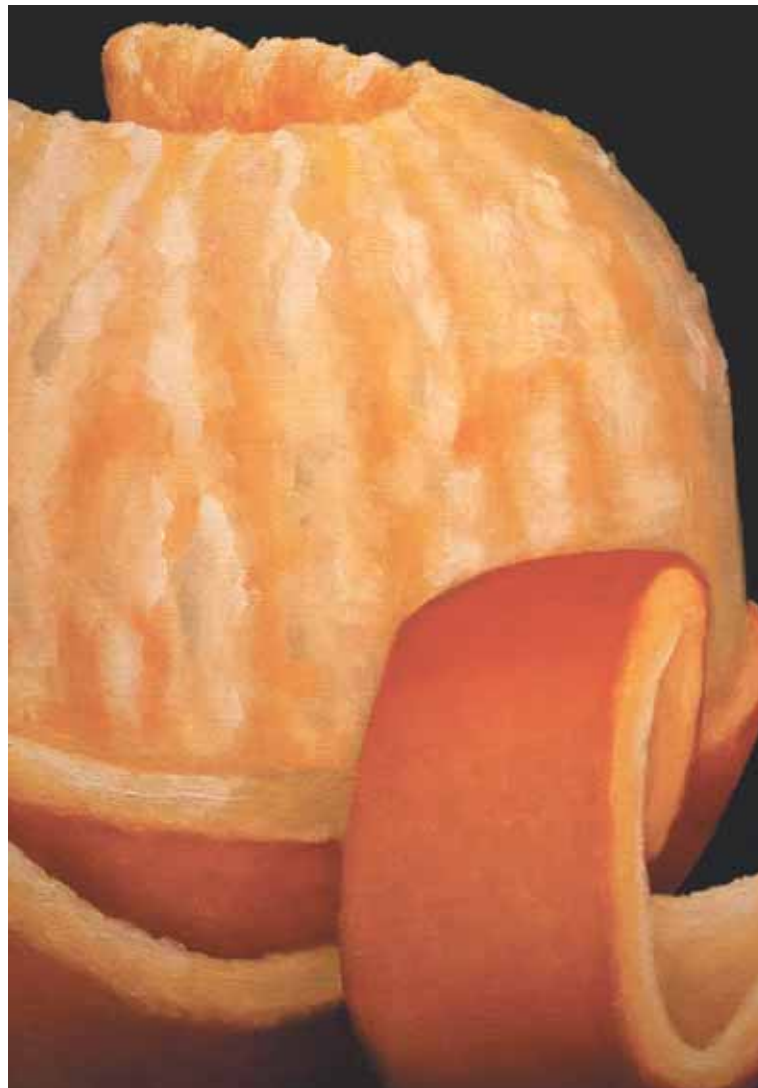
Book Sales. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Ongoing book sales. All ages.

THURSDAY/SEPT. 25

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

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Cabaret singer Beverly Cosham and friends. Free. 703-476-4500.

Reston Friends Semi-Annual Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne



"Peeling Orange," a luscious application of oils to canvas, won artist Cheryl Parsons an award in the "Signs of Summer" exhibit at the Parkridge 5 Building in Reston, on display until Oct. 11.

Drive, Reston. Browse through thousands of books in like-new condition, representing all subject categories. Visit "Charly's Corner" to find special treasures of all kinds. No children's books are offered at this sale. All ages.

Fall 2014 Used Book Sale. 10 a.m. - 8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>

FRIDAY/SEPT. 26

Kids at Hope Family Fun Night. 7-9:30 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Games and activities to reinforce children's self confidence. \$2. 703-787-7300.

Reston Friends Semi-Annual Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Browse through thousands of books in like-new condition, representing all subject categories. Visit "Charly's Corner" to find special treasures of all kinds. No children's books are offered at this sale. All ages.

Fall 2014 Used Book Sale. 10 a.m. - 5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>

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

SATURDAY/SEPT. 27

Plight of the American Chestnut. 11 a.m.-12:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Join Kathy Marmet of The American Chestnut Foundation as she recounts the dramatic story of chestnuts and the 30 year effort to restore this species. There is also a short hike to visit a surviving American Chestnut. Free admissions. Reservations required by Sept. 24. Call 703-476-9689 and press 5 or email naturecenter@reston.org for more info.

Reston Friends Semi-Annual Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Browse through thousands of books in like-new condition, representing all subject categories. Visit "Charly's Corner" to find special treasures of all kinds. No children's books are offered at this sale. All ages.

Oktoberfest. Noon - 10 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Music, entertainment, vendor booths, food, wine and beer will be available.

Fall 2014 Used Book Sale. 10 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>.

18th Annual Showcase of Bands. 11 a.m. - 9 p.m. Herndon High School, 700 Bennett Street, Herndon. Participating marching bands will compete with other bands of similar size in different categories, and the highest scoring bands will be recognized with trophies during the awards ceremonies which take place at approximately 3:45 p.m. and 9:15 p.m. Tickets are \$14 at the gate for ages 7 and up. Children 6 and under are free.

Cooking Class at Il Fornaio. 12 p.m. Reston Town Center, 11900 Market Street, Reston. Cooking class includes all recipes. Lunch is served with wine. \$45. Reservations at banquets.reston@ilfo.com. 703-437-5544. www.RestonTownCenter.com

SUNDAY/SEPT. 28

Nature Fest 2014. 1-5 p.m. Runnymede Park, 814 Ferndale Ave., Herndon. Enjoy a variety of nature stations, live animals and arts and crafts. 703-435-6800.

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.

SEE CALENDAR, PAGE 11

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

HomeLifeStyle.....	Publishing	9/10/14
A+ Camps & Schools.....		9/17/14
Fall Fun & Arts Preview.....		9/24/14

OCTOBER

Wellbeing.....	10/1/14
HomeLifeStyle PULLOUT: Deadline is 9/25/14.....	10/8/14
A+ Camps & Schools.....	10/15/14
Election Preview I.....	10/22/14
Election Preview II.....	10/29/14

NOVEMBER

Election Day is Tuesday, November 4.

Wellbeing.....	11/5/14
HomeLifeStyle.....	11/12/14
Holiday Entertainment & Gift Guide I.....	11/19/14
A+.....	11/25/14

Thanksgiving is November 27.

DECEMBER

Wellbeing.....	12/3/14
HomeLifeStyle: Home for the Holidays.....	12/10/14
Hanukkah begins December 16.	
Holiday Entertainment & Gift Guide II.....	12/16/14
A+ Camps & Schools.....	12/16/14
CHILDREN'S CONNECTION.....	12/24/14

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22nd Annual Centreville Day

October 11, 2014 10am-5pm
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<p>On the Showmobile Stage with DJ Myra Flemister:</p> <p>Alliance Theatre, The VaDeatles! The Outliers Rock Band Centreville Dance Theatre NoVA Wushu Academy St. John's Choir, Not Just Dance Hallelujah Mission Tae Kwon Do</p>	<p>FREE CHILDREN'S RIDES from G&C TIRE and AUTO</p> <p>Shop in the Marketplace; Eat Well at the Food Court; FCPA History Train; Trick or Treat Trail; Alpha Delta Kappa Children's Area; Hands-On History at Mount Gilead; Tours of Stuart-Mosby Museum, Old Stone Church, Spindle Sears House, St John's Church, FCPA Van and Ghost Tours</p>
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www.CentrevilleVA.org

CENTREVILLE DAY
CENTRE VIEW

CALENDAR

FROM PAGE 10

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org>

Reston Friends Semi-Annual Book Sale. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Browse through thousands of books in like-new condition, representing all subject categories. Visit "Charly's Corner" to find special treasures of all kinds. No children's books are offered at this sale. All ages.

Fall 2014 Used Book Sale. 12 - 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>

Sunday Exercise Series with Athleta. 10 a.m. Reston Town Center, 11900 Market Street, Reston. Each week enjoy a number of free fitness classes such as yoga, Pilates, self-defense, cardio, and core strength. Register at 703-668-0256. athleta.gap.com.

Jazz Night at Il Fornaio. 6 p.m. Reston Town Center, 11900 Market Street, Reston. Enjoy Jaared's jazz live performance. Reservations at banquets.reston@ilfo.com. 703-437-5544 www.RestonTownCenter.com

Film Premiere: The Power of Words. 4-6 p.m. ArtSpace Herndon, 750 Center Street, Herndon. In the Summer of 2014, five nonspeaking autistic kids from Northern Virginia studied film and how words and images can change the world. The film demonstrates just how incredibly smart these kids are through their language skills in the absence of speech.

MONDAY/SEPT. 29

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/OCT. 1-FRIDAY/OCT. 31

Side-by-Side in Europe: Two Artists, Two Views, One Subject by Jerry Lewis & Mohsen Alashmoni. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Rd., Reston. Two artists, one from Reston and the other from

Egypt, will approach the same subject from viewpoints influenced by different religions, culture and nationalities. 703-476-4500.

Fine Art Mosaics Exhibit: Anita Bucsay Damron. Monday-Friday: 8 a.m. - 5 p.m. Saturday: 8 a.m. - noon. Reston Corner One, 120001 Sunrise Valley Drive, Reston, main floor lobby. Beautiful glass mosaics are inspired by the tapestries of Gurut and Rajasthani India, and created with Italian glass, Czech and Austrian crystals, 24k gold and more. www.AnitaDamron.com

WEDNESDAY/OCT. 1

Jewelry and Antiques Road Show. 10:30 a.m. - Noon. Herndon Senior Center, 873 Grace Street, Herndon. Registration is required for one free appraisal of one item. Visit www.HerndonSeniorCenter.org or call 703-464-6200. No walk-ins accepted.

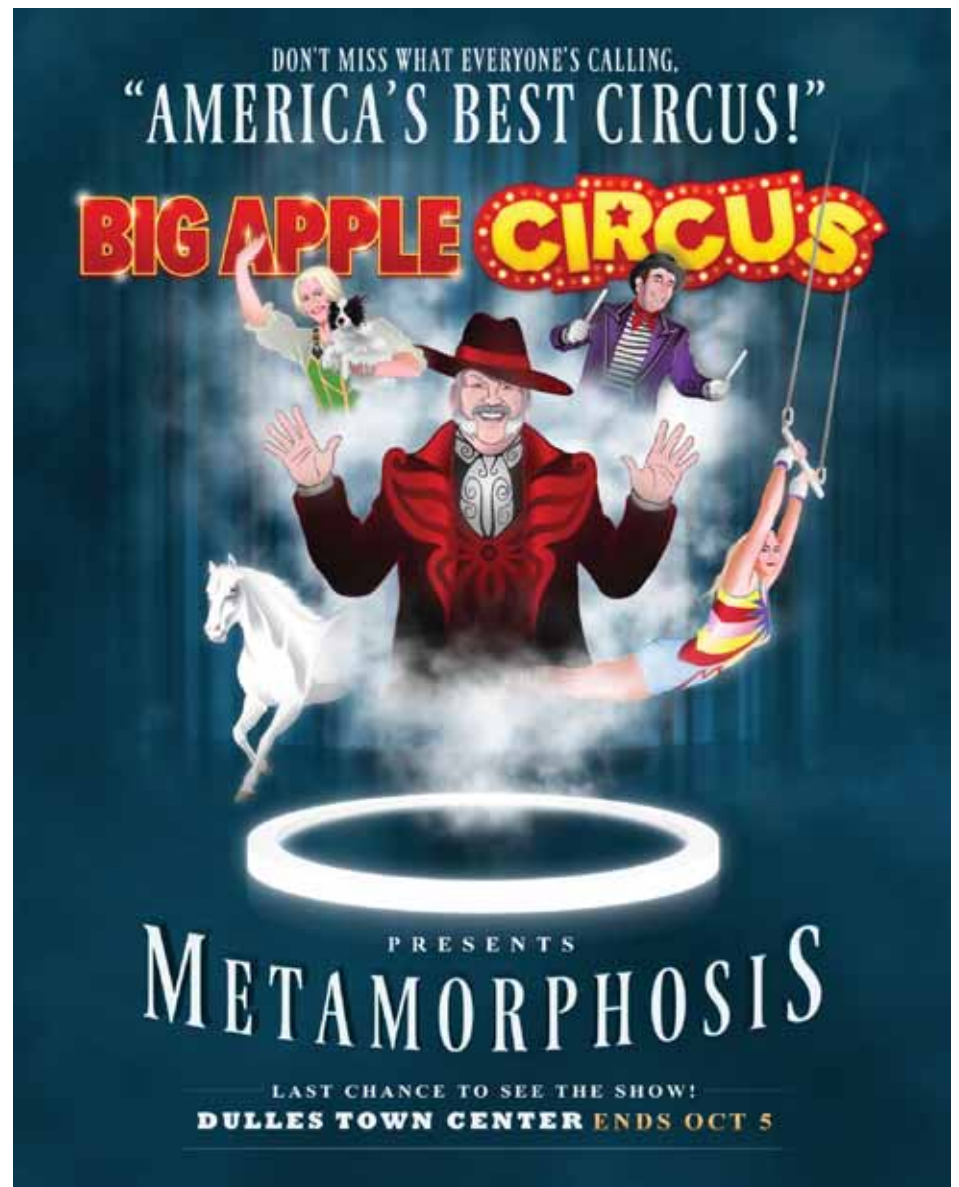
Live More Block Party. 11 a.m. - 2 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Enjoy refreshments and entertainment while learning the many benefits of new transportation options, such as the Silver Line Metrorail. Face painting for all ages. 703-817-1307. livemore.us

THURSDAY/OCT. 2

3rd Annual Reston Town Center Help the Homeless Walk. 12 p.m. Reston Town Center, 11959 Market St., Reston. Proceeds will go to providing resources and services for individuals and families who are homeless or at risk of becoming homeless. \$20-\$25. 571-323-9555.

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Chamasyan Sisters present Scott Solak for Gloria Sussman's 90th birthday. Free. 703-476-4500.

Energy Efficiency. 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Improve your home's energy use to make it more efficient, comfortable and cost effective. Fee: \$5/person RA members, \$7/person non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.



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South Lakes Volleyball Shows Improvement at Rebel Invitational

Seahawks playing without injured Navy commit McBride.

BY JON ROETMAN
THE CONNECTION

The South Lakes volleyball team has faced trying times of late after 6-foot-2 junior middle hitter/setter Vela McBride was sidelined with a stress fracture in her left foot. McBride, who is committed to Navy, said the injury has been problematic for awhile and she decided to deal with it now.

McBride last played against Langley on Sept. 8, a 3-1 loss against the defending 6A state champion Saxons. After being swept by Stone Bridge and Westfield, South Lakes entered Saturday's 2014 Rebel Volleyball Invitational still trying to adjust to a new rotation without McBride.

The Seahawks showed progress, finishing runner-up in pool play before falling to Patriot in the gold-bracket semifinals.

"I think they played great," South Lakes head coach Cheri Hostetler said. "... I think they adjusted well and did a great job."

South Lakes defeated Lake Braddock and Islamic Saudi Academy in pool play before losing to Madison. With a trip to the gold-bracket final on the line, the Seahawks fell short against Patriot.

Along with McBride, starting libero Ashley Welker was also out for South Lakes. Helping pick up the slack for the Seahawks were junior outside hitter Melody Caloyannides and sophomore libero Rachel Abelson, each earning a spot on the all-tournament team.

Abelson made her first varsity start on Saturday, playing left back and middle back.

"That was a pretty big accomplishment for her," Hostetler said. "She had a great day. ... Rachel stepped up and did a fantastic job."

McBride said she hopes to be back for South Lakes' match against rival Herndon on Oct. 6.



South Lakes outside hitter Melody Caloyannides received a spot on the all-tournament team during the 2014 Rebel Volleyball Invitational on Sept. 20 at Fairfax High School.



The South Lakes volleyball team finished runner-up in Pool A during the 2014 Rebel Volleyball Invitational on Sept. 20 at Fairfax High School.

"That was a pretty big accomplishment for her. She had a great day. ... Rachel stepped up and did a fantastic job."

— South Lakes volleyball coach Cheri Hostetler about sophomore Rachel Abelson

"It's been pretty frustrating not being able to play," McBride said, "but I'm glad that

I'm [dealing with] it now and not waiting for it to get a lot worse."

SPORTS ROUNDUPS

Impressive Defensive Showing Caps 34-0 Win For Vienna Broncos

A stingy defense and hard-nosed blocking capped an impressive night at Waters Field for the 110-pound Vienna American Broncos during Vienna's annual "Black Out" celebration.

The Broncos, a team composed of players from Burke, Vienna, Chantilly, Reston and Great Falls, beat the Braddock Road Hurricanes 34-0 behind a defense that allowed minus-1 total yards on 27 attempts.

Joey Murray had a huge game at defense end, imposing his will on four solo tackles and two assists.

Jared Cole had three solo tackles and one assist.

Michael Leone directed a defensive backfield that allowed two screen completions all night for minus-6 yards.

His massive tackle on one screen caused a significant turnover.

Vienna started the night with a 25-yard touchdown run by Jared Cole, quickly followed by an 18-yard touchdown run by David Wallis. Quarterback Colin O'Connor delivered a 17-yard touchdown pass to Cole later in the half. Justin Duenkel hit a 29-yard field goal to cap off a 27-0 half after also connecting on all two-point extra point attempts. Michael Indelicarto took a 25-

yard run into the end zone early in the third quarter.

Jacobs Oliver, Tanner Hughes, and Duenkel all had fumble recoveries while Jack Taylor netted two important recoveries as well for a total of five turnovers.

The Broncos will play a tough Dulles South on Saturday, Sept. 27, in Aldie.

Herndon Football Beats Rival South Lakes

The Herndon football team spanked rival South Lakes 49-0 on Sept. 19 at Herndon High School.

The victory improved the Hornets' record

The rest of the all-tournament team included: Savannah Powers (Fairfax), Taris Pittman (Fairfax), Kendal Hall (Madison), Chandler Rouse (Madison), Tara Wulf (Lake Braddock), Rachel Tuck (Lake Braddock), Michelle Laker (Yorktown), Catherine Vaccaro (Yorktown), Lubna Mostafa (ISA), Hoda Mahmoud (ISA), Kalia Batistas (Patriot), and Alexa Gore (Patriot).

South Lakes lost to Oakton, 3-1, on Monday. The Seahawks (5-11) will travel to face Chantilly at 7:15 p.m. on Monday, Sept. 29.

to 2-1, while the Seahawks dropped to 0-4. Herndon will travel to take on Robinson at 7:30 p.m. on Friday, Sept. 26. South Lakes will travel to face McLean at 7:30 p.m. on Friday.

Herndon Field Hockey Improves to 11-0

The Herndon field hockey team kept its undefeated season alive with a 3-0 victory over Madison on Sept. 18.

The Hornets faced Robinson on Tuesday, after The Connection's deadline. Herndon will travel to face McLean at 7:30 p.m. on Tuesday, Sept. 30.

LETTER

FROM PAGE 6

rience and despite the development of the tools and procedures that will bring police or Hunters Woods task force members to assist.

Cornerstones hears those concerns and will continue to facilitate a meaningful and productive dialogue between all community members.

Conversations, and the connections they bring, are important in our work. Case workers approach every discussion with a person who is homeless with questions designed to elicit cause and the way forward. Was it cost of housing? Poor credit or legal issues? Lack of housing near job, school or family? Was it crisis, abuse or illness? Is it your immigration status, age or ability? Was it lack of education or skills?

Imagine the potential if connected stakeholders—faith, business, civic, nonprofit and government—asked those questions a different way. What could we change together? We can end homelessness; will we?

Kerrie Wilson is CEO of Cornerstones and Sara Leonard Vice Chair of Cornerstones Board of Directors.

FREE REMODELING & DESIGN SEMINARS!

Note: A Special Offer will be given to those who attend this event.




Saturday, September 27th
10:00 to 2:00pm

Where: 5795B Burke Centre Pkwy,
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(located behind the Kohl's shopping center)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

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- Kitchen and Bath Trends
- Paint Colors Made Easy
- 10 Tips for a Stress-Free Remodel - learn how to manage your budget, minimize surprises, and establish a great relationship with your remodeler.

*Seminars run from 10-12pm.
Lunch to follow.
Please arrive at 9:45am for check-in.*

Seating is limited!

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Photo by Ed Knepley

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THE CONNECTION NEWSPAPERS

Post-Chemo Weak

By KENNETH B. LOURIE



For the past year, every three weeks I have been infused with a chemotherapy drug called Alimta, “the last miracle drug,” to quote my oncologist, and a drug with which I hadn’t previously been infused. The fear then and now is that once this drug stops working – and for the last 12 months the results have been extremely encouraging – my alternatives, given my underlying kidney issues, are grim. The reason being, if I understand correctly, (and there’s an excellent chance that I don’t) is that cancer cells don’t respond nearly as well to repeated exposure to the same drug. They sort of become accustomed to it and subsequent treatment is much less effective, if at all, so some other drug has to be prescribed with the chance of continuing success hardly guaranteed. My current treatment is working so well that when I asked my oncologist if perhaps we could spread out my infusions an extra week to allow my body to recuperate a bit, his answer was an emphatic “No.” Because it is working so well, and because I have so few alternatives if change were truly necessary, the status should remain quo (which is no problem, really).

However, within the last six months or so of this treatment, I have experienced a change in my post-chemo week symptoms. Food, uncharacteristically, has no appeal to me. Psychologically, the prospect of eating food with which I am exceedingly familiar is a complete turnoff. Complicated by the extremely-less-than-satisfying aftertaste, the combination presents food challenges all day long. The result is that I lose my appetite, lose the enjoyment I derive from eating, lose energy/fuel to maintain my normal routine, upset my sleep, then become tired and depressed about the whole cycle of gloom I’ve just described. And so far, there seems to be nothing I can do, nothing I can eat, nothing I can change to affect this pattern. I just have to wait it out. It takes a week or so to pass.

Granted, in the scheme of cancer things, considering I am alive and reasonably well 67 months post-diagnosis, this blip is certainly manageable and nothing really to complain about; more something to write about as I so regularly do, sharing in sometimes excruciating details the ups and downs and all-arounds of living in the cancer lane. And therein lies the key word: “living” with cancer, as in, I’m still writing (wink, wink). And though I would prefer to not have been originally diagnosed back in February, 2009, I have made the most of it nonetheless, and shared “the most of it” with you regular readers. What I think I have learned in this entire cancer experience (hardly could one call it an adventure) is a type of patience; where context, perspective and controlling expectations, both good and bad – are fundamental to surviving. Fortunately, I’ve experienced more good than bad, but the fact that now I regularly experience a bad week shouldn’t cloud my judgment. I’m still incredibly lucky during that week, just hungry and tired, and not in a very good mood. It’s not perfect by any means, but perfect left the building on February 27, 2009.

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



Commuters Mark Overberg, Reston resident Forrest Church, and Fairfax resident Jerry Macken were able to voice their thoughts at the Sept. 22 information session in Reston.



PHOTOS BY RYAN DUNN/THE CONNECTION

Reston resident Walter Alcorn attended the Monday, Sept. 22 public information session.

Fairfax County Reviews Bus Service

Fairfax County Department of Transportation begins project to reshape bus network.

BY RYAN DUNN
THE CONNECTION

Fairfax County Department of Transportation changed or canceled the services and routes of buses with the opening of the Silver Line metro. Now the Fairfax County Department of Transportation (FCDOT) has begun its Comprehensive Transit Plan (CTP), a 10-year aspirational plan for Fairfax Connector and Metrobus service. The CTP will build on Fairfax County’s 2009 Transit Development Plan (TDP), the previous 10-year plan, and will extend the 10-year plan’s horizon year from 2020 to 2025.

This plan will be supported by information collected through an outreach effort, Connections 2015. The FCDOT is soliciting ideas and suggestions from Fairfax County residents and visitors to develop bus service recommendations and an implementation plan. Collected input will be used to develop draft recommendations that will be released to the public for comment in the Spring of 2015.

Fairfax County provides a locally owned and controlled fixed-route bus transit system called Fairfax Connector. In addition to Fairfax Connector, the Washington Metropolitan Area Transit Authority (WMATA) provides approximately 45 percent of the total bus service revenue hours in the Fairfax County through Metrobus. Metrobus service is regionally focused, providing service across county lines, while Connector service is non-regional in nature and operates largely within the County boundaries.

OPERATION OF THE METRO Silver Line meant thousands of commuters in Northern Virginia have had to adjust commute times and adapt to new bus routes. The Fairfax Connector changed 28 bus routes, introducing 16 new ones and eliminated five. About 40 percent of the Connector’s service was changed, affecting about 9,000 bus riders. “We are happy people are com-

ing out to explain and discuss where they would like buses to go for the 2015 Comprehensive Transit Plan,” said Nick Perfili, Fairfax Connector Section Manager with the Transit Services Division.

Perfili attended the Sept. 22 evening workshop at Reston Southgate Community Center. Assisting were employees of Foursquare Integrated Transportation Planning (ITP) a transportation planning, design, and policy analysis firm specializing in regional transportation planning and coordination. Foursquare ITP has been contracted to assist in the information gathering effort. Six general public workshops were planned, as well as meetings with community-based organizations. Some informational advertising was presented in non-English speaking media. “If people cannot make it to a meeting they can visit the webpage,” said Foursquare ITP employee Michael Weinberger.

“People appreciate the fact we have not done any planning, we are still in the data gathering phase,” said Lora Byala, President of Foursquare ITP. A resident of Maryland, Byala has worked and managed a variety of transit and transportation plans in the mid-Atlantic region. Byala has been project manager for a transit service quality and access study for Maryland MTA in Baltimore and served as the project manager for a transit development plan for Fairfax County.

At the public workshops, participants are offered a feedback form with questions regarding their commute and use of bus routes. Some of the questions regard the level of service and if bus routes should be realigned or combined. Charts and maps displayed Fairfax County’s population levels and employment graphs. “We are geocoding information so we can have a profile on people’s journeys,” said Byala. Some topics brought forward by members of public included remarks on the Connector Bus Route 599, bus route service to West Falls Church, and on time performance of the Reston Internal Bus System, RIBS. “We

are planning to do a comprehensive service evaluation of RIBS,” said Perfili. “We will review the RIBS network, ridership, routing, and work with the community to ensure we are connecting Reston and providing great coverage.”

Perfili made time to answer questions and comments about the Connection bus route at the Sept. 22 session. “I ride the system myself,” said Perfili.

SOME PARTICIPANTS made remarks on the renumbered Connection Bus Route 599 which services from Reston to the Pentagon and Crystal City. “I used to be able to take the 7 a.m. or 7:30 a.m. bus, I cannot do that anymore,” said Mark Overberg. “Now I must be in the Reston Park and Ride by 6:30 a.m.” Parking showdowns occur at the Reston North Park and Ride, where 338 free parking spots are in walking distance from the Silver Line Wiehle-Reston East station. “I have ridden this bus line for almost eight years,” said Reston resident Forrest Church. “You see the same people every day, it is a community.”

“It was a good session,” said Reston resident Walter Alcorn. “It was encouraging to know they would listen.” The last two public information sessions will be held on Oct. 9 in Chantilly and Oct. 14 in Alexandria. Fairfax Transportation Advisory Commission (TAC) is charged with advising the Fairfax Board on transportation related policies and issues. For more information on Connections 2015, visit www.fairfaxcounty.gov/fcdot/connections2015/.

Through Oct. 10, 2014, FCDOT will collect feedback from county residents, workers, and visitors. This input will be used to help develop draft recommendations that will be released to the public for comment in Spring 2015.

Public meetings will be held:

❖ Oct. 9, 6 to 8 p.m.: Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Served by Fairfax Connector 605

❖ Oct. 14, 6 to 8 p.m.: Mount Eagle Elementary School, 616 N. Kings Highway, Alexandria. Served by Fairfax Connector 151, 152

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