

# Reston Hosts 2014 Multicultural Festival

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Tom Teasley, U.S. Cultural  
Ambassador for Percussion,  
performed at the Reston  
2014 Multicultural Festival.

## Story Time with Sen. Kaine

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## Tilting at Voting Booths

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# WE CHANGE LIVES

## No experience necessary

Most of us understand that we need to lose a few pounds, move more and maybe join a gym. But, if you have never belonged to any type of fitness facility in the past, taking the first step is daunting. Often, your head is filled with lots of conflicting information that prevents you from taking that first step.

Koko FitClub has been in the "helping people" business for nearly a decade, and we have started thousands of people on their journeys to fitness success. Here are a few thoughts you may have that keep you from getting into better shape, living healthier and feeling better about yourself:

### **"I can't join a gym yet, I need to get into shape first."**

This is one of our favorites. You would be surprised by how many people think they have to get into shape BEFORE they join a gym. First of all, virtually every member at Koko is someone who has struggled with weight and poor body image in the past, but doesn't want to go to a typical gym. At Koko, just getting started is far more important than what kind of shape you are in now. Working out in a non-threatening, supportive environment fits everyone -- from the fitness first-timer to someone who has simply grown tired of the typical "gym scene".

### **"I won't fit in."**

The fear of fitting in is the biggest block for most people who consider joining a gym. If you are interested in changing how you look and feel, then we will be there to offer you support, guidance and even a little hand-holding to get you through the first few weeks. Once you get started, you'll be surprised at the friends you will make and the old friends you will see that have already found their home at the Koko FitClub.

### **"I'm not sure I'll stick with it."**

Why not try us first with no risk or obligation. We offer a 30-day risk-free trial for only \$30. Come see what we do, try everything we have to offer for 30 days, meet our staff and our members and, at the end of 30 days, if we haven't earned your business, then we don't deserve to have you as a member.

### **"I never get the results I want."**

Changing your body is a combination of working out and weight management. Many people have failed in the past because they don't ever put the two components of a healthy lifestyle together. We can do that for you with simple, clear programs and guidance to make sure that this time you WILL get what you want from a gym membership.

### **Fear not!**

The place to start is with our risk-free, where-do-I-start, I-haven't-really-done-this-before trial membership.

### **30 Days of Everything We Offer for Only \$30**

Includes hand-holding, smiling faces, an introduction to other great people like you, and the occasional high five. And, oh yeah, a complete professional fitness program using the latest technology in the fitness world, customized especially for you to make it easy to succeed. You can do this. Come in and see for yourself.

\*Some restrictions may apply. See club for details.



30  
DAYS  
\$30



"Turning 47, I have never been this physically fit in all my life - even before 3 children! Koko

has been the easiest workout plan for me to stick with without getting bored, and it is by far the most efficient. The friendly and helpful Koko employees are like family. On a recent trip to Mexico people were saying that my 17 year old daughter and I look like sisters (OH YAH!) on the beach - PRICELESS!" ~ Linda Weber



"We Koko because fitness is a family affair!"  
~ Debbie & Paul Baker



"There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!"  
~ Scott Kreitz

## Koko FitClub

Koko FitClub of Ashburn  
571-612-2332

Koko FitClub of Great Falls  
571-612-2330

Koko FitClub of Herndon  
571-612-2331

Koko FitClub of Reston  
571-612-2333

[try.kokofitclub.com/30DAYSNOVA](http://try.kokofitclub.com/30DAYSNOVA)



## Story Time with U.S. Sen. Tim Kaine

**Senator visits Lake Anne Elementary for Hispanic Heritage Month.**

BY REENA SINGH  
THE CONNECTION

**T**he growing bilingual population in Fairfax County is creating challenges and opportunities at local elementary schools.

U.S. Sen. Tim Kaine visited Lake Anne Elementary on Sept. 24 to read to students in both English and Spanish for National Hispanic Heritage Month and take back the school's challenge to educate students in today's world to his office in D.C.

"The more global connections you have, the better you can do," he said.

Kaine joked with Principal Brendan Menuey that he may not be able to pronounce the words in the books he was about to read, but he spoke with fluent proficiency and asked questions to students both in English and Spanish throughout the stories.

At the end of each story, he answered the students' questions and gave them a little government lesson.

"If you want to visit me at my office, I'll let you," he told the students as they gasped



PHOTO BY REENA SINGH/THE CONNECTION

**U.S. Sen. Tim Kaine reads a bilingual book to Sarah Pierce's first grade class for National Hispanic Heritage Month.**

in delight.

However, Menuey used the opportunity to let the senator know what the school needs to make Hispanic students more successful at the school. The school's enrollment is currently a third Hispanic, he said.

"It's a microcosm of languages," he said.

"We have good data," he said. "We're happy with our results, but it's going to catch up with us."

He noted that there is not enough state and local funding to get students the help they need if they fall behind, especially if they are trying to learn English as a second

language.

"That story isn't told in the press," he said. "That story isn't told with testing."

Although teachers are expected to educate students, they shouldn't be expected to help them in a way only a family or counselor can, he said. Students at the elementary level may not be dealing with suicidal thoughts, but Menuey said some students are battling eating disorders, anxiety and the beginning stages of depression. He felt that asking a teacher to play the role of a parent, educator and social worker was a lot to ask from one person.

"We do really hard work," he said. "More help and more resources would greatly be appreciated."

Instructional Coach Michelle Moore reiterated the need for extra support staff so teachers can focus on educating students.

"Teachers may not always have the tools for students with those specific needs," she said.

Kaine said that the challenges that the school face now will help these children be more successful with the ever-changing D.C. area population. He noted that the public school system has good partnerships with state and federal level education advocates and officials, but he hopes he can be helpful, too.

"This prepares kids for the world we all inhabit," he said.

## Residents Oppose Bocce Court

**Locals show up in droves, claim proper process was ignored.**

BY REENA SINGH  
THE CONNECTION

**L**ines drawn for a proposed bocce ball court in Cabots Point Park are causing consternation among residents.

The residents near the park, who showed up en masse to the Reston Association board of directors' meeting Sept. 25, felt the appropriate process to put the court in Cabots Point Park was ignored.

"I object for many reasons, including the fact that appropriate processes were blatantly ignored by at least one board member to the point where, without anyone else's knowledge or approval, actual markings were established in the small parkland outlining where the construction would take place," said resident Chuck Cascio during the public comment portion of the meeting.

Nearly 20 speakers signed up to talk during this part of the meeting. Nearly all of them spoke in disapproval about the bocce ball court.

"Fortunately, the markings were spotted



PHOTO BY REENA SINGH/THE CONNECTION

**The Reston Association board of directors listened to about 15 people opposing the bocce ball court proposed at Cabots Point Park at its Sept. 25 meeting.**

before the actual construction began and the process was halted," said Cascio. "That's not the way Reston was meant to work."

Ten-year resident Bill Parker said the court began as a suggestion by South Lakes Director Richard Chew. The proposal was passed in December 2013.

He said that the markings for the court are nearly half of the park. The proposed plan, he said, was for a 60 feet by 20 feet court.

Cascio said creating a bocce ball court at the park goes against some of Reston's core values.

"Tearing up this tiny park would go against Reston's long term values and be a great disservice to the residents who live in these clusters — and to all of Reston," he said. "There are spaces in Reston more suitable for this type of venue — spaces that will hold great appeal for participants in the game of bocce as well as those who want to enjoy it. But this is not the space for it."

Board President Ken Knueven said the board listened to what the community members stated and will reevaluate its decision.

"We're going to discuss it, and obviously we have to look at the community's input very seriously," he said. "We have to validate the decision one way or another."

Several board members commended the residents for taking the time to speak at the meeting about the topic.

"We need to continue to get community input at the right times in the right ways," said At Large Director Jeff Thomas.

He said that the first comments spoke about what they do not want. However, he appreciated that residents also told the board what they do want in the space.

"It's so helpful when the community comes out to share their thoughts on something the board is struggling with," said Lake Anne-Tall Oaks Director Eve Thompson.



# Tilting at Voting Booths

Suzanne Scholte fighting for human rights, recognition in 11th District.

BY TIM PETERSON  
THE CONNECTION

First in a series of  
District 11 candidates' profiles.

Suzanne Scholte knows she has her work cut out for her. "This isn't a race anybody's thinking is worth looking at," she said at a meet and greet event in Montclair last weekend. "I think it was described as 'Quixotic.'"

The Republican candidate opposing incumbent Gerry Connolly for Virginia's 11th district representative seat was dressed in a grey suit with a colorful silk scarf draped around her neck. A hint of sweat glistened on her brow, perhaps due in equal parts to the warm afternoon in late September and the "crazy" schedule of campaign events she's undertaking; this was the second of three for the day.

"I have the disadvantage," said Scholte. "I'm not a politician, I've never held a political office. I'm trying to do everything I can to be everywhere I can, talk to everybody I can."

The meet and greet took place at the home of Janet Gorn, a state department employee and president of the Kings Highway Republican Women's E-Club. Since she's known Scholte, Gorn has been impressed by "her sincerity, her energy and that she really wants to make a contribution to not only a local community, but to our country."

**SCHOLTE**, a wife and mother of three young men (two are graduates of J.E.B. Stuart High School and active duty military, and one attends Immanuel Christian School), has been going door to door, visit-



From left: Ann Juliano of Bristow, Suzanne Scholte of Falls Church and Janet Gorn of Montclair enjoy the late afternoon sun at a campaign event in Gorn's back yard.

ing a different church, synagogue and mosque every Sunday, and holding town hall meetings. And at every turn, she's trying to solicit communication and feedback, whether for or against her.

"We don't screen who comes," said Kelley McLean, who has worked with Scholte on the North Korea Freedom Coalition, a non-partisan human rights advocacy group Scholte founded, and currently chairs, in 2003. "First we have commenting, then open the floor up for questions. We've had people yelling at her and she says, 'That's great, tell me.'"

When Scholte decided to run for Congress, she asked McLean to come along as her coalitions director and assistant.

"At first I thought my job was going to be scary," McLean said. "I thought I was going to be that 'body person' that if someone doesn't agree with them I'm supposed to pull her away from it. She's not like that. She says 'No, I want to talk to that person. Let's talk, sit down, see what we can work out.'"

Despite not holding office herself, Scholte has spent plenty of time around Capitol Hill. She was the youngest chief of staff on the

## Bio

**Candidate:** Suzanne K. Scholte  
**Political Party:** Republican  
**Current Position:** President, Defense Forum Foundation  
**Born:** June 13, 1959, Norwalk, Connecticut  
**Residence:** Falls Church  
**Spouse:** Chadwick R. Gore  
**Children:** Chester (26), Christian (24) and James (14)  
**Education:** B.A. English, minor in Fine Arts, College of William and Mary; Honorary Doctorate of Education, Koshin University, Pusan, Republic of Korea  
**Additional Organizations:** Honorary Chairman, Free North Korea Radio; Vice Chairman and Founding Board Member, Committee for Human Rights in North Korea; Chairman and Founding Member, U.S.-Western Sahara Foundation; Board of Directors, Christian Solidarity Worldwide-USA; Executive Committee, Susan B. Anthony List.

Hill while Ronald Reagan was in office and as president of the non-profit Defense Forum Foundation for almost three decades, coordinates that group's nonpartisan Congressional Defense and Foreign Policy Forums in Washington.

"What motivated me to run is that my work has always been about working across party lines to get things done," Scholte said.

Though she was born in Connecticut, Scholte's family moved to Virginia when she was very young. She's been a resident of northern Virginia since the '70s and graduated from Loudoun County High School.

Her previous work, and that of the Defense Forum Foundation, focuses on promoting strong national defense, freedom, democracy and human rights abroad. In particular, Scholte has spent considerable

SEE SCHOLTE, PAGE 5

## Q&A with Suzanne Scholte

**Q: What do you think are your top three accomplishments in your humanitarian work?**

**A:** The continuous Defense Forum Foundation, started in the 1980s, raising awareness of Islamofascism, China cyber attacks, the vulnerability of our electric grid, all kinds of issues. I can say I've had Ted Cruz's staff and Nancy Pelosi's staff at my programs.

Getting passage of the North Korean Human Rights Act. That was unanimous, working with Democrats and Republicans.

Having people understand there is a pro-West Muslim democracy that has been established in Western Sahara. I've been very much involved with getting the recognition of their cause in Congress. I've had to battle against a huge lobby effort by the Moroccans.

**Q: If you're elected, what be would your top three priorities as a congressman?**

**A:** Fixes to health care, trying to correct

the problems that have been created by the Affordable Care Act.

Pushing to reverse the Sequester cuts. It's just going to get worse; we're going to get more and more vulnerable.

Meeting our commitments to our fellow workers and to our veterans, being able to preserve the benefits that we've promised them.

**Q: Give our readers three reasons they should vote for you on Election Day.**

**A:** I will be a servant to the people of this district. I'm not running to be a politician, I would term limit myself right away.



PHOTO CONTRIBUTED  
Suzanne Scholte

I will work across party lines. Some of my Democrat friends are already talking about things that we can do that could really help.

I would be very reflective and understanding of people who live in this district. The family I rescued out of North Korea, who are now citizens, northern Virginians: No one understands the importance of having a government that serves you, that you don't serve, like they do.

**Q: How would you show off northern Virginia to an out-of-town friend?**

**A:** Restaurants! We have so many great ones. What kind of food do you want? Japanese, Bolivian, we have such a diverse culture.

**Q: Tell us something you think people would find surprising about you.**

**A:** I've taught kindergarten Sunday school since 1994. Everything I need to

know I can learn from kindergartners, what's really true about life, just caring about other people. It's just a natural thing with children.

**Q: Who are some of your heroes?**

**A:** Ronald Reagan believed that you had to speak the truth, speak out, call things for what they are. He brought people together and gave them a vision. Another is Rabbi Abraham Cooper, associate dean of the Simon Wiesenthal Center in Los Angeles. He's a happy warrior, somebody who's positive in articulating what's happening in the face of horrific anti-Semitism.

**Q: How you do relax, off the campaign trail?**

**A:** Watching my youngest son play football with the Annandale Bulldogs. And watching the Redskins, because I don't want to bother anybody, I'm not going door-to-door, making any phone calls. The one time I feel guilt-free is during a Redskins game.

— TIM PETERSON



# Scholte on 'Crazy' Campaign Schedule

FROM PAGE 4

time and effort working to liberate people in North Korea and Western Sahara.

Various human rights organizations rank those populations as some of the most persecuted people in the world.

"She's the lady that, if she sees something's on fire, she's going to go do whatever it takes to go put it out," said McLean. "She runs towards it."

"She's strong and courageous," said Bill Card, the chairman of the Prince William County Republican Committee. "She's faced down dictators, she can certainly face down her peers in Congress when she gets there."

It was working with members of both parties in Congress that helped Scholte get the North Korean Human Rights Act of 2004 passed. "That was a classic example of what you can do when you want to get things done," Scholte said. "I compromised with my Democrat friends."

**THE LAW** lays out specific ways for the United States to help North Korean refugees. Scholte's role in its passage and her continuing advocacy work has

helped her earn a number of humanitarian accolades, including the 2008 Seoul Peace Prize and 2013 Order of Diplomatic Service Sungnye Medal, the government of South Korea's highest award for a non-Korean.

Kang Seo is an external relations associate and translator for Free North Korea Radio, and has worked with Scholte as "a mouth for her to speak Korean" each time the candidate has visited Seoul over the past three years.

"The impression I got was she loves people a lot, she cares," said Seo. "Whether you know them or not, it doesn't matter. Any time she meets with people, she wants them to engage with her, talk with her. She wants to listen to their stories. That kind of thing attracts people."

What friends and colleagues of Scholte describe as her "personable," "sincere" and "energetic" nature, Seo said has helped Scholte affect Koreans on their own human rights issues.

"She's the one that brought ourselves back to engage with that problem," said Seo. "Her concern and her heart actually surprised me the most when I first met her."

## Preference Poll Voting Continues through Friday

Residents and businesses in Small District 5 may cast their vote online or in-person for the 2014 RCC Preference Poll through this Friday, Oct. 3 at 5 p.m. Mailed ballots must be received by the polling agent in Washington, D.C. no later than 5 p.m. on Thursday, Oct. 2. To ensure your ballot is received in time, residents are encouraged to vote online or visit either RCC location to place the ballot in a secure ballot box.

Residents can find out more information on the candidates by visiting <http://www.restoncommunitycenter.com/2014-preference-poll-candidacy-statements.shtml> or by watching the Sept. 8 Candidate Forum at [www.rctv28.com](http://www.rctv28.com)

Residents and businesses in District 5 may use the unique USERID and PIN found on their ballot to vote online, in person or by mail.

❖ **Online:** Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) and click on the VOTE NOW button in order to enter your unique household credentials and gain access to online voting. Online voting will be avail-

able through Friday, Oct. 3 at 5 p.m.

❖ **In Person:** Ballots may be deposited into secure ballot boxes at either RCC location. Ballots must be received by Friday, Oct. 3 at 5 p.m.

❖ **By Mail:** Residents may use the return envelope provided with the ballot to cast a vote by mail. Postage required. Mailed ballots must be received in Washington, D.C. by Thursday, Oct. 2 at 5 p.m. Please note the earlier deadline for mailed ballots.

Residents or businesses who did not receive a ballot may obtain a provisional ballot by visiting Customer Service at RCC Hunters Woods or RCC Lake Anne. Photo ID is required for address confirmation; a business representative will need to show a business card or additional proof of eligibility. Provisional ballots may be cast in person. Only one ballot per household or business will be tabulated.

For more information on the 2014 RCC Preference Poll or Board of Governors, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

## BULLETIN BOARD

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

### FRIDAY/OCT. 3

**Red Cross Blood Donation.** 9 a.m. - 2 p.m.  
YMCA Reston, 12196 Sunset Hills Rd., Reston.  
To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### MONDAY/OCT. 6

**Red Cross Blood Donation.** 8 a.m. - 1:30 p.m.  
U.S. Geological Survey, 12201 Sunrise Valley Dr., Reston. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### WEDNESDAY/OCT. 8

**League of Women Voters.** 7:30 - 9 p.m. Reston  
Art Gallery at Heron House, Lake Anne Plaza.  
Reston discussion of risks and rewards of fracking for natural gas extraction. Free, open to the public, call 703-757-5893.

### WEDNESDAY/OCT. 15

**Red Cross Blood Donation.** 9 a.m. - 2:30 p.m.  
American Real Estate Partners, 2350 Corporate Park Drive, Herndon. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

**Red Cross Blood Donation.** 4 - 8 p.m. St. Thomas A Becket Rcc, 1421 Wiehle Ave., Reston. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### 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](http://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](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto: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](mailto: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](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://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](mailto:Lisa.Callahan@fairfaxcounty.gov).

### Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.

Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

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# OPINION

## Does the Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

For the current election, new, more stringent voter identification laws are in effect.

Taken together, more than 22,000 of Northern Virginia's close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county's 672,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City's 85,671 active voters do not have the photo identification they will need to vote on Election Day.

In Arlington, 6,348 of the 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analyzed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee application, and who have voted or registered since and including the last presidential election.

### EDITORIAL

Across the Commonwealth, 93,117 active voters also lack photo ID from DMV or the other likely sources.

When you consider that in the last election, Virginia's Attorney General was elected by a margin of 165 votes out of more than 2 million votes cast, these numbers are staggering. There is no evidence of voter identification fraud on any scale that requires potentially disenfranchising tens of thousands of voters. Because Northern Virginia is the most populous part of the state, the impact is also greatest in our area.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months: Valid Virginia Driver's License or Identification Card; Valid Virginia DMV issued Veteran's ID card; Valid United States Passport; Other government-issued photo identification cards; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; or a Virginia Voter Photo ID Card obtained through any local general registrar's office.

### Register

For More Election Information:

#### FAIRFAX COUNTY BOARD OF ELECTIONS

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

#### STATE BOARD OF ELECTIONS

804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194  
email: [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov)  
<http://www.sbe.virginia.gov>

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Fall Sports Fun and Folly A Virginia Statesman

BY JOHN LOVAAS

RESTON IMPACT PRODUCER/HOST

### INDEPENDENT PROGRESSIVE

the strongest on paper.

Then there is our Washington football team. Eighty-one years ago, the then-Boston Braves changed their name to Redskins. At the time, I don't believe the name was controversial. Not that their owner, George Preston Marshall, would have done otherwise if it had been. Marshall, who owned both Washington's pro baseball and pro football teams, was likely the most racist professional team owner in sports. He was the last baseball team owner to include African Americans.

Sensitivity to the Redskins name has grown over the years, and has come to a boil in the last several months. In fact, the term "Redskins" is now officially a "slur" according to the dictionary. I still think the team logo is majestic and honors Native Americans. It is hard to say the same for the name. Despite the hullabaloo about the name, before the season started a few weeks ago area media had hyped the team and its new coach, assuring us the team would be ex-

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BY KENNETH R. "KEN" PLUM

STATE DELEGATE (D-36)

### COMMENTARY

I first heard of Vincent F. (Vince) Callahan, Jr. in 1965 when he ran unsuccessfully for lieutenant governor of Virginia. It was his first run for political office, and while it may seem that he aimed high to start in those days it was easy to get the Republican nomination since the Republicans always lost. Callahan got 37 percent of the vote, but four years later his running mate for governor, Linwood Holton, who had also gotten just 37 percent of the vote was elected the first Republican governor of Virginia since Reconstruction. In the meantime Vince had run successfully for the House of Delegates in 1967 where he served for the next 40 years making him the second longest serving member of the House of Delegates in history. Vince died of West Nile virus and was buried last week.

In 1978 I joined Vince as part of a five-person delegation representing Northern Virginia that was split with three Democrats and two Republicans. Although we were from different parties, Vince

and I worked closely together on many issues including education and transportation. He was a strong proponent of public schools and was a real champion for George Mason University while on the Appropriations Committee where he eventually became chairman when Republicans took control of the House of Delegates. He worked hard for money for transportation for the region, and when I organized the Dulles Corridor Rail Association he became vice chairman of the association.

I will miss Vince very much, and I continue to miss the era of politics he represented. We worked together on behalf of our constituents without regard to party. In the early years we shared the goals of wresting power from the Byrd machine that had controlled Virginia with an iron fist for most of the 20th century. While I was part of the Democratic majority at the time, I was shut out of many of the decisions of government because I was a Northern Virginian and progressive. Before he left the

SEE PLUM, PAGE 9

## Reston CONNECTION

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## LETTERS

### Fellowship House: Preserving Reston's Principles

To the Editor:

I am writing this letter in response to an article titled "Lake Anne Fellowship House Revitalization Halted" (Reston Connection, Sept. 17-23, 2014) to correct and clarify the comments attributed to me. I would also like to describe my position in greater detail with regards to the Lake Anne Fellowship House issue.

Maybe what I said did not come through clearly on the phone, but

I never said or implied or used the expression that there is a "lack of support at the county level (for the preservation of 240 affordable low income senior housing units that currently exist at the Lake Anne Fellowship House)" and that "it is against Reston's principles ..." as it was attributed to me in the print edition.

On the contrary, the Hunter Mill District Supervisor, Cathy Hudgins, had assured me during

a scheduled meeting the previous week that the county and she personally desired that any revitalization proposal for Lake Anne Fellowship House should contain the same number of units as now in the same location at Lake Anne in Reston. And I appreciated and supported her position.

I would also like to correct and clarify another comment attributed to me that Fellowship House residents "may not be able to live else-

where without vouchers." My position is that the current residents should not be displaced, they should not be forced to look for low-income housing elsewhere and should instead be accommodated under any construct in the same Lake Anne location with access to similar kinds of rental assistance to make it affordable for them to live.

RCA as well as I strongly believe that revitalization/refinancing options may be available that could preserve the 240 units at Lake Anne Fellowship House and we

urge the Fellowship Square Foundation to explore them vigorously.

Given that Reston is becoming more expensive to live in, if anything we should expand the number of low-income senior housing units available so that we continue to stay true to one of Reston's core planning principles that Reston should provide housing for all ages and income levels.

**Sridhar Ganesan**  
President, Reston Citizens Association

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## CALENDAR

**WEDNESDAY/OCT. 1 - 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/OCT. 1 - 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](http://www.leagueofrestonartists.org)

**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](http://www.AnitaDamron.com)

**THURSDAY/OCT. 2**  
**3rd Annual Reston Town Center**

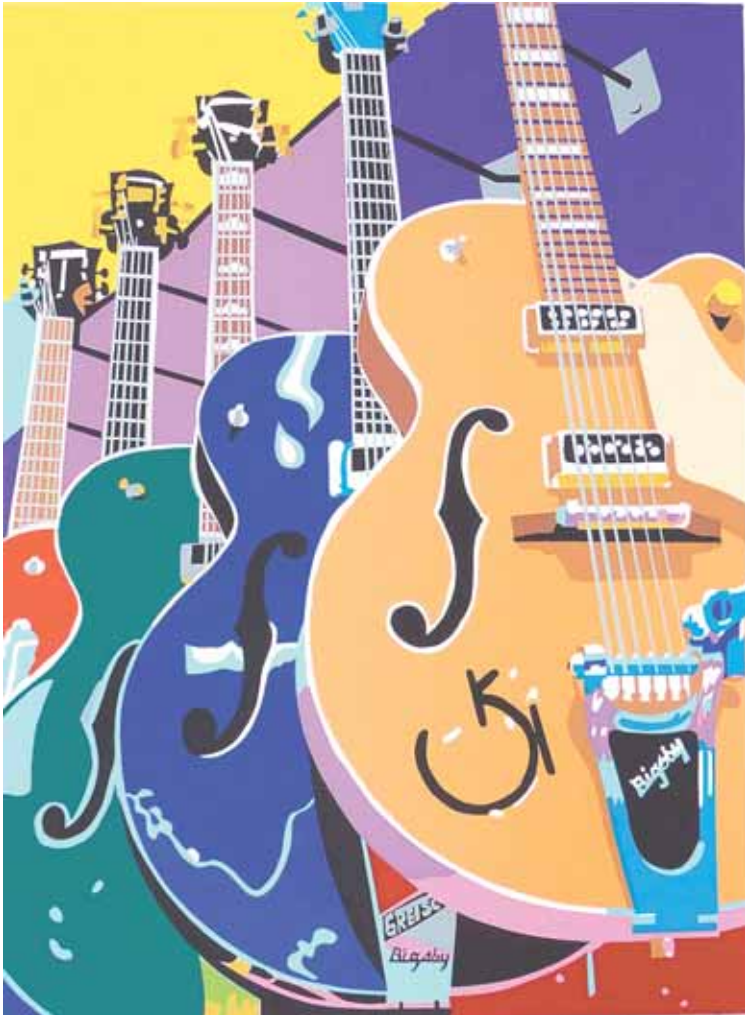
Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

**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](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**SATURDAY/OCT. 4**  
**Holiday Fair.** 2 - 7 p.m. Herndon Senior Center, 873 Grace Street, Herndon. Hundreds of witches, turkeys, snowmen, and much more for the holidays. [www.HerndonSeniorCenter.org](http://www.HerndonSeniorCenter.org). 703-464-6200.

**SATURDAY-SUNDAY/OCT. 4 -5**  
**Halloween Wagon Rides.** 5-8 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. A narrated wagon ride along a trail filled with family-oriented thrills, chills, and adventures. At the end of the ride, s'mores and hot apple cider will be provided. Admission \$8.

**SUNDAY/OCT. 5**  
**HernDOG Bark Bash.** 12-3 p.m.



**"Guitar Boogie" by Joseph English. View extraordinary artwork in such mediums as painting, photography, sculpture, metalwork, digital art and more at Herndon's Fine Art Festival on Oct. 11 - 12 in downtown Herndon.**



**Follow a typical day in the life of Charlie Brown and the Peanuts gang in CenterStage's theatrical production of "You're a Good Man, Charlie Brown" playing Oct. 17- Nov. 2 at Reston Community Center, 2310 Colts Neck Road, Reston.**

Bready Park, 814 Ferndale Ave., Herndon. Dog festival with demonstrations and dog competitions plus adoptions. 703-435-6800.  
**The Great War: Centennial Lecture Series.** 2 p.m. Reston Regional Library, 11925 Bownan Towne Drive, Reston. First lecture in a six part series presented by GMU history professor Dr. Charles Butkowsky. Adults and teens. Free.  
**Audubon Afternoon: Dragonflies of Northern Virginia,** 1:30-5:30 p.m. — Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. <http://www.fairfaxcounty.gov/parks/lakefairfax/>  
Enter the park via its main entrance (above address), and drive pass the Water Mine and its gravel parking lots on the right. Next you'll see several buildings with lots of pink brick and a large paved parking lot. We will meet at the lower end of that

parking lot (if you can see split rail fencing and the large dam, you're at the correct end). Look for Kevin with his 7—foot tall insect net. Bring water, snacks if you want them, protection from the sun/hat, binos, comfortable walking shoes that can get muddy, long pants and bug spray. Join Kevin Munroe, Park Manager at Huntley Meadows Park, for a Dragonfly Safari, followed by an indoor presentation.

**MONDAY/OCT. 6**  
**Things with Wings.** 10 -11a.m. Walker Nature Center, 11450 Glade Drive, Reston. Accompany your 18 to 35-month-old in their quest for knowledge about birds migrating to the south and other "things with wings." Reserve a slot by Oct. 2. Fee of \$7/child RA members, \$9/child non-members, includes storytime,

making a craft and taking a short hike to discover other animals with wings. [naturecenter@reston.org](mailto:naturecenter@reston.org), 703-476-9689 and press 5.

**MONDAY/OCT. 6-MONDAY/NOV. 3**  
**Annual ArtReston Regional Fine Art Exhibit.** 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. An exhibit of two-dimensional paintings and mixed media art from members of the League of Reston Artists. [www.leagueofrestonartists.com](http://www.leagueofrestonartists.com)

**TUESDAY/OCT. 7**  
**Meditation for Optimal Well Being.** 7 p.m. Reston Regional Library, 11925 Bownan Towne Drive, Reston. Presented by Gerry Gorman. Registration required: [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library). Adults. Free.

**Reston Garden Club Meeting.** 1 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Guest speaker Keely Shaughnessy, a horticulturist at Meadowlark, will present a program on seasonal plants. Afterward all are welcome to walk through the spectacular Meadowlark Gardens. Guests are encouraged to attend and new members are welcome. For more details go to [www.therestongardenclub.org](http://www.therestongardenclub.org).

**TUESDAY/OCT. 7 - SUNDAY/NOV. 2**  
**Expressions Portrait Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. Professional and amateur artists aged 18 or older residing in Virginia, Maryland, the District of Columbia, Delaware, and West Virginia are invited to submit

entries to the competition. Finalists from the competition will be featured in the 6th annual Expressions Portrait Exhibit at ArtSpace Herndon. Winners of the competition will be announced during the awards and artists reception. The Awards and Artists Reception will be on Saturday, Oct. 11 from 7 to 9 p.m. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

**WEDNESDAY/OCT. 8**  
**Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Holiday Cards and Gift Tags with Jennifer Ellefson. Put together four cards and two tags - all geared toward teaching how to easily replicate the process for projects. Learn basic design concepts and craft techniques that will make cards look polished and professional. A \$30 fee covers all supplies and two glasses of wine. Registration is required with payment in advance, [www.artspaceherndon.org](http://www.artspaceherndon.org).

**THURSDAY/OCT. 9**  
**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. Evelyn Mo, 15-year old piano prodigy. Free. 703-476-4500.

**SATURDAY-SUNDAY/OCT. 11-12**  
**Oktoberfest Reston.** Reston Town Center, 11900 Market St., Reston. Enjoy food, wine, beer, live entertainment, a carnival and the Anthem Great Pumpkin 5K at Northern Virginia's largest fall festival. Visit [www.oktoberfestreston.com](http://www.oktoberfestreston.com).

## Lovaas

FROM PAGE 6

citing and competitive in 2014. Wrong once again. Here we are after four games with one win, three losses. Our promising superstar quarterback, Robert Griffin, has proven too fragile for this game and is once again seriously hurt, done for the season. His backup, Kirk Cousins, is alternatively brilliant and sadly erratic. If the quarterback problem were solved, this team might score a lot of points. However, that solution is not at hand and the defense is like a large sieve for any team that can throw the football. Another blown season with a painfully long way to go.

So, for me, it's Go Nats! Hail to

the Nationals! Hail Victory! Let's enjoy the baseball playoffs and maybe even a World Series. And, if the Nats could play and whip the Orioles in the Series, how sweet would that be.

Football-wise we've got some good local college teams to watch. I'll check back next year on that pro team which is now a disgrace not only to Native Americans, but to the rest of us as well.

New subject — a correction. A couple of weeks ago in this column, I commented on the 2014 election season and erroneously included comments on a race for state delegate in Reston. In fact, the only elections on the ballot in Reston in 2014 are for representative in Congress and for U.S. Senator. I regret the error.

## Plum

FROM PAGE 6

House of Delegates Vince was feeling the alienation from his party that now controls the House just as I felt in the early days when the Democrats were in control. In recent years Vince started to publicly endorse Democrats including Senators Mark Warner and Tim Kaine and Gov. Terry McAuliffe. He simply could not accept the tea party ideology that dominates the Republican Party in Virginia today.

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- Opportunity to provide participant giveaways
  - Eight (8) golfers
- Color logo on event banner displayed at banquet
  - Twelve (12) raffle tickets

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- Sponsor signage on bar, box lunch or beverage carts
  - One (1) hole sponsorship
- Opportunity to provide participant giveaways
  - Six (6) golfers
- Color logo on event banner displayed at banquet
  - Eight (8) raffle tickets

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- One (1) hole sponsorship
  - Four (4) golfers
- Six (6) raffle tickets
- Color logo on event banner displayed at banquet
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## WELLBEING

# Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL  
THE CONNECTION

Grace Delaune nibbled on striped bass and quinoa salad, pondering the flavors and textures of each dish. Myke Hammaker savored the miso cod and spinach. The two women weren't simply having lunch. They were judges at the Senior Eats Nutritional Challenge in Fort Belvoir last week. "The food challenge was a lot of fun and the food was excellent. Every dish was beautifully displayed and cooked perfectly," said Hammaker. "It was hard for the judges to pick the best dish although I picked the Miso Cod with Spinach because it really stood out as a fantastic dish."

All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs."

— Tim Whelan, vice president, Dining Services for Sunrise



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Residents of Sunrise Senior Living served as judges during the Senior Eats Nutritional Challenge in Fort Belvoir.

## Winning Recipe: Miso Cod and Spinach

*Miso Brushed Cod with Sautéed Spinach*  
by Floyd Stephen, Brighton Gardens of Dunwoody  
Serves 6

1 1/2 lbs cod filets, 4 oz each  
6 tbsp olive oil  
3 shallots, peeled / minced  
3 garlic cloves, peeled / minced  
1 1/2 lbs shiitake mushrooms, stemmed / julienned  
1 lb stemmed fresh spinach  
1 1/2 cups chicken stock  
1/4 cup miso paste

❖ Steam the fish for 7 minutes, until internal temperature reaches 145°F for 15 seconds.

❖ While the fish is steaming, heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic. Sauté until soft. Add the mushrooms and cook until the liquid evaporates. Add the spinach and sauté for 1 minute to wilt. Turn off the heat and set aside.

❖ Bring the stock to a boil in a separate pot. Whisk in the miso paste. Simmer for 5 minutes.

❖ Divide the spinach mixture evenly between serving dishes. Place fish on top of the spinach. Spoon miso sauce over fish. Serve immediately.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chef Floyd Stephen of Dunwoody, Georgia, was named the Sunrise Signature Chef and received \$1,000.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### SEPTEMBER

HomeLifeStyle.....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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## NEWS

**2014 Walk To End Alzheimer's participants Dave Lucas, Andrew Rosser, Cassie Rosser, Karen Boyce and Aubrey Winger at Reston Town Center.**



PHOTOS BY RYAN DUNN/THE CONNECTION

# Reston Hosts Walk To End Alzheimer's

**More than a thousand attend fundraiser event at Reston Town Center.**

BY RYAN DUNN  
THE CONNECTION

On Sept. 28, more than a thousand persons gathered at Reston Town Center to participate in the 2014 Walk To End Alzheimer's. The Alzheimer's Association National Capital Area Chapter coordinated the event. Funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association, a nonprofit organization. Acting as emcee for the event was NewsChannel 8's Dave Lucas.

"It exceeds our expectations, it was a community effort," said Elliot Gaskins, vice president of development with the Alzheimer's Association National Capital Area Chapter. The chapter provides help and hope to more than 66,000 people with Alzheimer's



**Before the Sept. 28 walk at Reston began, participants were asked to raise their Promise Flowers.**

disease and other dementias and their families and caregivers in the District of Columbia, five counties in suburban and southern Maryland and 11 counties in northern Virginia.

"This is our second year attending," said Cassie Rosser who attended the event with her brother Andrew Rosser. "The Alzheimer's foundation has been a huge resource for us. We could not have done it without our family, friends, and the Alzheimer's foun

SEE WALK, PAGE 15

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# SPORTS



Langley's Rachel Andrejev swings against Robinson during a Dig Pink match on Sept. 27.



A South Lakes player makes a diving attempt to tackle McLean receiver Jack Holland during McLean's 36-31 victory on Sept. 26.

## SPORTS ROUNDUPS

### Langley Volleyball Snaps Losing Streak

The Langley volleyball team lost four straight matches before beating rival McLean, 3-1, on Monday.

The Saxons started the season 8-1 before losing at home to Chantilly, 3-1, on Sept. 22. Langley lost at Potomac Falls, 3-1, the following night, and the Saxons lost to Robinson and Battlefield during a Dig Pink event at Robinson on Sept. 27.

The victory over McLean improved Langley's record to 9-6.

The Saxons are the defending VHSL 6A state champion.

Langley will host Hayfield at 7:30 p.m. on Monday, Oct. 6.

### McLean Football Beats South Lakes

The McLean football team improved to 3-1 with a 36-31 victory over South Lakes on Sept. 26. The Highlanders are off to their best start since 2010, when they won their first eight games.

After suffering their first defeat under



South Lakes quarterback Chris Sherbert runs with the football during the Seahawks' 36-31 loss to McLean on Sept. 26.

first-year head coach Shaun Blair, a 24-20 loss to Falls Church on Sept. 19, McLean bounced back to beat South Lakes, dropping the Seahawks' record to 0-5 under new head coach Trey Taylor.

McLean quarterback CJ Downey completed 15 of 32 passes for 353 yards and

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

four touchdowns. He was intercepted once. Jordan Cole had five receptions for 205 yards and two touchdowns.

South Lakes receiver Eric Kirlew caught seven passes for 166 yards and two touchdowns.

McLean will host Herndon at 7:30 p.m.

on Thursday, Oct. 2. South Lakes has a bye week before hosting Thomas Jefferson on Oct. 10.

### Marshall Football Earns First Win Since 2011

The Marshall football team defeated Thomas Jefferson 28-14 on Sept. 26, giving the Statesmen their first victory since the 2011 season. Marshall's last victory also came against the Colonels.

Marshall (1-3) will travel to face Langley at 7:30 p.m. on Thursday, Oct. 2.

### Langley Football Falls to Chantilly

The Langley football team dropped to 1-3 with a 20-7 loss to Chantilly on Sept. 26.

Langley running back Tyler West scored the game's first touchdown on a 33-yard run in the second quarter. The Saxons led 7-0 at halftime, but Chantilly scored 20 unanswered points in the second half to pull out the victory.

The Saxons will host Marshall at 7:30 p.m. on Thursday, Oct. 2.

### Great Falls Sharks Beautify Softball Field

Over the Labor Day weekend, the Great Falls Sharks travel softball organization held its first annual "Nike Field Clean Up Day." Organized by Mike Sharkey and John West in conjunction with Great Falls Little League softball and Fairfax County Parks and Recreation, more than 50 players and parents volunteered their time to beautify Nike 6 softball field. In addition, five volunteers from Kohl's Department store in Sterling assisted as part of their Volunteers in Action program. The volunteers cleaned, repaired and repainted the shed and dugouts, fixed the pitching nets, pulled weeds, installed a new sound system and performed general clean up in preparation for the upcoming softball season. The Great Falls Sharks are a Fastpitch Softball organization in its 7th year of existence helping provide local girls an expanded softball experience.







PHOTOS BY RYAN DUNN/THE CONNECTION  
**Artistic Director Jeanne Harrison asked U.S. Rep. Gerry Connolly (D-11) to speak before the noon performance of the Traveling Players.**



**Aishwarya Subramanian, student at the Jayamangala School of Music and Dance performed classical Indian dances at the 2014 Reston Multicultural Festival.**

# Reston Hosts 2014 Multicultural Festival

**Celebration of diversity and community held at Lake Anne Plaza.**

BY RYAN DUNN  
THE CONNECTION

**“W**e are here to celebrate all the local cultures of Reston,” said Kevin Danaher, community events director for the Reston Community Center. On Saturday, Sept. 27 Lake Anne Plaza hosted the annual Reston Multicultural Festival. The annual event brings together the residents of Reston to celebrate a medley of cultures. The Reston Multicultural Festival was presented by Reston Community Center, and co-sponsored by Reston Association with partners from a variety of Reston-based organizations and businesses.

Last year, about 4,000 visitors came to see the performances, dress in native clothing and experience the other cultures that make Reston their home. “It is one of our most widely recognized events because it does demonstrate what Reston is all about, our diversity and putting aside our individual needs and passions,” said Reston Association President Ken Kneiven.

This was the fourth year the Multicultural Festival began with an official Naturalization Ceremony. Twenty-five Individuals from 22 countries around the world said the Oath of Allegiance and received their citizenship certificates. “I think everyone should have a ceremony like this, it is a wonderful event,” said Lia Camacho a participant in the naturalization ceremony.

**ATTENDING** the naturalization ceremony and festival were Supervisor Cathy Hudgins (D-Hunter Mill), Reston’s founder Robert E. Simon, and U.S. Rep. Gerry Connolly (D-11). “We celebrate new individuals who will vote,” said Connolly. “I like to attend naturalization events because it reminds you not



**The Traveling Players Ensemble put on a performance of “The Love of Three Oranges” at the 2014 Reston Multicultural Festival.**

to take citizenship for granted.” After the ceremony, members of folk dance group Alma Boliviana performed and led a procession of attendees to the next show.

The festival featured dance and music performances throughout the day.

While performances took place at stages outside at Lake Anne Plaza, the inside of the Reston Community Center Lake Anne hosted an international book fair, in addition to a series of performances and storytelling exercises. Festival acts included: Chinese martial arts, Hawaiian ukulele and dance, Indian classical dance, Chinese opera and more. Special guests for the multicultural festival included National Heritage Awards fellows Vera Nakonechny and musician Elaine Hoffman Watts and the Fabulous Shpielkes.



**The Summertime Music Club performed Chinese opera and dance at the 2014 Reston Multicultural Festival at Lake Anne Plaza.**

Nakonechny grew up in Brazil and Philadelphia, where she learned intricate Ukrainian embroidery, beadwork, weaving, and other traditional forms from her mother. Nakonechny returned to Ukraine in 1991 to study with master artists and teach textile skills that were at risk of being lost after Soviet Union control of the region. Elaine Watts and the Fabulous Shpielkes offered everyone an earful of klezmer music. Elaine Watts is a third-generation klezmer musician, and a link to a Philadelphia-style Jewish klezmer sound.

In addition to visiting food vendors, there were signs pointing the way to Lake Anne’s Cafe Montmartre, Singh Thai, and Kalypso’s Sports Tavern which offer ethnic cuisine. There were also booths with representatives from community organiza-

tions including Reston Lions Club, Cornerstones, Amnesty International and the Peace Corps. “This is an awesome opportunity to promote what the Peace Corps does and share our stories,” said Hannah Hamilton, a former Peace Corps volunteer who served in the Republic of Burundi from 1988 to 1991.

**AS PART OF THE FESTIVAL**, Reston Community Center Lake Anne is featuring Art Mirrors Culture, the Reston Multicultural Festival Intergenerational Art Exhibit. The exhibit on display at the Jo Ann Rose Gallery and 3-D Gallery runs until Oct. 5. It features works from local artists asked how art mirrors culture in their work. For more information about Reston Community Center events, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).



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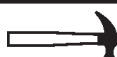
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## Pre-Chemo Peek



By KENNETH B. LOURIE

I realize, given last week's column: "Post-Chemo Week," this week's column about the preceding week (week-of, actually) of chemotherapy might be a bit bass-ackward, but it seemed reasonable to me that if you regular readers had an interest in the week-after, perhaps you'd have a similar interest in the week-before. Generally speaking, other than the anticipation that comes with knowing that your next infusion is a few days away — along with the subsequent eating/taste/after taste issues discussed in last week's column, which are also a few days away, the preceding week is easy. Most of the issues I described last week: eating/tasting, lack of sleep, depression, irritability have subsided. In fact, other than the underlying issue/diagnosis, I almost feel normal, two weeks out of every three I do, anyway. What makes the week different however, is the pre-chemotherapy lab work that I need to complete. No hardship, really. The lab is 10 minutes from my house, the wait when I arrive is usually minimal and the staff is certainly familiar after nearly six years and are always pleasant and professional. Typically, I go to the lab on Wednesday mornings, more than enough time for the results to be emailed to my oncologist to evaluate before my Friday-morning infusion. As simple and straightforward as the process is, if certain levels in my lab work are too high or too low, depending, my infusion could be cancelled. Accordingly, until I receive those results electronically (Wednesday p.m./Thursday a.m.), I am anxious and ill at ease. Skipping an infusion for such reasons has a disproportionate effect on me. Delaying a scheduled infusion by one week may or may not matter in the long run (short and/or middle, too), but to me, it feels catastrophic, especially emotionally. I don't want to miss any scheduled treatments because my lab work has indicated a potential adverse consequence. I want to remain 100-percent on track so the cancer doesn't get any ideas that it's safe to come out and harm. For all I know about such medical realities, the week off may actually give my body some much needed rest. Or it may not. Who knows, really? And my oncologist can't say for sure either. Still, I'd rather not stop — or have to stop. Stopping the infusions has been suggested previously. Over the course of the previous 67 months of treatment, situations have presented themselves that have caused Team Lourie to consider stopping/taking a break from treatment. I have always opted to continue. And so long as my body continues to tolerate the treatment — as indicated by my every-three-week lab work (and any associated symptoms), life, as I've come to know and appreciate it, can go on. However, if my lab work — and the inevitable retest — indicates otherwise, I may be in trouble. This week preceding is when I will know first hand if this party is beginning to break up. Other than that...

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

## News



PHOTOS BY RYAN DUNN/THE CONNECTION

**Members of the Woman's Club of Fairfax pose for a photo near the Reston Town Center. Mary Driver Downs (right) a full time caregiver gave some remarks before the walk began.**

## Walk to Support Alzheimer's Research

FROM PAGE 11

dation." Cassie Rosser was one of several persons who shared what it was like to have a family member struggle with Alzheimer's disease.

Mary Driver Downs, a full-time caregiver and Alzheimer's Association Ambassador spoke briefly about her experience in caring for her mom, Helen, who has Alzheimer's. Downs recognized support she has received through friends and the Alzheimer's Association.

Downs participated in the 2014 Reston Walk with members of the Woman's Club of Fairfax. "Mary does so much, she is such a great advocate," said Ellie Schmidt, member of the Woman's Club of Fairfax and council member for the city of Fairfax.

Aubrey Winger, captain of a team of family members and friends, also attended the Reston walk. Winger shared how witnessing the effects of Alzheimer's inspired her to participate in the walk so families will not have to go through the devastating loss of the mind of a loved one.

Tim Belanger, board member with the Alzheimer's Association National Capitol Area Chapter, thanked sponsors of the event, and reminded everyone that although the walk was in September the organization has until the end of November to achieve their fundraising goal. This year the chapter has a goal of raising \$205,000. Belanger named event sponsors including The Connection Newspapers, which joined as a media partner with WJLA and WTOP Radio.

After registering, participants had the opportunity to collect a Promise Flower.



**Participants in the 2014 Walk To End Alzheimer's exit onto Market Street. The event had more than 1,000 registered participants and 175 teams.**

Through color, Promise Flowers represent the diverse reasons participants have gathered. Walkers could write a personal message on their Promise Flower to strengthen their dedication. Everyone at Reston Pavilion was asked to raise their Promise Flower before beginning the walk, creating a garden. The one-mile route was soon flooded with those on foot and in wheelchairs. The Alzheimer's Association website, www.alz.org, provides information, resources and support, as well as a 24/7 Helpline.



# Parking Woes on the Silver Line?

Lack of parking at some stations, many choices at others.

BY REENA SINGH  
THE CONNECTION

**A**lthough residents were warned that there would be a dearth of parking at some of the Silver Line Metro stations, the reality has left many frustrated.

At the Tysons Corner station, it's the lack of parking, and the Wiehle-Reston East station, it's the confusion between the Metro and Comstock parking, that have resulted in area officials scrambling to clarify details and answer questions.

There is no parking available at the Greensboro, Spring Hill and Tysons Corner Stations. At the McLean station, there is a non-Metro parking lot for 700 vehicles.

"What I'm hearing right now is that there isn't enough parking near the Spring Hill station," said Dranesville Supervisor John Foust. "We provided those spaces in the McLean station that have been dramatically underutilized."

He said that the Board of Supervisors recently approved another parking agreement with a non-Metro space for 100 vehicles in Tysons.

Tysons Transportation Administrator, Moira Bindner, agreed that the CityLine lot at the McLean Metro station is being underutilized.

"The challenge is that they aren't park-and-ride lots," she said. "They're privately owned lots." That means if a rail rider expects to pay a certain price to park all day or park free on the weekends, they will be in for a surprise when they get back to their car at the end of the trip.



**A lack of signs by the Metro parking and inside the Wiehle-Reston East station has lead to confusion among some rail riders.**



**Rail passengers at the Wiehle-Reston East station head to the exit.**

PHOTOS BY REENA SINGH/THE CONNECTION

"It's going to take a little time for commuters to see that they have new choices," Bindner said.

**TYSONS PARTNERSHIP TTA** is in charge of making transportation more efficient in the urban center. Bindner said there was more grumbling about the shuttle station.

"Metro wants to get the system to settle in before any actions are done," she said.

Even with the complaints, Silver Line ridership is already more than expected.

"Ridership for the first year was expected to be 20,000 people," she said. "In the last few months, we've already reached 15,000

people."

The biggest ridership boom is expected during the holidays as people in D.C. and southern Fairfax County come to Tysons Corner to shop for gifts and enjoy the new festivals.

"It's going to be a silver lining of a holiday season with the Metro stations," she said.

McLean Citizen Association said that while some of the board members do not find parking at the McLean station to be an issue, they have heard complaints about the mounting traffic congestion and the parking problems at other stations.

"My personal experience since I drive on

123 every day between International and Great Falls/Lewinsville is that traffic on 123 is congested near the McLean station during rush hours," said MCA Vice President Glenn Harris. "This is exacerbated by the construction at the corner of Anderson Road and 123, but this does not appear to be related to the Metro stop."

**THE WIEHLE-RESTON EAST** station's complaints are not because there is a lack of parking. The station currently has a 2,300-car garage.

Many people who park at the station, however, are confused by the lack of signage with the Metro parking and Comstock private garage, according to Comstock Companies Director of Communications Maggie Parker. "We are constantly working with our partners to streamline things," she said. "It's really only when you open to the public that you see how other eyes view the signage."

She said that the Comstock garage is all underground — and was completed before the station was open. The construction on top of the garage is a high-rise apartment building.

"1,000 spaces are available in the Comstock garage," she said. "They were built for the interim period before the high rise building was completed."

Once the apartments are occupied, those spaces will be reserved.

She said the Comstock garage will charge an hourly fee every day of the week and does not accept payment with Metro Smart Trip cards. "If you go in and receive a ticket from a machine, you have entered private parking," said Parker.

For up-to-date information about the Silver Line Metro stations, visit <http://silverlinemetro.com>.

## VIEWPOINTS

How often do you ride the Silver Line and how do you feel about the service and Wiehle-Reston East station so far?

— REENA SINGH



**Beth Clardy, Reston, Job Developer**

"I ride it a couple of times a week. The signage could be a little more clear. The other thing that is confusing for some people is that they don't know which elevator goes to the garage you parked your car."



**Matt McMahon, Oakton, George Mason University Student**

"I normally ride the Orange Line. I live right by the line, so I can choose which to take. There was parking here, but I don't think there was any for a while. The biggest complaint is that there are no buses in Oakton."



**Shirley Bloomquist, Great Falls, Educational Consultant**

"This is my first time riding. I had difficulty finding a parking place. I had to drive around for a bit to find a spot that wasn't platinum reserved. Navigating to get to the right place was challenging. There was someone to help when I got a ticket, which is a positive."



**Darlene Edwards, Herndon, Government Contracting**

"This is my first day. I could not figure out the parking. This one is for reserved. This one is for low emissions vehicles. But riding the train itself was no problem."



**John Montgomery, Cascades, Government Contracting**

"I ride it almost every day, four days a week, and I take the Loudoun County bus to go to the Cascades. We don't drive here, so no parking necessary."