

# Reston CONNECTION

Monica Kelly, of Woodbridge, is almost as wet as her dog Link, a 1-year-old American field lab, after his vigorous demonstration of his diving skills in DockDogs event on Saturday, Sept. 12 at Lake Anne. Link is new to the sport of canine aquatics, but he looked like a real veteran as he watched carefully for the signal from Kelly, then went for a "high and wide" move with his eyes always on the prize - a neon-yellow tennis ball.

## DockDogs Highlight Lake Anne Pet Event

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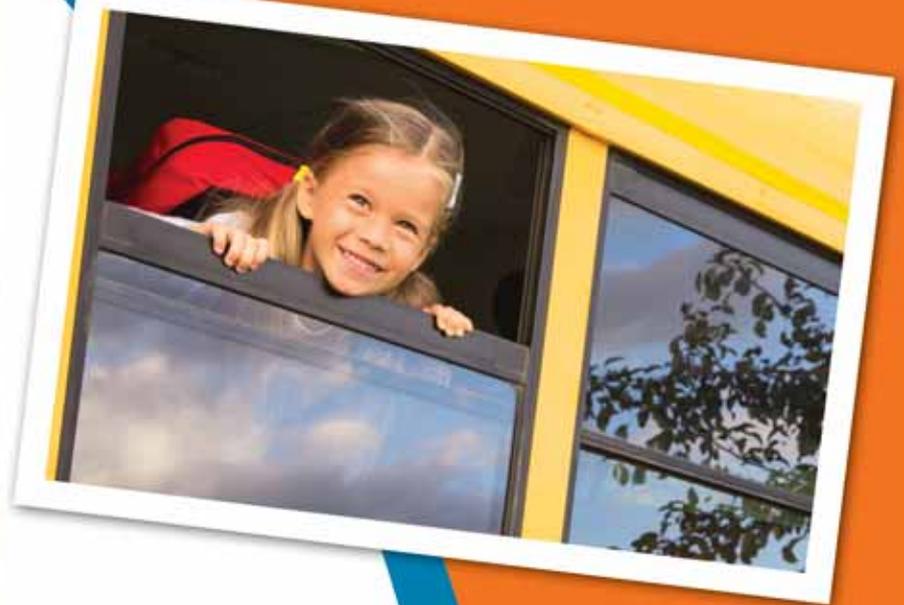
## Shelter, Library, and an 11-page Plan

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## Courage Wall At Wiehle-Reston East Metro Station

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**Waiting: The line forms for the dog “aquabats” from Chesapeake DockDogs getting ready to take their turn retrieving a prized toy from Lake Anne Plaza in Reston, during the Sept. 12 Pet Event and Adoption Fair.**



PHOTOS BY ANDREA WORKER/THE CONNECTION



**Lisa gives bonded pair Lily (left) and Buddy (right) a safe haven in the midst of the crowds at the Pet Event at Lake Anne. Lisa volunteers with New Love Animal Rescue and was eager to show off the loving nature of these two 7-year-old-ish adoption candidates. “They would make someone the best, lay-in-your-lap dogs. Real, true companions,” she said.**

## DockDogs Demonstration Highlights Lake Anne Pet Event

BY ANDREA WORKER  
THE CONNECTION

**P**etMAC Marketplace and Adoption Center in Lake Anne Plaza, Reston, hosted another Pet Event on Saturday, Sept. 12. World Champion dogs from the Chesapeake DockDogs Club provided the thrilling entertainment for the pet expo and adoption fair.

Vendors and pet service providers like The Hope Center, Dog Gone Fitness, and locally-made Golden Nugget Dog Treats were careful to set up their exhibits a fair distance from lakeside to escape the splashing and watery shake-off of an impressive collection of ca-

nine aquatic athletes. The spectators, on the other hand, seemed quite content to “participate” by sitting or standing close enough to the action to ensure at least a sprinkling. Some of the younger audience members went for the complete-soak experience.

The Chesapeake DockDogs are a regional affiliate of the DockDogs Club that sponsors judged canine aquatic competitions around the world. This chapter performed at Lake Anne last May and according to PetMAC owner Cindy Williams – and attested to by the size of the crowd watching the action – they were back by popular demand. At this weekend’s non-competitive outing, someone must have forgotten to tell the “swimmers”

that there weren’t any prizes or trophies on offer for today’s efforts. Each four-legged contender made a splash both physical and figuratively. Some showcased their vertical leap prowess, while others pushed the limits on just how far out from the dock they could reach before those four feet finally hit the water. All of them performed to enthusiastic applause.

There was another, non-performing but equally important group of canines on hand, winding their way through the crowds - and with any luck, through their hearts - as well. These were the “guests” of Herndon-based New Love Animal Rescue group, being led by an army of volunteers and foster parents, wearing bright red bandanas to signify their

availability for adoption. PetMAC works with several area animal welfare groups to spotlight these animals seeking their “forever homes” and conducts numerous events like this one to help bring potential families and new pet members together.

If you missed this family fun event then you missed a doggone treat! But you do have another chance to see the DockDogs in action, and maybe find your next furry BFF at the next PetMAC sponsored Pet Event on Saturday, Oct. 17. Keep up to date with PetMAC happenings at [www.petmac.org](http://www.petmac.org) or stop by the store in Lake Anne Plaza to visit and check out the treats and eats for your canine or feline companions.

## Courage Wall At Wiehle-Reston East Metro Station

**Public has opportunity to participate in art project.**

BY RYAN DUNN  
THE CONNECTION

**F**rom Sept. 2 to Sept. 26, visitors at the Reston Silver Line Station are able to see an interactive art project, a chalkboard called the Courage Wall. The chalkboard has been set up along construction fencing at the Wiehle-Reston East station, and encourages the public to write in an ending to the sentence, “I wish I had the courage to...” The public art project is sponsored by Comstock Partners and Alexandria resident Nancy Belmont. “I think they chose the right location,” said Mary K. Cieslak, a resident of Reston who uses the Silver Line in her commute. Cieslak used a piece of chalk to write her goal, engagement in visual media projects. “Here, people can reflect on what they are working on now and what they want,” said Cieslak.

Belmont has stationed The Courage Wall at other locations including the Alexandria neighborhood of Del Ray, not far from the office of her strategy and communications company, Belmont Inc. The chalkboard welcomes people to



PHOTO BY RYAN DUNN/THE CONNECTION

**A chalkboard has been set up along construction fencing at the Wiehle-Reston East station, and encourages the public to write in an ending to the sentence, “I wish I had the courage to....” This art project closes Sept. 26.**

share their goals. Belmont said her project was inspired by a TED Talk by New Orleans artist Candy Chang. In July, the Courage Wall moved to Ballston, Arlington for two months. “It is extremely creative, and it lets people say what is on their minds,” said musician Lang Freeman.

Freeman, a member of the band The Rocketboys, took the opportunity to write on the Reston Courage Wall after visiting Washington, D.C.

The Courage Wall at Reston is maintained by staff and volunteers associated with Comstock Partners. At different points in the day, half the chalkboard is cleared to give room for new entries. The wall will remain up until Sept. 26, when it will be replaced with a new art project, the photo project “We Make Reston.” The Courage Wall is 80 feet long, and features languages, including English, Spanish, Vietnamese, Korean, Chinese, Arabic and Hindi. Comstock Part-

ners suggested adding additional languages as Reston has a diverse community. Wiehle-Reston East is the current final station of the Silver Line, and many commuters pass by the Courage Wall on their way home. “Many people walk out and see this piece of public art,” said Latonya Mack, an employee at the Reston Station.

A special event at Reston Station will be hosted by Belmont on Thursday, Sept. 24, at 7 p.m. Belmont will interview people who displayed courage to make changes as part of a “Courage Conversations” discussion. “The whole purpose is to help people uncover the fears that are holding them back,” said Belmont. Once Comstock Partners heard of the success of The Courage Wall, Belmont was invited to bring her project to Reston. Several other locations, including one in Virginia, have expressed interest in hosting the Courage Wall. “I am meeting so many interesting people in this process... I love that,” said Belmont. Parts of the Reston Courage Wall were created at Belmont’s home in Alexandria. “I put some good energy into that project as I was painting it,” said Belmont. Volunteers from Alexandria’s T.C. Williams High School also helped with the project.

## NEWS

# Shelter, Library and an 11-page Plan

**Move shelter into Cameron Glen and library into the shelter, RCA proposes.** **Get Involved**

**Reston Town Center North Dialogue**

**SATURDAY, SEPT. 19**

9 a.m. to 1 p.m.  
Reston Community Center at Lake Anne  
Rose Gallery Room  
1609-A Washington Plaza, Reston

BY KEN MOORE  
THE CONNECTION

**R**eston Citizens Association has an 11-page, seven-step plan for Reston Town Center North, its library and Embry Rucker Community Shelter.

“We suggest that the county renovate the vacant Cameron Glen facility and move the Embry Rucker Community Shelter into this space. We recommend that the County build a new and larger library on the former Embry Rucker Community Shelter site using the approved \$10 million bond as a starting point,” according to Reston Citizens Association.

Supervisor Cathy Hudgins promises a community dialogue meeting this Saturday, Sept. 19 regarding the future of Reston Town Center North and “vision for delivery of services,” from 9 a.m. to 1 p.m. at the Reston Community Center at Lake Anne.

Hank Schonzeit published RCA’s White Paper, “Reston Town Center North Redevelopment,” on Sept. 8 after RCA met with library officials and representatives from Cornerstones which manages the Embry Rucker community shelter.

RCA developed its own list of goals, concerns and

Supervisor Cathy Hudgins will host a “community dialogue meeting” this Saturday, Sept. 19, to discuss evolving needs in Reston and the North County area, including the regional delivery of human services and the redevelopment of Reston Town Center North.

Rob Stalzer, Fairfax County deputy county executive and Andrew Miller, project coordinator, and staff will discuss the County and Inova’s efforts to fulfill the Comprehensive Plan vision for the Town Center North-Mixed Use Area, including the most recent Request for Proposal (RFP) process and potential development scenarios that may be considered for Reston Town Center North.

Hudgins says “the goal is to have the community identify key services, and vision for delivery of services in the region and within the RTCN footprint.”

Fairfax County Deputy County Executive Patricia Harrison and staff will highlight the proposed health, housing and human services community input process.

See <http://www.fairfaxcounty.gov/dpwes/restontowncenternorth> for additional information regarding the project, including maps, timeline, and benefits.

questions along with a proposal for the redevelopment of Blocks 7 and 8, according to RCA.

“Many of the attendees expressed concerns about the future of the library and the Embry Rucker Com

SEE RCA, PAGE 5



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# NEWS

## Shelter, Library & an 11-page Plan

FROM PAGE 4

munity Shelter, and the possibility that services would be compromised if these facilities were moved to temporary locations or their redevelopment was delayed until the development of further blocks. Other concerns included the lack of any community oversight and uncertainty regarding the developers' adherence to Reston's Master Plan guidelines," according to Schonzeit.

"We recognize the perceived challenges in placing a homeless shelter in the midst of market priced housing. We are proposing an approach that may serve to address this challenge as well as many of the community's concerns," says RCA.

### RCA PROPOSES a seven-step course of action:

1. Renovate the vacant Cameron Glen facility to accommodate Embry Rucker Community Shelter services and staff on an interim basis while a more permanent facility is built, in the process providing more than twice the space of the current shelter. (Cameron Glen already includes an institutional kitchen, sleeping areas, and access control.)

2. Relocate the Embry Rucker Community Shelter and Cornerstones staff to Cameron Glen.

3. Dismantle the Embry Rucker Community Shelter building.

4. Build a new 60,000 – 80,000 square foot flagship library on the former Embry Rucker Community Shelter land (plus adjacent land) using the available bond funds and proffers from the contract awardee.

5. Relocate the library to the new building.

6. Build new housing and commercial space on the old library site.

7. Develop a new home for the Embry Rucker Community Shelter within Blocks 1, 3 or 5.

### THE LIBRARY IS UNDER

siege, says RCA. "The library budgets continue to be cut and many staff positions have been left unfilled. ...

"Given this atmosphere, RCA is concerned that the library will be moved to temporary quarters and remain there for years, as have the classroom trailers around Reston."

"And although there may be proffers available to supplement the \$10 million in Library bond funds to build an expanded library, we are concerned that there would be little funding available for building a new Embry Rucker facility."

### RESTONIANS ARE PASSIONATE

about the library, Reston's commitment to social action and the community, according to Reston Citizens Association. "For several years, the community has been concerned about the future of Reston as it continues to grow. Concerns regarding traffic, safety, congested schools, and disappearing open space have caused people to question whether Reston is losing the special quality that makes it so attractive," Schonzeit wrote.

"The redevelopment of RTC North is a chance to assure Restonians that the County is committed in maintaining or enhancing Reston as a highly desirable place to live, work, play."

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## Treatment Denied Syndrome

Natasha McKenna's blood is on all of our hands.

BY PETE EARLEY

Natasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome.\* Commonwealth Attorney Raymond F. Morrogh's 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabilized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel's solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was

further abused in death. Relying on "junk science," Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna's death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Organization.

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail. Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being demonically possessed, the Commonwealth Attorney stripped away what little dignity was left for this woman whose only real crime was that she got sick.

The release of a sheriff's video of McKenna being removed from her cell — naked and afraid — visually disputed Morrogh's characterizations. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as

McKenna from being incarcerated. Nearly 50 community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being suggested by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who's to blame?

Like the biblical Pontius Pilate washing his hands of Christ's blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness. Thanks to Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but perpetrator of her own death.

The unanswered question is whether Fairfax County — its leaders and its citizens — have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do — after all, Natasha McKenna was mentally ill.

\* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation's lack of mental health services and callous disregard for persons with mental disorders.

*Pete Earley is author of 13 books including the New York Times bestseller "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.*

COMMENTARY

### LETTERS TO THE EDITOR

## County Proposes to Bulldoze Reston Library and Homeless Shelter

To the Editor:

We look to our elected and appointed officials to support our communities and to work to improve the lives of all our citizens, including our children, our seniors, young graduates, recent arrivals to our country and even the most disadvantaged among us. Two institutions in Reston epitomize this sense of caring and hope for the future - the Reston Regional Library and the Embry Rucker Homeless Shelter. How can it be then, that our elected and appointed officials are working to physically tear down both of these institutions with no announced plans to replace them, leaving the residents of this region poorer both in education and in spirit?

The County recently announced its intention to redevelop an ex-

tensive area in North Reston. This area is divided into eight sections. Six of the sections have little or nothing of significance in them. Two contain the Library and the Shelter. Guess which two the County wants to bulldoze?

The County proposes to turn this land over to a "Public/Private Partnership" to redevelop into commercial, retail and residential high rises, and "public facilities." They have said repeatedly the "public facilities" may include a new library and shelter in the mix if the developer chooses to do so. Or they may not. And the County does not guarantee any replacement will be of the same size or offer the same services, much less anything better.

The County is approaching this backwards. Their first priority should be to serve their constituents. In 2012 the citizens of Fairfax County approved a \$10 million bond specifically to either build a new regional library in Reston or to significantly expand and improve the current facility in keeping with our population growth. Three years later they have done nothing.

Given the County's actions with respect to our libraries in recent years - the massive destruction of books, particularly children's books, the cutback on hours of operation and repeated attempts to downgrade the professional qualifications of our librarians - a certain skepticism is prudent. But the County has an opportunity to restore confidence in its commitment to the public:

First, in the case of the library, by publicly stating what their plans are - three years after the bond passed - on remodeling or replacing existing facilities.

Second, by confirming the will of the electorate that any new library structure will be of greater size than the current facility with a full book collection and at least the same number of dedicated parking spaces as well as improvements that will make it a viable library in a community whose population and employment the County projects will double in a quarter century.

And third, by doing what should have been done years ago and establishing a Citizens Task Force to be involved in all phases of the

planning process. Oh, and any new structures should be built before the old ones are demolished. This is what was done with the new and old North County Government Centers and it makes a lot of sense.

There is no reason we have to destroy the best parts of us just for the sake of a few dollars of new tax revenue for the County. After all, revenue for the County is supposed to be used to support the citizens of Fairfax - like by having a library people want and use and a homeless shelter to catch those who would otherwise fall through the cracks.

Ambassador **Dennis K. Hays** (ret.)

Chairman, Fairfax library Advocates

Fairfax Library Advocates

## A Thank You to Connolly

To the Editor:

Thank you Rep. Gerald Connolly for co-sponsoring the HOPE for

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# COMMENTARY

## Keeping Voters Informed

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

Virginians can access state government programs and services through a single internet portal, [www.virginia.gov](http://www.virginia.gov) that is nationally recognized as one of the best among the states. Fully searchable by need, program, or service with over 90 language options, accessible 24/7 on the web and promoted through social media, the site brings government closer to the people. Virginia government has not always been so open to citizen inquiry. In my earliest years in the legislature there was no directory of state agencies or services. The state chamber of commerce published a textbook-like description of state government that was helpful in identifying some of the smaller agencies, but then you had to track down an address and phone number. In my legislative office we started to make an index card for every agency or program with contact information as we got to know it. My shoebox of index cards became a valuable and useful resource. In order to make the information I had collected available to others, I started in 1989 to publish a 24-page Citizens Handbook. It listed the principal agencies of state government with a short description of their responsibilities, address,

and phone numbers. The booklet proved popular with citizens and with businesses, organizations, and other levels of government who dealt with state government. Last week I issued a new edition of the handbook that has changed dramatically over the years. The most recent handbook prior to last week was a listing of state websites. The current issue introduces voters to the Virginia portal, [www.virginia.gov](http://www.virginia.gov). The other very important feature of the current issue is an introduction to constituents of two important websites that can help answer the question, "How is Virginia government doing?" The Commonwealth Data Point site, [www.datapoint.apa.virginia.gov](http://www.datapoint.apa.virginia.gov), provides citizens with vast amounts of data from which conclusions can be reached on how the state is doing. A second site, [www.vaperforms.virginia.gov](http://www.vaperforms.virginia.gov), evaluates the data about Virginia state government, compares it with available indices and metrics and with other states and attempts to evaluate services. Since the website portal provides all the information that was in previous editions of my Handbook, I have used the available space for my Voter Guide that previously was a separate publication. Voters can vote for candidates in 10 separate elections, and I have included my choices for the districts that overlap mine. If you did not receive a copy or would like additional copies, email [kenplum@aol.com](mailto:kenplum@aol.com).

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# Ending Bullying

**Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.**

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from

smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying. "Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy practice.

When offering in-the-moment strategies

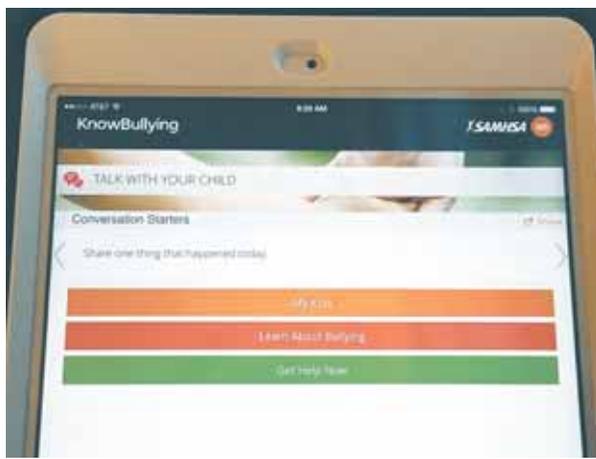


PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.**

**"If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them."**

**— Amy Best, chair, Department of Sociology and Anthropology, George Mason University**

for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best, Ph.D., chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities. "Peer groups assume much greater impor-

tance for kids and kids are more self aware than they had been previously. There's not a lot of cross-gender or cross-race bullying."

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

"The hard part is when kids don't want to talk about it, but parents should have on-going conversations with their kids," said Best. "It's useful to be able to create spaces where kids feel comfortable sharing."

SEE ENDING BULLYING, PAGE 12

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Wicket Club Coach Midhun Lal, owner Shaista Chaudhry and Dev Santosh.



Nate Garland lifts off as he bowls.

PHOTOS BY MEREDITH BILLMAN MANI

## Wicket Club Aims to Make Cricket the New Baseball

### Popularity of cricket soaring in Northern Virginia.

BY MEREDITH BILLMAN-MANI

**W**icket Club in Sterling is a magnet for young cricket players from Northern Virginia. It's one of the few indoor cricket facilities on the east coast and immediately found an audience with the Southeast Asian cricket community when it opened in 2012. Initially only for adult players, but the need for a space for children to also learn and play cricket soon became apparent.

There are outdoor leagues playing all over Fairfax and Loudoun Counties on the weekends. Lake Fairfax Park in Reston even has an outdoor pitch for the summer games hosted there for the Washington Cricket League.

Like many first generation Indian Americans, Wicket Club owner Shaista Chaudhry, grew up in Mumbai, India playing cricket. "I loved cricket when I was a kid in India. I was even suspended as a kid once for instigating running away from school to play cricket," laughs Chaudhry who now lives in Reston with her husband.

In 2013 Chaudhry, the mother of two grown sons, realized there was a lack of qualified cricket coaches for children. She wanted children to be able to learn the fundamentals of the game, understand the rules and develop their skills in bowling, fielding and batting. Wicket Club soon began running popular seasonal camps and weekend leagues as well as offering one on one coaching.



Arjun Alagappa at bat

There are now two cricket coaches at Wicket Club, Madhun Lal and Dev Santosh. Lal recently graduated and has signed on to coach with the club for a year. "He is the only ICC Level II coach in the area. We are very, very lucky to have him here," said Chaudhry. The International Cricket Council (ICC) is the governing body for the sport and oversees 105 participating countries.

"We get kids that it's their first time playing or they want to come in and smash the ball. We take these kids and teach them how to play. This sport helps them focus. Helps with patience. It helps build the daily skills that any job will require," explains Lal.

### CHILDREN AND ADULTS

both seem to thrive under Lals tutelage. He has a passion for the game that comes out even after he has been playing for hours. "Anyone who comes here, they are going to build on what they came here with. I promise that. Playing indoors and outdoors is different. This is easier for kids. It is easier to teach them without them being distracted," explains Lal. Indoor cricket conditions are temperature controlled, consistent light, no bugs and none of the irritants that children can be bothered by and lose focus from. "All international players practice indoors and outdoors. As a player I can say when I play outdoors it changes the whole mentality," said Lal. Wicket Club also has an outdoor pitch where they can take students to show them how the ball reacts differently on grass.

Many South Asian immigrant parents are uber focused on education and their children are not participating in the sports teams that some of their peers do, like

baseball and football because those games weren't played in their home countries. Chaudhry says most of her students come from Great Falls, McLean, Reston, Vienna and Loudoun but their parents came from generally either India or Pakistan, with a few other cricket playing nations represented. "Parents are becoming aware that just being a geek is not enough. There is that awareness now. Where they wanted kids to do karate a while ago, they are doing this now," says Chaudhry. Most Ivy League colleges have a cricket team and because the sport is growing in America some wonder if more colleges won't look at cricket players

for scholarships in the near future.

In the nearer term, some parents are finding cricket as a way to connect with their children. Parents can come with their child to bat and bowl. Carl Garland grew up in Great Britain and played cricket on the street and in school. He came to the U.S. and married an American and settled in Northern Virginia. They tried baseball for their 9-year-old son Nate but it wasn't a good fit for him. Garland found Wicket Club and both he and his son have found a game they enjoy playing.

"Socially this just worked better for Nate. In baseball all the lads come from the same school and Nate didn't know any of them. Here no one comes from the same place so all the lads get on well together. There are good coaches and a good group of lads to play with. It's amazing the progress he's made," said Garland.

Raji Ganguli's 10-year-old son plays cricket at the club. "Cricket is not confined to India. It is picking up in the U.S. as well and hopefully we will get a bit of diversity with more kids playing," said Ganguli. Lal said they have recently had an uptick in Hispanic kids enrolling to learn the game. These kids saw boys playing cricket in their neighborhood, started playing with them, and wanted to learn more so they came to Wicket Club.

**EIGHT YEAR OLD** Arjun Alagappa plays cricket on Saturday afternoons at the club. "They teach me so much and I'm working so hard," said Alagappa. One of the reasons he said he wants to learn is so he can take the game back into his neighborhood. "They really want to play cricket with me. When I'm playing cricket with them, they are learning. I'd say cricket is way more popular than baseball." Not quite yet, but you never know.

For more information, visit [www.wicketclub.com](http://www.wicketclub.com)

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# CALENDAR



**Join the Herndon community on Sept. 19 for Family Fun Day to help the five teens that were in the tragic accident in Texas, in which three Herndon teens died. This will be a day of healing and remembrance for friends and families. There will be mini golfing, art, hula hooping and much more at Woody's Golf Range, 11801 Leesburg Pike from 11 a.m. - 4 p.m.**

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.

## THURSDAY/SEPT. 17

**Meditation with Gerry Gorman.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn simple techniques to help you deal with the stresses of everyday life. Adults.

## FRIDAY/SEPT. 18

**Double Symphonies.** 7:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Pro Arte Chamber Orchestra of Greater Washington season opener. Tickets: \$10-\$25. [www.PACODc.org](http://www.PACODc.org).

**Flannel Friday.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Early literacy enhanced story time featuring flannel stories, rhymes and songs. Age 3-5 with adult.

**Great Decision Series.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion on the U.S. foreign policy process. September's topic is Syria's Refugee Crisis. Discussion materials will be available two weeks before the event.

## SATURDAY/SEPT. 19

**Susco 8K.** 8:30 a.m. South Lakes High School, 11400 South Lakes Drive, Reston. Running for brain aneurysm and organ donation awareness. [www.susco8k.com](http://www.susco8k.com).

**Family Fun Day.** 11 a.m. - 4 p.m. Woody's Golf Range, 11801 Leesburg Pike, Herndon. A Family Fun Day to help the five teens that were in the tragic accident in Texas, in which three Herndon teens died. A day of

healing and remembrance for the friends and families. There will be mini golfing, art, hula hooping and much more fun.

**Reston Farmers Market.** 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston.

## SUNDAY/SEPT. 20

**Family Fun Day.** 2-4 p.m. Lake Anne Plaza, Reston. Join the Reston Historic Trust & Museum and Robert E. Simon, Jr. for Family Fun Day and Membership drive on Lake Anne Plaza. There will be live music, children's activities, beer tasting, and fun for the entire family. [www.restonmuseum.org](http://www.restonmuseum.org)

**Celebrating Jaguars with Nation's Capital Jaguar Owners Club.** 10 a.m. - 3:30 p.m. Reston Town Center Pavilion & Market Street. NCJOC presents its 51st Annual Concours d'Elegance judged car show. Displays from the 1927 Swallow to the new Jaguar F-Type, and Concours celebration of a "Salute To Our U.S. Veterans!" [ncjoc.org](http://ncjoc.org).

## MONDAY/SEPT. 21

**Mr. Knick Knack.** 10:30-11:15 a.m. Reston Town Center, 11900 Market St., Reston. Unique, heart-centered music for kids and their grown-ups. Free. [restontowncenter.com](http://restontowncenter.com).

## TUESDAY/SEPT. 22

**Fun Run.** 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social.

SEE CALENDAR, PAGE 13

## Ongoing

**JamBrew.** Every Friday in September, through Sept. 25. 6-10 p.m. Town Green, 777 Lynn St., Herndon. Outdoor music festival. <http://jambrew.com/>.

**Celebrating Vintage Disney at ArtInsights.** Through Oct. 6 at Reston Town Center, 11900 Market St., Reston. Original production art from classic Disney movies for fans and Disney lovers of all ages: Snow White, Sleeping Beauty, Aladdin, Beauty and the Beast, and many more. 703-478-0778 [artinsights.com](http://artinsights.com)

**"Ephemeral" Exhibition at GRACE.** Through Nov. 14 at Reston Town Center, 11900 Market St., Reston. Explore the nature of non-permanent, three-dimensional works addressing the concept of ephemerality. [restonarts.org](http://restonarts.org)

**"No Spring Chicken."** Playing Sept. 24-Oct. 11 at NextStop Theatre, 269 Sunset Park Drive, Herndon. This one woman comedy presents a poignant and funny look at pregnancy at 40. Visit <http://www.nextstoptheatre.org/> for show timings.

### NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC. FOR APPROVAL OF A SYSTEM EXPANSION PLAN PURSUANT TO CHAPTER 28 OF TITLE 56 OF THE CODE OF VIRGINIA CASE NO. PUE-2015-00056

On August 25, 2015, Columbia Gas of Virginia, Inc. ("Columbia Gas" or the "Company"), pursuant to Chapter 28 of Title 56 of the Code of Virginia, filed with the State Corporation Commission ("Commission") an application for approval to implement a System Expansion Plan ("System Expansion Plan" or "Plan") ("Application"). The Company states in its Application that its Plan "is a natural gas infrastructure expansion plan designed to deliver natural gas service to customers located in unserved areas within the Company's service territory by providing an alternative method of collecting the uneconomic portion of the investment related to infrastructure expansion projects."

According to the Company, cost-prohibitive up-front contributions in aid of construction to cover the uneconomic portion of such investment have become a significant impediment to the expansion of natural gas service in the Company's service territory. Columbia Gas has proposed an alternative method, whereby the costs associated with the uneconomic portion of the expansion investment will be directly borne by the beneficiaries of the new infrastructure, which will enable the Company to economically serve new and expanding unserved markets on the periphery of its existing infrastructure. Accordingly, the Company states that the proposed System Expansion Plan is reasonable and prudent, and in the public interest. The Company states further that the proposed Plan will advance the energy policy goals of the General Assembly of Virginia to expand natural gas infrastructure.

The Company proposes to implement its System Expansion Plan over a five-year system-wide investment period. The Company further proposes to recover the cost of service ("Plan Cost of Service") associated with Eligible Expansion Investment through a fixed monthly rider ("MAIN Rider") applicable only to those customers receiving service at residential or business premises benefiting from the infrastructure installed pursuant to the Plan ("Affected Customer")

The Company projects a level of Eligible Expansion Investment of approximately \$3.6 million (with the ability to exceed this amount by no more than 10%), which consists of the aggregate investment assessed by the Company to be uneconomic - up to the maximum level of investment per Affected Customer - associated with system expansion projects projected to be undertaken by the Company during the five-year Plan period. The Company estimates the Plan Cost of Service associated with the Eligible Expansion Investment to be \$8,476,655, which includes a return on investment, revenue conversion factor, education and outreach expense, depreciation, and property taxes.

Columbia Gas projects a total of 5,319 Affected Customers during the Plan period. The Residential, Small General Service 1, and Small General Service 2 customer classes are eligible for participation in the Plan. The Plan Cost of Service on the Eligible Expansion Investment will be recovered through the MAIN Rider from all customers at a premises receiving natural gas that benefits from Eligible Expansion Investment for the period of time that the MAIN Rider is billed to that premises, which the Company proposes to be in effect for a period of 20 years for each such premises. The Company proposes to assess a monthly MAIN Rider of \$6.63 to be applied to all Affected Customers, which will appear as a separate line item on their bill. In its Application, Columbia Gas has proposed tariff revisions related to the System Expansion Plan, which the Company proposes to become effective beginning with the first billing unit after the necessary information technology ("IT") programming and accounting processes are in place. The Company anticipates this to be no later than December 31, 2016, and states that it will provide a timetable reflecting a more precise implementation date in the course of this proceeding when the scope and timeframe for associated IT is known.

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

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

The Application and the Commission's Order for Notice and Comment are available for public inspection during regular business hours at each of the Company's business offices in the Commonwealth of Virginia. Copies also may be obtained by submitting a written request to counsel for the Company, T. Borden Ellis, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. If acceptable to the requesting party, the Company may provide the Application by electronic means.

Copies of the Application and documents filed in this case also are available for interested persons to review in the Commission's Document Control Center, located on the first floor of the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 8, 2015, any person interested in participating as a respondent in this proceeding shall file a notice of participation. If not filed electronically, an original and fifteen (15) copies of a notice of participation shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. Pursuant to Rule 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"), any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUE-2015-00056.

On or before October 8, 2015, any interested person may file with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118, written comments on the Application. Any interested person desiring to submit comments electronically may do so on or before October 8, 2015, by following the instructions found on the Commission's website: <http://www.scc.virginia.gov/case>. Compact discs or any other form of electronic storage medium may not be filed with the comments. All comments shall refer to Case No. PUE-2015-00056.

On or before October 8, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing must refer to Case No. PUE-2015-00056 and include: (i) a precise statement of the filing party's interest in this proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall simultaneously be sent to counsel for the Company: T. Borden Ellis, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836.

The Commission's Rules of Practice may be viewed at <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice and an official copy of the Commission's Order for Notice and Comment in this proceeding may be obtained from Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

COLUMBIA GAS OF VIRGINIA, INC.

# Ending Bullying

FROM PAGE 8

**ONE ROADBLOCK** to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. “Yes and no questions won’t glean the best information,” said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. “Instead, parents should ask questions about relationships and times of day, such as: ‘Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?’”

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It’s called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen’s & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where “students can talk candidly ... about their daily hopes and

challenges,” said Linda Stratton, director of communications at the school. “These groups also take leadership in fostering a community of respect.”

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. “If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope,” said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation. If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child’s school, the approach is important, and experts suggest sticking with specifics. “Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them,” said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md. “As a teacher or administrator, if you say, ‘Josh is a bully,’ I can’t do anything about it, but if you say, ‘Every time my son walks into Spanish class, Josh

## Bullying Resources

### Know Bullying phone app:

<http://store.samhsa.gov/apps/knowbullying/index.html>  
<http://www.stopbullying.gov/>  
<http://www.stopcyberbullying.org/>  
<http://www.tolerance.org/>  
<http://character.org/key-topics/bullying-prevention/>

### Fairfax County Public Schools:

<http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml>

### Virginia Department of Education:

<http://www.doe.virginia.gov/support/prevention/bullying/>

“... dumps his notebook on the floor,” then I can address it.”

**AVOIDING LABELS** also helps when confronting the child who is suspected of bullying. “One of the first things we hear from students is that they shut off when they hear the word ‘bully,’” said Erin O’Malley, dean of student services at Bishop O’Connell High School in Arlington. “And we want the students to listen to us.”

“Most kids don’t want to be bullies,” added Braverman. “Addressing specific actions and behaviors allows the kid to think, ‘I’m a good person and I can modify these behaviors.’ As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I’ll help you change your behavior in any way I can, but if you do it again, you’re going home.”

Additionally, it is good for adults to focus on all parties involved in bullying. “There

are three actors: the bully, the victim and the bystanders,” Braverman continued. “The great irony is the bystanders are the ones who hold all the power.”

Braverman knows this from experience. “The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately.”

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. “Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action.”

## PUBLIC HEARING NOTICE

### Proposed Amendments to Reston Association Design Guidelines

*Thursday, Sept. 24, starts at 6:30 p.m.*  
**Reston Association**

*12001 Sunrise Valley Drive, Reston, VA 20191*

The Reston Association Board of Directors will hold a public hearing on proposed amendments to the RA Design Guidelines. All members of the association are invited to attend.

For more information, go to <http://bit.ly/1Nqn2dH>



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# CALENDAR

FROM PAGE 11

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## WEDNESDAY-SUNDAY/SEPT. 23-27

**Reston's Big Blowout Book Sale.** Sept 23: 5-8 p.m. Sept. 24: 10 a.m. - 8 p.m. Sept. 25: 10 a.m. - 5 p.m. Sept. 26: 10 a.m. - 4 p.m. Sept. 27: 12-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come and browse thousands upon thousands of great books in great condition. From the latest popular titles and classic favorites to the rare and unexpected fiction and non-fiction. The Reston Friends have something for everyone.

## WEDNESDAY/SEPT. 23

**Meet Me at the Movies-Senior Movie Day.** 10 a.m. Reston Town Center, 11900 Market St., Reston. Reston Association presents "I'll See You In My Dreams." Refreshments and door prizes provided prior to movie. Free to 55+. Information at Ashleigh@reston.org, 703-435-6530, or reston.org

## THURSDAY/SEPT. 24

**Live More Block Party.** 11 a.m. - 2 p.m. Reston Town Center, 11900 Market St., Reston. Learn the benefits of new transportation options, including Silver Line Metro, plus entertainment, face painting, refreshments, giveaways and more.

**Fun Run.** 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social.

## SATURDAY/SEPT. 26

**Reston Multicultural Festival.** 11 a.m.-6 p.m. Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit [www.restoncommunitycenter.com/MulticulturalFestival.shtml](http://www.restoncommunitycenter.com/MulticulturalFestival.shtml)

**Walk to End Alzheimer's.** 10 a.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/site/TR?fr\\_id=7382&pg=entry](http://act.alz.org/site/TR?fr_id=7382&pg=entry).

**Cooking Class at Il Fornaio.** 12 p.m. Reston Town Center, 11900 Market St., Reston. Includes three-course luncheon with wine and recipes. \$55. Tax and gratuity not included. Reservations at [banquetsRES@ilfo.com](mailto:banquetsRES@ilfo.com) or 703-437-5544.

## SUNDAY/SEPT. 27

**Stride Forward 5K and Family Health Fair.** 8:30 a.m. - 12 p.m. Reston Town Center Pavilion and Streets. Join family and friends in Pediatric Specialists of Virginia's first fundraiser to benefit all children under their care. 5K race begins at 9 a.m., followed by a Tot Trot. Create your own fundraising team or join one of the specialty-based teams. Strollers and pets welcome. Family Health Fair activities include giveaways and booths by PSV sponsors with something for everyone: health tips, recreation, kids' activities, food and music.

## MONDAY/SEPT. 28

**Mr. Knick Knack.** 10:30-11:15 a.m. Reston Town Center, 11900 Market St., Reston. Unique, heart-centered music for kids and their grown-ups. Free. [restontowncenter.com](http://restontowncenter.com)

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# Week to Weak to Week



By KENNETH B. LOURIE

As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed – emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/after-taste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please!), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

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# SPORTS

## South Lakes JV Girls Win Monroe Parker Invitational

South Lakes High School junior Devyn Jones, won the girls JV Division 1 cross country race in Monroe Parker Invitational on Saturday, Sept. 12, at Burke Lake Park (2.98 Mile Course). She is the defending Liberty Conference champion in the 100 meter hurdles and a member of the 4x400 meter team that won the Region 6A North outdoor track and field championship with a region record. This is her first year competing in cross country.



South County JV Girls won first place in Monroe Parker Invitational: From left — sophomore Samantha Lowe, sophomore Reagan Tobias, junior Jessica Lister, junior Devyn Jones, sophomore Kata Major and junior Emily Lockwood.

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## LETTERS

FROM PAGE 6

Alzheimer's Act. As an Alzheimer's Association volunteer, I urge others in Congress to follow Rep. Connolly's lead and sign on to this critically important legislation, and also consider joining him on the Congressional Task Force on Alzheimer's.

I lost my grandmother to Alzheimer's disease nearly five years ago. Anyone who has cared for a family member with Alzheimer's can attest to the emotional and economic toll of this disease. The HOPE for Alzheimer's Act would have helped my family by increasing access to diagnosis and care planning resources.

More than five million Americans are living with Alzheimer's disease. An additional 15.7 million serve as caregivers. In the coming years, the aging of the population, and the number of those

impacted by the disease, poses a national challenge – one which our leaders in Washington must address.

I can think of no better venue than a presidential campaign to have a national conversation about this issue, and I hope those running for President will support a \$300 million increase in federal funding for Alzheimer's research at NIH. Congressman Connolly, can we count on you to lead the charge in supporting increased Alzheimer's research funding to find a cure?

I'm doing my part to help find a treatment at the Northern Virginia Walk to End Alzheimer's on Saturday, Sept. 26, 9 a.m. at Reston Town Center. To learn more, visit [alz.org/nca](http://alz.org/nca).

**Michael Murphy**  
Alzheimer's Congressional Team  
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