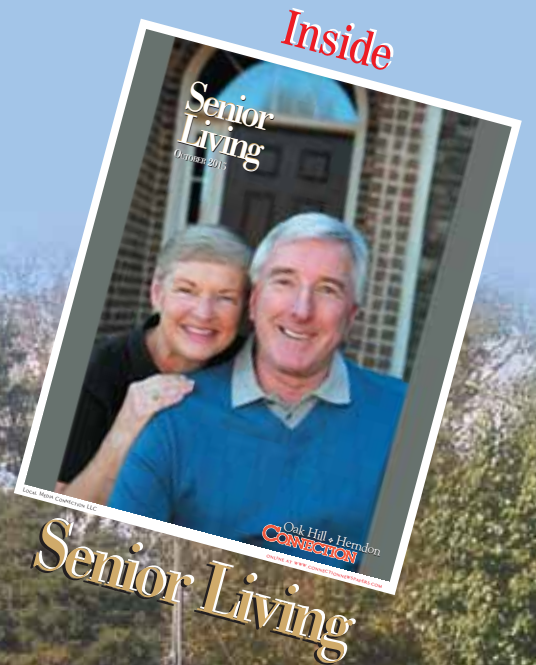


Fall Fun At Frying Pan Farm

NEWS, PAGE 4

Herndon Frying Pan Farm Park offers several popular October events. Oct. 17 and 18 are the dates of the Farm Harvest Days Celebration. This free event requires no reservations, and is a chance to shell corn, peel apples and meet farm animals at the park.



Light the Night

NEWS, PAGE 3

Weekend Food for Kids Campaign Launched

NEWS, PAGE 7

FAIRFAX COUNTY FEDERATION OF TEACHERS

**2015 FCPS
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**Congratulations to these candidates,
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See more at:

fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

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Team Zavadowski at the Light the Night Walk in Reston on Oct. 3.



Walkers carry lanterns to light the night. "It's an extremely emotional experience because it happens right at sunset," said Chris Zavadowski.

Light the Night

Herndon resident raises money to fund blood cancer research and cure in memory of her father.

By Ken Moore
The Connection

Chris Zavadowski's father Rich was diagnosed with a "rare, aggressive blood disorder" called peripheral T-cell lymphoma, non-specified.

"A nasty one," said Zavadowski.

His father endured 650 hours of chemotherapy to treat his Stage IV cancer when he participated in a research study at NIH in 2008.

And now, more than seven years later, he's not only in remission, he's said to be cured. "He beat all the odds," said Zavadowski, from Centreville.

About 1.2 million Americans battle blood cancers.

"My family has experienced first hand what a cancer study can do to save somebody's life," said Zavadowski.

His father's cancer was so rare, NIH needed years to find enough people to participate in the study that saved his father's life.

"In order to get to a cure, we need every piece of data," said Zavadowski.

He has raised more than \$140,000 for blood cancer research, including holding an annual charity poker tournament in Bethesda, Md.

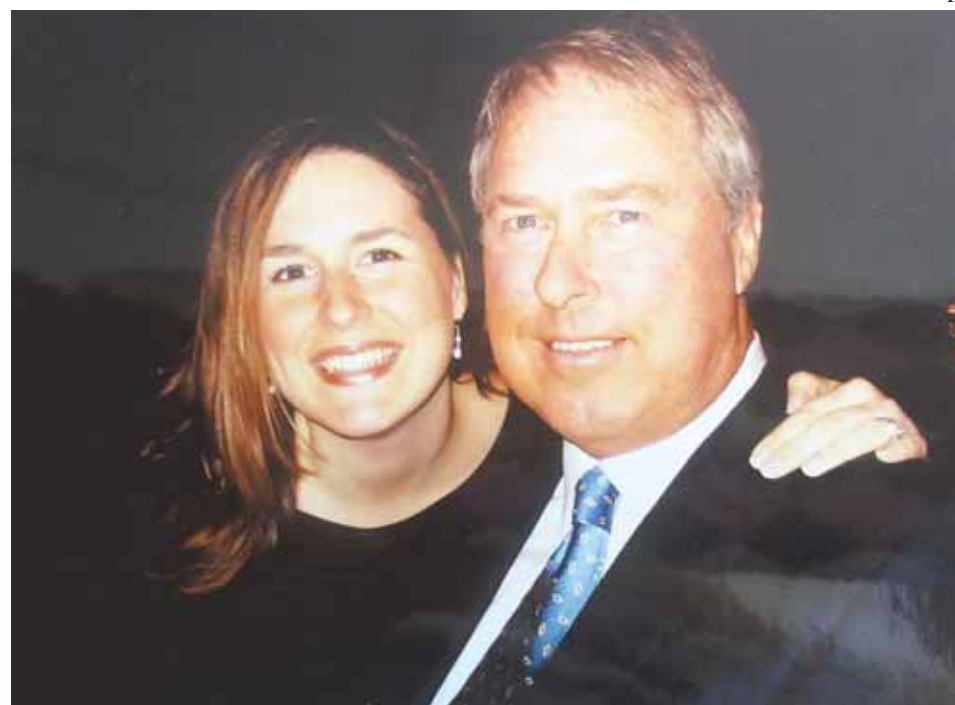
"I want to share our survivor story," said Zavadowski. "The only way to combat this is through research. We feel very blessed that the protocol was happening at that time."

THREATS FROM HURRICANE JOAQUIN couldn't stop friends, families and co-workers from gathering in Reston Town Center on Saturday, Oct. 3 for the National Capital Area Light The Night in Reston Town Center.

Light The Night Walks with the Leukemia & Lymphoma Society (LLS) take place in honor of those who battle blood cancers and those who have died.

"It's an extremely emotional experience because it happens right at sunset. It's moving," said Zavadowski.

Walkers are given lanterns to light the night; those supporting a friend, family



Jennifer Keating, of Herndon, who walks the Light the Night Walk, in honor and in memory of her father Tom Bell, the Doo-Wop Cop and an Arlington County police officer.

member or loved one hold a red lantern; survivors hold a white lantern, and those who carry a gold lantern walk in memory of someone who has died.

"You see the gold and you know someone lost somebody," he said. Last year, "One person hugged my dad, she had lost her husband. There's a lot of conversation."

JENNIFER KEATING's father, Tom Bell, died in 2006 from leukemia.

Keating's father was also known as the Doo-Wop Cop, and served for the Arlington County Police Department for 25 years including as its public information officer.

He also served as McGruff the Crime Dog and spoke to thousands of local youth, always appealing since he also worked as a DJ on WASH-FM. He later was the host of a weekly show on WXTR-FM called, "Smokin' Oldies."

"My father was not Catholic, but he went into Paul VI and the kids had their hands in their lap," said Keating. "He called my

mother, and said, 'Honey, she's going to Catholic school.'"

Keating, of Herndon, works every year to raise money and awareness for the Leukemia & Lymphoma Society.

"If he never stopped fighting, then I don't have room to stop fighting," she said.

Her father's blood disorder was linked to exposure to agent orange when he was a soldier in Vietnam. But her father was not bitter about it, she said.

"He was a proud patriot," she said.

ADDITIONAL WALKS are scheduled for Saturday, Oct. 10 in Rockville, Md. and Saturday, Oct. 17 in Washington, D.C.

"While blood cancers can strike at any time, they can often be overcome," according to race organizers.

"Light The Night Walk provides inspiration and hope for our patients and their families, honoring survivors and those who are currently undergoing treatment, while remembering those that have lost their



Tom Bell, pictured here in his days as a police officer in Arlington, died of leukemia in 2006.

battle," said Beth Gorman, executive director of LLS's National Capital Area Chapter. "With the support of our walkers, corporate sponsors and media partners we are taking steps to end cancer, and make someday, today."

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer, and LLS funds lifesaving blood cancer research around the world and provides free information and support services. The LLS mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.


LLS, founded in 1949, has 54 U.S. chapters, and the National Capital Area Chapter is one of the highest revenue-generating chapters in the nation.

Almost 2,700 patients and families are served by the chapter each year.



See www.LLS.org.

See www.lightthenight.org/nca.

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News

Fall Fun At Herndon's Frying Pan Farm Park

Herndon park to host several October events.

By Ryan Dunn
The Connection

With the arrival of autumn, Herndon's Frying Pan Farm Park is preparing upcoming events for people of all ages. Located at 2709 West Ox Road, Frying Pan Farm Park preserves and interprets a 1920s through 1950s farm, agricultural process, rural community life and landscape for the educational, cultural and recreational enrichment of citizens and visitors of Fairfax County.

Local residents have long enjoyed the annual events at this historic park, including the upcoming Fall Carnival. "The carnival has been a regular success," said Yvonne Johnson, manager at Frying Pan Park.

Earlier this year, a poetry contest was sponsored by the Fairfax County Park Authority and the Fairfax County Park Foundation as part of the 65th Anniversary Celebration. Saturday, Oct. 10, young poets' creative spirit will be celebrated as several contest winners, ranging in age from 5 to 13, read their poems aloud at the Park Poets event at 10 a.m., at Frying Pan Farm Park. Winners of the Why I Love Parks Poetry Contest will read in front of the park's Cider Press, and guests will be able to enjoy fresh-squeezed apple cider and donuts after the reading. Musical entertainment will be featured before and after the poetry readings. This event is free and open



Photos by Ryan Dunn/The Connection



Saturday, Oct. 10, young poets' creative spirit will be celebrated as several contest winners, ranging in age from 5 to 13, read their poems aloud at the Park Poets event at 10 a.m., at Frying Pan Farm Park. Winners of the Why I Love Parks Poetry Contest will read in front of the park's old cider press.

to the public.

In addition to a regional equestrian center and historic blacksmith shop, Frying Pan Farm Park has livestock at the farm. The farm welcomed a new bull calf during the harvest supermoon on Sept. 28. The calf is a cross between Sasha, his Jersey mom, and Ferdinand, the resident Angus bull. Since this was her first delivery, park staff have been taking extra care of Sasha by checking her a few times each night for the past week. Sasha will soon join her mother Anastasia for the daily cow milking demo in Kidwell Barn.

Thursday, Oct. 15, from 6 to 8 p.m., the park will host its Boo-Stravaganza event. A ticketed event programed for parents with children ages 3-8, participants can

Located at 2709 West Ox Road, Frying Pan Farm Park preserves and interprets a 1920s through 1950s farm. Thursday, Oct. 15, from 6 to 8 p.m., the park will host its Boo-Stravaganza event, a ticketed event programed for parents with children ages 3-8.

arrive at the Indoor Arena Barn dressed in costume between 6 and 8 p.m. The event will feature games and a wagon ride, concluding with treats and a small pumpkin.

Oct. 17 and 18 will be the dates of the Farm Harvest Days Celebration. This free event requires no reservations, and is an opportunity to watch the cider press in action, milk a goat or a cow, shell corn, peel apples, meet farm animals and see traditional farm demonstrations. "We run the cider press only one time a year, at the Farm Harvest celebration... Farm harvest time was when the community came together to harvest crops. We carry on this tradition at the park when people and staff pull together to host this event. There is a real sense of camaraderie," said Yvonne Johnson.

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Photo by Ed Knepley

Fire Prevention Open House Set for Oct. 10

Fire Prevention Open House will be held Saturday, Oct. 10, from 10 a.m. to 4 p.m., at all 38 county fire and rescue stations. The theme for 2015 is: "Hear the Beep Where You Sleep; Every Bedroom Needs a Working Smoking Alarm."

Firefighters will have displays and activities spotlighting fire and life safety, including preventing fires and fire injuries, especially in the home. Residents are encouraged to visit their community fire and rescue station to participate and learn more about fire safety. Firefighters will also offer tours of the station and educate visitors on various fire apparatus.

To learn more about fire prevention, go to www.firepreventionweek.org.

Help Pack Weekend Food for Kids

Assistance League of Northern Virginia invites community members to help pack food for the

See Week, Page 7



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Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hilary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Fairfax County School Board at Large (vote for 3); District School Board member; Soil and Water Conservation Board (vote for 3); School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required 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. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); 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; Virginia Voter Photo ID Card obtained through

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

♦ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m. Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

♦ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

♦ **McLean Governmental Center** - 1437 Balls Hill Road, Community Room, McLean, 22101

♦ **North County Governmental Center** - 1801 Cameron Glen Drive, Community Rooms, Reston, 20190

any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

Editorial

Not Up to the Challenge

By Kenneth R. "Ken" Plum
State Delegate (D-36)



It is not easy to admit that you are not up to a challenge that hundreds of your constituents face each day, but that's what happened to me last week. ProgressVA sponsored the "Live the Wage Challenge" asking elected officials, community leaders, advocates and everyday citizens to walk in the shoes of a minimum wage worker by living on a minimum wage budget for one week. The point of the activity was to help others understand what life is like for low-wage workers and why raising the wage is important to working families and to the economy.

Directions for the simulation provided each participant with a weekly budget of \$77 which represents the weekly wages of a full-time worker making the federal minimum wage of \$7.25 per hour minus average taxes and average housing expenses. Even that budget is generous for the Northern Virginia region where

Commentary

housing expenses alone would wipe out the entire paycheck. For the activity, I needed only to figure out how to pay for my meals, groceries, transportation and recreational spending. The rules were very generous in not requiring me to cover the expenses of family members or work travel. The rules however did require me to eat only those items of groceries or eating out paid for within the budget. I was required to record my expenses to see how I made it through the week.

The fact of the matter is that I did not make it through the first day. It was clear to me from the beginning that I was not going to be able to make ends meet. Yet, people in my community and throughout Virginia have to face these challenges every day. The simulation included a day when a child in your household gets sick. What do you do? You cannot stay home for you need to work every day to get the income. You cannot afford a babysitter or a visit to a

medical clinic.

I have been conscious of the plight of low-income people, but this activity brought home to me once again how tough life is for some people. Several years ago I was paired with a woman living in subsidized housing with her young daughter who had multiple handicaps, and I tried to live on a budget of public assistance that she had. I failed that challenge as well. And I grew up in a home with limited income. I admire the resourcefulness of persons in these situations and their ability to live without many of the things we consider basic.

Last legislative session I introduced a bill to raise the minimum wage in Virginia. It was supported by interfaith, religious and labor groups. It was unfortunately opposed by business groups including the Virginia Chamber of Commerce and much to my disappointment the Fairfax and Reston Chambers of Commerce. I will introduce the bill again in 2016. For those who have opposed the bill in the past, I hope you will go to #LiveTheWageVA and tell me and others how you would meet the challenge!

Oak Hill & Herndon
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News



Photo contributed

Pat Thompson, president of Assistance League of Northern Virginia, presents the award to Carolyn Moss, managing director, Mid-Atlantic, State & Local Affairs, Dominion Resources.

Assistance League Food for Kids Campaign

Dominion Resources recognized for contribution to the community effort.

Assistance League of Northern Virginia held its 2015-16 Weekend Food for Kids Kickoff event on Sept. 24 at Dominion Virginia Power's Lincoln Park office in Herndon. The event featured a presentation of Assistance League's National Operation School Bell Award to Dominion Resources. The national award is given to honor those who, through significant financial or service support, have a powerful effect on Operation School Bell programs in a chapter's local community. Nearly 90 Dominion, community and member volunteers participated.

Pat Thompson, president of Assistance League of Northern Virginia, recognized Dominion Resources' direct impact on the program implemented to alleviate child hunger, providing weekend food to children at five Title I schools. Dominion's financial support of \$75,000 over four years enabled the chapter to expand the number of schools receiving food and increase the number of eligible

students served to 1500 monthly. In 2014-15, with the support of Dominion, the program made an impact to 11,750 children at risk of hunger in Northern Virginia.

Carolyn Moss, managing director, Mid-Atlantic, State & Local Affairs, accepted the award on behalf of Dominion Resources. Pat Thompson presented the award and accompanying letter from Assistance League's national president, Nancy Reberger, and praised Dominion's employees for contributing over 420 service hours in the last school year.

Guest speakers Armando Peri, principal, Pine Spring Elementary School in Falls Church, Marleny Pastora, parent liaison, Yorkshire Elementary School in Manassas and Virginia Del. Ken Plum (D-36) reflected on the powerful effect the program has on children living in food insecure households and conveyed their gratitude to Assistance League and Dominion's volunteers. To learn more, contact Jeanne.Sclater@verizon.net or visit www.northernvirginiaassistanceleague.org.

Week in Herndon

From Page 5

Weekend Food for Kids program which benefits 1500 schoolchildren who receive reduced-price meals during the week. The next food packing event is at 10 a.m. on Thursday, Oct. 15 at Dominion Virginia Power, 3072 Centreville Road in Herndon. Arrive at 9:30 a.m. if you would like to help with setup. Event contact: karenamster@aol.com.

Children's Book Drive in Herndon

Assistance League of Northern Virginia is participating in Make a Difference Day 2015 by holding a Children's Book Drive. Bring new or gently-used books, suitable for elementary-aged children, to drop boxes located at two Giant Food stores in Herndon: 1228 Elden Street and 13330 Franklin Farm Road. Book collection runs through Saturday, Oct. 24.

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South Lakes sophomore quarterback Devin Miles threw two touchdown passes and ran for a score during the Seahawks' 28-2 win over Washington-Lee on Oct. 2 in Arlington.



South Lakes receiver Eric Kirlew caught a touchdown pass during Friday's win over W-L.

Photos by Craig Sterbutzel/The Connection

South Lakes Football Improves to 4-1 With Win Over W-L

Sophomore QB Miles throws two touchdown passes, runs for one.

By Jon Roetman
The Connection

With his team down by two points in the first quarter of a wet and windy match-up with Washington-Lee, South Lakes sophomore quarterback Devin Miles had a decision to make.

Facing third-and-goal at the three-yard line, Miles placed the ball in the belly of his running back, pulled it back out and moved to his left. After evading a W-L defender, Miles lunged toward the goal line, breaking the plane for a touchdown and a Seahawks lead.

On South Lakes' first possession of the second half, the Seahawks faced third-and-goal from the 7 and the play call was for Miles to have a run/pass option. Miles faked a handoff before delivering a strike to senior Seth Ravenstahl for a touchdown.

"It was a read, and it was just open," Miles said, "So I took it."

South Lakes beat W-L 28-2 on Oct. 1 at Washington-Lee High School in Arlington. The win improved the Seahawks' record to 4-1, including 3-0 in Conference 6. It's South Lakes' best start since 2010, when the Seahawks won their first four games and five of their first six.

"To be honest, this is what we expected," said Ravenstahl, who is in his third varsity season. "We worked all offseason. We didn't have any time off. The week after the season ended, we went back out and we were lifting — green days and all that. We pretty much expected this."

South Lakes' combined record the previous four seasons was 11-30, including 2-8 last year.

WHAT'S DIFFERENT about the 2015 Seahawks?



The South Lakes defense has not allowed a point in the Seahawks' last two games.

"This team wants to win," Ravenstahl said. "The last few teams, they didn't really want it that much. They wanted the big plays. They weren't about the chipping away at [the opponent's] defense. This team is about moving the ball, smacking them in the mouth, just how we do it."

One reason for South Lakes' strong start is the play of 5-foot-8, 165-pound sophomore Miles, who is in his first season as a varsity starter. On Friday, No. 3 completed two of five passes for 35 and two touchdowns, and had a potential third touchdown pass slip through a receiver's hands in the end zone. Miles also carried 12 times for 49 yards and a touchdown.

"I think he's doing really well," second-year South Lakes head coach Trey Taylor said. "We put a lot on him and we run a true option where he's making a lot of decisions on the field. ... I think he does really well for the amount of stuff we're throwing at him. For only having five games under his belt as a varsity player, I think he's just going to keep getting better."

South Lakes senior Eric Kirlew helped set up a second-quarter touchdown with an 87-

yard run, and hauled in a 28-yard touchdown pass with 4:29 remaining in the first half. Sophomore running back Spencer Alston carried 11 times for 62 yards, and sophomore running back Albert Mensah's 1-yard touchdown run on fourth-and-goal gave the Seahawks a 14-2 lead with 7:01 remaining in the second quarter.

The South Lakes defense did not allow a point for the second consecutive week (W-L scored when a South Lakes punt snap went through the end zone for a safety). The Seahawks limited the Generals to 95 yards of offense and forced three turnovers.

Last year, South Lakes surrendered 33.6 points per game.

This year, the Seahawks have allowed 9.6 per contest.

"To go from where we were prior to [the coaching staff] getting here and even where we were last year," Taylor said, "I'm thrilled with the way the defense is playing."

Taylor said the defensive line — ends Ravenstahl and Mensah, and tackles Dylan Gill and David Kroll — played well against W-L.

South Lakes got off to a rough start Fri-

"To be honest, this is what we expected. We worked all offseason. We didn't have any time off. The week after the season ended, we went back out and we were lifting — green days and all that. We pretty much expected this."

— South Lakes senior
Seth Ravenstahl

day, committing four penalties on the game's opening drive before lining up to punt deep in its own territory. The punt snap went through the end zone for a safety, giving Washington-Lee an early 2-0 lead.

W-L's ensuing possession started at its own 47-yard line, but the Generals could not capitalize as the Seahawks defense forced a three-and-out. South Lakes then blocked the W-L punt and took over at the Generals 29. Seven plays later, South Lakes took the lead for good on Miles' three-yard touchdown run with 5:09 left in the opening quarter.

"We talk about it all time — it's one play at a time and the scoreboard doesn't matter, and these guys really play like that," Taylor said. "We could turn the ball over and have a good play or a bad play, and they're right up to the ball, playing again, where as last year we really let what was happening in the game affect us throughout the game."

SOUTH LAKES will host rival Herndon at 7 p.m. on Friday, Oct. 9.

"I think it's going to be a big one," Ravenstahl said. "It will definitely be the busiest game we've had so far and I think it's a game we expect to win."

www.ConnectionNewspapers.com

Calendar

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

ONGOING

"No Spring Chicken." Through 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.

"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. Presented in conjunction with the Washington Sculptors Group. restonarts.org

Colors of Life Exhibit. Through Oct. 30 at Reston Community Center, 2310 Colts Neck Road, Reston. Color is a major inspiration for Reston-based fiber artist Anne Smyers, and a central feature in her vibrant work, which will be featured at the Hunters Woods branch of Reston Community Center from.

Reston Station Movie Nights. Saturdays starting Through Nov. 1. 7-10 p.m. at Reston Station Metro Plaza, 11389 Reston Station Blvd., Reston. Reston Station's "Watch Under Our Stars," a six-week fall family-friendly movie series. Films start at sunset. The plaza area is lined with concrete pavers, so attendees are encouraged to bring low chairs or cushions. <http://www.restonstation.com/RSmovieNightPoster.pdf>.

"Images of Fall." Saturday-Sunday through Nov. 5 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. An exhibit of fine art photography by Kathy Kautter. Recognized for her "good eye," Kautter captures colors and textures in her favorite topics of flora, leaves, trees, and water. Also an accomplished painter, Kautter's specialty in photography has grown with her fascination for the colors and light of nature.

WEDNESDAY/OCT 7-MONDAY/NOV 2

Zombie Wars: Movie Posters Made Undead. ArtInsights Film Gallery, 11921 Freedom Dr, Reston. Shamble forth and see a collection of original paintings created for zombified movie posters from the project, Hollywood is Dead, by film artist Matt Busch. Any zombies that attend the exhibit during October will be entered to win Hollywood is Dead prizes, including the art book and limited edition art. 703-478-0778 or visit artinsights.com.

THURSDAY/OCT. 8

Storytime for Threes to Fives. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities.

SATURDAY-SUNDAY/OCT 10 - 11

Movies and Mimosas-Blade Runner. 11 a.m. Bow Tie Cinemas, 11940 Market St., Reston. See the classics how they were meant to be seen, on the big screen! This week, the 1982 Ridley Scott, Harrison Ford cult classic: Blade Runner. Tickets \$5.50. 703-318-1801. bowtietcinemas.com

SATURDAY/OCT 10-SATURDAY/NOV 14

Artist Reception and One-Man Shows. Reception on Oct. 10, 5-8 p.m. Exhibit Monday-Saturday, 10 a.m.-5 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. One-Man Shows from David Cochran and Joseph Sheppard Rogers.



Reston Art Gallery & Studios presents Images of Fall, an exhibit of fine art photography by Kathy Kautter, on display from Oct. 2 through Nov. 5. Recognized for her "good eye," Kautter captures colors and textures in her favorite topics of flora, leaves, trees, and water. Also an accomplished painter, Kautter's specialty in photography has grown with her fascination for the colors and light of nature.

SATURDAY/OCT. 10

Community Irish Dancing. 7-10 p.m. Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. CCE Community Irish Ceili and Set Dances are Called by Marilyn Moore, Accompanied by Old Pitch and Friends. Newcomers are welcome...please come early. Wear flat, comfortable shoes and lightweight clothing. Dances start out easy and work their way up. \$15 per person; \$35 family maximum.

Wade in the Water: Songs of Freedom, Faith and Friendship. 4:30 p.m., Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Join singers from Mosaic Harmony, The Reston Chorale and the Senior Choir of historic Shiloh Baptist Church in a unity concert of inspirational African-American music, from traditional spirituals to contemporary gospel. Tickets: \$20-\$25. www.restonchorale.org.

Expressions Portrait Exhibit Opening Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace Herndon's 7th Annual Expressions Portrait Exhibit features the competition's finalists. The exhibit includes 25 stunning and diverse portraits in various mediums were selected from 125 submissions by 67 artists. <http://www.artspaceherndon.com/expressions-portrait-exhibit-2015/>. 703-956-6590.

The Closet's Sidewalk Art Sale. 10 a.m.-2 p.m. 845 Station St., Herndon. Specific items for sale include a framed Thomas Kincade "Morning Glory Cottage" and an original photogravure of white bryony tendrils. Net proceeds benefit The Closet of the Greater Herndon Area. For more information, see www.theclosetofgreaterherndon.org.

Wine Tasting at Il Fornaio. 3 - 5 p.m. Il Fornaio, 11990 Market Street #106, Reston. Sample ten wines and enjoy an appetizer or pizza of your choice. \$30. Tax and gratuity not included. Reservations at banquetsRES@ilfo.com or 703-437-5544.

FRIDAY-SATURDAY/OCT. 10-11

Oktoberfest Reston. Reston Town Center, 11900 Market St., Reston. Featuring the best in autumn brews with delicious fare from area restaurants. Enjoy food, wine, beer, and live entertainment.

SUNDAY/OCT. 11

Reston Pumpkin 5K & Kids'

Pumpkin Dash. 8:15 a.m. Reston Town Center Pavilion and Streets. Get off the couch and get ready to run with the Greater Reston Chamber of Commerce at Oktoberfest Reston. Participants are encouraged to debut their Halloween costumes and join in the fall fun with the whole family. Information and registration: oktoberfestreston.com.

TUESDAY/OCT. 13

Precious Preschoolers. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Explore bats fact and fiction with song, stories, games and more. Age 3-5 with adult.

Beppe Gambetta. 7:15 p.m. Doors open 6 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. Known as one of the true innovators on the acoustic guitar, Beppe Gambetta will be in Herndon for a night of guitar playing and singing. \$13 per ticket (\$12 for folk club members) to DAHurdSr@cs.com or at the door. 703-435-2402, jamesue@aol.com or restonherndonfolkclub.com for information.

SATURDAY/OCT. 17

Reston International Wine Festival. Reston Town Center, 11900 Market St., Reston. Sample different and unique wine styles in a variety of international wine gardens. Tasting tickets available. washingtonwineacademy.org.

SUNDAY/OCT. 18

12th Annual Help the Homeless Community Walk. Cornerstones, 11150 Sunset Hills Road, Reston.

MONDAY/OCT. 19

Toddlers & Twos. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Stories, songs, games and more about scary monsters and funny monsters. Age 19 months to 35 months with adult.

WEDNESDAY/OCT. 21

Babytime. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Rhymes, songs, stories with music for you and your baby. Come enjoy time with your child while building an early literacy foundation. Age birth to 18 months with adult.

5th Annual Golf

"FORE" the Kids Golf Tournament

Benefiting the Boys and Girls Clubs of Fairfax County

Dear Members of BGCGW Fairfax Board:

In an effort to provide an awesome golf event we have elected to cancel our tournament scheduled for this Monday due to the dire weather forecast for our area. We have rescheduled the event for **Monday, October 26th**. All other details are exactly the same. Your support of our kids is greatly appreciated and we look forward to seeing you on October 26th.

Fairfax Region - Boys & Girls Club of Greater Washington, Golf Outing Team

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SPECIAL CONNECTIONS CALENDAR

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OCTOBER

10/21/2015..... A+ Camps & Schools
Halloween is October 31
10/28/2015..... Election Preview

NOVEMBER

11/4/2015..... Wellbeing
11/11/2015..... HomeLifeStyle
11/18/2015..... A+ Camps & Schools
11/19/2015..... Holiday Entertainment & Gift Guide I
Thanksgiving is November 26
11/25/2015..... Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015..... Wellbeing
12/9/2015..... Holiday Entertainment & Gift Guide II
12/9/2015..... HomeLifeStyle; Home for the Holidays
12/16/2015..... A+ Camps & Schools; Holiday Entertainment & Gifts Pages
12/23/2015..... Special Issue – Safe for the Holidays
12/30/2015..... Children's Connection

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

"One Less Thing"

By KENNETH B. LOURIE



Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about – for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

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

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**-Werner
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21 Announcements

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21 Announcements

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Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
The McLean Connection
The Great Falls
Connection

WEDNESDAY/OCT. 14

**Reston - League of Women Voters Program
on "The 2011 Virginia Redistricting: the
Continuing Saga."** 7:30-9 p.m., Reston
Community Center-Hunters Woods, 2310 Colts
Neck Road, Reston. The League invites members
and the public to learn and discuss the latest
legal and political actions and possible effects on
the Virginia legislative district lines drawn
following the 2010 Census. Could they affect
this year's elections? Learn what Northern
Virginia districts are named in the latest Court
case. The General Assembly drew the lines in
2011; is there a better way? Join the discussion.
Free, open to the public (men and women). 703-
471-6364. Background papers at www.lwv-fairfax.org.

ONGOING

**Free Support Group for Parents with
Children with Autism.** Saturdays at 10-11
a.m. 462 Herndon Parkway, Suite 202,
Herndon.

Food Addicts in Recovery. Wednesdays at 7
p.m. at The Vine Church, 2501 Gallows Road,
Dunn Loring. Are you having trouble controlling
the way you eat? Food Addicts in Recovery
Anonymous (FA) is a free 12 step recovery
program for anyone suffering from food
obsession, overeating, under-eating or bulimia.
For more information or a list of additional
meetings throughout the U.S. and the world, call
781-932-6300 or www.foodaddicts.org.

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

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

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

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

Faith Notes

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

The congregation of the **Greater Little Zion
Baptist Church in Fairfax** will be celebrating
its 124th Anniversary on Oct. 18. The theme for this
124th Anniversary is Faith, Family and Friends:
Building Faith, Uniting Family, and Fellowshiping
with Friends, Galatians 6:10. In advance of that
service, they have scheduled a night of Revival and
a Pre-Anniversary Praise and Worship Concert.

❖ **Revival** - Thursday, Oct. 15 at 7:30 p.m.
Rev. Dr. Vernon C. Walton-Guest preacher (First
Baptist Church of Vienna)

❖ **Pre-Anniversary Praise and Worship
Concert** - Friday, Oct. 16 at 7:30 p.m.

Featuring local and regional music groups and
praise dancers.

Zion Day Service - Sunday, Oct. 18 at 9:45 a.m.

Rev. Dr. Robert F. Cheeks, Jr. -Guest preacher
(Shiloh Baptist Church, McLean)

LOCATION: Greater Little Zion Baptist Church,
10185 Zion Drive.

Rev. Dr. James T. Murphy, Jr., Pastor. For more
information, call the Church Administration Office
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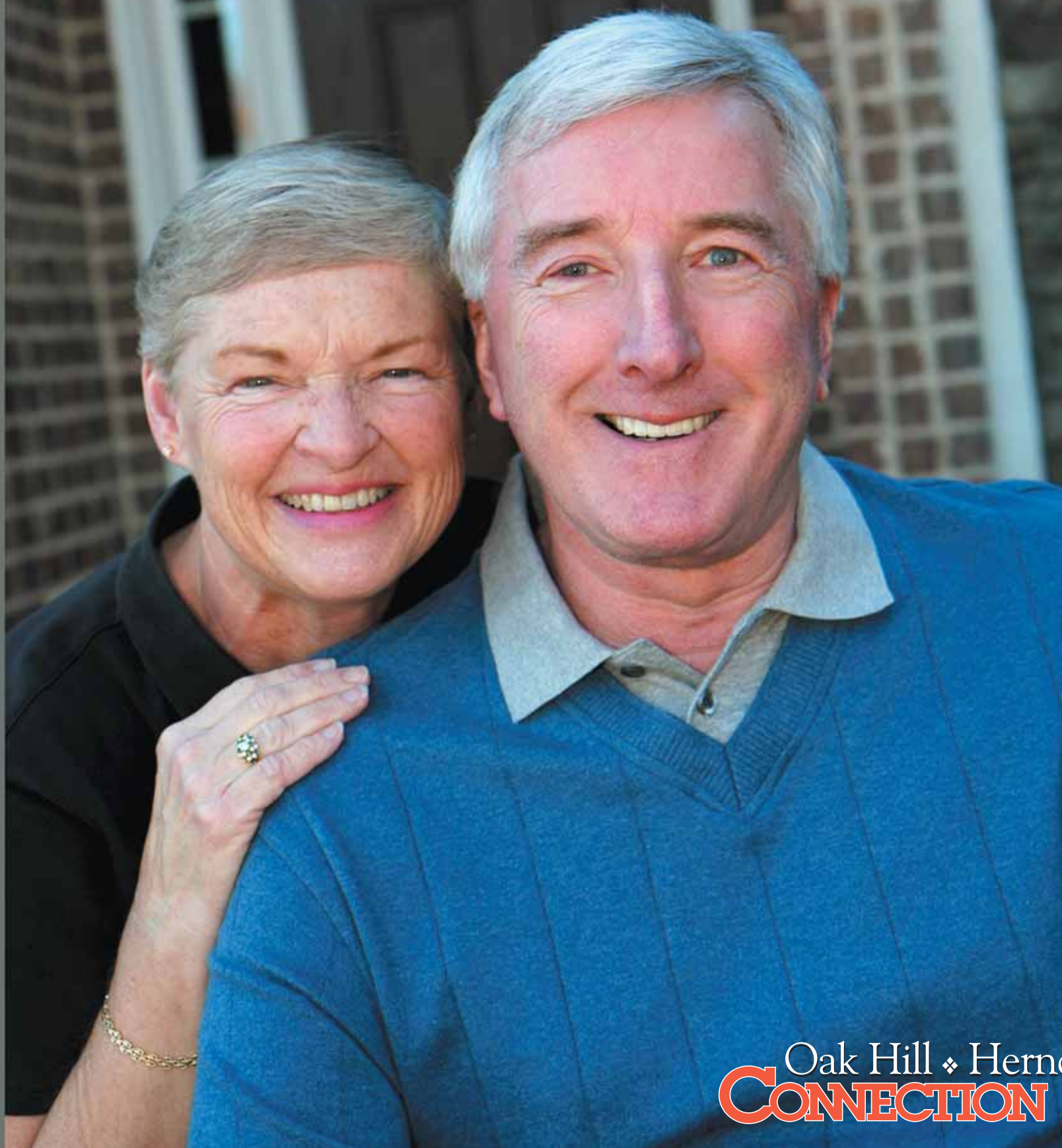
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Senior Living

OCTOBER 2015



Oak Hill ♦ Herndon
CONNECTION

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason

with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele



Local officials and volunteers cut the ribbon for the new McLean Senior Source help desk at McLean Community Center on May 15, 2013.



Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Herndon Village Network

The Herndon Village Network (HVN) is a grass roots, neighbor-to-neighbor, non-profit initiative which strives to support Herndon senior citizens. Our mission is to consolidate and provide a range of services to Herndon seniors, with the intention of enabling those who need special assistance to remain in the familiar environment of their homes, to be an integral part of the community, and to improve the quality of their lives.

It is our ultimate goal to have a cadre of volunteers, organized by a paid volunteer coordinator. We are searching for caring residents of the greater Herndon area who are eager to donate their time, talents and expertise to help seniors in the community. HVN invites all residents in the Herndon/Reston area who share our belief in this mission to serve as a volunteer.

Herndonvillagenetworkinfo@gmail.com
703-375-9439

For more information about local aging villages, visit Washington Area Villages Exchange (WAVE): wavevillages.org

Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello." The Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

Services offered vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, Virginia, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

Oak Hill & Herndon
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Senior Living

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Senior Living

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180; To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12-5 p.m., Vienna Presbyterian Church – Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 6-7:30 p.m. Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.-2 p.m., Lewinsville Senior Center – Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call

Michelle Ross at 703-442-9075, TTY 711.

MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road, Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m. WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.

Volunteers Still Needed

We have heard recently how important it is to offer help to the elderly who are unable to do things for themselves and to put others ahead of ourselves. The mission of the Shepherd's Center is to give senior citizens free transportation to medical and therapy appointments, the pharmacy and grocery store. The Center also needs volunteers willing to visit them in their homes and to make phone calls from time to time to let lonely seniors know they have not been forgotten. In many cases, our volunteers are the only contacts some seniors have with anyone.

Please be willing to become a volunteer to help seniors get to and from their medical and therapy appointments. No long term commitment is required and you accept to take someone only when your schedule permits. The need is great and growing every day and we need your help.

To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, please call the Center number at (703) 506-2199 or email info@scmafc.org. The Center's website is www.scmafc.org.

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Thursday, October 15 | 6:30 to 8 pm

Floris United Methodist Church, Fellowship Hall
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With the beginning of open enrollment for Medicare underway, know what changes you can make and how to make them. Margaret O'Reilly, CELA, PC will discuss some of the hot topics in Medicare right now. Also, Ms. O'Reilly will discuss the inaccurate assumption that Medicare covers either assisted living or skilled nursing care. To **RSVP** or to schedule an appointment, contact Sandra Fields today at (703) 994-4561 or sfields@thecrossingsatchantilly.com.

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"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.



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Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

NVSO Gold Medalists

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89,

Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were

held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis,

Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

For more results, see
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