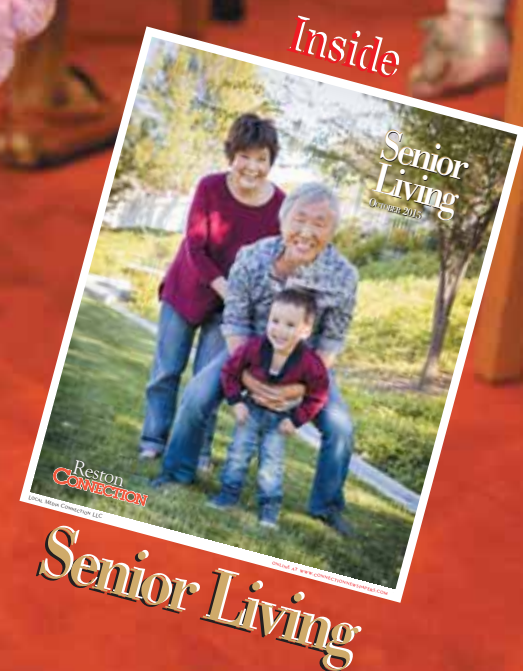


Light the Night

NEWS, PAGE 3

South Lakes Football Improves to 4-1

SPORTS, PAGE 12



For Mila Williams, the celebration of the 30th anniversary of the Reston Regional Library was her first time to participate in a library program, but the two-year-old Restonian handled it like a pro dressed in her Care Bear outfit.

FAIRFAX COUNTY FEDERATION OF TEACHERS

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See more at:

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

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Light the Night

Reston Town Center filled with light to fund blood cancer research and cure.

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



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

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 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 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.

Open Space Classic

Proceeds from Rescue Reston's First Golf Classic and Nature Walk to help in legal fight against development of Reston National.

By Ken Moore
The Connection

Rescue Reston held a fundraising golf tournament and nature hike Monday, Oct. 5 at Reston National Golf Course, three weeks before Rescue Reston's lawsuit is scheduled to be heard in Fairfax County Circuit Court.

Proceeds from these events will help fund efforts to block residential development proposed for the golf course.

About 112 golfers participated and more than 40 people went on the nature hike.

Connie Hartke, of Rescue Reston, called it "an incredible show of support," and "beyond expectations for a first-time event."

Eddie Addeleston, a 29-year Reston resident, participated in the nature hike. "Really enjoyed it and the folks that were in the group were enjoyable," she said. "I saw lots today that I have never seen in Reston," adding that Monday was a perfect weather day.

Rescue Reston is a grassroots volunteer www.ConnectionNewspapers.com



Larry Butler, of Reston Association, Connie Hartke, president of Rescue Reston and member of Reston Citizens Association, Scott Cameron, associate director of Northern Virginia Soil and Water Conservation District and Robin Hogan, of Rescue Reston and Reston Citizens Association at the event on Monday, Oct. 5.

organization opposing redevelopment of Reston National Golf Course into residential housing or any site development other than a golf course or comparable open space.

"What better way to tell the investor-owner of Reston National Golf Course (RNGC) that you support Reston's planned recreational open space than a fun afternoon golfing or hiking, followed by dinner on the clubhouse patio," according to Rescue Reston.

THE NEXT HEARING regarding Reston National Golf Course is in Fairfax County Circuit Court on Oct. 23 at 2 p.m. Fairfax County, Reston Association and numerous petitioners who border the golf course property have filed appeals asking for a review of the Board of Zoning Appeals (BZA) April decision regarding how RN Golf Management must proceed to potentially turn the 166-acre Reston National Golf Course into medium-density residential housing.

Rescue Reston quotes Robert E. Simon,

Reston's founder, five weeks before he died, Sept. 21, 2015.

"The Reston National Golf Course area should remain as open space forever," Simon said in August.

ED HAAS and Bill Burton led the nature walk.

Ed Haas spends the better part of most days photographing the wildlife in and around the course and Bill Burton is a geologist, birder and amateur astronomer.

"I'm pretty familiar with the surroundings here. I've lived here 40-some years and I've been shooting [photos] since 2008," said Haas.

Haas knows where the foxes keep their dens along the Reston National Golf Course. He found an occupied den this spring, and when the kits were born he took more than 100 photos.

Burton calls the land along the course, a "maintained environment," which fosters rich diversity of wildlife. Bluebirds love the Reston Golf Course, he said.

News



Visitors enjoy the Family Fun Day on Sunday, Sept. 20 at the Reston Historic Trust and Museum along Lake Anne Plaza.



Shelley Mastran, chair of the board of the Reston Historic Trust and Museum, with Katie Jones, executive director.



Joseph, Raba, and Aaron Letteri of Reston came to get their museum membership and show support.

Family Fun Day At Reston Museum

A Family Fun Day was held on Sunday, Sept. 20 at the Reston Historic Trust and Museum along Lake Anne Village Center in Reston. The event to help drive membership for fami-

lies of young children included crafts for kids, the band Catchin' Toads, incentives to sign up for membership and a free beer at Kalypsos Sports Tavern.

— Steve Hibbard

Members of the Catchin' Toads performs for the crowd (from left): Zach Schwartz, Jeremy Nachison, Kamron Rose and Julia Rose.

Photos by Steve Hibbard/
The Connection



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 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



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.

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



Photos by Ryan Dunn/The Connection

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.

readings. This event is free and open 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 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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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.

Editorial

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

Not Up to the Challenge

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



Commentary

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

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!

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Opinion

Finally the Outrage

By John Lovaas
Reston Impact
Producer/Host



Independent Progressive

Several times I've been asked why we don't see major outrage in Fairfax County over law enforcement excesses. The question has arisen more as we've heard recent stories of outbursts in communities around the country following police killings of civilians. Sometimes, those inquiring tell me of their personal experiences involving abusive behavior by our police. Since the creation of the Commission to Review Police Practices by chairman Sharon Bulova, we have heard many citizens testify to the Commission about their troubling experiences.

On Sept. 14, the outrage exploded in Fairfax County at a commission public input hearing in south Alexandria. The crowd of perhaps 200 (my estimate), many of them holding signs of the Black Lives Matter movement and chanting the name Natasha McKenna, was angry and demanded to be heard. Natasha McKenna was the black woman who died in February as the result of being manhandled and tasered by six Sheriff's deputies in what seemed like white space suits with helmets and gas

masks while she was naked, handcuffed and manacled with a hood over her head.

Commission chairman Michael Hershman fought valiantly to be heard and to move through agenda items preceding the planned open forum. A long summation of the Use of Force Subcommittee's final report was barely completed; then the crowd would wait no longer.

Hershman began announcing the names of those signed up to speak, and assured all the opportunity to do so.

The torrent began. Citing the horror video of Ms. McKenna's death and the report of Commonwealth Attorney Ray Morrogh (based on a Fairfax County Police investigation) concluding that Ms. McKenna's death was an accident and even suggesting she was somehow to blame, speakers demanded justice for Ms. McKenna. Several said her death was not an accident as Morrogh portrayed it. Speakers said they were fed up with white people's cover-ups of police killings of blacks. Some proposed Morrogh resign, be fired immediately, or be arrested for complicity in murder. Sheriff Kincaid should also be fired or worse. Even

See Lovaas, Page 13

Wade in the Water

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4:30 pm

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Getting ready: The gang at the Reston Regional Library, the busiest in the Fairfax County Library system, prepare for the kickoff of the month-long celebration of the library's 30th anniversary. Posing in front of a board where patrons have been writing the reasons they like the library are, from left: Sharon Harmon, Daria Parnes, Joan Bissell, Brian Jacoby, America Reichel. Ivanka Atanasova, reference librarian and ESL coordinator, is seated at the Information Desk.



Cutting the ribbon in celebration of Reston Regional Library's 30th birthday from left: Sharon Harmon, event co-chair, Roxanne Hughes, vice president Friends of Reston Regional Library, state Sen. Janet Howell (D-32), Supervisor Cathy Hudgins (D-Hunter Mill), Pat Hynes, Hunter Mill School Board member, Board of Supervisors Chairman Sharon Bulova, library director Sam Clay, and America Reichel, event co-chair.

Photos by Andrea Worker/The Connection

Library Celebrates Anniversary Reston Regional Library celebrates 30th anniversary.

By Andrea Worker
The Connection

Anybody remember that old ditty "It's the latest, it's the greatest, it's the Library"? Well there must be a few who still relate to that sentiment, because despite rather soggy weather conditions, hundreds turned out on Saturday, Oct. 3, to kick off the month-long celebration of the Reston Regional Library's (RRL) 30th Anniversary. The children were lined up from the minute the doors opened to enjoy a "Halloween Rocks" program. For those younger patrons, the fun continued with face and mehndi painting, balloon artists and a "Maker Station," where children and parents were both seen creating some colorful and unique bookmarks and "helping hands" cutouts.

The event was co-sponsored by the volunteer organization Friends of the Reston Regional Library. The group raises money throughout the year to support the library and help bring quality programs and resources to the community. Their numerous contributions include paying for a new Wi-Fi station, heat-reducing film for the large front windows, a noise-suppressing system and even sprinklers and landscaping services for the library's surroundings. At the anniversary, the Friends were out in force, primarily manning an information booth and handling "prize-central," where they passed out raffle tickets for items ranging from books and toys to Kindle Fires and

Anniversary Events - Registration Required

Oct. 10 - 3 p.m.: Uno, Dos Tres
Oct. 11 - 2 p.m.: Guitarist Michael Negro
Oct. 14 - 7 p.m.: Classic Cinema
Oct. 20 - 7 p.m.: Book Club
Oct. 24 - 11 a.m.: Learn to Draw Zombies
Oct. 24 - 7 p.m.: Mystery Night Theatre
Oct. 26 - 7 p.m.: Halloween Scavenger Hunt

iPad Minis.

IN THE MIDST of all the organized chaos, library staff calmly went about the business of assisting patrons, re-shelving books and continuing regular Saturday offerings like the "Tech Help Desk" that Dianne Coan has run as a volunteer for the last seven years. Every one of the large-screen computer stations was occupied with patrons engaged in casual browsing, serious searches, games and even checking emails. In the semi-quiet of the periodical section, several patrons were happily reading the day's newspapers or checking out the impressive collection of magazines available.

At 1 p.m., after a welcome by RRL branch manager Daria Parnes, local dignitaries, including Fairfax County Board of Supervisors Chairman Sharon Bulova, Hunter Mill District supervisor Cathy Hudgins, state senator Janet Howell (D-32), and Fairfax County library director Sam Clay, each took a few moments to comment on the history of the Reston Regional Library and its ever-increasing importance to



From left — Gail Osberg was the branch manager at Reston Regional Library from 1990-1995; Joan Bissell has been at the library since its opening; Nadia Taran served as branch manager from 1998-2009.

the people it serves. "It's the hub of our community," said Howell. Bulova noted that one of the library's keys to success was its ability to evolve with the community, and Hudgins added that the system, the amazing staff, and the corps of volunteers "keep in touch and up with the community's needs."

Hudgins and Clay alluded to changes on the horizon for the library. While there are no plans yet on the books for a redevelopment, there has already been plenty of discussion and preparation. "It's in keeping with the redevelopment of this whole part of Reston," said library director Clay. "We're looking forward now to another adventure. Our goal is to have the world's finest urban library."

The Reston Regional Library has certainly grown from humble beginnings. First came the Carter Glass mini-library at Lake Anne in

among the greatest changes and greatest accomplishments of these last thirty years. "But it's not about just having the latest and greatest just to have them," said Evon. "It means being able to provide access to so many resources for so many members of our community."

Although circulation manager America Reichel is a relative newbie to the system and is too young to have been a part of the early days of the RRL, it's her belief that one of the best changes in the operation of the library is in its outreach into the community, as well as the evolution of the atmosphere of the library. Reichel cites library outreach programs for elementary schools as one example, and describes the library vibe as "more like a Starbucks attitude, very welcoming. I think we act more like facilitators now, bringing people and resources and the information they need together."

"The library has become a vital place, an extension of the community," was branch manager Daria Parnes' opinion on how the library has advanced over the years. "It's great," agreed Evon, "that so often when new people come into the area, they start getting acquainted with their new home by coming to the library to get the important information they need and to start making connections."

If there was the slightest hint of a somber note at the RRL birthday festivities, it was the absence of someone who should have been a guest of honor at this community facility that was built on, and continues to express, the Reston Model

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of a place to "Live, Work, and Play" for everyone. Reston founder Robert E. Simon, Jr. passed away on Sept. 21 at the age of 101. "He was planning to be here," said RRL staffer Patricia Dary. "He loved the library. He is really going to be missed."

AFTER A ROUSING group sing-a-long of "Happy Birthday" was conducted by Friends of the Reston Regional Library's vice president Roxanne Hughes, the crowd was treated to refreshments and a super-sized birthday cake in the library's meeting room. But the fun doesn't stop there. Activities are planned throughout the month of October to keep the celebratory spirit going. Some of the events require registration so check out their website at www.fairfaxcounty.gov/library, or stop by the library for more information.



Photo by Ed Knapley

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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.
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ONGOING

"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



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.

accomplished painter, Kautter's specialty in photography has grown with her fascination for the colors and light of nature.

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.

WEDNESDAY/OCT 7 - MONDAY/NOV 2

Zombie Wars: Movie Posters Made Undead. ArtInsights Film Gallery, 11921 Freedom Drive, Reston. Shamble forth and see a collection of original paintings created for zombified movie posters from the project, Hollywood is Dead, by film

THURSDAY/OCT. 8

Storytime for Threes to Fives. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program See Calendar, Page 11

GREAT FALLS STUDIOS

2015 ART TOUR

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Saturday, October 17

Sunday, October 18

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It's a FREE, family friendly driving tour to visit 46 Great Falls artists in their "creative habitats"---ask questions, see demonstrations of art, buy gifts. Discover the story behind the art and the artist!

Plan to stop by "Studio Headquarters" at the Great Falls Library to see examples of the work of each artist on the Tour. You can pick up a map and brochure at any studio to help plan your visit.

The Tour is sponsored by Sun Design Remodeling Specialists Inc., which will have a recently renovated home on display.

www.GreatFallsStudios.com

Calendar

From Page 10
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. bowtiecinemas.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.

SATURDAY/OCT. 10

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.

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

Classical Guitarists David Grimes

and Michael Nigro in Concert. Reston Regional Library, 11925 Bowman Towne Drive. Register online or call 703-689-2700. Adults, older teens.

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

Beer Dinner at Big Bowl. 6:30 p.m. reception, 7 p.m. dinner. Big Bowl, 11915 Democracy Dr, Reston. Join us for a beer dinner featuring Atlas Brew works from DC. \$55 plus tax and gratuity. Reservations at 703-787-8852. Visit bigbowl.com.

WEDNESDAY/OCT. 14

Classic Cinema. 7 p.m. Reston Regional Library, 11925 Bowman Town Drive, Reston. A showing of the 1949 film noir classic, "The Third Man." Starring Orson Wells, this cinematic masterpiece is considered to be one of the greatest films of all time.

THURSDAY/OCT. 15

Drone Wars Video.

7:30-9 p.m. Reston Regional Library, 11925 Bowman Town Drive, Reston.

Music & Movin' with Miss Susan.

10:30 a.m. Come celebrate Halloween through music and movement activities perfect for your young princesses or super heroes. Child friendly costumes are welcome but optional. Age 9-24 months with adult.

FRIDAY/OCT. 16

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

Tap Takeover at Tavern64. 4-10 p.m. Hyatt Regency Reston, 1800 Presidents St, Reston. Join us for Port City Brewing Company Tap Takeover with live music from 6 - 9 pm. 703-925-8129. tavern64.com

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

The World Between the Wars. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The first in a six part lecture series covering turning points in world history from 1918 to 1939. Presented by Dr. Harry Butowsky. Adults.

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

Reston Town Center Day. 12-4 p.m. Reston Town Center, 11900 Market St., Reston. Join the community in celebrating the 25th anniversary of

Reston Town Center and the dedication of Mercury Fountain. Free fun for all ages includes refreshments, live music and entertainment, games, pumpkin decorating, and more. restontowncenter.com.

"My Fair Lady" 50th Anniversary

Showing. 2 and 7 p.m. Bow Tie Cinemas, 11940 Market St., Reston. Celebrate the 50th anniversary of the classic musical by watching it again on the big screen. Get a behind the scenes peek as well with "The Fairest Fair Lady," a 10 minute theatrical trailer produced by Warner Brothers for the film's original release. All tickets \$15. 703-318-180. bowtiecinemas.com.

SATURDAY-SUNDAY/OCT. 17-18

Movies and Mimosas - Alice

Adams. 11:00 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 1935 Katharine Hepburn classic Alice Adams. Tickets \$5.50 (\$1 off to loyalty members). 703-318-1801. bowtiecinemas.com

MONDAY/OCT. 19

Cartoon Class. 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Learn how to draw cartoons and comics. Get introduced to the exciting and fun world of cartooning, starting with the basics of character and figure development, facial expressions and body language.

TUESDAY/OCT. 20

Sensory Friendly Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The multi-sensory story time will provide plenty of time for interactive stories, songs, music and social interaction. It is geared toward children with the autism spectrum.

WEDNESDAY/OCT. 21

"My Fair Lady" 50th Anniversary Showing. 7 p.m. Bow Tie Cinemas, 11940 Market St., Reston. Celebrate the 50th anniversary of the classic musical by watching it again on the big screen. All tickets \$15. 703-318-180. bowtiecinemas.com.

WEDNESDAY-MONDAY/OCT 21-16

Washington West Film Festival.

Reston Town Center, 11900 Market St., Reston. A unique cinematic experience presenting fine independent films screened or premiered in three in-competition categories: dramatic features, documentary features, and short films. Schedules and tickets: wwfilmfest.com

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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."

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Tall Oaks Concept — with input by Bob Simon, August 2015.



Tall Oaks Village Center Re-imagined

To the Editor:

I recently had the honor and a pleasure to sit down with Mr. Bob Simon the founder of Reston and talk to him regarding his thoughts of the future development Tall Oaks Village Center.

After my discussions with Mr. Simon, I put pen to paper and developed a concept plan for the Tall Oaks Village Center that may be more in line with public thinking of what Tall Oaks Village Center could look like.

If you venture to Lake Anne and look at the mix of residential and commercial properties you will find a very quaint setting. I found out that a lot of the business areas on the ground floor of many of the buildings were originally residential and eventually converted to commercial space as Village Center evolved. This evolution of space function should be planned for in the Tall Oaks redevelopment strategy. Applying this principle between commercial and residential space is somewhat unique in terms of planning developments, but the concept has already been proven in Reston with the continual evolution of the Lake Anne Village Center and should continue into the future.

The buildings themselves could be anywhere between three stories to five stories tall with underground parking and centered around a community Plaza. The Plaza would have areas of high, medium and low activity.

Covered and uncovered areas should exist in and around the Plaza and seating areas so the space can be enjoyed for a whole host of purposes.

Planned and unplanned functions can occur in the new Tall Oaks Village Center similar to what at Lake Anne and the Mosaic District.

The Mosaic District in Fairfax was developed and is managed by a company called Eden's. This

small piece of geography has to be visited to understand how a small outdoor space can successfully bring the community together and offer something to everyone who visits.

The Tall Oaks Village Center can share some of the simple features that exist in the Mosaic District and the Lake Anne Village Center, such as water fountains where small children can get wet while parents sit and watch in the shade. Lake Anne has a similar water feature. Comfortable outdoor seating in the shade and in the sun located throughout the development. No step down street curbs, but a gradual slope between the limited roads and where people walk. There are a host of other considerations that do not cost a lot that make the Mosaic District and future Tall Oaks Village Center successful.

Traffic and vehicle circulation in the future Tall Oaks Village Center will be very limited and with one exception. Access by vehicle would be limited to the edges of the Village Center so parents and small children do not have to worry about accidents. One element of the new Village Center is dramatic with regards to traffic, and that is a new connection to Wiehle Avenue from the development. This new exit to the Village Center will now allow a circular pattern for not only pedestrians and bicycles, but vehicles as well. Surface parking will be limited to areas in the development closer to North Shore Drive so the center of the development is vehicle free.

Please take a minute to look at the drawing and if you like what you see please contact the Fairfax County planning commission, Supervisor Hudgins and the Reston Association and let them know that you encourage them to examine other alternatives to the existing proposals.

Bill Woloch
Reston

Before Libraries Go Digital

To the Editor:

It has been suggested that we don't need libraries or books anymore as everything is available digitally and on the Internet. All books are not available digitally and won't be for many years due to copyright laws. Libraries have to pay much more for digital books than they have to pay for print books. Cost-per-checkout can be 10 times higher for digital books. Much of the information on the Internet is inaccurate.

Before we throw away all our books and switch over to digital

books in our libraries and schools we should wait to see the results of the ongoing European study to evaluate the effects of digitization on reading.

Fifteen European countries currently are engaged in a three-year emergency study to evaluate the evolution of reading in the age of digitization. COST, the European Cooperation in the Field of Scientific and Technical Research, has embarked on this study because it appears from current research that children do not learn as well when reading from digital screens vs.

was black and died brutally at the hands of six white officers. Most killed by FCPD over the years were white. In any case, let's hope the outrage following Ms. McKenna's terrible death can be a catalyst for the reform of law enforcement desperately needed in Fairfax County. (See video of Commission hearing in its entirety at http://fairfaxcounty.gov/cable/channel116/asx/policeadhocpubhear_9_14_15.asx).

Note: As we go to press, another way to protest Ms. McKenna's death came to my attention. The suggestion is to write in Natasha McKenna

print books. Anne Mangen of Stavanger University in Norway is coordinating the study.

At a time when the future of the Reston Regional Library is in question, we need to be aware of this ongoing study and the potential effects of prematurely transitioning to digital books in our libraries and in our schools and the damage that could be caused to our children by that transition.

Kathy Kaplan
Fairfax Library Advocates
Reston

for Commonwealth Attorney vs. Ray Morrogh, who is running for re-election unopposed in the Nov. 3 general election.

Clarification: In my last column, I mentioned names of civilians shot to death by FCPD officers under questionable circumstances and subsequently investigated by their fellow officers. In the case of Hailu Brooks, I erred. I should have noted that while he was shot to death by Fairfax County Officers, the subsequent investigation was carried out by the Arlington Police Department, not the FCPD, because the shooting occurred inside Arlington.



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"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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Crime Report

The following incidents were reported by the
Reston District Police Station.

ROBBERY: Colts Neck Road near Hunters
Woods Plaza, Sept. 26 at about 8:11 p.m. The vic-
tim was walking and was approached by two
Hispanic males who demanded his wallet. The sus-
pects took property and fled. The victim was not
physically injured.

BURGLARY: 11500 block of Southington Lane,
Sept. 23 at about 2:11 p.m. A resident reported an
unknown person entered the residence and took
property.

LARCENIES:
10300 block of Brittenford Drive, power tools
from business.

12100 block of Sunset Hills Road, wallet from
business.

1800 block of Wiehle Avenue, merchandise from
business.

2200 block of Chamblee Place, bicycle from resi-
dence.

11100 block of South Lakes Drive, property from
business.

11800 block of Spectrum Center, scooter from
business.

11400 block of Heritage Commons Drive, prop-
erty from residence

1800 block of Cameron Glen Drive, property
from residence

1300 block of Park Lake Drive, property from
vehicle

11900 block of Market Street, merchandise from
business

11400 block of Fairway Drive, property from
vehicle

11900 block of Escalante Court, property from
vehicle

2300 block of Woodland Crossing Drive, prop-
erty from residence

2400 block of Centreville Road, property from
business

STOLEN VEHICLES:
1800 block of Wiehle Avenue, 1998 Chevrolet
Cavalier.

Week in Reston

Countywide 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 Work-
ing Smoking Alarm."

Firefighters will have displays and activi-
ties spotlighting fire and life safety, includ-
ing preventing fires and fire injuries, espe-
cially in the home. Residents are encour-
aged to visit their community fire and res-
cue 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.

'Pop Up Crafts' at Lake Anne Plaza

Come experience the "Pop Up Crafts" shop
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Senior Living

OCTOBER 2015

Reston
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.

CONNECTION FILE PHOTO



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

PHOTO COURTESY OF AT HOME IN ALEXANDRIA

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."

THE 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."

Details

For more information about local aging villages, visit:

- Washington Area Villages Exchange (WAVE): wavevillages.org
- Fairfax County: www.fairfaxcounty.gov/hd/ltecc/villages.htm
- Braddock District Council Aging in Place Program: wallbdc@gmail.com
- Herndon Village Network (HVN): www.herndonvillagenetwork.org
- Lake Barcroft Village: www.lakebarcroftvillage.org
- McLean Community: A Village for All Ages (MCVA): www.mcva.weebly.com
- Mosby Woods Village: mosbywoodsivillage@gmail.com
- Mount Vernon at Home Village: www.mountvernonathome.org
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Senior Living

Preparing for Retirement

This fall, McLean Community Center (MCC) has put together a five-part series called "Are You Ready for the Rest of Your Life?" Each presentation will cover key topics that are valuable to anyone looking toward or enjoying the retired life. Attendees can choose to enroll in one, two or all five courses. The cost is \$7 per session, \$5 for MCC tax district residents. The center is located at 1234 Ingleside Avenue.

The courses include:

- Are You Ready for the Rest of Your Life? — Wednesday, Oct. 7, 10:30 a.m.-noon

As you begin to plan for or move into retirement, what information is important to share with your loved ones and how do you start the conversation? How do you make sure your loved ones know your wishes? Which papers should you keep and which can you toss and how should you toss them? Presented by Kay Bransford, best-selling author of "MemoryBanc: Your Workbook for Organizing Life."

- Practically Speaking: A Real-World Approach to Estate Planning — Wednesday, Oct. 14, 10:30 a.m.-noon



Kay Bransford



Lauren Keenan Rote



Mark Friese



Chase Phillips



Heidi Garvis



Jim Zalewski

Photos courtesy of McLean Community Center

Learn the basics of estate planning and discover which documents everyone should have as part of their overall plan. This session will also cover key questions to ask yourself before planning your estate and introduce the people you need to name in your estate plan (trustee, agent, executor), their importance and the key functions of their roles. The session will cover practical approaches to planning and understanding what you should discuss with these individuals and what could happen if you fail to. Presented by Lauren Keenan Rote, Estate Planning Attorney.

- Addressing Your Biggest Worry: Will My Money Last? — Wednesday, Oct. 21, 10:30 a.m.-noon

This course will focus on the leading worry of most adults and offer some strategies on how to prepare for unforeseen events that can impact your retirement plans. How does a family prepare for and manage the decline in physical and executive functioning? How does one plan for a tax efficient and streamlined transfer of an estate? Other topics to be addressed include managing rising medical expenses and the planning consid-

erations for long-term care insurance. Presented by Mark Friese and Chase Phillips, Senior Financial Advisors.

- Options for Living Out Your Senior Years — Wednesday, Oct. 28, 10:30 a.m.-noon

Learn the options from right-sizing and aging-in-place to other types of communities available for consideration. How will you remain independent in your later years? In this session you will learn: senior housing types and how they differ, home care types and what you need to know and general costs and considerations for each option. Presented by Heidi Garvis, Certified Senior Advisor, Senior Housing and Care Consultant.

- When the Time Comes Will Your Family Be Prepared? — Wednesday, Nov. 4, 10:30 a.m.-noon

Will your family know what to do and what you want when you die? Learn how you can get the funeral/burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. You will leave this session comfortable with your choices, give you the opportunity to make them known to your fam-

ily and avoid any guilt or guessing. Presented by Jim Zalewski, Funeral Planning Professional.

For more information or to register, call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

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 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

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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.

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