



Reston CONNECTION

The Reston Triathlon begins
with a 1,500 meter swim at
7 a.m. at Lake Audubon.

Swim, Bike, Run in Reston Triathlon

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Award-winning Sculptor Kicks off Artist Talks

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Reston residents have a convenient place to watch the race.



Norm Happ, the original race director, and family cheer on the swimmers.



Kelly Edwards and family celebrate at the end of the Reston Triathlon

Swim, Bike, Run: Reston's 33rd Annual Triathlon

More than 500 compete in area event.

BY JOAN O'BRYAN
THE CONNECTION

During the preceding week, Kelly Edwards of Waterford, Va., had been experiencing a strange feeling: butterflies in her stomach, but not the usual kind. They were "happy butterflies."

Her daughters Hannah and Emma had the diagnosis. It was "nervouscited," according to Hannah, a condition of being nervous and excited at the same time. Edwards had been training three times a week, including family swims, to prepare for her first time participating in the Reston triathlon and had developed, as her daughters were well aware, a rather severe case.

The reason for the nerves, aside from the usual pre-race jitters, was that this was her first time participating in an Olympic distance triathlon. She joined a swell of 554 athletes as they gathered bright and early for the 7 a.m. Lake Audubon kick-off. The course consisted of a 1,500 meter swim, 40 kilometer bike-ride, and a 10 kilometer run, all through hilly Reston.

It was ideal triathlon weather, partly sunny with cool breeze, but turnout was lower this year than it had been in the past. Bunny Bonnes, Race Director, blames the smaller crowd on the saturation of races in the area. Occurring simultaneously was Nation's Triathlon in downtown Washington, D.C.

Unfortunately for patrons of Nation's, Bonnes reported, the swim-portion was cancelled due to pollution in the Potomac River. Panicked triathletes eagerly sought alternatives and Bonnes bore the brunt of the onslaught. "I got calls on Friday, you wouldn't believe [how many], saying 'I can't do the swim! Can I get in your race?'" But at that point, preparations had all been finished. "We couldn't possibly accommodate them. Join us next year. We have a beautiful lake which doesn't get polluted!"



Women's race winner Claire Wolff, 17, of McLean, crosses the finish line.

PHOTOS BY
JOAN O'BRYAN
THE CONNECTION

"I knew he was trouble when I saw him at the turn-around. Make sure to point out he was the one who got me," Jake Gramlich, Vienna, congratulates rival Tom McWalters, Manassas Park.

STANDING AT THE EDGE of the very clean lake, cheering on competitors, was Norm Happ, the founder and original Race Director of the Reston Triathlon and longtime Reston resident. He began agitating for a local triathlon in 1983, holding organizational meetings with wife Barbara in their living room. The inaugural event launched in 1984, and since then it's been a Reston tradition.

For thirty-three years, there has been a devoted coterie of comrades who attend

without fail. Happ is especially proud of friends Neil Medoff, 73, and Rick Uhrig, 61, who have competed in every single race since the triathlon's inception. Bonnes herself falls into the die-hard devotee category, having volunteered in the very first race as Food Captain and steadily worked her way up the volunteer chain of command.

For some Reston residents, the tradition is maintained in the family. Pat Conrad attended the first race in order to cheer on his father, Tom. In honor of its new birth,

he performed a peculiar baptism. Instead of ducking his head in water, then fourteen-year-old Conrad accidentally ducked his head in front of a biking racer: "I was unconscious for a half hour."

The knock to the head didn't dissuade him from entering the race. In fact, he says, "maybe it motivated me." The next year, 1985, fifteen-year-old Conrad attended the race as a competitor in his own right. (The

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Reston Triathlon: A Family Tradition for Many

FROM PAGE 2

race is limited to competitors aged 15 and older.) The family rivalry surely had some motivating effect as well. “[I’m] the youngest of four Conrads to do it. My brother, my sister, and my Dad. I’m the only one this year, representing the Conrads.” He’s currently a resident of Colorado, but the pull is strong: “I travel back every year.”

The Earley family also commented on the Reston triathlon tradition. Stephen Earley participated for the first time with father Pete Earley in 1991. He was fifteen; his father was forty. As he wrote in a Facebook post, “I realized that this year would be the 25th anniversary of my first triathlon, and that this year I would be the same age as my dad was when we first raced together in 1991... It was a quite nostalgic experience - as I rode across the same streets I remember growing up, including the bike course that I used to ride when I would go visit my grandmother’s house.” Earley reminisced during the race, remembering and honoring family members and especially his college roommate who had passed away that day fifteen years ago, when the twin towers in NYC were attacked. Proud father Pete acknowledged that Stephen even beat his time, though “only by a few minutes.”

While tradition plays an important role in the Reston community, this year’s race was dominated by the first-timers. Jimmy Sosinski, 34, of Haymarket, won the men’s race overall with a time of 2:08:04 (2 hours, 8 minutes, and 4 seconds). He says he’s run somewhere in the ballpark of forty triathlons in the past six years and this was a training race. He had a good race, but said “the run course was tough because it had rolling hills, the bike [course] had rolling hills, so it was tougher than I expected but you know, I got the win.” Sosinski participated in the triathlon as a training event on his road to achieve a Kona Iron Man qualification time, which would enable him to compete in Hawaii.

ON THE WOMEN’S SIDE, another first-time attendee, Claire Wolff, 17, of McLean, won with a time of 2:25:28. She currently attends McLean High School where she is a competitive swimmer. “I’ve been doing it for thirteen years, so it’s just always been something that’s consistent. I like the water.” She began adding biking and running to her workout routine when she heard that triathlons were on deck to become an NCAA sport. She joined the local triathlon team, Machine M3, where she participated in a few sprint triathlons. At the end of the race she said she felt, “a little bit in pain, but overall pretty good!”

Most of the athletes are adults, but high school students made a healthy showing. Jonathan Hurley, 17, an Alexandria resident attending Gonzaga High School, won his age group (15-19). It was also his first Olympic-length triathlon. He loves the triple threat of triathlons: “you have to be good at all three of them. I’ve always loved endurance sports, so it just kind of comes natu-



Gavin Hafstad of Reston beats mom Nancy at the finish line. Runner #453 Leslie Martell finishes strong.



Lynne Cuppernull, Herndon, with sons Jake and Ryan, and Bill Coquelin, of Reston, bonding at the finish line.

ral to me.” He was supported by friends Liz Kern, 17, and Jena Elshami, 16, who rewarded his hard effort with a “Love You, Grandpa!” balloon. It’s nice to get support at that ripe old age.

The athletes may get all the glory, but it would be remiss to ignore the contributions of their supporters. Family and friends woke as early as 4:30 am to get their athlete on the road. Waking up is the least of their worries, it turns out, as it takes some effort to be an effective spectator.

Wali Raffiqi and Charlie Gloeckner stood together in support of two Kirstens, pronounced differently in case you were confused: Kirsten Evans and Kirsten Gloeckner. Raffiqi was grateful for the advice from an expert spectator. He had already experienced his share of viewing woes. “I had my phone ready... but when it was time for my



Bike riders fresh from the lake head out for their 40 kilometer ride.

girlfriend, I had my phone up and literally looked away for three seconds and I looked over and she was walking up the ramp!” He blamed his camera troubles on the difficulty spectators can have distinguishing one swim-capped head from the hundreds of others.

Thankfully, the nature of the event provides second chances, and Raffiqi was making sure that he wouldn’t miss filming Evans on the bike. Gloeckner pointed out that once again, the odds were against him. Evans had a black helmet and black tank-top on, not likely to stand out in the crowd. According to Gloeckner, an expert spectator will make sure to remember their athlete’s outfit colors and, if possible, note their unique swimming, biking, or running characteristics. Knowing your athlete’s gait can help a great deal. Ideally, you should convince them to

perform “peacock style.” A bright color will always stand out: “When she [Kirsten Gloeckner] does a full Iron Man, she’ll try to get a blaze orange running top so it’s easy to spot her.”

Finally, Gloeckner recommends that the fans make their own strategic fashion choices. “At big races, like Iron Man, you’ll see whole families dressed in the same color, that way the racers can see the clan.” The Giaccio family, from Chantilly, evidently took this sentiment to heart, with all eight members showing up in sky blue t-shirts with the words “Giaccio fan” written across the front. They’ve had the shirts for many years now, using them for all events from soccer games to Brad Giaccio’s seventh Reston triathlon. They also brought cowbells, a must have for any dedicated triathlon booster.

Last but not least, the race itself wouldn’t be possible without a host of staff and volunteers. There were thirty police officers enroute, ensuring participant safety. Pfc Gary Moore arrived from the Mason district at 6 a.m. to get his race assignment. He says that overall it’s an enjoyable experience because it’s easy police work.

The police were assisted by numerous volunteers in red shirts. Russ Van der Veer and son Chris participated as members of their boy scout troop, ensuring that cars and pedestrians stayed well out of the way of the speeding bicyclists. David Bobzien, another die-hard loyalist, began volunteering in 1986, after racing for two years. He was a Reston Runners founder who for many years ran the finish line for runners. After they professionalized that position, he joined the finish line volunteer team at the triathlon. He keeps coming back year after year because he loves the “sense of really helping people in need, that is very spent athletes who put a lot into the training and the race itself, and it just feels really good being at the finish line to be able to help them out.”

A LIVE BAND also accompanied the competitors as they finished the race, playing them to the finish line at the South Lakes High School track. The members of South Bay were also first-time participants and they were excited to participate in the community activity. The name comes from South Bay lane, only a hop, skip, and a jump away from the course, where the members have been practicing for about seven years.

The music only got the party started. After finishing, racers were given a medal and plenty of water, and hustled past the fans on their way to well-earned refreshments. Pizza and bagels provided the necessary carbohydrates for a post race refuel.

Participants went home sweaty and happy. As for Kelly Edwards, the “nervouscited” didn’t inhibit her race performance. She finished strong and was happily reunited with family in the stands. Of course, her daughters never had any doubt. They had provided her pre-race with healthy dose of the necessary prescription: “hugs.”

PHOTOS BY JOAN O'BRYEN/THE CONNECTION

OPINION

History: Protests Required to Advance Justice

Local story: Protest, arrests, brutal treatment, torture of advocates for vote for women.

Democracy without our Bill of Rights could amount to mob rule. The Bill of Rights, a visionary document made up of the first 10 amendments to the U.S. Constitution, is reprinted on our website; it's under 500 words; it takes just a few minutes to read.

In the United States, the Constitution and the Bill of Rights offer many protections of freedom and equality. But actually extending that protection and freedom to all has often required individual action and sacrifice, protest, demonstration and nonviolent civil disobedience.

That doesn't make every demonstration and every protest virtuous, but even when protest is not to our tastes, we should appreciate that we live in a country where the right to do so is protected.

Even something as basic as the right of women to vote only came about because of persistent, unpopular protests organized by a militant group, individual action, sacrifice and courage in the face of brutality and repression from existing authority.

The story of how women got the vote, that is to say how half the population of the United States escaped being disenfranchised, is a local story, and so appropriate to tell in the Connection.

EDITORIAL

Alice Paul, "one of the most notorious women in America, was the chairman of the National Woman's Party, a small and militant suffrage offshoot of the mainstream National American Woman Suffrage Association," wrote Catherine J. Lancot, professor of law at Villanova, in "The Suffrage Pickets and Freedom of Speech During World War I."

In January 1917, Paul, Lucy Burns and other activists organized a relentless public protest outside the White House over President Woodrow Wilson's refusal to support the vote for women.

"By the fall of 1917, more than a hundred women had been arrested and imprisoned on charges of obstructing traffic and unlawful assembly, ostensibly because they attracted large and often hostile crowds to witness their demonstrations. ... Suffrage pickets found themselves at the center of increasingly violent confrontations with angry crowds and hostile law enforcement authorities. ...

"The judge assigned to their cases seemed perplexed by their stubbornness, patiently lecturing the women on world conditions, and explaining: 'We are at war, and you should not bother the President,' before sending them to

serve their sentence at the Occoquan Workhouse in Lorton, Virginia. This strategy backfired badly in mid-July, 1917, with a firestorm of controversy over the incarceration of several socially prominent women and the intervention of liberal lawyers who previously had been allied with Wilson. ...

"Wealthy women serving time in a workhouse brought extensive media attention." In fact, protest by women of privilege made a critical difference.

Conditions in the workhouse were brutal and filthy; women were beaten and tortured by force feeding during hunger strikes.

The 19th Amendment was ratified on Aug. 26, 1920: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

Edith Mayo, curator emeritus of political and women's history at the Smithsonian's National Museum of American History, put the history in context at a recent event: "I think one of the things we're trying to get across is one has to be vigilant about voting rights. The voter suppression of recent years has concerned a lot of Americans. It took such guts and determination for all these groups except for white men to get the right to vote that any slipping backward and trying to suppress the right to vote is a grave concern."

— MARY KIMM

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A Danger to Our Way of Governing

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

My parents knew of my interest in politics and government from the time I started school. I do not remember their specific reaction in the early 1970s when I told them I was going beyond working for other candidates and was going to run for the state legislature myself. I do quite clearly remember my mother's question after the 1972 break-in at Democratic Headquarters in the Watergate and the ensuing scandal that led to President Nixon's resignation. She asked if I was sure that I wanted to be in politics, a profession that was not too highly regarded.

My answer was straightforward: now more than ever! I explained to her my belief that if honest people did not want to get involved in politics then the running of government would be left to the scoundrels and crooks. I did not want that to happen.

She would probably ask me the same question today and for good



way to the Republican nomination for President. He is not like other Republicans with whom I am friends or with whom I work. In fact, my feelings towards him were best summarized in a letter from the Harvard Republican Club that has endorsed every Republican presidential candidate since its founding in 1888. They wrote:

"...Donald Trump holds views that are antithetical to our values not only as Republicans, but as Americans. The rhetoric he espouses—from racist slander to misogynistic taunts—is not consistent with our conservative principles, and his repeated mocking of the disabled and belittling of the sacrifices made by prisoners of war, Gold Star families, and Purple Heart recipients is not only bad politics, but absurdly cruel. If en-

acted, Donald Trump's platform would endanger our security both at home and abroad...He isn't eschewing political correctness. He is eschewing basic human decency...He speaks only in platitudes, about greatness, success, and winning. Time and time again, Trump has demonstrated his complete lack of knowledge on critical matters, meandering from position to position over the course of the election. When confronted about these frequent reversals, Trump lies in a manner more brazen and shameless than anything politics has ever seen...His authoritarian tendencies and flirtations with fascism are unparalleled in the history of our democracy..."

(www.facebook.com/HarvardGOP/posts/1190758900944693)

LETTER TO THE EDITOR

Other Ways to Reach Town Center

To the Editor:

In the article "Live, Work, Pay" about paid parking in the Reston Town Center (Reston Connection, August 31-September 6, 2016), there was no mention of using other modes of transportation to

access the Town Center. Many people who travel there live in the Reston/Herndon area and could easily bike or walk and pay nothing to park. The most popular trail

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Reston
CONNECTION

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SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

* **Jake Cui**, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

* **Tarun Kamath**, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

* **Ava Lakmazaheri**, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

* **Austin Mills**, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

* **Kunal Shroff**, The Relationship Between Le-

thality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

* **Matthew Sun**, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

* **Jason Wei**, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

* **Michael You**, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean's list at Washington University in St. Louis.

LETTER TO THE EDITOR

FROM PAGE 4

In Virginia, the W&OD Trail, is adjacent to the Town Center. Several Reston pathways lead to the Town Center. Several buses serve the Town Center and Reston residents can easily take a bus from home. It's a bit ironic that the only mention of using a bus was the suggestion to raise the cost of the bus from the Town Center to the Wiehle station so that commuters won't be tempted to park at the Town Center and ride the bus to the Wiehle station (which is probably a very, very small number of people anyway).

The "free" parking at the Town Center has been paid for by everyone who shops and dines there, whether they walk, bike, take a bus, or drive. "Free" structured parking costs around \$30,000 per parking space; it seems only logical that users of that parking cover some of the cost. Some of us will avoid that cost by using our own power to bike a short distance from home, and we get a little exercise in the process. Now everyone has a good reason to bike there.

Now, about that bike parking.

Bruce Wright
Reston



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PHOTOS BY DEB STEVENS/THE CONNECTION
When designing the basement lounge area of this Potomac, Md. home, Anne Walker used two Willem Smith Caballero Sofas in Dreamer Grey Taupe Leather.

Comfort Zone

Local furniture maker combines style and comfort.

BY MARILYN CAMPBELL
THE CONNECTION

John W. Smith treks through a maze of sleek chairs and stately sofas in a large, sunlit showroom tucked in an



Interior designer Anne Walker used Willem Smith Quintana Swivel Chairs in Dreamer Apricot Leather to add a pop of color to a neutral palette in this Potomac home.

industrial warehouse center in Fairfax. He pauses at a dining chair, upholstered in beige linen and framed with espresso hardwood.

“Feel how smooth that is,” he said, running his fingers along the wooden edge of the seat. “If you’re at a sitting at the table for three, there’s no sharp edge against the back of your calves.”

Dubbed the “three-hour dinner party”

chair, the Etesian is part of the Willem Smith Furnitureworks collection. Pieces ranging from the brown, leather San Luis, a streamlined version of a traditional wing chair, to the Francisco Metro Swivel, a petite recliner, to the Canapé sofa, fill the showroom.

“The comfort of the pieces sells them, but it doesn’t look like big, over-stuffed furni-

SEE COMFORT ZONE, PAGE 7



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John Smith of Willem Smith FurnitureWorks shows examples of leather used for the seating he creates.

PHOTO BY
MARILYN CAMPBELL
THE CONNECTION

Comfort Zone

FROM PAGE 6

ture,” said interior designer Lowell Wade of Interior Motives in Alexandria.

Like many furniture makers, Smith strives to marry style and comfort. He’s taken that commitment to a new level, however, creating and patenting his own seating mechanism to ensure comfort. Named piErgonom, it’s a device that attaches the seat back to the seat cushion, preventing slippage and offering back support. Beauty and style matter to Smith, but in his liberal view of aesthetics, beauty springs from not only the physical appeal, but also the way a piece feels and functions.

“Comfort is the final element that determines whether the chair or sofa is a success,” said Smith, a Great Falls father of four teenage daughters. “We sweat all of the details and are completely consumed by making all of our seating more comfortable.”

Smith says that he is committed to minimizing his company’s impact on the environment. His practices include using non-endangered hardwoods. All of the springs incorporated into the cushions of his seats are made from recycled steel. Most of the furniture and fabrics used are made in the United States. Buyers can choose from a range of textiles and finishes, including leathers and fabrics, which are displayed in the showroom.

Born and raised on a farm in Ontario, Canada, Smith left a career in banking to spend more time with his then-young family. He also itched to find creativity in his life. His pieces, which not only include seating, but also tables, cabinets and other wood works, are a blend of contemporary lines and classic styles.

Smith credits a talented team of what he calls “style leaders” with the aesthetics of his goods. “I have no illusions that I’m Yves St. Laurent and I wouldn’t pretend to have an affinity for style,” he said. “There is a difference between design and style. Design is the engineering, construction, materials and performance, and that’s my focus.”

Before hitting the market, for example, each piece undergoes a careful inspection by Smith and his business partner John “JB” Behrens.

“We know all of our pieces intimately,” said Behrens. “The designs essentially come out of a collaborative process. We think about furniture logically and practically and we obsess over comfort.”

“We focus a lot on scale and proportion and how that relates to a furniture buying decision,” he continued. “When we have a chair, for example, John and I look at it together, think about what works, what doesn’t, what things bother us, how can we figure out a solution to turn problems into positives.”

A combination of versatility and comfort drew Potomac, Md.-based interior designer Anne Walker of Anne Walker Design to Willem Smith furniture during a recent home redesign. “All of their pieces are incredibly beautiful. They combine this very clever combination of Old World and classic style with innovation,” said Walker. “The greatest strength is the comfort of their pieces. They take painstaking details. You can tell the first time you sit on one of their products that they are extremely comfortable.”

Smith’s wife, Mary, helps with marketing and other tasks. “The clear differentiator for the furniture is the attention to comfort and functionality,” she said. “There is a lot of furniture out there that may look good, but isn’t functional. A lot of the public doesn’t realize it. That’s the fun of the marketing piece: educating others about this great solution for people. Like before there was Starbucks people didn’t realize they were drinking bad coffee all them time.”

This attention to detail attracts clients ranging from furniture-seeking homeowners to interior designers on a mission to create a showplace.

“Their furniture has a bespoke quality and an incomparable level of comfort,” said Joseph Van Goethem of Joseph Van Goethem Interior Design in McLean. “I believe Willem Smith is the epitome of authenticity and timelessness.” Even better, he added, “when I first took a client to Willem Smith, there was no smothering my client, no sales pitch. When your furniture is that good, there’s no need to sell it.”

Locally, Peet’s Coffee & Tea selected Willem Smith’s Rio Java chair for the lounge area of its coffee shops.



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292 HITE LN, STRASBURG - Mt. Pleasant, c. 1812. Beautiful Federal manor home of brick crafted on-site. Original heart pine floors, magnificent staircase & beautiful millwork. 5 BR, 5 BA, 8 FP. High ceilings, great flow for entertaining. 107 Ac. Country kitchen with FP, tenant house, bank barn, spring house. A perfect weekend retreat, year around residence, B&B. 1+ hr to DC. On National Register. **\$1,200,000**

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17971 YATTON RD, ROUND HILL - Historic Runnymede Farm, c. 1777 is totally updated for today's lifestyle. Spacious stone manor house sits on 20 beautiful acres. 4 BR, 2 FB, 3 HB. Interior stone walls, terrace. Gourmet kitchen, separate dining room with FP, tavern room with built-in wetbar, walk out to huge terrace with spa overlooking fields. Old springhouse, small barn. Entire property fenced. Very commutable, yet feels a world away. **\$1,170,000**

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36581 LEITH LN, MIDDLEBURG - 10-ac farm in Middleburg Hunt territory features spring-fed pond, 3 paddocks, small stable, stone spring house, scenic grounds w/exquisite landscaping, tree-lined drive. Large bright rooms warmed by generous use of fieldstone, heart pine, other natural materials. Multiple FPs, 4Brs, office w/sep entry & parking. 4Br farmhouse c.1815, fully updated, Google "Youtube Kim Hurst Presents" for video. **\$950,000**

Kim Hurst • 703-932-9651 • YourCountryHome.net



39207 JOHN MOSBY HWY, ALDIE - Historic home c.1803 in the heart of Aldie, beautifully restored interior, private front and back porches, stunning swimming pool with exceptional outdoor entertainment center, gazebo and hot tub, exquisite professionally landscaped gardens all beautifully manicured, brick walkways, extensive patios, fencing. Detached art studio and 2 car garage. Must see! **\$1,099,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net



35653 MILLVILLE RD, MIDDLEBURG - NEW PRICE! Lovely 4BR/3.5BA home w/spacious rooms on 18+ acres just minutes from Middleburg. Two-stall barn/tack with four stone/board-fenced paddocks, terrific rideout. Middleburg Hunt. Enhanced by high-speed Internet, whole house generator, extensive invisible fencing. Mountain views, soaring magnolias, wonderful gardens. **\$945,000**

Walter Woodson • 703-499-4961 • wnwoodson@gmail.com



23302 DOVER RD, MIDDLEBURG - Only minutes from the town of Middleburg. Beautifully set on 3 acres with a huge back yard, fenced pool, & mature landscaping. 5 bedroom, 4 baths, large rooms, great for entertaining. Many updates include updated kit, new carpeting throughout, new paint interior & exterior, updated roof, & updated floors! Basement includes kitchenette, living space, garage & laundry room. **\$729,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net



23432 DOVER RD, MIDDLEBURG - Lovely, well built, 4 BR brick colonial. Newly renovated kitchen, 3 acres, slate roof, house & grounds exceptionally well maintained. Minutes from Middleburg. Swimming pool off back terrace. Paved driveway. Small 3 stall stable with at least 2+ acres that could be fenced for horses. **\$799,000**

Scott Buzzelli • 540-454-1399 • Scott@atokaproperties.net
Peter Pejacevich • 540-270-3835 • Peter@atokaproperties.net



908 SMARTTS LN NE, LEESBURG - Well maintained, end unit townhouse with 3 finished levels, spacious eat-in kitchen, separate dining room with bay window, step down to large living room, hardwood floors, private fenced rear yard with deck, patio, & rose garden. 40 year shingles. Great commuter location. **\$299,000**

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ENTERTAINMENT

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

"The Way I See It" Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free.

restontowncenter.com. 703-579-6720
All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

LINES, CURVES AND COLORS On exhibit Aug. 31- Oct. 2. At ArtSpace Herndon 750 Center St, Herndon. "Lines, Curves, and Colors" will present the talents of four artists working in different mediums. The show features one photographer and three sculpture artists. For more information call 703-956-9560.

Reston Photographic Society Meetings from 7:30-9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston on the third Monday of each month through Nov. 31, the meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit the LRA website at www.leagueofrestonartists.org

Beginning / Intermediate Oil Painting — Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016.

SEE ENTERTAINMENT, PAGE 9

The Mark H. Taiko School presents Taiko Drums or Japanese drumming on the Global Stage at Lake Anne Plaza during the 2015 Reston Multicultural Festival. This year's festival will be held on Saturday, Sept. 24, 11 - 6 p.m. at the Lake Anne Plaza.



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10:25 a.m. Sunday School Grades 3 to 6
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11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
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ENTERTAINMENT

FROM PAGE 8

ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

WEDNESDAY/SEPT. 14

League of Women Voters (LWV) –

Reston 7:30 - 9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston 20190. The League is 96 years old and looking at ways that work today to make democracy work. On this fall's agenda are ways and means to help voters become election ready. Cost: Free 202-263-1311. Background papers at www.lwv-fairfax.org.

Estate Planning Essentials. 7 p.m.

Reston Regional Library, 11925 Bowman Towne Drive. Estate planning can seem overwhelming but for most people only four documents are essential to put their house in order. Attorney Bettina Lawton will cover everything you need to know about preparing your will. Cost: Free. Register online at www.fairfaxcounty.gov/library

THURSDAY/SEPT. 15

Health & Well-Being Career Fair 9 - 3 p.m. YMCA Fairfax County Reston ·12196 Sunset Hill Road, Reston VA 20190. Fitness Career Opportunities: Personal Trainers & Group Ex. Instr. Onsite interviews-Facility tour-Immediate employment opportunities. resumes@ymcadc.org

FRIDAY/SEPT. 16

Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Shag. British rock. 703-230-1985.

SATURDAY/SEPT. 17

Reston Station Movies. 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. "Goosebumps ." 703-230-1985.

Finding Common Ground: A

Reverse Town Hall to End Gun Violence. 6 - 8:30 p.m. Unitarian Universalist Congregation of Fairfax, Sanctuary. 2709 Hunter Mill Rd, Oakton. Let's break the stereotypes that usually accompany the labels "gun owner" and "non-gun owner" and find the common ground that will end gun violence. Share a potluck dinner and share the story of what has shaped your views on guns. RSVP at uucf.org/finding-common-ground.

Day of Free Dental Care Hosted by

Vienna Smiles 7:30 - 5 p.m. 2553 Chain Bridge Road, Vienna. First come first serve. The Smiles Team, comprised of offices in Vienna, Fairfax, Arlington, and now, The Plains, VA. 703-790-1953 rripps@mpaart.org

WEDNESDAY/SEPT. 21

Artist Talk Series. Award-winning sculptor Barbara Grygutis, who has created more than 75 large-scale public art works will kick off the Initiative for Public Art-Reston's (IPAR) Artist Talk Series at 7:30 p.m. in a conference room at RA offices, 12001 Sunrise Valley Drive. Cost: Free and open to all.

THURSDAY/SEPT. 22

Documentary BAG IT 7 p.m. Patrick Henry Library 101 Maple Ave E Vienna, Virginia 22180. Sierra Club/ Great Falls Group will show BAG IT, a documentary about the effects of

plastics on our personal health and the Environment. Cost: Free. Contact: s.weltz@yahoo.com

Paul Rosenweig "Privacy in the

Cyber Age: The Digital

Minefield" 7:30 p.m. Northern

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anonymity. For some this change is

positive. For others, it is the coming

of Big Brother. Admission: Free.

www.gatherthejews.com/event/

FRIDAY/SEPT. 23

ArtInsights Animation and Film

Art Gallery 12- 8 p.m. 11921

Freedom Drive, Reston Town Center.

See a showcase of original, legendary

Beatles cartoon paintings and meet

the artist, Ron Campbell. Admission:

Free. 703.478.0778 / artinsights.com

Reston Station Music.

6:30-8:30

p.m. Reston Station, 1904 Reston

Metro Plaza, Reston. Battery Lane.

Covers. 703-230-1985.

SATURDAY/SEPT. 24

Reston Multicultural Festival.

11

a.m.- 6 p.m., Lake Anne Plaza,

Reston. The Reston Multicultural

Festival celebrates all the

entertainment, dress, food, and

cultural treasures from all over the

world that are all here in Reston.

Rain or shine. Free. Visit Contact:

Call: Sonya Amarte 703.766.9025 or

email: samartey@alz.org Visit:

www.restoncommunitycenter.com

Family Fun Day for Growing Hope.

10 - 4 p.m. on the Town Green in

Vienna. 144 Maple Ave E, Vienna, VA

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www.optimistclubofgreaterienna.org.

ArtInsights Animation and Film

Art Gallery 12- 6 p.m. 11921

Freedom Drive, Reston Town Center.

See a showcase of original, legendary

Beatles cartoon paintings and meet

the artist, Ron Campbell. Admission:

Free. 703.478.0778 / artinsights.com

Reston Station Movies.

8:30 p.m.

Reston Station, 1904 Reston Metro

Plaza, Reston. "The Jungle Book ."

703-230-1985.

SUNDAY/SEPT. 25

Mount Pleasant Baptist Church

Herndon, VA Celebrates 150th

Anniversary 10:30 a.m. at Hylton

Performing Arts Center Manassas,

VA. Anniversary events will be held

throughout the month of September.

Cost: Free.

www.mtpleasantbaptist.org/

150thanniversary

ArtInsights Animation and Film

Art Gallery 12- 4 p.m. 11921

Freedom Drive, Reston Town Center.

See a showcase of original, legendary

Beatles cartoon paintings and meet

the artist, Ron Campbell. Admission:

Free. 703.478.0778 / artinsights.com

Herndon Nature Fest 1 - 5 p.m.

Runnymede Park 195 Herndon Pkwy

Herndon, VA. Explore various nature

stations in the park including

butterflies, bees, meadow life and

more. Live animal shows, Arts/crafts,

Family-friendly. Admission: Free 703-

437-6277 dellabrown1954@msn.com

herndon-va.gov/recreation.

FRIDAY/SEPT. 30

Reston Station Music.

6:30-8:30

p.m. Reston Station, 1904 Reston

Metro Plaza, Reston. Moonshine

Society. Blue and rock. 703-230-

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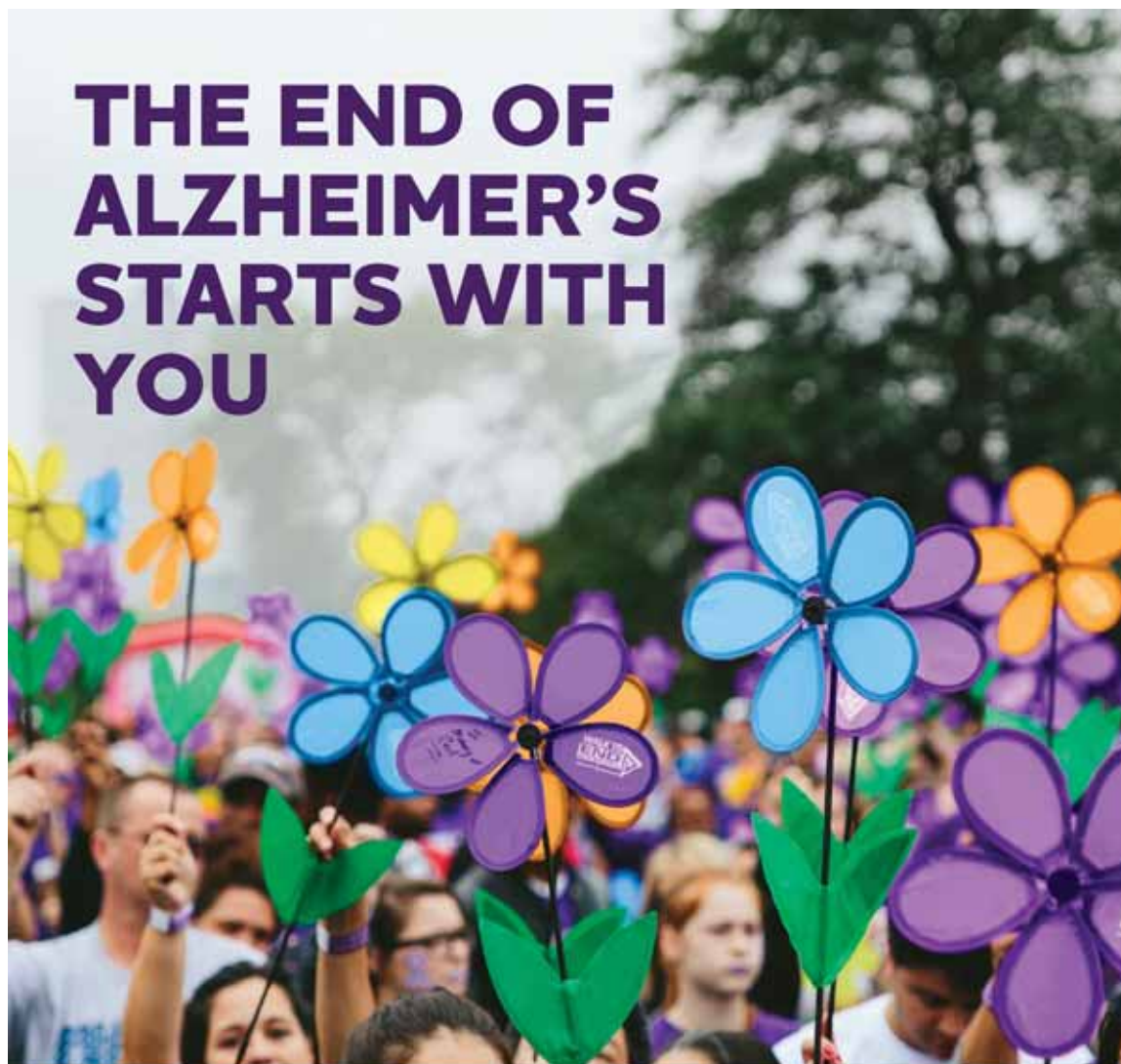
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alz.org/walk | 800.272.3900

Shore About One Thing

By KENNETH B. LOURIE



"Want to get away?" No. Not usually. I'm more of a home body than I am an away-from-home-body. But occasionally, even I have the urge to get up and go. And now that I've come up with a system to safely transport the 50 pills-plus I ingest daily, I feel less constrained by my previous limitations (how does one pack up/plan for travelling with 20-plus bottles of pills worth an estimated \$200? In a car? OKAY. But on a plane? If I do carry them on, are that many bottles/type of content even allowed? Do I carry on a day's worth and pack the rest? Would a note from my oncologist help? If I checked my luggage instead, what if the luggage gets lost?). So I'm now using bank envelopes (the kind used by the drive-through tellers) to segregate my a.m. and p.m. pills. As James Whitmore (as Brooks) in "Shawshank Redemption" said to Andy Dufresne (Tim Robbins) about distributing the library books to the inmates: "Easy peasy. Japaneasy." In effect, no fuss, no muss. As a result, I feel as if I've regained some control over my life (always a good thing for a cancer patient).

Ergo, I am now sitting poolside in New Jersey at my wife, Dina's, cousin's beach house. My pills are "enveloped" in our bedroom, my alkaline water (another transportation problem which I have not yet solved) is "galloned" in the fridge and my usual and customary anxiety is back home in Maryland. And if there's one thing a cancer patient undergoing chemotherapy needs, it's relief, maybe even relocation from all that is usual and customary. Not that you ever forget — for one second, your diagnosis/original prognosis/abbreviated life expectancy, but it "sure beats Bermuda off season" as the old adage rationalizes.

So, even though I'm not exactly fat and happy, neither am I skinny and miserable. And for a cancer patient originally characterized as "terminal" (by my oncologist), not being 'skinny and miserable' is all it's cracked up to be and I mean that sincerely and serenely. And though I'm not yelling "Serenity Now" at the top of my lungs to reduce stress as Frank Costanza was advised to do and did, on a long-ago Seinfeld episode, I am feeling "unencumbered" (to quote one of my father's favorite words) and can't help wondering: what took me so long?

But I know what took me so long. Me, myself and I; that's who, and my commitment to maintaining my pill regimen/consumption — for fear of upsetting my emotional apple cart. Other than the regular/recurring infusions I've experienced over the past seven-plus years, the second most constant anti-cancer routine I've embraced has been my non-prescription supplements (most recently adding Chinese wormwood and Indian ashwagandha, while dropping N-Acetyl-L-Cysteine). For all I know, my unexpected survival has had as much to do with my pills as it has had to do with my chemotherapy? Finding a way after all these years to maintain this status quo might hopefully/presumably allow me to live longer and prosper and perhaps enhance my life, maybe even extend it. Besides, "I'm too young to die. Too handsome. Well, too young, anyway."

I realize I may be making a mountain out of a mole hill here. Nevertheless, when the adversary is cancer, specifically a heretofore incurable form of cancer: non-small cell lung cancer, stage IV, any port in this storm is much appreciated. For the moment it seems, finally, I am ready, willing and able to continue the fight away from home - should the opportunity present itself.

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

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- Ralph Waldo Emerson

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THE CONNECTION
NEWSPAPERS

PEOPLE

Mina Fies Named 2016 'Made it to a Million' Femtor™ Award Finalist

Mina Fies, Founder and CEO of Synergy Design & Construction, a design-build firm located in Reston, was named a finalist in the "Made it to a Million" category at the eWomenNetwork 2016 International Femtor™ Awards Champagne Luncheon, held in Dallas, Texas, on Aug. 6. The International Femtor Awards are one of North America's most prestigious award honors. Each year nominated leaders are selected to be recognized for their outstanding achievements and the role they play in elevating the stature and well-being of women.

"Today we are surrounded by the most daring and innovative women entrepreneurs of all time. It is our duty to seek out and empower these women to reach their



PHOTO CONTRIBUTED
Mina Fies

goals and go beyond what they think is possible. I am both honored and humbled to be recognized as a Femtor finalist," said Fies. "Connecting and empowering other like-minded women, only fuels our success, and positively impacts the overall health of our economy."

The 2016 International Femtor Awards Champagne Luncheon was hosted as part of the eWomenNetwork 16th Annual International Conference & Business Expo. The sold-out event was attended by more than 1,000 women entrepreneurs from all over the United States and Canada.

Fies is also an author and speaker, delivering informative and interactive workshops that help people take control of the space that surrounds them.

Reston Library Friends Announce Huge Fall Book Sale, Sept 21-25

30 Days Hath September, here's the book sale to remember!

If you're a serious book sale shopper, meet us here in Reston proper.

Hardbacks and paper, trades and tiny, Condition excellent.
Cooking, Sci-Fi, Lit, and Mystery;
Travel, Languages, Biz, and History;
Religion, Health, and every Hobby.
Don't miss our tables in the lobby.
Prices starting at just fifty cents.

We'll gladly take checks, cash, or credit
Your book is here — so come and get it.

45,000 BOOKS IN GREAT CONDITION

Dates and Times

Members' Night (Memberships at door: \$5
Seniors, \$15 Adult/household)

Wednesday, Sept. 21, 5 p.m. - 8 p.m.

Open Sale

Thursday, Sept. 22: 10 a.m. - 8 p.m.

Friday, Sept. 23: 10 a.m. - 5 p.m.

Saturday, Sept. 24: 10 a.m. - 4 p.m.

Sunday, Sept. 25: noon - 3:30 p.m.

(library opens at 1 p.m.)

Those with need for special access are invited to contact the Reston Friends in advance of the sale to arrange special shopping opportunities. If you have questions or requests, contact the Friends in advance, email <<restonfriendspr@gmail.com>> or call to leave a message at 703-829-5467.

Note: No scanners or other devices can be used on Media or in Charly's Corner. No children's books are offered at this sale. Next children/teens/educators sale will be Spring 2017. Policies and guidelines will be posted at the sale.

All proceeds go to support the Reston Regional Library and the Fairfax County Public Library system.

Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

ONGOING

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning September 13th. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and more. For volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or

visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. 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.

Cantonese-speaking Social Visitor is needed in Falls Church to visit with an older adult female once or twice a month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices. and pharmacy trips, make friendly calls to home-

Award-winning Silver Line Sculptor Kicks off IPAR Artist Talks Sept. 21

Award-winning sculptor Barbara Grygutis, who has created more than 75 large-scale public artworks across the United States and Canada, including the Silver Line's Spring Hill metro station, will kick-off the Initiative for Public Art-Reston's (IPAR) Artist Talk Series on Wednesday, Sept. 21, at 7:30 p.m. Presented in collaboration with the Washington Metropolitan Area Transit Authority (WMATA) Art in Transit program and the Reston Association (RA), the Artist Talk, which is free and open to the public, will be held in a conference room at RA offices, 12001 Sunrise Valley Drive. Grygutis will speak at McLean Project for the Arts' Emerson Gallery the following evening.

Recognized internationally for her sculptural environments, Grygutis describes her approach as creating "public spaces that enhance the built environment, enable civic interaction, and reveal unspoken relationships between nature and humanity." She engages the public by "identifying themes that are meaningful to each specific site and community."

Grygutis' completed projects include sculptural environments integrated into urban and natural landscapes, iconic freestanding works, sculpture gardens, public plazas, gateways and signature markers, memorials, monuments, and works of art designed to



PHOTO CONTRIBUTED

Barbara Grygutis

enhance pedestrian and urban mass transportation systems. In October, Oro Editions will release a new publication, titled "Public Art/Public Space," about her sculptural environments.

In addition to her permanent public art installations, Grygutis' work has been exhibited at The Smithsonian Institute in Washington, D.C.; The Socrates Sculpture Park in Long Island City, N.Y.; The Bronx Museum in New York City; and The Parker Collection for the White House and the Vice-President's House, both in

Washington, D.C.

Among her awards are the National Endowment for the Arts' Individual Artist's Fellowship and an Individual Project Design, and a second place in the International Quadrennial Competition in Faenza, Italy. In 2011, the New York Municipal Art Society awarded her a "MASTERworks" honorable mention for her sculptural installation "Bronx River View." In 2010, "her Imaginary Garden" in Cary, North Carolina's Walnut Street Park, received national awards from Hardscape North America and the Brick Industry Association's Brick in Architecture competition.

Registration required at rsvp@publicartreston.org. For more information on IPAR and its Artist Talk Series, visit www.publicartreston.org or call 703-467-9797.



Creating Art at Reston Town Center

Joyce Ann Drayton of the Children's Craft Shop in Centerville creates a work of art during the Reston Town Center Chalkfest.

PHOTOS BY JOAN O'BRYAN/
THE CONNECTION

Rosh Hashanah and the Presidential Race

BY RABBI LEIBEL
FAJNLAND
DIRECTOR OF CHABAD
OF RESTON-HERNDON



On the night of Rosh Hashanah the nominee, the "Man of the Hour" Mankind, is reinvested once again by God, with the mandate to bring about a more "perfect union". Together we can,

and must make a difference. In the lives of those around us, and in the world at large.

In light of the magnitude of responsibility, one may be tempted to demur, "Can I really make a difference"? "I am just a solitary being in a vast cosmos".

The Talmud teaches that there is another lesson to be gleaned from the story of the creation of the first man. The reason Adam the first Man was created a single being (unlike the other species which were created in large numbers) is to demonstrate how even one person can, and thus must, change the world.

So as Americans nominate their choices for presidential leadership and prepare for this historic general election, this Rosh Hashanah each one of us will be a delegate at another convention in which we will nominate Mankind and a divine platform for another year-long term.

Opinion polls, ratings, blue collar, white collar, and all the rest will not determine the success of this race, rather with simple acts of devotion, goodness and kindness, will we issue our vote of confidence in our nominee. In return may we prepare for another year of life, good health and blessings and the opportunity to continue to make the world an even better place for ourselves, our communities, and our children.

With best wishes for a Happy New Year for the Jewish calendar year of 5777!

The nominations of the candidates have been accepted by their respective parties, Vice Presidential candidates have been vetted and chosen. Phone surveys, opinion polls, focus groups, and the endless media flow of information, will keep coming and will even gather steam as we approach November 2016.

All this election mania brings to mind another big convention and nomination night. A night for the nomination of a candidate and party platform that truly crosses party lines, and it's taking place on the Jewish holiday of Rosh Hashanah – the Jewish New Year.

The candidate is Humanity, and the platform is a gentler and more Godly world, brought about through the performance of Mitzvos – Good deeds.

In Jewish tradition Rosh Hashanah is not the anniversary of the creation of the world; rather it is the anniversary of the sixth day of creation, the day God created Adam, the first man. Rosh Hashanah thus does not actually celebrate the renewal of the universe; it celebrates the renewal of mankind, its steward.

Indeed the world was not created as a mere repository for planetary matter. It was brought into being with the vision that the human race, banded together, work to transform the world, into a peaceful and holy universe. These goals are achieved through actions, thoughts and words, as individuals and communities, which promote decency, good deeds, and kindness.

High Holiday Services Schedule

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

For information on Chabad's open to the community services for Rosh Hashanah (Oct. 2-4) and Yom Kippur (Oct. 11-12), as well as to reserve, visit www.chabadrh.org.

Membership is not required to join. All are welcome, regardless of background or affiliation. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly, with a Hebrew-English

Prayer Book (Machzor) making it enjoyable and meaningful for both the seasoned and the unversed. The services will be traditional, yet thoroughly contemporary, interspersed with traditional and modern Jewish tunes, English readings and a running commentary led by Rabbi Fajnlend.

In addition, a special children's program will accompany the adult services.

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829, visit www.chabadrh.org, or write to Rabbi@chabadrh.org.