



# Reston CONNECTION

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Daath Coleman, 9, sees her psychedelic cat face painting for the first time. Makeup artist Laura Valentine painted her face outside of K.G. Cutz while her brother, Elijah Coleman, 15, was getting a haircut.

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PHOTO BY FALLON FARBUSH/THE CONNECTION

NOVEMBER 2-8, 2016

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# VOTE NO ON THE MEALS TAX!

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**It's vague.**

**It's expensive.**

**It's written by politicians, for politicians.**

On November 8, send the Board of Supervisors a message:

**NO to regressive taxes! NO to the meals tax!**



[www.stopthefoodtax.com](http://www.stopthefoodtax.com)

Paid for and Authorized by Fairfax Families Against the Food Tax Referendum Committee





Couple Nathan Mateer and Genevieve Siegel dressed Petey, a 3-year-old Chihuahua mixed breed, as a dirty martini and entered him into the Most Creative category of the costume contest.



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Linus, Kim Greenberger's dachshund and maltese mixed breed — known as a mauxie— in his lobster costume, happily barks at a tiger that crossed his path in the plaza: 20-month-old Julia Earle. Her mom, Brigitta Earle steps in to calm them down.

# Reston Market Howls for Halloween

BY FALLON FORBUSH  
THE CONNECTION

When Susan Cassell's 16-year-old border collie mix Cleo died in September 2014, she was devastated. In memory of her beloved pet, she wanted to bring the community's animal lovers and their furry friends together for what would become one of her favorite times of year: "Howl-O-Ween."

Now in its third year, Howl-O-Ween at Lake Anne Plaza, an animal costume contest and parade, has grown from a crowd of 57 tail-wagging pets to an estimated 400 costumed critters.

"I thought it would just be fun for the neighbors," says Cassell, who works as the community's property manager, while wearing a Queen of Hearts costume.

PetMAC, a petstore and adoption center, and the other local merchants chip in prizes for the contest and make arrangements so that the plaza is friendly to those with fur.

"We just wanted to create an event to incorporate pets into Halloween; a pet-friendly environment," says Eve Thompson, owner of Lake Anne Coffee House. Her 7-year-old French bull dog named Scout would not be participating because "she's too cute," she says. "It wouldn't be fair."

But that excuse didn't stop people from throughout northern Virginia from showing up to show off their favored pets.

Stephanie Kolar brought her pet named Beast from Arlington. He is a 7-year-old rabbit. She even made him a hand-sewn banana split costume. "I'm not sure how long it took," she says. "I just made it while watching TV."

While canines were the most abundant, there were also a few cats in attendance.



Susan Cassell, Lake Anne property manager, ushers contestants into the judging area in her Queen of Hearts costume from the book "Alice's Adventures in Wonderland."

The competition has five categories: Scariest, Cutest, Crossdresser (animals dressed as another species), Best Couple (pair of animals or animal and human combinations) and Most Creative. The Cutest category is the most popular every year and is the most competitive.

Lake Anne residents JoAnne Eckhardt, Beverly Wicker and Bonnie Vona judged the competition and decided which animals won in each category.

"We've waited 65 million years for this," Ben Moore of Herndon said to the judges as he and his 6-year-old schitzu named Beanie walked up to the judging table while wearing matching green dinosaur costumes. This comment made all three of the judges chuckle.

Jonathan Campbell of Herndon and his girlfriend Lori Ager also entered the Best

Couple category with their dog Sadie, an 8-year-old black labrador retriever. As a presidential candidate and her campaign staff, the dog's platform included, "three meals a day and deporting all of the Chihuahuas back to Mexico," Campbell told the judges.

After all of the 40 plus animals posed for the judges, Lake Anne residents Ric McKee and Joy Oran Burg led the crowd—both those who entered the costume competition and those who were just enjoying the sunny day in costume—from the steps of the Washington Plaza Baptist Church around the plaza and down the doc for the parade.

After the parade and costume results were announced, Melanie Cross and her pugs, 7-year-old Roxy dressed as a cheeseburger and 8-year-old Sailor dressed as a hot dog, went to the beer garden for "Yappy Hour"

at Lake Anne Brew House.

Cross was enjoying the brewery's Concrete Blonde ale with Anna and Andy Gibson. The Gibsons brought a 7-year-old maltese named Penny. They are fostering the dog until it can be adopted as part of their volunteer work with New Love Animal Rescue in Herndon.

"We wanted to get in on the fun," says Melissa Romano, owner of the brewery, which opened its doors only six months ago.

She had to extend the small brewery's outdoor patio to create the dog-friendly beer garden for the special event. She says she only gets four permits per year from the department of agriculture and health for special accommodations such as this.

Lake Anne Brew House only brews 65 gallons at a time and does not bottle, but only sells on site. "It's all hand-crafted, from milling the grain to the finished product," Romano says. While most beer taps are powered by carbon dioxide, some of her taps use nitrogen.

"CO2 is the typical way to condition and serve beer," she says. "Our nitro taps give a smoother and creamier pour."

Because of this, the nitro taps are usually reserved for her stouts. This weekend the Lord Fairfax English Pale Ale, which won second place in its category at the Virginia Craft Brewers Guild's 2016 Virginia Craft Beer Cup this summer, was offered using the nitrogen.

The Reston Market at Lake Anne Plaza runs every week from the first Saturday of May through the first Saturday of November, which means the season ends this coming Saturday.

If Cleo were alive today, Cassell says "she would have thought Howl-O-Ween was pretty cool" way to help bring the open air market to a close.



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# WELLBEING

## Managing Holiday Weight Gain

**Advanced planning is key to keeping off pounds.**

BY MARILYN CAMPBELL  
THE CONNECTION

**H**oliday weight gain between Halloween and New Year's Eve is not only common, a new study published in the New England Journal of Medicine found the issue to be global. Researchers tracked the weight of nearly 3,000 people in the United States, Germany and Japan, and found that every single person studied gained weight during the period of time from October to January.

"Some people ... just give up on [weight management] during the holiday season. With Halloween candy, Thanksgiving and then Christmas, I think some people say, 'I'm just going to deal with it in the New Year,'" said Domenica M. Rubino, M.D., of the Washington Center for Weight Management and Research in Arlington. "It's easy to get derailed that way. It's better to say, 'How am I going to manage it?'"

What different ways can I celebrate?" In fact, Rubino advises patients to consider starting a weight-management program before the holiday season. "It gives them a little extra structure during the holidays," she said.

There are a few, simple ways to combat those holiday pounds today. "From a nutrition perspective, start thinking about it now," said Dietician Lauren Trocchio. "Know that you'll be at a party or a dinner and there will be a lot of food accessible to you and have a plan."

Avoid arriving at a party on an empty stomach. "Keep up with a routine so you're not too hungry," said Psychotherapist Raquel Willerman. You will have a better chance of making a wise food choice if you're not starving."

Also, be aware of what food traditions may be most important or memorable. "For some people, it doesn't feel like it's the holidays if we don't have sweet potatoes with marshmallows on top or

mashed potatoes with gravy, even if those food choices are a detriment to their health," said Rubino.

Therefore, watching alcohol consumption and practicing portion control rather than forgoing tempting foods altogether are among Trocchio's recommendations.

"If you're going to have holiday cocktails, your inhibitions might be lower, so you can try limiting your cocktails and alternating them with seltzer," said Trocchio. "Rather than substituting fat free versions of food that you want, practice portion control."

Caring for one's emotional well-being can mitigate the risk of over eating as well. "Know ahead of time that a lot of things will be overwhelming," said Willerman. "There will be an increased number of family members in close

proximity, there could be traveling, the amount of food, there are a lot of overwhelming things happening at once."

Such mindfulness practices can help people avoid emotional eating traps. "Going home can be stressful during the holidays," said Rubino. "It can be a trigger to use food to help calm and cope."

To manage feelings of anxiety or stress in such situations, Willerman recommends diaphragmatic breathing — also known as belly breathing or deep breathing. "Take 10 breaths and push your stomach out like a balloon, she said. "It forces a kind of relaxation response to help you not feel overwhelmed. When people get overwhelmed, you become more of an emotional thinker and it's more difficult to think through and activate the plan."

In addition to a dietary plan, an exercise plan is critical, too. "Ask yourself, 'What am I going to do when the weather gets colder?'" said Rubino. "Planning is most important going into the season. You need winter transition exercises. ... You can get the whole family involved with an activity like dancing with a Wii. You can start some kind of tradition with an activity that gets people outside."



PHOTO BY MARILYN CAMPBELL

**Develop a plan now to combat holiday weight gain.**

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## NEWS

South Lakes High School held its homecoming parade on Friday, Oct. 28. Class Council members participating in the parade, from left: Quang Nguyen, Joseph Letteri, Jenna Kaufman, Molly Sheets, Mandip Bhadra.

### South Lakes High Holds Homecoming Parade



South Lakes students on the float, from left: Jack Dunne, Olivia Cosham, Molly Sheets, Caroline Katz, Leslie Zelaya, Jenna Kaufman, Quang Nguyen, Joseph Letteri, Tyler Ellis, Anahita Dhungel, Caroline Mauer, Nikita Sawant, Mylinh Doutroung, Hailey Weiss.



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## Vote No Later than Tuesday, Nov. 8

Vote early ("absentee in person") through Saturday, Nov. 5.

**W**ho knows what will happen on Election Day? Voters can avoid the uncertainty of possible traffic gridlock, bad weather or other impediments by voting "absentee-in person." If you work, you qualify to vote absentee because of the possibility you could be commuting and working for 11 hours on Election Day. There are many other reasons voters qualify to vote early in Virginia.

Voters can vote absentee-in person at Fairfax County Government Center, Conference Room 2/3, 12000 Government Center Parkway, Fairfax, now through Friday Nov. 4, 8 a.m. to 8 p.m. and Saturday, Nov. 5, 9 a.m. to 5 p.m.. Nov. 5 is the last day to absentee vote in-person.

Absentee voting is also available at 10 satellite locations, now through Friday, Nov. 4, 2-8 p.m. and Saturday Nov. 5, 9 a.m. to 5 p.m.

Satellite voting locations:

- ❖ Providence Community Center - 3001 Vaden Dr., Fairfax
- ❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria
- ❖ McLean Governmental Center - 1437 Balls Hill Rd., Community Room, McLean
- ❖ North County Governmental Center, 1801 Cameron Glen Dr., Community Rooms, Reston
- ❖ West Springfield Governmental Center - 6140 Rolling Road, Springfield
- ❖ Mason Governmental Center - 6507 Columbia Pike, Annandale

- ❖ Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria
- ❖ Sully Governmental Center - 4900 Stonecroft Blvd., Chantilly
- ❖ Lorton Library - 9520 Richmond Hwy., Lorton, Saturdays only.

### VOTING ON THE QUESTIONS:

Here are our recommendations:

Vote YES for the MEALS TAX. Fairfax County needs to find alternatives to the real estate tax, and in Virginia, there are not many options allowed to localities. This is one of the few alternatives available, and it requires a referendum.

Vote YES for the three Fairfax County Bond Questions: Vote YES for Transportation; vote YES for Parks; Vote Yes for Human Services.

Vote NO on Question One. This anti-union language is already Virginia law; it doesn't belong in the Virginia Constitution.

### For Voters Who Arrive Without Identification

If you arrive at your polling place on Election Day without an acceptable form of photo identification, or you face any other challenge to voting at your polling place, don't panic or give up. You will be given the opportunity to vote a provisional ballot. Ask for a provisional ballot if one is not immediately offered. You will then have until Monday, Nov. 14 to resolve the issue and demonstrate your right to vote.

After completing the provisional ballot, you will be given written instructions from the election officials on how to submit a copy of your identification so that your vote can be counted.

A voter will have until noon on Monday, Nov. 14, following the election to deliver a copy of identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Monday, or the provisional ballot cannot be counted. Also by noon on Monday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a temporary identification document. This document may be provided to the electoral board to suffice the identification requirement.

### CORRECTION

Voters who do not present photo ID and vote by provisional ballot have until noon on Monday, Nov. 14 after the election to present their identification. Previous coverage reported that the cutoff was Friday.

— MARY KIMM

KIMM.MARY@GMAIL.COM

## Vote "Yes" on Meals Tax

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



**N**ext time you are out to dinner or lunch notice the check you receive from the server for payment

for your meal. Few people realize that in the Towns of Herndon and Vienna, the Cities of Fairfax, Falls Church and Alexandria and the County of Arlington a meals tax is added to the cost of the food. Not so in Fairfax County. While initially that may sound like a good deal, it really is not. Revenues that may have been raised from business lunches and dinners, travelers passing through the county who stop to eat, and persons who

come from neighboring jurisdictions are lost. With the limitations on the ways that counties can raise revenue the cost of local government falls disproportionately on property owners through the

property tax. State law requires counties to have a referendum before a meals tax can be imposed as a way to diversify the tax base. On the ballot on Election Day, Tuesday, Nov. 8, voters in Fairfax County will be asked to authorize the Board of Supervisors "to levy a tax on prepared food and beverage, otherwise known as a meals tax... at a rate not to exceed four percent..." The tax would be levied "for the purpose of reducing dependence on real estate taxes." The revenues

SEE PLUM, PAGE 11

## Civilian Oversight of Police—A Beginning in Fairfax County?

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST



**S**ince creation of the Fairfax County Police Department (FCPD) 76 years ago, whenever one of its officers was involved in or alleged to have been involved in

a killing or serious injury of a civilian, abuse of power or other serious misconduct, the incident was investigated by the FCPD itself. That is, the investigation was done exclusively by fellow police officers—with no independent review, no civilian participation, and no oversight.

Increasingly, this potential conflict of interest is being addressed around the country as high profile killings of unarmed civilians make frequent headlines and community tensions grow. Here in

Fairfax County such reform is beginning. How much and how effective the change is remains to be seen. It took the police killing of unarmed John Geer in front of many witnesses, followed by 16 months of FCPD stonewalling of the Geer family, the community, and county officials to cause enough outrage and pressure to initiate political level action for change.

The lack of accountability to civilian authority shocked our community. People were also astounded to learn that no FCPD officer had ever been charged in a line of duty killing, much less convicted in the Department's first 75 years.

Board of Supervisors Chairman Sharon Bulova finally acted, creating the *Ad Hoc* Commission to

SEE LOVAAS, PAGE 11

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## WEEK IN RESTON

### Detectives Investigating Shooting in Reston

Officers responded to the report of a shot person in the 12000 block of Greywing Square on Wednesday, Oct. 26, shortly before 11 p.m. The victim, a 42-year-old male, was walking home from work and was shot in the upper body near his apartment building. He was transported to Reston Hospital Center in non-life threatening condition.

The suspect was described as black, with a skinny build, wearing all black clothing.

A K9 team and Fairfax 1, our helicopter, responded to search for the suspect, but he has not yet been located.

Anyone with information about this incident is asked to contact Crime Solvers electronically by visiting [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text-a-tip by texting "TIP187" plus your message to CRIMES(274637) or by calling 1-866-411-TIPS(8477), or call Fairfax County Police at 703-691-2131.

### New York Life Opens New Office in Reston

New York Life will hold official opening ceremonies on Nov. 3, for its new Reston Sales office.

"New York Life takes great pride in becoming the newest member of the Reston business community," said Scott DellaPenna, managing partner of the Northern Virginia General office of New York Life. "The New York Life agents and employees in our area look forward to serving the needs of local consumers and businesses and to contributing to the area's economic and civic vibrancy in a meaningful way."

The new office at 11190 Sunrise Valley Dr, Suite 301 Reston, will serve as a base for more than 15 New York Life agents serving the Reston community.

Visit New York Life's website at [www.newyorklife.com](http://www.newyorklife.com) for more information for more information.

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## OPINION

# Reject the Meals Tax

**“A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering.”**

BY TOM DAVIS  
FORMER U.S. REPRESENTATIVE

**O**n Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting “no” on the proposed Meals Tax. A “no” vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

### COMMENTARY

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board's intentions are to use the new revenue for teacher pay hikes even though no such requirement exists.

Voters shouldn't buy the argument, and they shouldn't approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to “study” and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax

on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it's also troubling because it confirms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they're back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board's spending proclivities. I am voting no.

It's important that voters reject this, join me in voting “no” on the Meals Tax.

*Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.*

## NEWS

# Guilty of Material Support to Terrorists

**T**wo women were convicted of terrorism crimes related to their material support of al-Shabaab, a designated foreign terrorist organization.

Muna Osman Jama, 36, of Reston, and Hinda Osman Dhirane, 46, of Kent, Wash., were found guilty of conspiracy to provide material support to a foreign terrorist organization, and providing material support to a foreign terrorist organization after a bench trial in front of U.S. District Judge Anthony J. Trenga.

“These women funneled money to a terrorist organization which was conducting a violent insurgency campaign in Somalia,” said Dana J. Boente, U.S. Attorney for the Eastern District of Virginia.

“In addition to money they transferred in direct support of al-Shabaab, these subjects recruited, solicited, and advised an online group located in multiple coun-

tries as to how and where to transfer funds to this terrorist organization,” said Paul M. Abbate, Assistant Director in Charge of the FBI's Washington Field Office. “In coordination of the group, these subjects would then track and facilitate donations to ensure the money was received by their co-conspirators located in Nairobi and Somaliland. Today's guilty verdicts send a message that facilitation of financial support to a designated terrorist organization equates to terrorist activity itself.”

According to court documents and evidence presented at trial, Jama and Dhirane sent money to financiers of al-Shabaab in Somalia and Kenya, which they referred to respectively as the “Hargeisa side” and the “Nairobi side.” The defendants also organized what was called a “Group of Fifteen,” which included women from Somalia, Kenya, Egypt, the Nether-

lands, Sweden, the United Kingdom, and Canada, as well as Minneapolis, Minn.

A substantial part of the government's case consisted of recorded telephone calls and other communications among the “Group of Fifteen.” These recordings demonstrated that the women had close connections with al-Shabaab leadership and were privy to non-public, inside information concerning al-Shabaab activities. Jama and Dhirane were recorded as they laughed as the carnage at the Westgate Mall in Nairobi was still taking place, according to prosecutors, and Dhirane and co-conspirator were also recorded as they laughed at the Boston Marathon Bombing before it became known who committed the attack. Jama and Dhirane each face a maximum penalty of 15 years in prison when sentenced on Jan. 19, 2017.



# CALENDAR

Send announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Exercise for Parkinson's** Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

**Beginning / Intermediate Oil Painting** – Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016. 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](http://www.artspaceherndon.com) 703-956-9560

**Shih Chieh Huang. Synthetic Transformations** Sept. 16 - Nov. 16. Tuesday through Saturday, 11 a.m. - 5 p.m. Greater Reston Arts Center. Reston Town Center, 12001 Market St #103, Reston. Dynamic gallery experience by Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. Huang will present an installation featuring elements created from a variety of media including LED lights and materials such as plastic bags and Tupperware. Cost: Free. [info@resonarts.org](mailto:info@resonarts.org) 703-471-9242.

**Manganelli Solos at PenFed Realty** October and November 2016 at the



PHOTO BY TRACIE J. BROOKS/COURTESY OF RESTON COMMUNITY PLAYERS

## 'Gypsy' at Reston's CenterStage

Reston Community Players present "Gypsy" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Performances through Nov. 12, 2016. Friday and Saturday at 8 p.m., with Sunday Nov. 6\* matinee at 2 p.m. Tickets: \$25 (\$21 for seniors/students). Call 703-476-4500 or visit [www.restonplayers.org](http://www.restonplayers.org) Pictured: 'Gypsy' cast— Top row, from left: Brooke Nyren (Thelma), Sydney Crutcher (Agnes Amanda), Bottom row left to right Lucy Breedlove (Delores), Maggie Slivka (Gail), Allie Lytle (Marjorie May)

office of PenFed Realty, 1886 Metro Center Dr., Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 a.m. - 5:00 p.m. [leagueofrestonartists.org](http://leagueofrestonartists.org)

**Gypsy Takes The Stage at Reston Community Players** The "Mother

of all Musicals" opens RCP 50<sup>th</sup> Anniversary Season. October 21 through November 12. Performance Dates Nov. 4, 5, 6\*, 11, 12 2016. Shows start at 8 p.m. Please note: Nov. 6 matinee has a 2 p.m. curtain. It's known as one of the most classic American musicals of all time.

Broadway productions have starred legends ranging from Ethel Merman, Bernadette Peters, and Patti LuPone. While, the motion picture versions were led by Merman and Bette Midler. Now, Gypsy takes the stage at Reston Community Players. [Restonplayers.org](http://Restonplayers.org)

**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. Takes place 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 info and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

**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.

**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](http://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](http://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](http://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 <https://potomacriverrunning.com>.

**Herndon Regional Wind Ensemble Practice.** Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 [HemdonRegionalWindEnsemble@gmail.com](mailto:HemdonRegionalWindEnsemble@gmail.com) Cost: Free

**Through the Eye of the Needle Quilt Show** Oct. 31 - Nov. 28. 9 a.m. to 6 p.m. Reston Community Center, Lake Anne Plaza, 2609 Washington Plaza N, Reston. The Cotting Quilters, an active Reston group who focuses on traditional and modern designs, presents its first quilt show.

The exhibition, with no hard and fast rules, features full sized quilts, art quilts, wall hanging, table runners and other fabric art. A reception will take place on Sunday November 6 from 2 to 4 p.m. Free. Email [ablown@gmail.com](mailto:ablown@gmail.com) for more information.

## FRIDAY/NOV. 4

**Teen and Adult art class: Color explorations.** 4:15 - 5:45 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The face and human figure – studies in drawing and then moving to painting. Creating a self-portrait or other portrait working from a photograph and mirror. Cost: \$60. Please reserve your place in class by emailing Denise Dittmar, [denise.dittmar@gmail.com](mailto:denise.dittmar@gmail.com). More information at 214-924-8755. [www.artspaceherndon.com](http://www.artspaceherndon.com)

## PUBLIC HEARING NOTICE

**Monday, Nov. 7, 6:30 p.m.**  
**Thursday, Nov. 17, 6:30 p.m.**

**Reston Association Headquarters**

Reston Association Board of Directors to hold public hearings on 2017 assessment rate and budget.



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## Not a Week In the Knees



By KENNETH B. LOURIE

This is an easy week. No 24-hour urine collection on Tuesday. No pre-chemotherapy lab work on Wednesday. No stress on Thursday waiting for the lab results (to determine if I go in for chemotherapy on Friday). No chemotherapy infusion on Friday. No subsequent side effects: fatigue, general discomfort, eating challenges, etc., for the following Saturday to 10-days-later-Monday. No CT Scan. No P.E.T. Scan. No M.R.I. of the brain and/or liver. No anxiety concerning the results, and no follow-up appointment with the oncologist to assess the damage/discuss the results from all of the above. And most importantly, no strategy session (with my oncologist) to consider the treatment options because things have changed for the worse, which at least for this quarterly moment in time, they have not! For a cancer patient undergoing treatment for an incurable disease, this week is as good as it gets.

Given my chemotherapy infusion intervals: alternating between four and five weeks; my CT Scan intervals: occurring quarterly; my P.E.T. Scan and M.R.I. intervals: every six months — and not every infusion/scan is on a similar day/date schedule, I probably experience the kind of relative calm I described in the opening paragraph, one to two weeks out of every four or five weeks (depending on my infusion schedule) per quarter. Every third month, this 'relative calm' is interrupted by my recurring scans and M.R.I.s. To try and summarize, I would say there's probably three to five of these one-to-two-week intervals over the course of six months when I can semi inhale and breathe normally (lung cancer-related issues notwithstanding). Hey, I'm not complaining; it's a living and one I'm incredibly lucky to still have, nearly eight years post diagnosis. I'm just saying.

And though I'm generally not in the chicken-counting business (nor am I in the collecting my eggs-in-one-basket business, either), I am happy take my life one day at a time, and count myself fortunate to do so, never presuming any facts not in evidence. Nor do I expect any guarantees or clarification concerning my present/future treatment and/or any side effects, challenges, compromises, relating to yours truly having cancer. As Linda Hunt as Stella, a.k.a. "The Midnight Star" (she "always shines at night") said to Kevin Kline — as Paden, in a bar scene from the movie "Silverado": "The world is what you make of it friend. If it doesn't fit, you make alterations."

As a cancer patient, 'alterations' is exactly what you make. Every day. Every night. Every lab. Every infusion. Every scan. Every appointment with your oncologist. Change, as has often been said, is the one constant. To expect consistency or predictability — or dare I say, normalcy — in your cancer life, is out of the question and beyond the realm of possibility. Thinking otherwise is creating additional stress regarding an outcome/eventuality which not only is beyond your control, but totally unrealistic, too.

Cancer is like a roller coaster, but one without any tracks; and one that rarely returns to the station to allow you to get off and get your bearings. For cancer patients, the trip is non-stop, with few opportunities to change direction. All you can do is buckle up and enjoy the ride, sort of. Much easier said than done, I admit.

Nevertheless, viewing one's circumstances without any hope or humor is hardly the positive attitude worth embracing. There's good, as this column seeks to highlight; and more than enough bad, as any cancer patient/others impacted by this terrible disease knows, to go around. As much as I wish it had gone around somewhere else, the reality is, it hasn't and it looks as if it's here to stay; just like me (from my pen to God's eyes).

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

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<b>RCC Lake Anne</b> 1609-A Washington Plaza, Reston	<b>JBG/RTC West</b> 12100 Sunset Hills Road, Reston	<b>Reston Association – WNC</b> 11450 Glade Drive, Reston
<b>Greater Reston Chamber of Commerce</b> 1886 Metro Center Drive, Suite 230, Reston	<b>JBG/ The Summit</b> 2000 Edmund Halley Drive, Suite LL 100, Reston	<b>Smile Wonders</b> 11790 Sunrise Valley Drive, Suite 105, Reston
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FOR MORE INFORMATION, PLEASE CONTACT KEVIN DANAHER, RCC'S COMMUNITY EVENTS DIRECTOR, AT 703-390-6166.



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