

# Cheers, Jeers and Some Figures Too

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U.S. Rep. Jim Moran's (D-8) health care town hall meeting at South Lakes High School last week had no shortage of energy.

Sunrise Valley Promotes 'Mindful Habits'

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PHOTO BY MIKE DICICCO/THE CONNECTION  
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# WEEK IN RESTON

## Radio Shack Store Robbed

An employee of the Radio Shack store, located at 2539 John Milton Drive, was robbed on Monday, Aug. 31. A man entered the store around 2:50 p.m., implied a weapon and demanded money. The 22-year-old man working at the register gave the suspect an undisclosed amount of cash and he fled on foot. There were no injuries.

The suspect was described as black, in his 30s, about 5 feet 9 inches tall, around 215 pounds, with black hair

and brown eyes. He was wearing a red and white striped shirt and blue jeans.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

## Newcomers Begin 41st Year

The Greater Reston Newcomers and

Neighbors Club (GRNCC) begins its 41st year with a General Meeting on Sept. 17 at 10 a.m. in St. John Neumann Church, 11900 Lawyers Rd., Reston. Prospective members may sign-up to participate in activity groups such as Needlework, Book Clubs, Bridge, Gourmet activities, Art Appreciation, Day Trips and more. Refreshments are provided.

In addition to special events such as barbecues and theme parties, the club has monthly coffees, a holiday event in December and a fashion show and luncheon at the end of the club season in May.

For more information visit the GRNCC

Web site at [www.restonnewcomers.org](http://www.restonnewcomers.org) or call the membership chairperson at 703-437-6866.

## Dr. Ogilvie Addresses Reston Lions Club

Dr. Christopher Ogilvie spoke to the Reston Lions Club about the Five Secrets to Healthy Rejuvenation at the club's meeting Wednesday night, Aug. 19, at the China Star Restaurant in Reston. Ogilvie is a graduate of the Southwest School of Naturopathic

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### PUBLIC HEARINGS

The Metropolitan Washington Airports Authority is hosting three public hearings to inform, and solicit comments from, the community about proposed toll rate increases along the Dulles Toll Road to support the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.

The public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m.

**Monday, August 24, 2009**

Ashburn Elementary School - Cafeteria  
44062 Fincastle Drive  
Ashburn, VA 20147

**Thursday, September 3, 2009**

McLean High School - Cafeteria  
1633 Davidson Road  
McLean, VA 22101

**Wednesday, September 9, 2009**

South Lakes High School - Cafeteria  
11400 South Lakes Drive  
Reston, VA 20191

There will be informational exhibits about the Metrorail Project, the cost and financing of the Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.

Informational exhibits and an on-line comment form will be available on the Airports Authority website at [www.mwaa.com/tollroad](http://www.mwaa.com/tollroad) during the official comment period, August 14-September 14, 2009. Comments may also be submitted at the public hearings, or mailed to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.

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PHOTOS BY MIKE DICICCO/THE CONNECTION

Opponents and supporters rally outside South Lakes High School before the health care town hall meeting begins.



U.S. Rep. Jim Moran (D-8) addresses his constituents, as former Democratic National Committee Chairman Howard Dean looks on.



Elizabeth English

## Sunrise Valley Promotes 'Mindful Habits'

Reston school to celebrate 30th anniversary.

**Elizabeth English, Principal, Sunrise Valley Elementary:**

Sunrise Valley Elementary will be celebrating its 30th year anniversary in the spring. To celebrate, we will host a talent show, fun fair and the 10th annual Make a Wish Walk/Run the second weekend in May. In addition, we are entering our fourth year as a FCPS School of Mind Focus School. As a result, we will continue to receive support from Art Costa to help our students develop mindful habits, which will assure their ability to face challenges that confront them. Finally, we are making an effort to become and develop environmental stewards. To that end, we have formed a Green Team of students, staff members and parents; are working towards becoming a paperless school, and are providing students an opportunity to become engaged in service learning projects that benefit the community as well as the environment.

BACK TO SCHOOL

### SCHOOL NOTES

**Aaron Kuney**, son of Valerie Schneider Hollmeyer of Reston and Steven Ross Kuney of McLean, has received a master of business administration from the Goizueta Business School of Emory University in Atlanta, Ga.

Reston residents **Michael J. Lynn** and **Rebecca M. Porter** have graduated from Boston University in Boston, Ma. Lynn was awarded a bachelor of arts in psychology, and Porter a master of social work in social work.

**Lin Liu** of Reston has graduated with a master of business administration from the University of New Haven, West Haven, Ct.

## Cheers, Jeers and Some Figures Too

At chaotic health care town hall meeting, detailed talks accompanied shouts and bickering.

BY MIKE DICICCO  
THE CONNECTION

The Eighth Congressional District of Virginia is relatively affluent, U.S. Rep. Jim Moran (D-8) told the crowd of almost 3,000 people that gathered in the South Lakes High School gymnasium for a town hall meeting on health insurance reform last week. "Even in the eighth district, there were over 800 families last year who went into bankruptcy because they couldn't afford health insurance," Moran said.

The district, which consists primarily of Reston, Alexandria, Arlington and the City of Falls Church, is also a relatively liberal one, so it was no surprise more cheers than boos could be heard at the meeting hosted by Moran and former Democratic National Committee Chairman Howard Dean Tuesday, Aug. 25. But dissenters held their own during what became a rowdy affair well before it got underway. Protesters and supporters waved signs in the gym and outside the building, and hundreds were shut out when the gym reached capacity.

For the most part, cries of derision were reserved for pauses between the speakers' sentences, with a couple of notable exceptions. During a rabbi's opening invocation, a man shouted something about supporting the Constitution. When Dean was introduced, antiabortion activist Randall Terry and his supporters drowned him out with chanting. Moran offered Terry the first ques-

tion of the evening if he would be quiet, but Terry kept shouting, and he and his supporters were escorted out by the police to the evening's loudest chant: "Kick him out! Kick him out!"

However, in addition to the flaring of tempers — often between attendees — and the cheers and insults directed at Moran and Dean, much was said about the issue of health insurance that evening.

**MORAN** said the proposal on the table would set up an exchange modeled after the federal employee health insurance system, from which citizens could compare and select health care plans. In order to be included in the exchange, insurers would have to cap out-of-pocket expenses at \$5,000 for individuals and \$10,000 for families. "Under this bill, you can't be denied by a private insurer because of a preexisting condition," Moran said. In addition, insurance companies could not drop customers. "I consider it to be a morally outrageous practice," he said of insurance policy rescission, although he noted that it "maximizes profits and pleases shareholders." Mental health and substance abuse services would also have equal priority to other care.

**"Under this bill, you can't be denied by a private insurer because of a preexisting condition."**

— U.S. Rep. Jim Moran (D-8)

"Those who can afford to pay will pay for their health insurance," he said. Otherwise, without insurance, they would pay an additional 2.5 percent in income taxes. Moran said insurance usually costs about 10 percent of income, but he thought the tax would be enough incentive to get everyone

on a policy. "There needs to be some penalty for people trying to free-ride the system," he said, noting that trips to the emergency room by the uninsured ended up costing everyone.

More than 90 percent of employer-sponsored plans would not be affected, he said.

The provision that Moran said he thought could do the most to bring down the cost of health care was the public option, which would offer citizens the choice of purchasing a government insurance plan similar to Medicare. No one would be forced to join the plan, he said. "Private insurance companies, we think, will learn to become more competitive." He said the public option would not be "a Cadillac insurance plan," adding that it would provide adequate care by physicians of the customers' choice.

**"You never make real change until the pain of staying the same exceeds the fear of change."**

— Howard Dean

The cost of the plan, estimated at \$100 billion for 10 years, would be fully paid for, he said, eliciting hoots and laughter from many in the audience. It would be covered in part, he said, by an income tax surcharge of 1 cent from each dollar of income over \$250,000 for individuals and each dollar over \$350,000 for families, a tax that Moran said would not affect 98 percent of the country's wage earners. The rest would be covered by reforms to the health care system.

Statements such as this tended to draw accusations of deception from some in the crowd. One man went a step further, repeat

SEE HEALTH CARE, PAGE 15

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## OPINION

# Labor Day

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



As the son of a member of the Brotherhood of Maintenance Way Employees, I learned early about the importance of the union to my father and to our family. My father, John D. Plum, worked on the Shenandoah Division of the Norfolk and Western Railroad. He made it clear to me that the BMW

### COMMENTARY

The union was concerned about his pay for sure, but it also ensured that he had benefits like medical insurance that was so essential to our family. The union also made sure that he had a safe place to work.

This coming Monday is Labor Day as the first Monday in September every year is celebrated as a national holiday. The U.S. Department of Labor describes it as "a yearly national tribute to the contributions workers have made to the strength, prosperity and well-

being of our country." Although the originator of the first celebration of laborers is unclear in history, such a holiday was celebrated in New York as early as 1884. By 1894, 23 states had adopted a holiday in honor of workers, and in that year Congress passed an act making the day a legal holiday. The holiday came about in a turbulent period in the growth of the labor movement.

For many individuals and families the day is celebrated as the symbolic end of the summer season. While there are many picnics and parades and celebrations, the meaning of the day seems lost on too many people. Big sales at the hardware and department stores, last opportunity for travel before the children start back to school, and the transition from the slower pace of summer to the business of the fall occupy most people's attention.

Please take advantage of the sales this weekend. A return of consumer spending and confi-

dence is essential to ending the recession. Go to the beach, have a barbecue, go to the parade and fireworks display. A little relaxation before plunging into the fall season is good for morale. Take the day off and do nothing if that is your preference. After all, Labor Day is a holiday.

Sometime during Labor Day weekend it would be good if we paused for a few minutes and reflected on the contributions that workers make to the prosperity and quality of life of our country. Some politicians continue to want to demagogue organized labor. Already this campaign season there is a fear campaign underway to scare people into believing that labor unions are a threat to our society. These are the same politicians who have tried to use race, immigration and other issues into scaring people. Let's make a clear statement to these politicians that we reject the politics of fear and that we support the men and women who work hard every day to make the quality of life we enjoy in this country possible. I am going to make it a point to thank every working man and woman I see this weekend. And I will try to continue that habit throughout the year. My father was one of those workers who was in a union.



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FROM PAGE 2

Medicine in Tempe, Ariz. and maintains a practice at the Integrative Health Center of Virginia, 1041 Sterling Road, in Herndon.

## Mobile Clinic Visits Reston on Sept. 3

UnitedHealthcare's 18-wheel Connected Care mobile clinic will visit Reston on Thursday, Sept. 3, to showcase advanced video and health care technology.

UnitedHealthcare unveiled the Connected Care program in July before lawmakers on Capitol Hill in Washington, D.C. The Connected Care mobile clinic, an 18-wheel demonstration vehicle showcasing the technology that will be used in programs across the nation, will be in Reston as part of a

nationwide tour.

Tours and demonstrations of the mobile unit will be available throughout the day at 12018 Sunrise Valley Drive.

## Team Sunrise To Host Bike Ride

Team Sunrise will host a bike ride on the C&O Canal the weekend of Sept. 12 and 13. Besides having fun, the participants will raise money for the search for a cure for Alzheimer's disease. The event offers three ride options: 184 miles (84 on Saturday and 100 on Sunday), 100 miles (45 on Saturday and 55 on Sunday) or 20 miles on Sunday.

To register, go to <http://alz.kintera.org/faf/home/default.asp?event=305046>.

This Tour de Canal Web site contains everything participants need to know.

## FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston/herndon@connectionnewspapers.com](mailto:reston/herndon@connectionnewspapers.com) Deadline is Thursday.

**Southview Baptist Church** is inviting the Herndon/Reston community to join them on Sunday, Sept. 13 for their "New Beginnings" session to kick off the new church year. In addition to "New Beginnings," Southview is also participating in "Back to Church Sunday," a national campaign specifically designed to welcome neighbors, friends, and loved ones back to church. "It's going to be a great day as we kick

off the new church year at Southview," said Rev. William Attaway, Pastor at Southview.

The day will begin with Bible study classes for all ages at 9:30 a.m., worship at 11 a.m., with special guest speaker Mike Watson, and a picnic after worship. Burgers, hot dogs, and drinks will be provided, and church members will be bringing side dishes and desserts. There will also be a bounce house, an inflatable obstacle course and sno cones for children.

Southview was established in 1978 and has grown into what it is now on Reston Parkway with close to 350 members. Southview offers a variety of ministries, Bible study classes, and other small groups each week.

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\*Coupons not redeemable September 26

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## Getting Ready To Vote What questions would you like to ask?

**O**n Nov. 3, about two months from now, Virginia voters will go to the polls to vote for Governor, Lieutenant Governor, Attorney General and every member of the House of Delegates.

Some local races are also on the ballot.

Here at the Connection, we invite our readers to tune in and help us fine tune questions and coverage of local candidates. Its common for Northern Virginia residents to be more focused on national politics than local politics.

### EDITORIAL

But be forewarned that the winners of the state and local elections coming up will have an impact on your daily life, often in a very personal way.

Local elected officials will spend billions of dollars. With the current budget shortfalls, the winners will also decide how where to cut tens of millions of dollars by cutting programs, projects and schools dear to many people's hearts. The safety net for the most vulnerable people in Virginia is in danger as well.

Over the next two months, editors and reporters at the Connection Newspapers will interview each local candidate in a contested race. We'll ask questions to learn about each individual, his or her knowledge of local is-

ssues and whether they come to the race with a sense of public service. Do they bring intelligence, creativity, collegiality to problem solving? Where do they stand on issues ranging from funding mental-health care to providing a revenue stream to address transportation?

We invite our readers to help with the ques-

### Register

The deadline to register to vote or update your address for the Nov. 3 election is Monday, Oct. 5. To register to vote, download a form from:

[www.sbe.virginia.gov/cms/Forms\\_Publications/Index.html](http://www.sbe.virginia.gov/cms/Forms_Publications/Index.html)

Fill it out and mail it to your local elections office. You can also register in person at the elections office during business hours, or pick up a form in a library or other public places.

After you register, you will receive confirmation and a voting card in the mail. You can call the elections office to verify that you are registered. If you are already registered to vote at your current address, you do not need to register again.

tioning process. What do readers and voters here want to know from their representatives in the House of Delegates? What qualities are you hoping for in the next Governor?

Send questions and comments to Mary Kimm, at [mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com) or 1606 King Street, Alexandria, VA 22314.

To find your polling place, go to [www.sbe.virginia.gov](http://www.sbe.virginia.gov) and click on "voter information." Polling places will be open from 6 a.m. to 7 p.m. on election day. Check with your local elections office for information on absentee voting.

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## Elections Are Choices

BY JACK KENNY  
PAST PRESIDENT, REPUBLICAN CLUB  
OF GREATER RESTON



### A DIFFERING POINT OF VIEW

**I**n a few months, voters will go to the polls to determine the governing direction the Commonwealth will take over the next four years. The campaigns are in full swing. Candidates are crisscrossing the state, editorials are appearing and poll results are gleefully reported. The forthcoming election is particularly important. The national economy is sliding toward, if not already in, a recession. Whether it gets to the magic number defined by the economists as a depression remains to be seen. The administration and the Congress, dominated by one party, are embarked on a governing direction that needs to be much debated.

Virginia voters face some major choices. The state is in the hole \$6 billion plus — the results of an over-ambitious governor who would not listen and copped out of the governor's responsibilities to feed on his national ambitions. One major and several minor opportunities to bring jobs to the Commonwealth citizens have been muffed and a major threat to our right-to-work philosophy is under serious threat.

Of particular note is the Attorney General's race. Serious as-

saults are proposed on the U.S. Constitution that directly impact the citizens of Virginia. The original basis on which Virginia governed under the commonwealth principle have been watered down or are relegated to past days.

The Second Amendment, the right to keep and bear arms, is a perennial battle at General Assembly session. Gun control, result of the experiences leading up to the Revolution, and subsequent, more recent examples of totalitarianism leading to world wars should be enough to validate the wisdom of our forefathers, a group of persons who risked their lives and fortunes most of us could only contemplate.

The Fifth Amendment, the right to keep personal property and be protected against unwarranted appropriation by the government, needs to be protected. As the result of a not too long ago Supreme

Court decision, local politicians and less than scrupulous developers can now deprive citizens of their property.

Proposals and actions by the national administration and U.S. Congress are seriously transgressing on the provisions of the 10th Amendment, those powers not specifically granted to the States shall not be taken by Congress. We have major actions; e.g., Cap and Trade, Health Care, etc. that need to be challenged as transgressing on Virginia's power to govern.

We need a lawyer who understands the U.S. Constitution to protect Virginia from the abuses of the national government. States rights is not a new concept if one reads the Federalist Papers and the history of the times fresh from the Revolution, when our Founding Fathers made the rules based on betting on their lives and their fortunes. Yet, we seem to forget the lessons of the past and are attracted to the siren of altruistic motives encompassed in failed economic systems. We need an Attorney General who has a record of looking ahead and evaluating the threats to our freedoms and knows how to work to protect us from the failed experiences of history. You decide who is best equipped by performance and experience to do what needs to be done. Vote Nov. 3, 2009.

### LETTERS TO THE EDITOR

## Heading to Cliff's Edge

To the Editor:

John Lovaas' criticisms ["Warner and Webb – Missing in Action," Reston Connection, July 15-21] are badly misdirected. He holds up U.S. Rep. Jim Moran (D-8) as an example of someone who strongly supports the president's agenda, including the closing of Guantanamo, so-called climate change legislation and health care reform. On these issues and others, such as authorizing a scandal-plagued ACORN to carry out a census count in the 2010 census, giving labor leaders control of General Motors and Chrysler at great expense to our country's taxpayers and a dedicated effort to expand the dangerous and unchecked power of the government, Moran has been nothing more than a rubber stamp. Moran's inability, or unwillingness, to examine his president's agenda and proposals critically and intelligently in order to separate what may contribute to sound policy and what may not, is appalling, if not disingenuous.

Virginians, and all Americans as well, are beginning to take a "show me" attitude toward the president's headlong rush to impose his questionable, economy-

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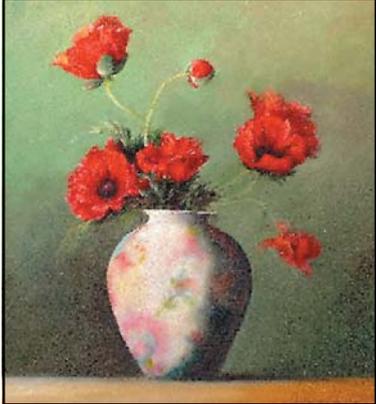
# LETTERS

FROM PAGE 6

wrecking, agenda on all of us. We can take Mr. Lovaas' advice and call both Sen. Warner and Sen. Webb. When we call them, we can urge them to continue to stand strong against the temptation to rush ahead like frightened sheep that are oblivious to the cliff's edge. When we call them, we can urge them to continue to use their intelligence and their power of reasoning, to consider and weigh

the costs and benefits of all of the president's proposals. Finally, when we call them, we can urge them to do all they can to prevent the president and his agenda from causing our country to become insolvent, which otherwise means reaching a stage whereby our money is worthless. Yes, by all means, let's call Sen. Warner and Sen. Webb.

**David Martinez**  
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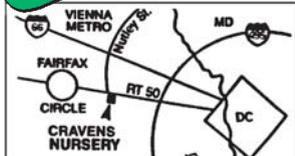
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## Olson Exhibits at Community Center

Longtime Reston resident Shirley Olson will be showing her personal potpourri of original acrylics and watercolor works at the Reston Community Center Hunter Woods this September, starting with a meet-the-artist reception on Thursday, Sept. 10, from 6-8 p.m.

The exhibit is a collection of a variety of works, from flowery watercolors with iris, sunflowers and dogwood, collage and vibrant multi-media abstract acrylics accented with glass, foil and seashells. Olson favors still life and landscape scenes and her body of work reflects many trips, classes and workshops she has taken since retiring in 1992.

"Painting has been a wonderful addition to a life busy with family and friends," said Olson.

Olson, 83, exhibits at the Reston Community Center regularly and has been awarded two honorable mentions for her collage work. This is her first venture in a solo show. The exhibit will include more than 50 works, with framed original works priced from \$40 to \$150 and \$25 unframed pieces available for



'Breaking Loose,' original watercolor by Shirley Olson of Reston.

### More

The exhibit runs Sept. 1-30 at the Reston Community Center Hunters Woods, open Monday-Saturday, from 9 a.m.-9 p.m. and Sunday, 9 a.m.-8 p.m. Olson's opening reception will be on Thursday, Sept. 10 in the Hunter Woods Community Room from 6-8 p.m. The RCC Hunters Woods is located at 2310 Colts Neck Road, Reston. For further information, contact artist Shirley Olson at 703-860-0512, e-mail mwon4abm@aol.com or visit www.restoncommunitycenter.com/arts\_exhibits.html.

purchase at the Sept. 10 reception. Olson and her husband, Merritt, have lived in Reston since 1967. They have three sons and four grandchildren.

## CALENDAR

Send announcements to reston@connectionnews.com. Deadline is Thursday for the following week's paper.

### FRIDAY/SEPT. 4

**Reston V.I.P.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support for people with vision loss. Adults. 703-689-2700.  
**Sunset Sessions.** 8 a.m.-2 p.m. at Champps Americana, 11694 Plaza America Drive, Reston. Eight DJs spinning electronic and house music, Ice Luge, Pong Table and more. 703-318-7600.

### SATURDAY/SEPT. 5

**Sing-Along With Miss Belle.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Songs and hugs for everyone. Birth-5 with adult. 703-689-2700.

### SUNDAY/SEPT. 6

**Nation's Capital Jaguar Owners Club 45th Annual Concours d'Elegance.** on Market Street, Reston Town Center, Reston. Jaguar car show and competitive judging event, including almost every vintage from the 1927 Swallow to today's 2009 XF Premium. Registration 8-10 a.m., vehicle preparation 10-10:30 a.m., judging of cars 10:30 a.m.-2 p.m., and award ceremony 2:30 p.m.-3 p.m. 571-213-1847 or www.ncjoc.org.

### MONDAY/SEPT. 7

**Herndon Labor Day Jazz & Wine Festival.** 12-6 p.m. on the Town Green in historic downtown Herndon. Regional and national jazz performers, wine tastings from up to a dozen Virginia wineries and artists with a variety of handmade items for sale. Refreshments available. \$5; \$15 with tasting. 703-787-7300.

### TUESDAY/SEPT. 8

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 13-23 months with adult. 703-689-2700.

### WEDNESDAY/SEPT. 9

**The Virginia Spine Institute Community Blood Drive.** 2-8 p.m. in the American Red Cross Bloodmobile at The Virginia Spine Institute, 1831 Wiehle Ave., Reston. Schedule appointments with Linda Brock, 703-709-1114 ext. 137 or lbrock@spinemd.com.

**Reston Garden Club Meeting.** 1 p.m. at the Lake Anne Community Center. Claudia Thompson-Deahl, Environmental Resource Manager of Reston Association, on invasive plants. www.restongardenclub.org.

**Book Discussion.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 703-689-2700.

**Special Twos.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 2 with adult. 703-689-2700.

### ONGOING

The Northern Virginia Photographic Society presents a free exhibit at the United States Geological Survey (USGS) Building, 12201 Sunrise Valley Drive, Reston. The exhibit will be open to the public Monday-Friday, 8 a.m.-4 p.m. from Sept. 2-29. A reception will be held in the Art Hall way on Friday, Sept. 11, 4:30 to 6:30 pm. Light refreshments will be served. Many of the artists will be on hand to discuss their works. USGS.gov or NVPS.org/exhibits.

## Exhibition, Fund Raiser at GRACE

GreaterRestonArts Center (GRACE) is hosting a Collector's Choice exhibition and fund raiser, formerly known as the C-Note Sale. The exhibition runs Sept. 1-20, with the raffle on Sunday, Sept. 20, at 1 p.m.

A raffle ticket is an opportunity to acquire a work of original art worth many times the ticket price. On Sept. 20, every ticket holder will go home with a piece of art valued in excess of \$150.

Advance tickets available now

for GRACE members. Tickets are \$150 and are limited to the number of artworks donated. To purchase, call 703-471-9242. Tickets will be on sale to the general public beginning Sept. 1. Start a "wish list" now using GRACE's online preview.

The artists donate all artwork and proceeds from this fund raiser support the exhibitions and educational programming at the Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. For more



'Mini Pearl Drops' by Robert Glebe

information, call 703-471-9242 or visit www.restonarts.org.

## Mogee Exhibits at ARTWORKS Gallery

ARTWORKS Gallery will display recent paintings by Great Falls artist Mary Ellen Mogee in a show entitled "Life Flows On." The three-day show will be Friday, Sept. 11, through Sunday, Sept. 13, at ARTWORKS Gallery & Studio, 11411-G Sunset Hills Road, Reston, in the Reston Business Park. An opening reception will be Friday, Sept. 11, 6-8 p.m. The gallery will be open Friday and Saturday, 12-8 p.m. and Sunday, 12-6 p.m.

Mogee has had a one-woman show at the Unitarian Universalist

Church in Reston and has exhibited in juried shows at Artworks and the League of Reston Artists in Reston, MOCA DC, in Washington, D.C., and Art at the Mill in Millwood, Va. She was a member of MAX 21, a juried group of artists at ARTWORKS Gallery in Reston, and a founding member of Artists-in-Motion (AIM), an artists' co-operative in Lorton. She is a juried Artist Associate at the Workhouse Arts Center in Lorton, Virginia, where her works are shown in the W16 Gallery.



Mary Ellen Mogee's exhibit 'Life Flows On' is featured at the ARTWORKS Gallery and Studio in Reston, Sept. 11-13.

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## Reston Lions Club Participates in Health Clinic in Herndon

Anne Ryan of the Reston Lions Club accepts glasses for recycling at the free health clinic on Saturday, Aug. 15, at the First Baptist Church of Herndon. The fair was co-sponsored by the Reston Lions Club, The Jeanie Schmidt Free Clinic and Works Sunday. Sight and hearing tests were given free to 96 people in the two sight and hearing vans furnished by the Lions Clubs of Virginia. Those with sight deficiencies were referred to the Health Department, which will refer them to an eye clinic. The Reston Lions Club will buy glasses for many of those referred. Jim Ryan, past president of the Reston Lions Club, was in charge of the Lions Club activities. Eighteen volunteers assisted with the sight and hearing screening. More than 400 people attended the health fair to learn about health problems.



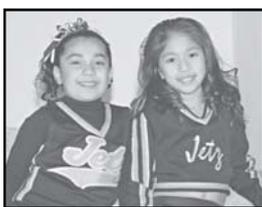
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6:30 pm to 8:00 pm

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## SCHOOL NOTES

**Rachel Clare Midura** of Reston has earned a Jefferson Scholarship for study at the University of Virginia beginning this fall. Midura is the daughter of Christopher and Kelly Midura, and a graduate of South Lakes High School.

Three Reston residents have graduated from Virginia Tech in Blacksburg:  
 ♦**Darrell Denny**, master of business administration.  
 ♦**Nicole Gerike**, master of science degree in apparel, housing and resource management and a graduate certificate from the Graduate School.

♦**Kristen Manley**, master of accountancy and information systems.

Reston residents **Pamela Kristen Daniels** and **Timothy Lovitt-Reinfeld** have graduated from the University of Rochester in Rochester, N.Y. Daniels, the daughter of Craig and Suzanne Daniels, received a bachelor of music in applied music. Lovitt-Reinfeld, the son of Alison Lovitt-Reinfeld and Kenneth Reinfeld, received a bachelor of arts in political science.

**Garrett B. Harrison-Lane** of Reston was named to the spring 2009 dean's list at Lebanon Valley College of Annville, Pa. Harrison-Lane is a sophomore in music recording technology.

**Monique Bailey** of Reston was named to the spring 2009 honor list of Oxford College in Oxford, Ga. Bailey is the daughter of Austin T. Bailey and Mayuri A Bailey of McLean.

**Melissa Tran** of Reston has been named to the spring 2009 dean's list at Providence College.

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# SPORTS

## Seahawks Count on Strong Offense

**South Lakes High will open fall campaign at home Friday night against Falls Church.**

BY RICH SANDERS  
THE CONNECTION

Chances are good that the South Lakes High football team's offense will make things difficult for a good many of its opponents' defenses throughout the fall season.

South Lakes opens up its schedule this Friday, Sept. 4, at 7:30 p.m., with a home game against Falls Church. Offensively, the Seahawks think they have the kind of talent that should allow them to have success in both their running and passing attacks. Falls Church, a member of the National District, is generally a strong offensive team that has thrived in past years behind a potent aerial attack. So Friday's game could showcase numerous offensive highlights from both teams.

"When I look at our offense, I think we're strong pretty much across the board," said South Lakes coach John Ellenberger. His team won its season opener game over Falls Church last year before struggling the rest of the season and going 2-8. "Our [offensive] line is back from last year."

One key to how well South Lakes will move the football will be the play of first-year starting varsity quarterback Shawn Rana. Ellenberger said Rana worked hard throughout the offseason and played outstanding during the recent training camp and preseason to earn the starting nod.

"We couldn't be more happy with him," said Ellenberger. "We're going to be able to throw the ball."

Rana's transition to the starting QB role will be made easier because of the flux of talent around him on both the offensive line and at the skill positions. The line, which helped the Seahawks rush for 1,700 yards last year, will be anchored by right tackle Kevin Ball, who earned All-Liberty District honors in 2008. Ball is coming off a broken ankle injury he suffered last spring while playing baseball for the Seahawks. Ellenberger said Ball, who also will play on the defensive line for



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**John Ellenberger, the South Lakes High football coach, thinks his team can improve on last year's disappointing two-win season.**

South Lakes, has been highly recruited by several colleges. His ankle, the coach said, has healed nicely.

"He's running well," said Ellenberger.

One of South Lakes' key skill position players on offense will be 6-foot-4 inch junior wide receiver Sean Price, who will also start at a cornerback position on defense.

Leading the running attack will be junior back Ja'Juan Jones, who missed four games last year with a separated shoulder. He still managed to rush for 700 yards and seven TDs on the season, earning Second Team All-District accolades.

"He's tough and fast and has that football speed," said Ellenberger, of Jones. "He's strong and just a very good football player."

Jones will play at an outside linebacker position on defense. Also at linebacker for the Seahawks will be senior Shawn Khan. Both will occupy the attention of opposing offenses with their hard hits and stellar play.

Ellenberger said his team is excited about the season ahead.

"They really believe this year

we're going to do some good things," said Ellenberger, of his team. "If we can stay healthy, we'll win a few ball games. Depth is our problem right now at every position."

Ellenberger thinks his team will be a playoff team this season. Eight teams within the smaller school Division 5 will qualify for the Northern Region playoffs. South Lakes qualified two years ago.

"We'll get there and hope to make a run once we get there," said Ellenberger.

Last year, South Lakes' two wins came over Falls Church and Liberty District opponent McLean.

Following Friday's opener against the Jaguars, South Lakes will play at Jefferson on Friday, Sept. 11 before returning home again for a week three contest against local rival Herndon on Thursday, Sept. 17. Then, over the next two weeks the Seahawks will play district games against Marshall (away on Sept. 25) and McLean (home on Oct. 2).

South Lakes' Homecoming game this year is scheduled for Friday, Oct. 30 versus Langley.



**The Reston Warriors. Back row, left to right: Brian Schweppe, Tommy Duggleby, Justin Cosing, Ian Schweppe, Daniel Sablosky, Jack Overholt, David Acton, Brian Anderson, and Craig Sablosky. Front row, left to right: Kent Overholt, Miles Hudzick, Conner Gaffney, Michael Curcio, Dave Otting, Conor Grammes, Jesse True, and Pat Gaffney.**

**The 12-and-under Reston Warriors** baseball team traveled to Dreams Park in Cooperstown, N.Y. for a week of tournament action Aug. 15-21. The 13 boys, ages 11-to-12 and hailing from Reston, Herndon and Oakton, competed in all hours of the day and night and in all types of weather, playing a total of eight games. The locals finished 38th place out of 103 teams from around the United States.

SPORTS ROUNDUPS

"The team played some of their best baseball ever," said Warriors Manager Kent Overholt. "We had production and significant contributions up and down this lineup."

Dreams Park housed all the players and coaches in barracks throughout the week-long tournament. The Warriors' coaching staff stayed with their players in Dreams Park Players' Village. It was a fun and memorable experience for everyone.

"This was just a great group of kids to be around all week. I think some would have stayed on permanently if we had let them," said Overholt.

In addition to playing a lot of baseball, the boys, coaches and families visited the Baseball Hall of Fame in Cooperstown and enjoyed trading team pins with other players from around the country.

The Reston Warriors' players who traveled to Cooperstown were: David Acton, Reston; Brian Anderson, Herndon; Justin Cosing, Reston; Michael Curcio, Herndon; Tommy Duggleby, Herndon; Conner Gaffney, Herndon; Conor Grammes, Herndon; Miles Hudzick, Reston; Dave Otting, Herndon; Jack Overholt, Oakton; Daniel Sablosky, Herndon; Ian Schweppe, Reston; and Jesse True, Reston.

The coaching staff included co-manager and Reston resident Pat Gaffney, Brian Schweppe of Reston, and Craig Sablosky of Herndon.

For more information about the Reston Warriors, contact manager Kent Overholt at 703-861-1812, or at [kwoverholt@aol.com](mailto:kwoverholt@aol.com). Also, check out the Reston Warriors Web site at [www.restonwarriorsbaseball.com](http://www.restonwarriorsbaseball.com).

**1757 Golf Club and Reston National Golf Course**, managed by Billy Casper Golf, recently introduced three new Ladies Professional Golf Association (LPGA) teaching professionals available for group and individual lessons. Tiffany Faucette, Erika Larkin and Tiffany Chudy bring decades of experience from playing on LPGA, Duramed Futures tours and teaching at "best of" courses across America.

Faucette is an LPGA Class A Member and competed in the U.S. Women's Open Championship and on the LPGA TOUR. Larkin is one of only 12 female PGA Certified Instructors nationwide and is a Certified Golf Fitness Instructor by the Titleist Performance Institute, and Chudy, a recent University of Florida graduate, captained the Seminoles' women's golf team.

The trio will split its time between 1757 (Dulles area) and Reston National, customizing group lessons to golfers of all ages and skill levels.

For more information about classes and availability, contact Adam Harrell at [1757golfclub.com](http://1757golfclub.com) or by phone at 703.444.0901. Or contact Steve Loesher, PGA Director of Instruction at Reston National, at [restonnationalgc.com](http://restonnationalgc.com) or 703-620-9333.

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# Island Man No More



By KENNETH B. LOURIE

And no, I am not referring to a recent excursion to the West Indies. Hardly. What I am referring to is a feeling I've been having, occasionally. Actually, what I've felt is more like a man on an island. That is to say, once my six-time, "normal" protocol of chemotherapy ended (as per the "standard of care"), thereby ending the proactive portion of my cancer treatment, I felt like a man on an island – not exactly deserted, but nevertheless alone – left to my own devices to fight the cancer that somehow has found its way into this life-long non-smoker's lungs.

Until the "study" option was presented to me. And I jumped (almost literally) at it. Something, almost anything seemed better than nothing. And to follow up last week's column, I am now happy (extremely happy) to report that not only was I accepted into the study (per the results of my CT scan, bone scan, MRI brain scan, lab work and physical exam), I have been randomly selected as well to actually receive the oral chemo medication: four pills at night, preferably at bedtime, 21 days on, seven days off for six months, assuming all goes well, with more regular scans than I would otherwise be receiving if I were not part of this study; not under the normal "standard of care," so I feel very lucky. (If I recall correctly, even if I were not receiving the medication, I would still be receiving the same level of care/monitoring; scans, exams, etc. as those who were randomly selected. My results would be evaluated as a means of comparison.)

So we're off to the races. Off to see the Wizard. Off to see if I will be one of the few, the proud, non-Marines to benefit from this experimental oral chemotherapy (the side effects of which are hardly worth mentioning or even anticipated, I've been told). And I can honestly say that after 10 days, I feel great, with no side effects to report. (I realize that 10 days does not yet define a study's results but so far as positively-affecting me, attitude-wise, the medication has been a huge success). Moreover, from everything I've heard and read about being a cancer patient, maintaining a positive attitude is crucial to one's health care.

And to make my post-chemo life even less "lonely," my oncologist is keeping me on one of the infusing chemotherapy drugs (the 30-minute one, Avastin) every three weeks as per usual, to help maintain what tumor shrinkage/continuing non-growth I've been fortunate to have. A few weeks ago, I thought I was finished with my treatment (unless and until ...), and now I'm proactively pursuing a two-front attack; the maintenance chemo and the oral chemo, two for the price of one, compared to what might have been none. Talk about feeling empowered and definitely not alone.

Ever since I was accepted into this study and selected to receive the medication, I no longer feel like a man on an island. Now I feel like I'm on the pitcher's mound at Fenway Park (someplace I always dreamed of being) in the middle of 40,000 screaming fans cheering me on.

It's not just what I needed, it's what I wanted – to be part of a team fighting together against a common enemy.

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

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# Health Care Battle at South Lakes

FROM PAGE 3

not substantial for a public option," he said, noting that it would take about half a million people to be able to negotiate with insurance providers and they would need a lot of start-up money.

After being asked repeatedly whether he would go on "the plan" with everyone else, Moran said 85 percent of people would see no change in their coverage because they already had adequate coverage. Like most, he would remain on his current coverage, provided by Blue Cross Blue Shield.

Geoff Verhoff of Arlington noted that Moran had said at one point that Medicare was run by experts. With Medicare "\$39 trillion in the red," he said he wanted to know, "Who are these experts?"

"How many in favor of getting rid of Medicare, raise your hand," Dean said. A few hands went up, but more people shouted that that wasn't the question.

Moran said Medicare wasn't in the red because it received support from the Treasury's general fund and that its costs had risen more slowly than those of private insurers. "So Medicare is operating at much less cost and we need to find a way to pay for it," he said, adding that health insurance reform was one way to do that.

Maureen Mitchell of Reston said she supported the public option but wanted to know how everyone could be insured without it.

Dean said the Netherlands and Switzerland had universal coverage without a public option. "But in order to do that, they treat the insurance industry like a regulated utility," he said, noting that rates, CEO salaries and other aspects of the companies' operations are regulated by the government.

Roland Tulino of Reston wanted to know why no one was talking about tort reform, the limitation of payouts for patient lawsuits against doctors.

The more there is in a bill, the more enemies it has, and the people trying to pass the bill didn't want to take on the trial lawyers, Dean said. "That is the plain and simple truth."

Asked whether he would support a single-payer, universal government plan, Moran said that with a bill on the table that the White House had endorsed, he was inclined to support the existing bill.

When Bob Shepler of Alexandria asked why he should trust the government to control the cost of a public option, Moran pointed out that the military was a government program. "When soldiers come home, I don't know any family who has a wounded warrior who doesn't want them going through the Veterans Administration," he said, noting that the VA was a socialized system.

After the meeting let out, groups lingered outside, holding signs and hollering at each other. Scattered screaming matches, one of them between two elderly ladies, were broken up by the police.

edly bellowing, "Tyrant!" and "Despot!"

**AS AN EXAMPLE** of cost-saving reform, Moran said larger reimbursements to hospitals with low rates of patient readmission would encourage hospitals to treat patients correctly the first time.

He took some time to dismiss what he called myths about the insurance reform proposal, saying the government option would require its customers to be in the country legally and would not pay for abortions except in cases of rape, incest or danger to the life of the mother. He dismissed fears about government control over health care, saying it was now corporations that decided what and who to cover and when to raise premiums. In no other industrialized nation were those decisions entirely given over to for-profit companies, he said.

"There is no rationing of care under this bill," he said, explaining that the government would only set minimum standards for what insurers had to offer to participate in the exchange. Some companies would offer higher tiers of coverage in order to attract customers, he said. And he said talk of "death panels" was "nonsense" that stemmed from the bill extending Medicare coverage to people who voluntarily choose to consult a doctor about end-of-life care.

Dean kept his remarks short, saying other countries had developed a "wellness model" of health care, paying to keep people healthy, rather than an "illness model" that stepped in after someone was ill. "The way we pay for health care in this country leads us to do a lot of things that aren't necessary," he said. He also expressed his support for the public option.

Moran pulled names from three separate boxes — one for supporters of the reform bill, another for opponents and one for those undecided — and let audience members ask their questions.

Sarah Stott of Alexandria said her brother had lived with government health care in France for 10 years and had no problem with it. "Why, in the U.S., are people afraid of such a system?" she asked.

**DEAN** said World War II had destroyed France's health care system, so the government rebuilt it. The same happened in England under Winston Churchill, one of the country's most conservative prime ministers, Dean said. Meanwhile, with many U.S. employers prevented from giving wage increases during the war, they compensated with health care plans. "You never make real change until the pain of staying the same exceeds the fear of change," he said.

Asked whether he thought insurance plan cooperatives might be a suitable compromise, Moran said he did not. "There's nothing wrong with them, but they're certainly

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#### LEGAL NOTICE

#### NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

The Neighborhood Stabilization Program Plus and Silver Lining Program funds and CDBG-R funds listed below have been reviewed under a tiered environmental review process per HUD regulations at 24 CFR Part 58.15, and are hereby being considered for a Notice of Intent to Request a Release of Funds (NOI/RROF). The activities proposed are categorically excluded from NEPA requirements under HUD regulations at 24 CFR Part 58. Additional information is contained in the Environmental Review Records (ERRs) for each activity under the Neighborhood Stabilization Plan Plus and Silver Lining Program (NSP-SL), Homelessness Prevention and Rapid Re-Housing Program (HPRP) and the Community Development Block Grant -Recovery Program (CDBG-R) program at the Fairfax County, Virginia, Department of Housing and Community Development, 3700 Pender Drive, Fairfax, Virginia 22030-7444, and may be examined or copied upon request, weekdays from 8:00 a.m. to 4:30 p.m.

#### 1. Program title: Neighborhood Stabilization Program Plus and Silver Lining Program (NSP-SL)

Location: Countywide but mostly focused in these neighborhoods: Springfield, Alexandria (Route 1/Fairfax County), Centerville, Chantilly, Lorton, and Town of Herndon.

Purpose of Project: NSP-Plus funds will be provided to non-profits to purchase and rehabilitate foreclosed properties, for use as affordable rental housing. The properties will be rented to households whose incomes are at or below 50% AMI.

Total Cost: \$ 1,000,000 NSP-Plus funds

#### 2. Program title: Community Development Block Grant - Recovery Program (CDBG-R)

Location: The following Fairfax County Redevelopment and Housing Authority properties including: Little River Glen, Little River Square, Penderbrook, Murraygate, McLean Hills, as well as Sunrise House group home and various units countywide owned by non-profit organizations.

Purpose of Project: CDBG-R funds will be used for Categorically Excluded rehabilitation at the moderate income rental housing developments listed above.

Total Cost: \$ 1,610,504 CDBG-R funds

#### 3. Program title: Homelessness Prevention and Rapid Re-Housing Program (HPRP)

Location: Countywide

Purpose of Project: The primary use of these funds will be for homelessness prevention and rapid re-housing activities. Specific services include (but are not limited to) rent and utility assistance, security deposits, housing search and community-based case management. Approximately \$910,000 is allocated for Prevention Services, and approximately \$1,350,000 is allocated for Rapid Re-Housing Services. Fairfax County has been awarded \$2,462,398 in HPRP funds. Of the remaining amount, \$123,119 is allocated for administrative costs, and \$79,279 is to be used for meeting HUD data collection and reporting requirements.

Total Cost: \$ 2,462,398 HPRP funds

The County of Fairfax, Virginia, has determined that the above-listed project(s) will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required.

#### RECORDS AVAILABILITY

Additional project information is contained in the Environmental Review Records (ERRs) for the above-listed projects at the Fairfax County, Virginia, Department of Housing and Community Development, 3700 Pender Drive, Fairfax, Virginia 22030-6039, and may be examined or copied, upon request, weekdays from 8:00 a.m. to 4:30 p.m.

#### PUBLIC COMMENTS

Any individual, group, or agency disagreeing with the County of Fairfax, Virginia, determinations or wishing to comment on the projects may submit written comments to the Fairfax County Department of Housing and Community Development. All comments received by 4:30 p.m. on **Wednesday, September 9, 2009**, will be considered by the Fairfax County, Virginia, Department of Housing and Community Development prior to authorizing submission of a request for release of funds. Commenters should specify which part of this Notice they are addressing.

#### RELEASE OF FUNDS

The County of Fairfax, Virginia, certifies to HUD that Anthony H. Griffin, in his capacity as County Executive, consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities, and allows the Department of Housing and Community Development of Fairfax County, Virginia, to use Program funds.

#### OBJECTIONS TO RELEASE OF FUNDS

HUD will consider objections to its release of funds for Neighborhood Stabilization Program Plus-Silver Lining Program, the Homelessness Prevention and Rapid Re-Housing Program, as

well as for Community Development Block Grant-Recovery Program funds. Send objections to the HUD Richmond Field Office, Environmental Office, 600 E. Broad Street, Richmond, VA 23219-1800, Attention: Mr. Kerry Johnson, 1-800-842-2610 x4803; and to: HUD Washington, D.C. Field Office, 820 First Street NE, Suite 450, Washington, D.C. 20002-4255, Attention: Mrs. Frances Bush, 202-275-9200. Objections should be received by **Wednesday, Sept. 29, 2009**, or a period of fifteen days from its receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer or other officer of the County of Fairfax, Virginia, approved by HUD; (b) the County of Fairfax has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58; (c) the grant recipient or other participants in a project have committed funds, incurred costs, or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality.

Anthony H. Griffin, County Executive  
County of Fairfax  
12000 Government Center Parkway, Suite 552  
Fairfax, Virginia 22035-0041

Fairfax County is committed to a policy of nondiscrimination in all County programs, services and activities and will provide reasonable accommodations upon request. Please call 703.246.5101 or TTY 703.385.9578. Please allow seven working days in order to make arrangements

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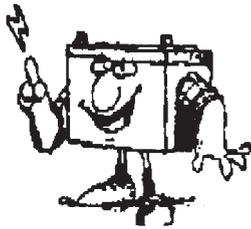
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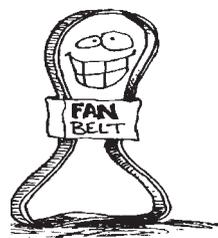
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