

Reston CONNECTION

Swept Along by 'Legally Blonde'

Entertainment, Page 8

Ryan Khatcherejian (as Emmett), Angel Huntley ("Bruiser" the dog), and Maureen Rohn (as Elle Woods) in the Reston Community Players (RCP) production of "Legally Blonde: The Musical."

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Photo by Jaclyn Young/Courtesy of Reston Community Players

Oktoberfest Reston Set for Oct. 5 - 7

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Rescue Reston, RA Ramp Up Golf Course Efforts

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Wellbeing

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Sunday, October 14
Noon – 4 PM

'Help the Homeless' Community Walk with Reston Interfaith at 1:30 PM

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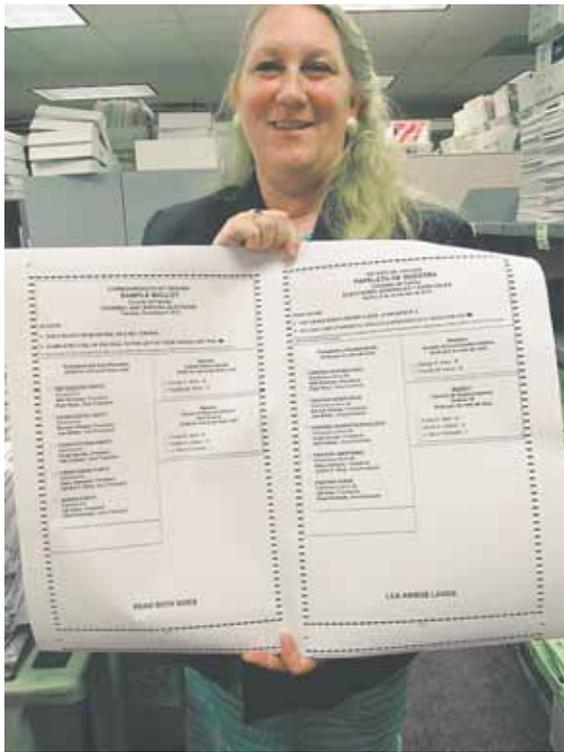
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Cameron Quinn, Fairfax County's chief elections official, holds up a sample ballot in the County's office of elections.



In addition to the optical scan voting machines, every polling place will be equipped with WINvote "touch-screen" machines, which have been used in Fairfax County since 2003. These touch screen machines are designed to provide voters with disabilities the ability to cast their votes unassisted. Luke Baranyk, voting machine custodian, demonstrates the touch-screen technology.

Are You 'Election Ready?'

Fairfax County prepares voters for new election measures.

By Victoria Ross
The Connection Newspapers

Frustrated by a bad economy, empty promises and echo-chamber politics, voter apathy is at an all-time high across the nation. According to a recent USA Today poll, about 90 million American voters, nearly 40 percent of those registered, won't go to the polls this year.

The same is not true in Fairfax County, where 79 percent of the County's registered voters cast their ballots in the 2008 elections, compared to a dismal 38 percent nationally. And nearly 90 percent of eligible voters, about 721,000 out of 800,000, have already registered to vote in Fairfax County.

But a slew of changes—from congressional redistricting to new voter ID laws—may leave even the most committed voter stymied at the polls this year.

"The good news in Fairfax County is that almost everyone who is eligible is registered to vote," said Cameron Quinn, Fairfax County's chief election official. "Our problem in Fairfax County is not voter apathy, and it's not getting people to register. What we don't have is every registered voter registered at their correct address."

Quinn said voters, especially those who only vote during presidential elections, get complacent about where they vote or who their candidate is. She calls them "cicada" voters, who go into their cocoon every four or more years, and emerge thinking that nothing has changed.

"These are voters we want to reach now," Quinn said, "The most important thing is to check your voter status before Monday, Oct. 15," Quinn said. "Are you, in fact, registered? Have you moved? Do you know

VOTER CHECKLIST: KNOW BEFORE YOU GO

- ❖ Voters with any questions about voting this Election Day can visit two comprehensive websites for answers: The Virginia State Board of Elections website at www.sbe.virginia.gov and The Fairfax County Office of Elections website at www.fairfaxcounty.gov/voterinfo.
- ❖ Call: If you don't find the information you need at the websites, call the Office of Elections at 703-222-0776.
- ❖ Fairfax now has a free smartphone mobile app to check your registration and other voting information. Download the free app by searching Fairfax County Government at the App Store (coming soon to Android Market) or go to <http://www.fairfaxcounty.gov/news/mobile/>. Once you download the app, look for the Vote icon.
- ❖ By Monday, Oct. 15:
 - ❖ Update your registration, or you may not be able to vote if you have moved since you last registered.
 - ❖ To check if your registration is correct, go online at www.sbe.virginia.gov/register, or call the Office of Elections at 703-222-0776.
- ❖ If you are not registered, or need to update your registration, complete a Virginia Voter Registration Application, which you can download at <http://www.sbe.virginia.gov>, or call 703-222-0776.
- ❖ By Tuesday, Oct. 30:
 - ❖ Virginia does not have "no excuse" absentee voting. If you want to complete a Virginia Absentee Ballot Application, download from www.SBE.Virginia.gov, or call 703-222-0776. to have one sent at The Office of Elections must receive the ballot by 7 p.m. on November 6th
 - ❖ Election Day, Tuesday, Nov. 6.
 - ❖ Polls will be open from 6 a.m. to 7 p.m.
 - ❖ It's Voter ID, not "Photo" ID: When you arrive at your polling place, a voting official will verify that your name is on the registration list. Voters will be asked to present **one** valid form of identification. It can be any of the following:
 - ❖ A Virginia Voter Registration Card
 - ❖ A Social Security Card
 - ❖ A valid Virginia Driver's License
 - ❖ Any official ID Card issued by a Virginia government or Federal government agency
 - ❖ An employee ID Card with photo of the voter issued by an employer
 - ❖ If you are unable to provide any of the above, you can sign an "Affirmation of Identity" statement affirming your identity under felony penalty for making a false official statement.

if your precinct changed during redistricting? You must update your voter registration if you have changed your address or name, or you may not be

See County, Page 11



Photo by Alex McVeigh/The Connection

The Fairfax County Office of Community Revitalization hosts a public meeting on the future of Lake Anne Monday, Oct. 1 at the Reston Community Center Lake Anne.

County Lays Out Crescent Timeline

Office of Community Revitalization plans for redevelopment around Lake Anne.

By Alex McVeigh
The Connection

The Fairfax County Office of Community Revitalization released the latest timetable for the redevelopment of the Crescent Apartments near the Lake Anne Village Center. Through the first quarter of 2013, proposals will be reviewed for the nearby Crescent Apartments, followed by a six month process where the development partner will be selected.

"The request for proposal is to redevelop the Crescent Property with the goal of revitalizing the entire property," said Elizabeth Hagg, deputy director of the OCR. "It could encompass a consolidated option, which is more parcels, more land units, and we certainly hope it will. That is the preferred option. However, there is the possibility that it may not be possible to consolidate."

The Crescent Apartments property is owned by the County, which released a request for proposals (RFP) in February to redevelop the 16.5-acre Crescent Apartments property with between 750 and 935 residential units.

While details on the proposals cannot be revealed, Bridget Hill, senior program manager with the OCR said that "multiple proposals" have already been received.

Staff from the County's housing department said that the RFP required that all proposals address the plans for relocating current residents.

"In the RFP we asked the developers to give us temporary and permanent placing of current residents, that's very important to housing," said Nicole Wickliffe of the housing department. "When they submit the proposals, that needs to be in there."

According to the County, the request encouraged developers to assemble additional properties within the Lake Anne Village Center.

The current Crescent Apartments have 181 affordable housing units, and the request for proposal called for full replacement of those units, with 10 percent dedicated to families earning 30 percent of the Average Median Income, 20 percent for families earning 50 percent of the Average Median Income and 70 percent reserved for families earning 60 percent of the Average Median Income.

There is also a provision that at least 20 percent of the remaining units are dedicated to workforce housing and that at least five percent of units are accessible.

The County currently has 18 months planned for Fairfax County Planning Commission and Board of Supervisors, which will go until the beginning of 2015.

But the plan must also be approved by the Reston Design Review Board, and DRB Vice Chair Richard Newlon said there didn't seem to be much chance of it going through that quickly.

See Redevelopment, Page 11

News



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More than 1,200 participants signed up to participate in the Alzheimer's Association's Walk to End Alzheimer's held at Reston Town Center on Sunday.



Kim Woods, Sharon Harvey and Mike Harvey participated in Sunday's Walk to End Alzheimer's in memory of Claude Harvey, who was diagnosed with Alzheimer's 13 years ago and died as a result of it on Saturday.

Photos by Amiee Freeman/The Connection

Walking to End Alzheimer's More than 1,200 sign up for Reston walk.

By Amiee Freeman
The Connection

As participants gathered at the pavilion at Reston Town Center Sunday in preparation for the Alzheimer's Association Walk to End Alzheimer's, dark clouds began to roll in and many of those present looked skyward. Masters of ceremony Meteorologist Bob Ryan of ABC7 and Bob Madigan of WTOP's Man about Town took the stage to kick off the event just as rain began to fall. Ryan summed up the atmosphere under the pavilion by saying that "a few wind gusts and a few drops of rain have not dampened any enthusiasm."

According to Susan Kudla Finn, CEO of the National Capital Area chapter of the Alzheimer's Association, nearly 1,200 had signed up to participate in Sunday's walk, "breaking records on attendance and enthusiasm," she said. Participants were not required to pay to walk, but were encouraged to fundraise. Alzheimer's Association Vice President of Development Susan Cherney said that at the start of the walk \$153,000 had been raised. Sunday's walk at Reston Town Center was the third of six walks held in the DC metropolitan area.

THE GOAL of the walk, said Cindy Schelhorn, director of communications for the association, was to raise awareness about the disease, reduce the stigma surrounding the disease and to raise funds for research. "Stigma prevention is really perhaps the most important goal here tonight," said Schelhorn. "Nearly a third of those with the disease keep it secret out of fear. We need to increase awareness about this disease and pro-



Vicky Noufal, in the center in purple, along with 20 family members, participated in Sunday's walk in honor of her mother who was diagnosed with early on-set Alzheimer's at the age of 52. Sunday was Noufal's mother's 60th birthday.

mote advocacy."

Many of those present at Sunday's walk knew all too well about the complexities surrounding Alzheimer's. Participants were given decorative flowers that identified their connection to Alzheimer's. Those with the disease held blue flowers, those who were caregivers held yellow flowers, those who had lost someone to the disease held purple flowers and those who supported further research and advocacy held orange flowers. In looking over the crowd, there appeared to be an even mix of flower colors, suggesting the various ways Alzheimer's had touched the lives of those present.

For Mike Harvey of Arlington along with his mom, Sharon Harvey of Ashburn, and sister, Kim

Woods from West Virginia, the reason to be involved in the walk was in the foremost of their thoughts. They were walking in the memory of Claude Harvey, Mike and Kim's father and Sharon's husband, who had passed away just the day before. Mike carried with him a picture of his father in his naval uniform. He explained that his father was first diagnosed with Alzheimer's in 1999 and lived with it for 13 years before succumbing to the disease on Saturday. "We are participating in this walk to make people realize that Alzheimer's can affect anyone."

Vicky Noufal of Leesburg was participating in the walk with her family in honor of her mother. As she pinned a sign honoring her mother to her grandmother's back, Noufal explained that Sunday was

her mother's 60th birthday. "That is why our group is so crazy. We are all—cousins, aunts, uncles, grandkids—here to celebrate my mother's birthday. It's very emotional," said Noufal. Her mother was diagnosed with Alzheimer's eight years ago at the age of 52.

As Ryan and Madigan along with Alzheimer's Association staff and Delegate Ken Plum and Supervisor Kathy Hudgins concluded their welcoming remarks, the sky cleared, just as Ryan promised.

THE PARTICIPANTS passed under the purple and white balloon arch and proceeded on a one-mile walk around Town Center. The walk was followed by a candlelight vigil to remember those who had lost their lives to Alzheimer's.

Week in Reston

Voting Open for RCC Board

The Preference Poll seeks community guidance to fill three three-year positions on the Reston Community Center Board of Governors. Voting began officially on Sept. 28. Ballots were mailed to each property in small district 5, and may be submitted via mail, online, or at either RCC location.

This year's slate of candidates includes one incumbent, William G. Bouie, and two new candidates, Lisa Ehrhardt and Gerald Zavala. The candidates' statements are available on the RCC website; voters are urged to review all statements.

Mail-in ballots must be received at the counting agent address no later than 5 p.m. on Thursday, Oct. 11. Walk-in and online ballots must be received by 5 p.m. on Friday, Oct. 12.

Visit RCC's website for more information and to vote online.

Anthem Great Pumpkin 5k Celebrates Healthy Living

The fourth annual Anthem Great Pumpkin 5k, sponsored by Anthem Blue Cross Blue Shield will be held on Saturday, Oct. 6, at 8:15 a.m. at the Reston Town Center. Three race events help to promote healthy lifestyle choices for all ages and fitness levels. This year adults can also show their Halloween spirit by participating in the Pumpkin Smash Mile. To register for the Anthem Great Pumpkin 5k, Kids Pumpkin Dash, and Pumpkin Smash Mile or to purchase tickets for Oktoberfest Reston and the "Scrambled Legs" Breakfast, visit www.TheGreatPumpkin5k.com.

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Opinion

Be Prepared: What's on the Ballot?

Early voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for a U.S. senator and member in the U.S. House of Representatives, in addition to president of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide whether to invest in infrastructure based on

Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. http://www.fairfaxcounty.gov/elections/nov_2012_county_bond_issues.pdf

Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

FAIRFAX COUNTY BOARD OF ELECTIONS

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Editorial

by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

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In Fairfax County, voters will also decide whether to invest in infrastructure based on

Playing by the Rules

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



We teach our children that they have to play by the rules, but sometimes we as adults find ways to bend the rules when it suits our purpose. When governments change their own rules for their convenience, a cynicism sets in as to how serious we were about the rules in the first place. Two examples from Virginia government come to mind.

Under the federal No Child Left Behind (NCLB), public schools are required to demonstrate adequate yearly progress of student achievement in order for schools to be accredited. The rule set by NCLB was not an easy one to meet demonstrating that such a standard was needed. Under the old system of evaluating schools, children were being lost in statistics and were being left behind. Under NCLB, more schools were failing to attain accreditation than the educational or political systems were willing to acknowledge or to justify.

A component of the failure of schools to attain adequate yearly

Commentary

progress was the wide differences among ethnic and racial groups. Asians often topped the standards, beating out their white counterparts. Hispanics and blacks lagged behind

all other groups in their levels of achievement. Many strategies have been tried and many resources expended to try to close the achievement gap but with limited success.

Virginia and many other states have in recent years resorted to a different tactic to close the achievement gap: change the rules. Virginia was recently granted an exception for which it applied to NCLB allowing it to set different standards for different minority groups. Simply stated under the new standards in Virginia we will expect more from Asian students and less from Hispanic and black students than we do for white students.

The NAACP and other groups have rightly raised objections to the new variable standards. In education, you get what you expect. Expect less of students, and

they will not do well. Within all groups of students there are some individuals who do well. Rather than recognize individual differences, the new system tracks students in a way that I do not believe complies with the Fourteenth Amendment Equal Protection Clause.

One of the explanations for the differences in student achievement relates to the programs and services to which they have been exposed. In recent years as monies have become scarcer, all government programs, including schools, have been reducing programs and services. Too often the school programs that get cut are

those for the students who need them most. How does the Virginia General Assembly reduce funding for schools when the state constitution requires it to fund them?

You guessed it. The Assembly changes the rules. Over the last several years the state Standards of Quality (SOQ) by which schools are funded have been reduced. We "fully" fund the SOQs; we simply do not explain that the SOQs have been reduced.

Our children and our future are cheated when we do not play by the rules. We need to return in Virginia to expecting high attainment for all children and to providing funding to meet that goal.

Letters to the Editor

No 'Anti-defense' Candidate

To the Editor:

In his column ["Who is Running to Represent You?," Reston Connection, Sept. 19-25, 2012] John Lovaas notes disdainfully that Chris Perkins is a defense lobbyist—as if he's the only retired colonel in this town. In contrast, Lovaas considers the incumbent, Gerry Connolly, merely a "pro-

business centrist." Somehow Lovaas fails to note that Connolly was a senior executive for a defense contractor and has received hundreds of thousands of dollars in campaign contributions from the defense industry. Jim Moran, whom Lovaas considers an even more virtuous "unabashed progressive Democrat," has received millions in contributions from the defense industry.

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Letters

From Page 6

There is no “anti-defense” candidate in this race—nor should there be, as thousands of defense workers and active duty military in this district deserve strong representation. But let’s not pretend that Connolly is somehow inherently more virtuous than Perkins, who was serving his country while Connolly (who never served) was reaping large personal and political benefits from military spending.

James Perry
Reston

With Great Confusion

To the Editor:

It was with great confusion that I read John Lovaas’ recent column (Opinion: Who is Running to Represent You in Congress, Sept 20). Mr. Lovaas, whom I consider a friend, helpfully reminds us that Congressman Jim Moran no longer represents Reston in the House of Representatives because redistricting shifted Reston into the 11th Congressional District, currently represented by Con-

gressman Gerry Connolly. Mr. Connolly faces three opponents from across the political spectrum. That much I understood, but several other points in the column confused me.

What first confused me was John’s contention that Mr. Connolly has avoided Reston—an area he knows very well, having served as chairman of the Fairfax County Board of Supervisors for five years. I guess that wasn’t Mr. Connolly I chatted with at a Leadership Fairfax dinner in Reston—before redistricting occurred—or at Reston Association’s 2012 Annual Membership Meeting, or at Reston’s Founders Day, or the Northern Virginia Fine Arts Festival Opening Night Party in Reston Town Center, or the Best of Reston gala, or the Herndon/Reston Obama campaign office opening, or last week at the Multicultural Festival at Lake Anne Plaza, just outside John’s front door. I’ll have to tell the congressman about his doppelganger when I see him at Bob Simon’s home in a couple weeks.

I became even more confused by the suggestion that Congressman Connolly’s centrism would be a

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From left, Maureen Rohn (Elle Woods), Erica Wisniewski (as Pilar), Evie Korovesis (as Margot) and Claire O'Brien (as Serena) in the Reston Community Players (RCP) production of "Legally Blonde: The Musical."

Swept Along by 'Legally Blonde'

Reston Community Players present "Legally Blonde: The Musical."

By David Siegel
The Connection

"An adrenalin rush of a musical with lots of fun. Yet a show that the audience can get into finding its essential message behind the sweetness," said award-winning musical Director David Rohde of the Reston Community Players (RCP) production of "Legally Blonde: The Musical."

Nearing its 50th season, the RCP is bringing the multi-Tony Award nominated "Legally Blonde: The Musical" to the CenterStage Theater. The story takes off with lyrics "Omigod, omigod you guys / Looks like Elle's gonna win the prize / If there ever was a perfect couple, this one qualifies." But, it doesn't quite work out that way.

A seemingly air-headed Elle Woods, a California sorority girl, is cast off by her boyfriend. She is not quite serious enough for him. Rather than folding her cards and disappearing into a heaven of shopping she heads off to Harvard. There she finds her true calling. Along the way she helps others who have been overlooked in life.

The musical is based upon the movie "Legally Blonde," and the book by Heather Hach, with music and lyrics by Laurence O'Keefe and Nell Benjamin. The show features jaunty songs including "Omigod, You Guys," "Positive," "Find My Way," and "So Much Better."

According to director Joshua Redford, "it is a big musical featuring a cast of two dozen talented musical theatre artists and a cute dog. We want to



Ryan Khatcheressian (as Emmett), Angel Huntley ("Bruiser" the dog), and Maureen Rohn (as Elle Woods) in the Reston Community Players (RCP) production of "Legally Blonde: The Musical."

Where and When

Reston Community Players production of "Legally Blonde: The Musical," at CenterStage Theater, Reston Community Center, Hunters Woods Village Center, 2310 Colts Neck Road, Reston, VA 20191. Performances, Oct. 12-Nov. 3, 2012. Friday & Saturday at 8 p.m.. Matinees at 2:30 p.m. on Sunday, October 21 & 28. Tickets: \$20-\$23. Call 703-476-4500 or visit: www.restonplayers.org.

give the audience a big brassy approach." There will also be some clever design elements by set designer James Villarubia and crew with moving scene parts throughout the production and even a three-story house.

"A savvy, sharp 12-piece orchestra" will be powering the production with its upbeat, jazzy score of more than two dozen songs according to Rohde. Choreography for the fast-paced production is by Mark Hidalgo.

The crucial role of the ever-resilient Elle is played by Maureen Rohn. While new to RCP, Rohn has considerable theater background including a featured role in the DC Theater J production of "The Rise and Fall of Annie Hall." Rohn is a 2004 graduate of Robinson High School. She went on to Northwestern University to earn a musical theater degree.

In a recent interview Rohn described her connections to the role as quite strong. "I understand how life can sweep us along. Elle's journey of discovery is one I understand; it is so accessible. And the show and the music are sparkling and fresh."

Entertainment

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/OCT. 4

Reston Town Center Walk to End Homelessness. Noon, at Mayflowers, 11959 Market Street, Reston. May Bernhardt of Mayflowers leads the inaugural walk sponsored by Mayflowers A Floral Studio to benefit those in need of emergency housing. 571-323-9572.

FRIDAY/OCT. 5

Oktoberfest Reston. 3-11 p.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

SATURDAY/OCT. 6

Oktoberfest Reston. 11 a.m.-11 p.m.; race at 8:30 a.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

Lake Anne Plaza's 6th Annual Jazz Festival. Noon-8:30 p.m., at Lake Anne Plaza, 11402 Washington Plaza W, Reston. Singer-songwriter-musician Rashida Jolley headlines among six other artists at the family-friendly festival. www.restoncommunitycenter.com.

Fairfax County Dance Coalition's 2012 Gala. 3 p.m., at Northern Virginia Community College, 8333 Little River Turnpike, Amandale. Twelve dance companies from Fairfax County. \$23. www.fairfaxcountydance.org.

SUNDAY/OCT. 7

Oktoberfest Reston. Noon-8 p.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

Ike Willis from Frank Zappa Music Clinic. 5 p.m., at the Music Loft, 1141 Elden Street, Suite 212, Herndon. Ike Willis, Frank Zappa's lead singer and rhythm guitarist discusses time signatures, key signatures and melodic ideas as well as vocal techniques. 703-956-6563 or www.TheMusicLoftonline.com.

MONDAY/OCT. 8

Celebrate Columbus Day Brunch. 11:30 a.m., Mon Ami Gabi, 11950 Democracy Drive, Reston. Eggs Florentine, Seafood Crepe, Waffle with Nutella, Blueberry French Toast, mixed drinks, Warm Berry Crumble and Sorbet Du Jour make the day off sweet. 703-707-0233 or www.moniamigabi.com.

SUNDAY/OCT. 14

Festival on the Square. Noon-5 p.m., at Reston Heights, 11790 Sunrise Valley Drive, Reston. Live entertainment, food samples, farm animals, fancy cars, a maze made of hay and much more. 703-476-9377 or www.festivalonthesquare.com.



Guests take to the dance floor at the Reston Town Center Pavilion during Reston Oktoberfest 2011.

Oktoberfest Reston Set for Oct. 5-7

The beer and wine will be flowing at Oktoberfest Reston produced by the Greater Reston Chamber of Commerce, www.OktoberfestReston.com, the largest fall festival in Northern Virginia drawing crowds of up to 85,000 over three days. This event features the best in fall brews with traditional Oktoberfest fare from area restaurants. Beginning on Friday, Oct. 5, at 3 p.m., restaurants and vendors will line the streets of the Reston Town Center. Live music will fill the air with traditional German tunes from the Low'n'Brows, Continentals and Kings Park German Bands as well as favorites such as headliners Gonzo's Nose, 2U and Almost Journey. Kids won't feel left out with the Oktoberfest Carnival open during event hours throughout the weekend and a special "All You Can Ride" wrist band time on Saturday from 10 a.m.-2 p.m. The Northern Virginia Police and Fire and Rescue Departments will face off on Saturday afternoon in

the Guns 'n Hoses Chilli Cook-Off, with the winner to be announced at 4 p.m. The Great Pumpkin 5k, Pumpkin Smash Mile and Kids Pumpkin Dash, produced by the Greater Washington Sports Alliance and benefiting the YMCA Fairfax County Reston, kicks off Saturday's events with an 8:30 a.m. 5k race start time. Oktoberfest Scrambled Legs Breakfast will help runners refuel with breakfast items and beer served up from specific Oktoberfest vendors. Oktoberfest Reston event admission is free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Carnival tickets are \$1 per ticket or \$20 for 24 tickets. All-you-can-ride carnival wristbands will be on sale for \$20 ahead of the event and for \$25 at the event; wristbands are good only for Saturday 10 a.m.-2 p.m. Advance tickets on sale online at www.OktoberfestReston.com or at the Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston.

WEDNESDAY/OCT. 17

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

TUESDAY/OCT. 9

Pint & Dale. 7:15 p.m., at Amphora Diner Deluxe, 1151 Elden Street, Herndon. The Folk Club of Reston-Herndon celebrates its 27th year with their monthly concert; the Seattle-based duo plays lively maritime music. \$11, members; \$12, non-members. DAHurdSr@cs.com, 703-435-2402 or www.restonherndonfolkclub.com.

WEDNESDAY/NOV. 14

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/NOV. 17

Fairfax Symphony Orchestra: Masterworks II. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Ken Woods and violinist Benjamin Beilman perform Beethoven's Overture to Coriolan, Op. 62, Symphony No. 2 and Violin Concerto. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SATURDAY/DEC. 8

Fairfax Symphony Orchestra:

Masterworks III. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist James Dick perform Rossini's Overture to La Gazza Ladra plus Tchaikovsky's Piano Concerto No. 1 and Symphony No. 6, "Pathétique." \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

WEDNESDAY/DEC. 19

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

WEDNESDAY/JAN. 16, 2013

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/JAN. 19

Fairfax Symphony Orchestra: Masterworks IV. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and flautist Christina Jennings perform Mozart's Overture to The Magic Flute, Leshnoff's Flute Concerto, Ives' The Unanswered Question and Brahms' Symphony No. 1 in C minor, Op. 68. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

WEDNESDAY/FEB. 13

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

WEDNESDAY/MARCH 13

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

SATURDAY/MARCH 16

Fairfax Symphony Orchestra: Masterworks V. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman performs J. Strauss' Emperor Waltz and Tick Tack, Pizzicato, Trisch-Tratsch Polkas and Overture to Die Fledermaus, R. Strauss' Suite from Der Rosenkavalier, Till Eulenspiegel's Merry Pranks and Salomé's Dance. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SATURDAY/MAY 11

Fairfax Symphony Orchestra: Masterworks VI. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman, tenor Brennan Guillory and soprano Joni Henson perform Wagner's "Prelude and Liebestod," Tristan and Isolde and Overture to Act 3, Lohengrin; Verdi's Overture to La Forza del Destino, Overture to I vespri siciliani, Lov. Duet Finale Act I Otello, "Dio ti giocondi, O Sposo" Otello, "Dio mio potevi, scagliar" Otello, Willow Song Otello and "Libiamo," La Traviata. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

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www.reston.org

YOU ARE INVITED TO ATTEND THE Lake Anne/Tall Oaks District Community Meeting

Meet your district director and learn about the issues and amenities in your area.

Wednesday, October 10, 7-9 p.m.
Reston Community Center — Lake Anne, 1690 Washington Plaza
Free

Hosted by District Director Ken Knueven your representative to the Reston Association Board of Directors.

RSVP: Ha Brock, 703-435-7986 or via e-mail habrock@reston.org



Wellbeing

Photo by Marilyn Campbell/The Connection



Experts say good hand washing habits, especially for children, can help keep illness at bay.



Photo Contributed

Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church, says that people should get a flu vaccine as soon as possible because the antibodies take about two weeks to provide the full measure of protection.

Preparing for Cold and Flu Season

Health care professionals offer advice for staying healthy.

By Marilyn Campbell
The Connection

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not

Cold or Flu? Understanding the Difference

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to ten days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms."

— **Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network.**

spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staving off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."



Photo by Marilyn Campbell/The Connection

Ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

Protecting One's Eyes

Medical experts offer safety suggestions during Eye Injury Prevention Month.

By Marilyn Campbell
The Connection

Nancy Mahon was cleaning the bathroom of her Herndon home last spring when she noticed that something was going wrong.

"My eyes started burning intensely," she said. "They were red and felt like they were on fire." The source of her eye irritation was a chemical that she was using to clean her bathroom. She sought medical care and now uses mild, non-toxic cleaners.

Simple tasks like gardening or cleaning can lead to eye injury, so ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

"Unfortunately, most people don't think about eye protection for home projects until it is too late," Dr. Lynn Polonski, M.D., an ophthalmologist and spokesman for the American Academy of Ophthalmology, said in a statement.

Experts say there are a few simple things that homeowners can do to decrease their risk of eye injury.

"Wear protective eyewear during risky activities, such as anytime you might be exposed to flying particles or dust. Wear goggles when exposed to chemicals," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network. "Take caution with chemicals and cleaners. Carefully read the labels of chemicals in household cleaning supplies and don't mix products."

Glossa added that washing one's hands after using chemicals is another preventative measure.

Children are also susceptible to eye injuries, but parents can take a few precautions to thwart harm.

"Avoid certain children's toys [like] projectile toys such as darts and bows and arrows," said Glossa. "Keep all household cleaning supplies that contain chemicals and sprays out of a child's reach, and cushion the sharp corners and edges of furniture and home fixtures."

The American Academy of Ophthalmology also recommends being careful when using lawn mowers, trimmers and shovels, which can propel dirt and debris into the air.

Ophthalmologists, Optometrists and Opticians:

An **ophthalmologist** is a medical or osteopathic doctor who specializes in eye and vision care. Ophthalmologists differ from optometrists and opticians in their levels of training and in what they can diagnose and treat.

Optometrists are health care professionals who provide primary vision care ranging from sight testing and correction to the diagnosis, treatment, and management of vision changes. An optometrist is not a medical doctor

Opticians are technicians trained to design, verify and fit eyeglass lenses and frames, contact lenses, and other devices to correct eyesight.

Source: The American Academy of Ophthalmology

County Gets Election Ready

From Page 3

able to vote," Quinn said.

TO CHECK YOUR STATUS, call the Office of Elections at 703-222-0776 (TTY 711) or go to one of the websites listed. "We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are "election ready" on Tuesday, Nov. 6. In conjunction with the State Board of Elections, the County recently kicked off an intensive voter preparedness campaign to inform and educate voters on changes.

Quinn estimates the election's office currently gets 600 calls every day, and many calls concern the new voter ID measures.

Brian Moran, chairman of the Virginia Democratic Party, said it's important that voters remember that Voter ID does not mean "photo ID."

"There are a number of acceptable forms of Voter ID, and it's important that this issue doesn't discourage voters," Moran said.

In August, the Justice Department signed off on Virginia's new Voter ID law, a bitterly contested measure that some claimed discriminates against minorities. Virginia, one of 16 states with a history of voter discrimination, must receive federal approval under the Voting Rights Act before making any changes to voting law.

The new law, which closed a provision allowing Virginians to

vote without identification, also expanded the types of ID accepted at the polls.

Quinn said the State BOE just mailed every voter a new voter card, which was sent to ensure that all voters have at least one acceptable form of identification. She said if voters bring their voter card, they don't need another form of identification.

"Virginia tweaked its voter ID laws this year to allow many new forms of acceptable identification," Quinn said in an online forum.

"Virginia also has mailed a voter information card (or sometimes called voter registration card) for many years. You need some form of identification under Virginia law, and this voter information card is considered an acceptable form of identification," Quinn said.

Other forms of acceptable identification include a driver's license, military ID or current utility bill. For other forms of acceptable ID, visit www.sbe.virginia.gov/votinginperson.html.

In addition to getting voters ready for the general elections, the office has also been preparing to comply with new mandates and changes.

Last year, the state mandated that all voter education material be translated into Spanish. While the County has complied with that mandate, they are still short on election-day volunteers, especially those who are bilingual in Spanish and English.

Norma Rengel - the office's language accessibility coordinator and Patricia Ferguson, the county's outreach coordinator, spent hours

last week putting tent cards in cafeterias and lobbies of in the Fairfax County Government Center and other Fairfax County locations to encourage volunteers to call the elections office.

"One challenge for us is to recruit bilingual polling officials, and by law, Spanish is a priority," Rengel said.

Travis Patten, an elections office training coordinator, said about 3,000 polling officials have undergone training since August. "One of the things we're excited about is the electronic poll books," he said, which will allow voters to check in faster, and reduce waiting time.

ON ELECTION DAY, staff will be coming through voter lines with a handheld device called "Ask ED," which contains the entire County voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the county's election rolls, the staff person will call the registrar's office.

If the voter is trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.

Redevelopment Around Lake Anne

From Page 3

"It took about three and a half years for JBG to get the Fairways development through the DRB, so

planning for 18 months on a project this size seems to be wishful thinking," he said.

Site plan and building plan approvals are currently scheduled to

take about a year, through mid-2016, which is when construction is planned to commence.

More information can be found at <http://www.fcrevit.org/lakeanne/CrescentRFP.htm>.

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Reston Connection ♦ October 3-9, 2012 ♦ 11

South Lakes Volleyball Coach Eyes Top-Four District Finish

Seahawks reach Hayfield tournament semifinals.

By Jon Roetman
The Connection

The South Lakes volleyball program on Sept. 6 defeated Northern Region power Langley for the first time in six seasons under head coach Cheri Hostetler. With the majority of their Liberty District schedule remaining, Hostetler has her sights set on a strong finish.

After multiple seasons in the bottom half of the district standings, Hostetler said her goal for the remainder of the 2012 campaign is for South Lakes to finish in the top half of the eight-team Liberty District. The Seahawks are off to a 1-1 start in district play, having faced the two teams that have dominated the Liberty for the last eight seasons: Stone Bridge and Langley. The two programs combined won the last eight district titles (Stone Bridge has won six, including the last five) and have met in the district tournament final each of the last six years.

This year, South Lakes traveled to Langley and defeated the Saxons, 3-1. On Sept. 20, the Seahawks traveled to Ashburn and



Senior middle hitter Mary Severin (15) and the South Lakes volleyball team faced Forest Park in the semifinals of the Hayfield Invitational.

were swept by Stone Bridge, which is undefeated.

"We have Fairfax, Marshall, Madison and McLean all left—and Jefferson," Hostetler said. "So we'd just like to win those and finish in the top half of the district."

On Saturday, Sept. 29, South Lakes competed at the Hayfield Invitational. The Seahawks went undefeated in pool play, beating Lee, Hayfield and Edison, but lost to eventual tournament champion Forest Park in the semifinals.

"This is always better than just a Satur-

day practice," Hostetler said. "You get to see a lot of different teams when you come to a tournament like this that we normally wouldn't get to play. Forest Park, they're preparing us for our tough district, that's why we like to come and play teams like that."

Through the season's first 10 matches, freshman opposite/middle hitter Vela McBride led South Lakes with 47 kills and 27 blocks. Senior captains Annemarie Bresson and Dory DeWeese had 36 and 33 kills, respectively. Senior opposite hitter Maddie Youngren had 30 kills.



Photos by Craig Sterbutzel

Senior captain Annemarie Bresson and the South Lakes volleyball team are off to a 1-1 start in the Liberty District.

Senior outside hitter Cloe Traylor had 29 kills.

"She's our go-to person," Hostetler said. "If we want to get a kill, we go to Cloe."

Junior opposite hitter/setter Rachel Wood had 108 assists and sophomore setter Jackie Trautman had 71.

South Lakes defeated Mount Vernon, 3-0, on Oct. 1, improving its record to 10-7. The Seahawks will host Falls Church at 7:15 p.m. on Thursday, Oct. 4, and will resume district play on the road against Marshall on Oct. 9.

Rescue Reston, RA Ramp Up Golf Course Efforts

Groups organize community response, retain legal counsel.

By Alex McVeigh
The Connection

Donna Robuck and her husband Robert have lived in a house that overlooks the 10th hole at the Reston National Golf Course for the past 14 years. She can still recall: "I walked in the house, walked straight through to the balcony, and me and my husband thought, 'this is it. This is the perfect house,'" she said. "The very next day my mother-in-law called and asked what the kitchen looked like, and I had no idea."

Since then, she described living in their house as a dream, but in recent months that dream has been threatened.

"We cannot stand the thought of someone taking away the golf course away from us," she said. "My husband and I have sunk a lot of money into our town home and we're waiting for the Metro to come, which will be in walk-

ing distance, and hopefully I can retire early. If that dream gets messed up, it destroys our life."

THE ROBUCKS' DREAM is in danger due to the Reston National Golf Course owners' appeal with Fairfax County's Board of Zoning Appeals to get residential development rights for the 166-acre course.

The BZA will hear the appeal at their Oct. 24 meeting, but until then, residents like the Robucks have organized a community response dedicated to making sure the golf course stays the same.

Rescue Reston, an organization formed a little over a month ago, aims to combat potential development through legal means and through community activism.

"Rescue Reston opposes the re-development of 166 acres of land that is, one, a marketing icon that was just named one of the top ten places in the United States to live, two, represents a redefinition of a major part of our town and, three,



Photo by Alex McVeigh

Neighbors and community members are organizing to make sure the golf course is not turned into residential units.

it dramatically and intentionally, alters a planned community design and a culture that has evolved over the past 50 years," said John Pinkman, executive director of Rescue Reston.

Research by Rescue Reston has been engaging in a campaign that includes sign placement, passing out fliers at public events and personal appeals to John Schlifske, CEO of Northwestern Mutual, the company that Rescue Reston found through public records as being involved in the planning for the golf course property.

The group held a rally Saturday,

Sept. 29 near the golf course at the corner of Reston Parkway and Sunrise Valley Drive.

"We've received a lot of things asking 'what can I do? How can I help?' Not many people can take time off of their day to help. But what they can do is talk to two people, ask them to talk to two people and have those two people talk to two people," he said. "The public pressure will continue in support of the Fairfax County Zoning administrator at the BZA meeting on Oct. 24, this effort becomes very public. It's just beginning, we're not going away."

THE RESTON ASSOCIATION Board of Directors voted unanimously at their Sept. 13 meeting to hire the law firm of Odin, Feldman, Pittleman PC as special counsel to perform legal services on behalf of the RA.

According to the motion, the law firm will advise and provide counsel with respect to the Reston National Golf Management appeal before the BZA, advocate the opposition of the RA to any use of the property other than a golf course and to prepare for any necessary litigation.

The RA also voted to establish a special committee of the board, to work with RA staff and special counsel on the matter. The committee is made up of Kneeven, as well as Directors Donna Miller Rostant, Michael Sanio, Andy Sigle and RA CEO Milton Matthews.

"It's open space, and many folks bought into Reston because of the golf course, so it needs to stay that way," Sanio said.

More information on Rescue Reston can be found at www.rescuereston.org.

Opinion

A True Green Progressive— Paul Hughes

By John Lovaas
Reston Impact Producer/Host

A couple of weeks ago, we lost a very special man. Paul Hughes, a long-time environmental activist and green business entrepreneur, died from a massive heart attack.

Following his graduation with a degree in political science/public policy from the University of Toledo, Mr. Hughes had focused his professional life on the environment. For a while, he had his own environmental consulting business and then worked for a company that converted homes and businesses to CNG, compressed natural gas and moved away from oil. He soon discovered that work in the corporate world was not for him, and was often at odds with his firm belief in protecting our environment and working for a more sustainable way of living.

He went on to dedicate himself to business and non-profit activity to further his goals. He brought both passion and creativity to organizations such as the Sierra Club, at the forefront of the environmental movement. At the same time, he waded into the parallel world of political activism. He moved to the Green Party where he found a deeper commitment to the environment and the fight against growing inequality in America than is present in today's Democratic Party, one too often conflicted by corporate big bucks. Paul became the Green Party leader in Northern Virginia and recently led the successful effort to get Green Party Presidential candidate and genuine progressive Jill Stein on the Virginia ballot.



Independent Progressive

His first green business, DeConstruction Services, LLC, is a for-profit demolition and salvage firm designed to keep building supplies out of landfills. About 40 percent of U.S. municipal landfills are loaded with such building materials. Thanks to Paul, DeConstruction also hires and trains the

difficult to employ—e.g., people who've served time in jail or in drug rehab and had few opportunities to put their lives back together.

DeConstructed home materials such as granite surfaces, electrical fixtures, appliances of all kinds that his crews removed, were well received by nonprofits like Habitat for Humanity. But there was far more coming out than such modest users could absorb. So, Paul created the non-profit ReBuild Warehouse, to which homeowners could contribute gently-used materials from de-constructed homes and get a tax deduction. Home builders and buyers go to ReBuild to buy used, often vintage, materials in new construction. And, ReBuild creates more green jobs.

Three years ago, Paul worked with creative Reston folks to merge RCA's Sustainable Reston Committee with his Fairfax Coalition for Smarter Growth. Thanks in part, to resources from the coalition, Sustainable Reston is already having an impact here, through educational programs and the community garden at Cedar Ridge, in cooperation with other Reston community organizations.

Our region has lost a very special human being, a passionate and productive progressive leader who will be very hard to replace.

Letters

From Page 7

major change from Congressman Moran's progressivism. Based on my frequent conversations with both gentlemen, I wouldn't expect any radical departures. The Jim Moran I know has been a great asset to the Northern Virginia's business community—notice our relatively low unemployment rate and Gerry Connolly has been a leader for liberal causes such as gay rights since his days on the Board of Supervisors. Just to be sure I wasn't nonplussed on this point too, I compared their voting records at www.opencongress.org/ and found their votes overlap 93 percent of the time. (Mr. Connolly voted with Democrats 91 percent of the time and Mr. Moran 93 percent.)

Next, Lovaas accuses Connolly of "avoiding candidate forums." Now, I don't believe everything I see on YouTube, but the hour-long video of Congressman Connolly at

the Asian-American Northern Virginia candidates forum in Fairfax looks very convincing. You can see for yourself here: <http://www.youtube.com/user/dcntdtv>. Someone must have edited out the Republican candidate for the 11th District because he's nowhere to be seen. Again, Mr. Lovaas's description didn't sound like the congressman I know, so I called his office and learned he has already participated in a number of 11th District forums, including events sponsored by the Black Chamber, the NoVA Urban League, and the Springfield Rotary and Chamber of Commerce. Unfortunately, Mr. Connolly was unable to attend the forum hosted by Mr. Lovaas. Maybe that so confused John that he forgot to check his facts.

Finally, I was very surprised to learn from John that the 11th District was "created for" Mr. Connolly. Here, I thought the Republican-controlled General Assembly passed the redistricting legislation that was signed by our

Republican Governor. Shifting the most Republican areas of the current 11th Congressional District into the 10th Congressional District to protect the 30-year incumbent Republican, Frank Wolf, and whomever Republicans nominate when he retires probably had nothing to do with it. Right?

What's perhaps most confusing about this whole situation is how Congressman Connolly has managed to spend so much time reacquainting himself with Reston and Herndon while continuing to serve constituents throughout his current district, which sprawls from the Potomac well past Gainesville. On the other hand, this feat isn't so much confusing as amazing. I for one am eager to have someone with such energy working for Reston and I am pretty sure my friend John will be too. There's nothing confusing about that.

Mike Collins
Reston



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By **KENNETH B. LOURIE**

These are the exact words, ergo the quotation marks, e-mailed to me by my oncologist describing/assessing my most recent CT Scan. Words which no doubt will be clarified-and-questioned by yours truly at our next face-to-face appointment (in two weeks approximately). Subject to interpretation, misinterpretation, one's level of denial, that same one's level of acceptance; these are words that for now, I must live with, and considering the operative word "live," I am happy – and amazingly fortunate, to do so.

Given the availability of e-mail, results regarding lab work, diagnostic scans and miscellaneous other tests are now just a mouse click away. No more sitting anxiously in the doctor's office waiting for his arrival, eager to observe his facial expressions, body language, tone and inflection, desperate for a hint, until he shares the latest news about your health; now we know, sort of. Although there is a wide margin for conversational disconnect and misunderstanding when doctors provide such information electronically (and not personally, and with no real-time feedback loop), knowing something quickly (same day service for this most recent result), has its place. Not perfect, by any means. But they are a means to an end – of worrying and wondering when you are going to receive a phone call/hear back from your oncologist.

Nevertheless, it is impossible – for me, not to get existential when you receive these e-mails and wonder, what does it all mean? Of course, you know what you want it to mean. But as much as I'd like to think I can be objective about such communications, given the seriousness of the underlying diagnosis (NSCLC, stage IV), I suppose if I were being totally honest, I would have to say that's probably being unrealistic. Moreover, even though I've been through this emotional ringer for three and a half years now, and much of what occurs is familiar, presuming that wishful thinking, naïveté and plain old hope don't subconsciously take over and lead the patient/survivor down the garden path is probably also a bit unrealistic. Still, what's a terminal patient to do? As Tug McGraw of the "Amazin'" '69 Mets made famous: "You Gotta Believe." So I do.

It's not that I'm totally out of touch with the severity of my diagnosis and the statistical probabilities of living beyond a certain number of years, it's more that I choose to ignore them and try extremely hard not to dwell on them. (Much easier written than actually done.) As my brother Richard encouraged me at the very beginning: "There are exceptions to every rule. You'll be the exception that disproves the rule." And so, he has been proven correct as I have survived beyond my oncologist's original prognosis, grim as it was ("13 months to two years"). It's not to say I didn't believe what the oncologist said to me when I first heard it, (life expectancy/prognosis), but it was sure hard to process it since I was asymptomatic and felt completely fine. Still, I took the news very seriously, as you can imagine. To say the next few days at home were not incredibly difficult would be a lie.

Within a few weeks or so, I had made a variety of changes in my life and tried to assimilate my diagnosis/prognosis into my present so that maybe I'd have a future. For a long time I became a proponent of George Allen's football philosophy: "The future is now!" Given how I feel now, three-plus years later, and considering the results of this most recent scan, the future may simply be what it is: not now, but later. At least, that's the way I see it, subjectively speaking. (Now whether "subjectively speaking" is just a euphemism for "unrealistic" is likely a topic for a "future" column.)

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

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This free screening mammogram is available to all women over 40 who have a physician order. Registration is required. Please call 571-423-5400.

Survivorship: Thriving through Integrative Strategies Oct. 6 from 9:15 a.m.-3 p.m. at Inova Loudoun Hospital.

Dispelling the Myths About Breast Cancer Oct. 17 from 6:30-8:30 p.m. at Inova Mount Vernon Hospital.

Key to the Cure Oct. 17-21. Saks Fifth Avenue will donate two percent of sales to Life With Cancer. Saks Fifth Avenue, Tysons Galleria.

Women's Health Fair Oct. 20 from 10 a.m.-noon at Inova Fair Oaks Hospital.

Treatment Options for Breast Cancer Oct. 23 from 6:30-7:30 p.m. at Inova Fair Oaks Hospital.

For information or to register on any of these events, visit www.inovalinktopink.org or call 1-855-MY-INOVA (1-855-694-6682).

Bulletin Board

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

THURSDAY/OCT. 4

Coffee and Contracting: GovCon

Networking. 8-9:30 a.m., at Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. Morning networking series for government contractors, held bi-monthly. \$10, members; \$15, non-members. 703-707-9045 or www.restonchamber.org.

THURSDAY/OCT. 11

Women's Club of Greater Reston. 10 a.m., at Lake Anne Community Center, 1609 Washington Plaza North, Reston. The Women's Club of Great Reston, formerly the Reston Newcomers and Neighbors Club, presents financial planner Miye Wire, speaking at the monthly meeting. 703-869-5027 or www.restonnewcomers.org.

SATURDAY/OCT. 13

Convertibles/Volunteers Needed for Herndon Homecoming and Parade. TBD, 8-10 p.m., 10 p.m.-midnight. If you have a convertible and like to drive, Herndon High School needs you to be part of Homecoming Court in the Homecoming Parade; volunteers are still needed for the homecoming dance as well. kmgoodwin@fcps.edu.

WEDNESDAY/OCT. 17

Imagine Their Future. 10:30 a.m., at Reston Town Center, TBA. One-hour program on the mission, work and vision for the Children's Science Center; meet board members and volunteers behind the programs and plan and bring a friend or educator. RSVP. Imagine@TheChildrensScienceCenter.org.

SATURDAY/OCT. 27

Understanding and Asserting Your Rights to Marital Assets in a Divorce. 10 a.m.-12:30 p.m., at Odin, Feldman & Pittleman, PC, 1775 Wiehle Avenue, Suite 400, Reston. Learn how Virginia courts divide assets and liabilities upon divorce, how to determine whether property is marital or separate and the factors the court must take into account in making its decisions. \$50, \$40 for Members. Register. 703-281-2657, ext. 276 or www.thewomenscenter.org.

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