

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ SPORTS, PAGE 18 ♦ CLASSIFIEDS, PAGE 15

South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory over Centreville on Aug. 27 during the Under the Lights Tournament at Lee High School. The South Lakes field hockey team finished first in its pool and is undefeated after five games.

# Undefeated In Five Games

SPORTS, PAGE 18

Jazz, Blues  
Time at  
Lake Anne

NEWS, PAGE 17

# Residents Aim to Lower Energy Use

NEWS, PAGE 3

PHOTO BY JON ROETMAN/THE CONNECTION



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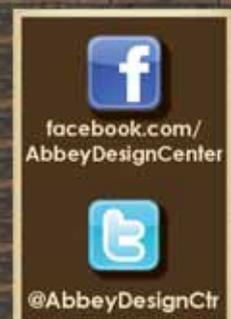
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# Residents Aim to Lower Energy Use

BY ALEX McVEIGH  
THE CONNECTION

**S**ustainable Reston and the Local Energy Alliance Program have teamed up to challenge local residents to lower their energy bills. The Reston Home Energy Conservation Challenge will track homeowners' electricity usage for the next six months, and the winner will be the home that reduces their power use, by percentage, the most compared to the same six month period last year.

"We figured everybody in Reston is going to deal with the same hot and cold weather days over the next six months," said Diane Blust of Sustainable Reston. "This contest will focus just on electrical use, no gas or water."

**THE CONTEST** came about while Sustainable Reston was preparing their energy fair in July. It will officially start Sept. 1 and run through Feb. 28, 2014.

The winner will receive a DieHard 1150 portable power supply, and second and third place winners will receive a portable battery pack iPhone charger.

A watt is a measurement of power that is voltage times amperage. Dominion Power, like most power companies, bills by kilowatt-hours, which is 1,000 watts as expended over one hour of time. For example, a 100-watt light bulb burning for 24 hours uses 2.4 kilowatt hours.

According to Dominion Power, residential customers are charged 2.269 cents per kilowatt hour for the first 800 kilowatt hours, 1.296 cents per kilowatt hour after that.

Rick Elliott, a Reston resident and sponsor of the challenge along with his wife Karen, started measuring the draw of his appliances with a Kill A Watt, a device that plugs into the wall and tracks usage.

"The most important thing to find out is what is using most of your energy. Most appliances pull about 1,000 go 1,200 watts at about 15 amps. A refrigerator with an ice maker uses about 1,080 watts," he said. "The fridge is an example of something that is on 24/7, so it's a big draw. At our house, our fridge is about 20 years old, and not an energy star, but it doesn't use much more than a modern model. See, most modern refrigerators have the Energy Star, but are also much bigger and have lots of features that require power."

Elliott said he has also learned a lot about "energy vampires," or devices that draw powers even when they are "off." He recommended that devices that can be shut off be plugged into a power strip that is turned off when not in use, so they will not drain power.

"Anything that has an LED light on when it's off is drawing power. Now, it might only be a fraction of a watt, but that's costing you," he said.

"The purpose is not to have people spend a lot of



**Members of Sustainable Reston host a meeting about the Reston Home Energy Conservation Challenge at the Walker Nature Education Center. The challenge will pit several local residents in a contest to see who can reduce their energy use the most over a six-month period.**



**Karen Elliott, one of the sponsors of the Reston Home Energy Conservation Challenge, with a DieHard 1150 portable power supply, the grand prize for the contest.**

money, but to make smaller-scale choices that can make a difference," Elliot said. "Lighting is another big way to change, there are a lot of choices out there. Obviously incandescent bulbs use the most energy, but there are a lot of options when it comes to the compact fluorescent and LED bulbs.

LED bulbs are just now hitting a price point that helps them compete with other types."

For example, a 40-watt incandescent bulb can only use 10 watts for the same amount of light in a compact fluorescent, and only about six watts with an LED.

Karl Vesterling is always looking for ways to reduce his energy cost. His job requires a lot of computer equipment at his home, equipment that must be on 24 hours a day, seven days a week.

"I've been looking at ways to lower my energy uses since 2005, and in the process I've gone through a lot of junk science to get to a little bit of real science," he said.

Vesterling installed a new solar panel array at his home July 25, and is waiting to see the results on his bill.

He also dealt with problems when it came to cooling his house. Noticing it was much hotter on the upper floors, he tried to look for a solution.

"I measured temperature on the ceiling on the master bedroom at around 7 or 8 p.m., it was 106 degrees. After some research, I used a kind of radiant foil, which forms a barrier on the roof and keeps the conditioned air in the house," he said. "After installing it, the temperature on the ceiling was down to 86 degrees."

**SUSTAINABLE RESTON** began several years ago as a committee of the Reston Citizens Association, and in 2010 they joined with the Northern Virginia-based Coalition for Smarter Growth.

The Local Energy Alliance Program is a nonprofit that advocates for and coordinates energy-savings programs.

More information on the challenge can be found at [www.energystudies.net](http://www.energystudies.net).

PHOTOS BY ALEX McVEIGH/THE CONNECTION



**Kim Waite-Williams and Teddy take a walk.**

## The Pet Elf Celebrates 15 Years in Business

**T**he Pet Elf is now officially in its 15th year of caring for Reston and Herndon's pets.

Kim Waite-Williams is the owner of The Pet Elf, one of Pet Sitters International's nearly 7,000 members. Sept. 8, they'll be marking the occasion with an outdoor picnic to honor their many clients and their pets at North Hills Pavilion, N. Village Road at Hollow Timber Court, Reston, from noon to 4 p.m.

"I want to acknowledge our clients and thank them for supporting our local business. We've grown tremendously in 15 years, and at the same time remain a personal service," said Waite-Williams, a 30-year Reston resident. "It's important to educate the pet-owning pub-

lic about the benefits of professional pet sitters. When you work long hours, a midday dog walk creates a happy, healthy dog," she adds. For pet owners, at-home pet sitting provides an alternative to boarding facilities or having to rely on family and neighbors to check in on their pets. Pet sitting goes beyond simply feeding and caring for pets.

Professional pet-sitting services often offer daily dog walking, care of special needs pets, pet transportation services and dog training in addition to basic pet care.

Waite-Williams invites anyone interested in learning more about the advantages of hiring a professional pet sitter to visit her website, [www.petelf.com](http://www.petelf.com).

**Kim Waite-Williams with Teddy (right) and Emma (left) at Lake Audubon, Reston.**

PHOTOS COURTESY OF  
JEANNE TAYLOR  
PHOTOGRAPHY/  
[WWW.JTPETPICS.COM](http://WWW.JTPETPICS.COM).



### BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

#### WEDNESDAY/SEPT. 4

**Reston Garden Club** meets at the Walker Nature Education Center, 11450 Glade Drive, Reston. Meet to learn garden skills such as how to make flower arrangements in shoes, slippers, sandals, boots or other footwear; a social hour precedes the meeting. Find info on upcoming meetings at [www.therestongardenclub.org](http://www.therestongardenclub.org).

#### THURSDAY/SEPT. 5

**5th Annual Portrait Competition Deadline.** 2 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Professional and amateur artists 18

and older residing in Virginia, Maryland, D.C. Delaware and West Virginia are eligible to submit portraits to compete for a \$500 first-, \$200 second- and \$100 third-place prize and placement of portrait in an exhibit; judging this year is Ted Reed, an internationally award-winning portrait artist and teacher. [www.ArtSpaceHerndon.com](http://www.ArtSpaceHerndon.com).

#### SUNDAY/SEPT. 8

**Conversational English Classes.** 2-3:30 p.m. Sundays (beginner/intermediate), 2-3:30 p.m. Wednesdays (beginner/intermediate), 7-8:30 p.m. Thursdays (intermediate/advance), at Washington Plaza Baptist Church, Lake Anne, 1615 Washington Plaza N, Reston. Come to any of the classes to begin a fall program of English-learning and practice. [www.washingtonplazachurch.com](http://www.washingtonplazachurch.com).

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# Global Camps Africa Sets Fundraiser for Sept. 5

Concert will support HIV and AIDS education at camp in South Africa.

BY ALEX MCVEIGH  
THE CONNECTION

**G**lobal Camps Africa, a Reston-based nonprofit that provides AIDS education and outreach in South Africa, will host their second annual fundraising concert Thursday, Sept. 5 at St. Anne's Episcopal Church.

The organization was founded in 2003 by Philip Lilienthal, who owned a camp in Maine, and also served in Ethiopia while a member of the Peace Corps.

"AIDS is a terrible problem over there, but it's also something that schools, churches and families do not address, because discussing anything to do with sexuality is considered rude," Lilienthal said. "It's killing hundreds of thousands of people, and it's being ignored in so many communities."

**GLOBAL CAMPS AFRICA** hosts two camps per year, at a site called Camp Sizanani, with 140 children age 11 to 19 per session. Since their founding, they have seen more than 5,300 campers.

"The goal for our camps is to simply get the knowledge out about HIV and AIDS, so people have that when they go out into their daily lives," Lilienthal said. "I think we're seeing a secondary wave of outreach as well, as the kids who come to our camps go into their communities and talk about what they've learned to their peers."

In addition to HIV and AIDS education, campers at Camp Sizanani spend time learning subjects such as arts and crafts, nutrition, life skills, swimming, dance, drama, drumming, campfire activities and other camp staples.

The counselors at Camp Sizanani are known as "vochelli," and come from around the world, including South Africa. Cori Glass, one of the counselors, says that the camps often resemble a normal American summer camp with the children playing and singing songs. But their mission goes much deeper.



Last year's concert to benefit Global Camps Africa, a Reston-based nonprofit that offers HIV and AIDS education at camp in South Africa. This year's benefit concert will be Thursday, Sept. 5.



Bongani Mnisi, second from left, a counselor with Global Camps Africa, spends time with children at the camp in South Africa. Mnisi will be at the fundraising concert for Global Camps Africa Thursday, Sept. 5 at St. Anne's Episcopal Church.

"For many Sizanani campers, camp is the difference between a future filled with abuse, sickness and hopelessness and a future in which they feel empowered to make positive life decisions using the skills and knowledge learned at camp," she said.

Lilienthal said the organization's long term goal is to build a permanent campsite that would allow them to operate year-round.

"To be honest, the problems we thought we might encounter initially, the ability to get the children to camp, has been the easiest part, it's really caught on," he said. "Right now we have enormous opportunities for growth, and we've even been able to bring some of the counselors who are natives of South Africa to America in the offseason, which has been a dream trip for many of them."

For his efforts with Global Camps Africa, Lilienthal was

awarded this year's Sargent Shriver Award for Distinguished Humanitarian Service.

**THE SEPT. 5 CONCERT** will help the group raise funds toward those goals. Mosaic Harmony, a multicultural interfaith choir based in the Washington, D.C. area will participate.

"Last year was a lot of fun, we had a lively audience and the visiting counselors really enjoyed the show," Lilienthal said. "We'll have some of our counselors there who will be sharing their experiences with anyone in attendance who is interested." The counselors will also share some of the songs that children at Camp Sizanani learn.

The concert will begin at 7:30 p.m. at St. Anne Episcopal Church, 1700 Wainwright Drive. Tickets are \$25, and can be purchased at [www.globalcampsafrika.org](http://www.globalcampsafrika.org), or by calling 703-437-0808.

## Marching With a Purpose

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



**I** was in college in 1963 in Norfolk, Va. when Dr. Martin Luther King, Jr. made his now famous "I Have a Dream" speech. While I agreed fully with the purpose of the March on Washington, I did not have the money nor was I resourceful enough to make my way to Washington, D.C. to participate. I did not have any sense of the importance the march would have or the eloquence of one of the many speakers that day that would resonate through history.

Last week I took part in both the "National Action to Realize the Dream March" on Aug. 24, and in the "50th Anniversary March on Washington for Jobs and Freedom" last Wednesday,

Aug. 28. I marched for several reasons. I believe in righting the many injustices the marches were intended to highlight. I wanted to honor the dream that Dr. King expressed and that I am committed to. Being at the marches gave me an opportunity to make a clear statement by my physical presence that we can do a lot better in this country on many issues. Further, I wanted to help swell the crowd as a demonstration that there are many who are concerned with the direction of our country on key matters.

Congressman John Lewis—the youngest speaker at the 1963 march—reminded us in his 2013 speech that we have come a long way. The obvious vestiges of segregation have been removed. But, along with the other speakers including three presidents, Congressman Lewis reminded us that much remains to be done.

Former President Jimmy Carter spoke about the changes in voting laws in this country in recent years

that are designed to make it harder to vote as the laws in 1963 denied the people the right to vote at all.

There is a certain irony in the fact that he might find it necessary to bring election observers he has used to help ensure fair elections in other countries to elections in some of our states. Similarly, former President Bill Clinton's foundation's initiatives that help to relieve poverty and suffering among children in other countries might have to be applied to children in this country as federal food and nutrition programs are cut. And, security for public events has to be so tight it took marchers hours to get through the check points to listen to the speeches in hopes of preventing violence that our lax gun safety laws and "stand your ground" provisions too often lead to.

The march to the Lincoln Memorial with long lines and delays getting through security in the light rain that fell on Wednesday was the easy part. The march from Washington back into our daily lives where we seek to fully realize the dream is the challenge. Economic injustice in this country must be addressed. Too many are left with too little, and a few have abundant resources that they can use to influence elections and policies. Belief in the American spirit and the faith that reasonableness will prevail is what keeps most of us from fearing that some of the dream might be turning into a nightmare. Marching is a small part of the purpose of ensuring that all remaining injustices are addressed!

### WEEK IN RESTON

## Delegates Rust and Plum to Update AAUW

The American Association of University Women (AAUW) of Reston and Herndon will feature Delegates Ken Plum and Tom Rust at its monthly meeting at the Reston Regional Library on Thursday, Sept. 12 at 7 p.m. Come and hear these delegates to the Virginia General Assembly bring us up to date on the 2013 legislative session and outlook for the coming year on issues of interest to women in particular and Virginians in general. There will be refreshments and an opportunity to briefly meet your delegate and to ask questions.

The meeting is open to AAUW members, those who may be interested in joining AAUW, and the general public. For more information, call Linda Walker at 703-709-8599.

# OPINION

## Later Start Times for High School

It's past time to act;  
let this year be the year.

**T**uesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were rousted out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

EDITORIAL

rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quarter of 10th and 12th grade students were get-

ting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfairfax.org/>.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

### LETTERS TO THE EDITOR

#### Heading to Polls Saving the Book

To the Editor:

Thanks to the Connection and reporter Victoria Ross for the "Every Year is Election Year in Virginia" information in the Aug. 28 edition. I hope that readers will clip and save the article and then go to the polls and vote on Nov. 5.

I would like to add two points that were not mentioned in the article:

❖ Virginia citizens who have a current Virginia driver's license or ID card issued by the DMV can now register or update their registration information online by going to: <https://www.vote.virginia.gov>.

❖ The Fairfax County Office of Elections will need over 2,000 election officers to work at the polls for the Nov. 5 election. Persons with fluency in several languages are especially needed. Persons able to spend election day plus several hours for training to "help make democracy work" can sign up by calling the Office of Elections at 703-324-4735 or going to the office's website at: <http://www.fairfaxcounty.gov/elections/working.htm#electionofficer>.

The League of Women Voters of the Fairfax Area (LWVFA) will be at the Reston Multi-Cultural Festival at Lake Anne Plaza on Sept. 28 to register voters and provide (nonpartisan) election information. Stop by.

**Therese Martin**

LWVFA first vice president

To the Editor:

I picked up a book of poetry at Reston Regional Library so I would have something to read my granddaughter at bedtime while we were at the beach last week. I found "The Children's Own Longfellow." It's illustrated with wonderful old, oil paintings. When I was reading it to my granddaughter, I came across a poem my sixth grade teacher in Salt Lake City required us to memorize. "Under a spreading chestnut-tree/ The village smithy stands;/ The smith, a mighty man is he,/ With strong and sinewy hands." It was one of three poems we were required to memorize that year.

My teacher, Mr. Boyce, was a WWII veteran and brought home a French wife. Since he had had to learn French to talk to his wife, he decided we should, too. Every morning, all year, we conjugated French verbs. He really loved poetry. "One ship sails East,/ And another West,/ By the self-same winds that blow,/ 'Tis the set of the sails/ And not the gales,/ That tells the way we go."

Why is poetry important for children? For one thing, it adds complexity of language they cannot get from contemporary spoken language. It exposes them to an expanded vocabulary. Poetry is also at the nexus of cognitive experience and the creation of thought. It is where we go when we want to think new thoughts, to describe new experiences, to explore, playfully, how language works.

Poetry is the only link we have to a pre-literate past from

before we began to transmit our culture with the written word. The Bible, Gilgamesh, Beowulf, Iliad and the Odyssey were all memorized and recited before they were finally put down on paper generations after they were first spoken. Those rhythmic poetic cadences are what we have left from our earliest experiences as human beings.

Chanting and rhyming repetition is how children learn and remember language. Who doesn't remember, "By the shores of Gitche Gumme,/ By the shining Big-Sea-Water,/ Stood the wigwam of Nokomis,/ Daughter of the Moon, Nokomis."

I found Susan Jeffers' illustrated Hiawatha at Reston Regional in with the other children's poetry. Much of that collection has been culled, sold away or burned. Now that my granddaughter knows from reading this edition of Longfellow that there are many more poems in the original Hiawatha, she wants to hear them all. Luckily, I have a copy of the entire epic poem.

But this little book, the one we read at bedtime last week, I worry about. When I take it back to the library will some wet-behind-the-ears library page pull it for disposal because it's old? Inside the book it says it was published in 1908. Library Director Sam Clay is having library pages pull old books. Under the Beta Plan, a front-line librarian will not see this book again before it goes to the dumpster. Will the kid know that this is a recent printing? Will the kid ever have heard of Henry Wadsworth Longfellow? Will there

ever be another child who reads these words from this very book, "Listen my children, and you shall hear/ Of the midnight ride of Paul Revere."

I cannot bring myself to take it back to the library. The fate of this one book is important to me. It should be important to you. We need Fairfax County to understand we will not tolerate any more destruction of our library books. Write the Fairfax County Board of Supervisors. Write the Library Board of Trustees. Tell them to cancel the Beta Plan and revisit the Library Strategic Plan which seeks to replace our print books with eBooks. Do it soon. Every day more books are culled from the shelves and sent to the dumpster at Chantilly waiting for transport to the incinerator.

**Kathy Kaplan**  
Reston

### Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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# OBITUARY

## Robert Irving Gould Dies

**R**obert Irving Gould, born Nov. 5, 1937, died Saturday, Aug. 17 from lung disease. He is survived by his wife Sandra Gould and family Patricia and Gabriel Chavez and children Victoria, Corinne and Nathan; Robert Gould and Jennifer Chung; Kevin and Cindy Gould and children Kyle and Mason; Sean Gould; and Sandra's family Peter and Joyce Repole and children Laci and Brenden and Stephanie Repole and son Alexander. He also has a brother and two sisters, Thomas Gould, Mary Louise Hobbs and Joanne Dorrett and their spouses and families.

Bob was a native of Baltimore, Md. and a 41-year resident of Northern Virginia. He was a graduate of Calvert Hall College High School and Loyola College, Baltimore. He attended graduate school at the University of North Carolina and received a Masters Degree from Catholic University in Washington D.C. in city and regional planning. Bob used this knowledge to work in city planning in North Carolina, Baltimore County and Annapolis, Md.

Bob was an active member and president of the Reston Rotary in 1992-1993 and a Paul Harris Fellow recipient.

Bob worked as director of the Land Use and Engineering Department for the National Association of Home Builders and later became an active member of the Northern Virginia Building Industry Asso-



**Robert Gould**

ciation serving on the Board of Directors. Bob was inducted into Lambda Alpha Honorary Fraternity for Land Economics.

Bob was director of the Multifamily Mortgage Division of FHA and later deputy assistant secretary for Policy and Budget at the U.S Department of Housing and Urban Development. In 1984-1993 Bob was vice president of Maryland National Mortgage Corporation as manager of the Multifamily Lending Office and then vice president of Reilly Mortgage Group in Tysons Corner. Bob retired in 2007.

Bob enjoyed boating and golf. A memorial gathering will be held to celebrate his life.

In lieu of flowers, donations may be made to a charity of your choosing.



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

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# Balancing Influence and Manipulation

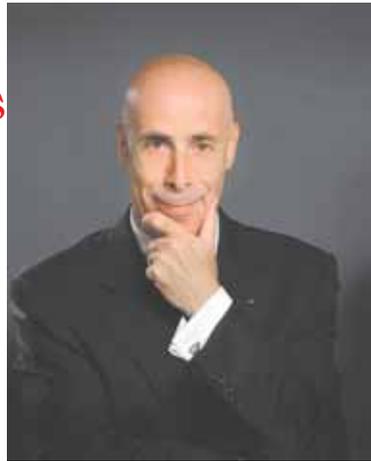
**Local author Rob Jolles releases fifth book.**

BY ALEX McVEIGH  
THE CONNECTION

**R**ob Jolles has spent 30 years writing and speaking about topics that can be difficult for others to pick up. Sales, public speaking, personal and business development are all subjects he tackles in his best-selling books. With his fifth book, "How to Change Minds: The Art of Influence without Manipulation," the 24-year Great Falls resident has focused on the personal level.

"My publisher had approached me about writing a sales book, but I had sort of resisted, and then I had an epiphany," he said. "I've told a lot of people how to make decisions over the years, but I've never told them why decisions are made."

In the book Jolles operates under the principle that influence is



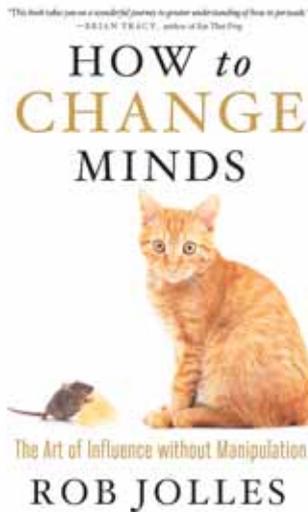
**Rob Jolles, Great Falls resident and author, has released his fifth book, "How to Change Minds: The Art of Influence Without Manipulation."**

a good thing and manipulation is a bad thing, since the former benefits both parties, while the latter only benefits the person trying to change the other's mind.

"The idea when it comes to changing someone's mind is for someone to take my idea, and I put it in your head and make you think it's yours," he said.

Jolles says he is greatly con-

PHOTOS CONTRIBUTED



**The latest book by Great Falls resident Rob Jolles.**

cerned about the ethics in trying to change minds, so much so that he spends the first quarter of the book discussing the various ethical questions that come with influencing the decision making process. "Basically, influencing someone is merciful, it could be influencing a driver who is too drunk to drive to hand over their keys, or speaking to an elderly parent who can barely walk about getting

care, that's done for their benefit and for yours," he said. "When you're manipulating someone, that's only for your benefit."

Jolles's research has shown that almost 80 percent of people say they have a problem with something in their lives, such as being overweight or funny car noises, but only 7 to 8 percent have a problem that requires them to fix it, such as diabetes or a flat tire.

**HIS GOAL IN THE BOOK** is to teach people how to reach that 80 percent and convince them to become more pro-active in making a decision before there is an issue.

"People make decisions through a process, and I'm interested in how to approach those decision points, and where to dip in and introduce an idea, how to create a trust," he said. "But the most important part is creating a sense of urgency. Not threatening, or anything like that, but people tend to stay in a situation until it becomes unbearable, and that wastes time, so the idea is to make a decision before it comes to that."

The book contains more than 20 "litmus tests," as Jolles calls them,

to help people make the distinction between influence and manipulation.

For someone who has written five books, Jolles estimates he has written "less than 10 hours" at his house. Instead, he likes to write on planes while traveling, he estimates he's traveled around 2.5 million miles in the air throughout his career.

"An airplane is like a white noise machine, it's the perfect place for me to write. From the time they start preparing to take off until I hear the beep and the announcement that I can turn on my laptop, I'm like a racehorse in the stall waiting for the horn, I'm ready to go," he said. "The airplane and hotel are the times I can be anti-social and sit down and write, but when I'm home, that's time for my family."

**"HOW TO CHANGE MINDS"** is available online at Amazon.com in paperback, enhanced e-book with videos, and as an audio book.

More information on Jolles, including his others works and his newsletter, can be found at [www.jolles.com](http://www.jolles.com).



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## Mosaic Harmony To Perform for Global Camps Africa

Global Camps Africa invites the community to join them for an evening of music and a chance to meet some of the people of Camp Sizanani, GCA's residential camp for HIV/AIDS affected children in South Africa on Thursday, Sept. 5. The evening will begin at 7:30 p.m. with a concert by Mosaic Harmony, a multicultural, interfaith community choir of the metropolitan Washington area that draws on the rich heritage of African-American inspirational music to demonstrate and encourage unity in the midst of diversity. The choir represents more than 17 faith traditions and performs everything from traditional spirituals to new songs composed by its director, David North.

Special guests for the evening will be two visiting counselors from Camp Sizanani in South Africa who will share songs and stories from their experiences working with HIV/AIDS affected children and youth. After the concert, guests will have a chance to meet and talk with the visiting South African counselors.

Tickets may be purchased online at [www.globalcampsafrika.org/shop](http://www.globalcampsafrika.org/shop) or call 703-437-0808 for reservations & information.

The mission of Global Camps Africa, which is headquartered in Reston, is to change the lives of South Africa's vulnerable children and youth by providing HIV/AIDS prevention education and training through high-impact residential and day camp experiences and continuing education. Global Camps Africa aims to equip young people with the life skills that will support them in becoming safe and productive adults who have hope for the future. At Camp Sizanani, empowering lessons of a healthy life and smart choices are woven into every aspect and activity of camp. Children ages 11-19 enjoy eight days of camp, free of charge, where HIV education and life skills training are incorporated into a curriculum of targeted classes and recreational activities such as sports, games, art, drama, poetry & music. The goal is that every camper will receive the knowledge and skills that will empower him or her to look forward to a healthy and productive adult life.

After camp, the children attend Saturday Youth Clubs that meet twice a month near their homes. There, the lessons of camp are reinforced and the campers continue to receive the support of staff and peers.

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WELLBEING

# How to Set Realistic Goals

Local experts say the key to success is setting achievable goals.

BY MARILYN CAMPBELL  
THE CONNECTION

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to ex-



**Laura Wheeler Poms, Ph.D., of George Mason University in Fairfax, says if a person's goals are motivated by guilt, fear or regrets, they are less likely to be achieved.**



**Amy Van Arsdale, Ph.D., of Marymount University in Arlington, says people often fail to fulfill their goals because they are not ready to make changes.**

ercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure.

"If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the

work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how. "Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued. Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies that you can implement to main-

tain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"

Assessing how much control one



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.**

has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that are part of your normal routine," she said. "It is not making behavioral changes, it is fading from one behavior to another on a long continuum, little by little."

people set goals that are too high," said Van Arsdale. "If you set your goals to go to the gym five days a week and that it isn't happening, instead go three times a week. Hanging in there and tweaking goals so that they work for you is better than giving up."

Poms recommends a SMART (specific, measurable, achievable, realistic, time-based) model when setting and working to reach goals. "Set small, achievable goals and get excited when you meet your goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying 'I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first." Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."

am having problems with my mother and want to set better boundaries. [If] I don't change set boundaries, I will feel powerless, and I want to feel more powerful."

Re-evaluate specific goals and tweak them if needed. "Sometimes

**"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish."**

— Linda Berg-Cross, Ph.D.

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# ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

## SATURDAY/SEPT. 7

**Run With the Doctor.** 7 a.m. at 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](http://facebook.com/runwiththedoctor).

**Reston Community Yard Sale.** 8:30 a.m.-12:30 p.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. Ninety-five families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. Vendor space is sold out. In case of rain in the forecast, call 703-435-6577 the morning of the event for a recorded message.

**Tig Notaro.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The comedian opens the Centerstage season with her comedy act after appearing on "Comedy Central Presents" and "The Sarah Silverman Show." \$15 Reston, \$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## THURSDAY/SEPT. 12

**40 for 40: Celebrating 40 Decades of G.R.A.C.E.** 6-9 p.m. Greater Reston Arts Center, 12001 Market St #103, Reston. Forty artists affiliated with G.R.A.C.E. will showcase their work in celebration of the center's



**"La Chien de Grange" by Mireille Molette. Molette's work will be featured alongside other artists' at ArtSpace Herndon Saturday, Sept. 7, 7-9 p.m. at an artists reception for the exhibit, "Menagerie," which focuses on the fun nature of animals. The artists will also be present at Paint Herndon, Saturday, Sept. 21.**

40th anniversary.

## SUNDAY/SEPT. 15

**Green Lizard Bike-a-Thon.** 9 a.m., at Green Lizard Cycling in Downtown Herndon. Proceeds from this ride will support Herndon High School's **The Pride of Herndon Marching Band** as they prepare for their upcoming appearance in the Pearl Harbor Memorial Parade in Waikiki, Hawaii on December 7. This half century ride follows the Washington & Old Dominion Trail from Herndon to Purcellville and back.

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Trail. 703-707-2453 or [www.greenlizardcycling.com](http://www.greenlizardcycling.com).

**Left Bank Quartet.** 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Four D.C.-based musicians perform a musical tapestry that has become a CenterStage Favorite. \$15 Reston, \$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## ONGOING

**League of Reston Featured Artists Exhibit.** Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists hosts

rotating painting and photography exhibits featuring a new artist each month.

[www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Free Comedy Showcase.** Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

**Jo Ann Rose Gallery Exhibit.** Jo Ann Rose Gallery, Joyian Scapes and Illustrations, RCC Lake Anne, 1609-A Washington Plaza, Reston. Ted Ramsey's watercolor paintings and ink and graphite drawings come to the Reston Community Center. <http://www.restoncommunitycenter.com>

**Sean McGuire Art Exhibit.** Sept. 1-30. Hunters Woods Gallery, Reston Community Center, 2310 Colts Neck Road, Reston. McGuire showcases his drawings and acrylic, charcoal, and woodburning work.

**Exhibit: Menagerie.** Tuesday, Sept. 4-Sunday, Sept. 29. ArtSpace Herndon, 750 Center St., Herndon. Painters Jill Banks, Lori Goll, Mireille Molette, Jeanne Treschuk, and sculptor Jackie Ehle-Ingfield present depictions of animals made from found art. Artists reception on Saturday, Sept. 7, 7-9 p.m.

**Art Mirrors Culture.** Sept. 4-30. Jo Ann Rose Gallery, Reston Community Center Lake Anne, 1609-A Washington Plaza N, Reston. Local artists display works representing their heritage. [restoncommunitycenter.com](http://restoncommunitycenter.com).

**"Share the Pie."** Through Sept. 15. Paisano's Pizza, 1141 Elden St., No. 105, Herndon; 12050 North Shore Drive, Suite D, Reston. Mention "Boys and Girls Club" when ordering so that Paisano's will donate 10 percent of the order to support the Club. [www.pizzapaisanos.com](http://www.pizzapaisanos.com).

**"Mr. Knick Knack!" Children's Performance.** 10:30-11:15 a.m., every Monday through Oct., Reston Town Center Pavilion, 1818

Discovery Street, Reston. Kid-friendly music. Free admission.

**"Go, Dog, Go!"** Oct. 19-Nov. 10, Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Family Theatre presents a musical adaptation of the P.D. Eastman's classic children's story. Directed by Ray Ficca, adapted by Allison Gregory and Stephen Dietz. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**"Pinocchio."** March 8-30, 2014, Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Family Theatre presents a new adaptation of Carlo Collodi's classic story. It is adapted and directed by Paul Reisman and co-produced by Faction of Fools. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**League of Reston Artists Paints the Town.** 9 a.m.-5 p.m., at 1763 Fountain Drive, Reston.

Approximately 30 works, in a variety of styles, from League of Reston Artists painters are currently being exhibited at the Greater Reston Chamber of Commerce. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Family Fun Entertainment Series.** 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

**Movies and Mimosas.** 11 a.m., at Reston Town Center, 11940 Market St., Reston. Saturday and Sunday showings in the morning; look up showings online. [www.bowtiecinemas.com](http://www.bowtiecinemas.com).

**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](mailto:BluesSlide@aol.com) or 703-593-5206. [www.jimmystavern.com](http://www.jimmystavern.com).

**TGIF Free Fridays.** 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or [www.restonarts.com](http://www.restonarts.com).

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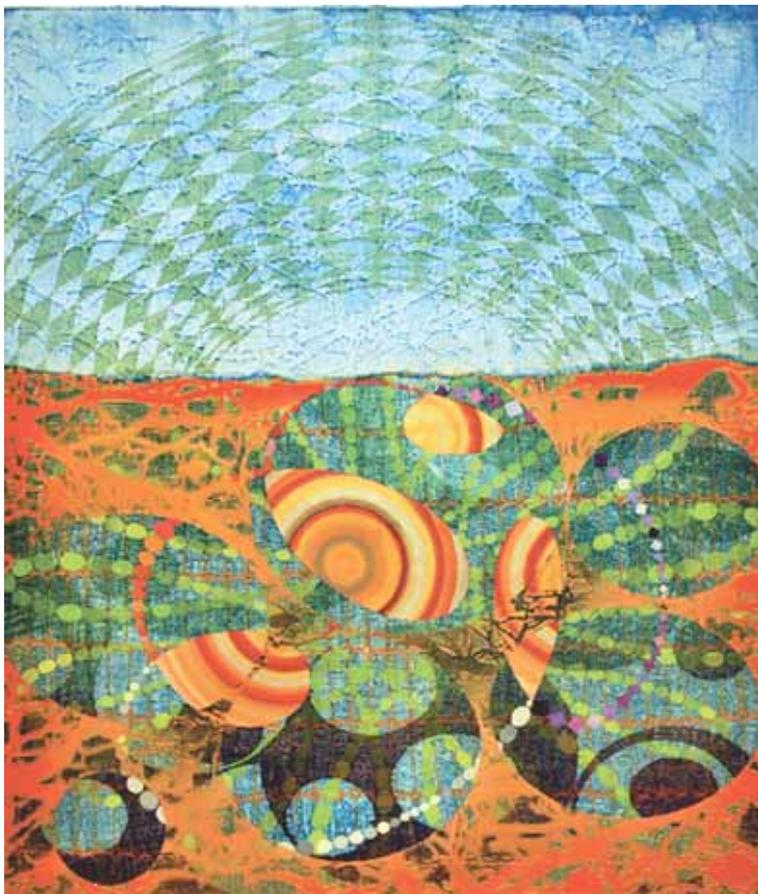
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[merrifieldgardencenter.com](http://merrifieldgardencenter.com)

Robert Straight, "P-481," 2011.



PHOTOS CONTRIBUTED

## GRACE to Celebrate 40th Anniversary

A retrospective exhibition marking GRACE's 40th anniversary, 40 for 40 celebrates the organization's continuous engagement with contemporary art in the metro D.C. area since its founding in 1974. The show will feature a selection of 40 artists who have exhibited at GRACE, or have been closely involved with the organization, over the course of the past four decades.

Launching the 2013-14 exhibition season and the Greater Reston Arts Center's 40th year of operations, 40 for 40 will feature works in a broad range of media including painting, drawing, sculpture, photography, glass and ceramics, the exhibition will celebrate the variety and quality of work that has been exhibited at GRACE since its inception.

Speaking about the exhibition, Curator of Exhibitions Holly Koons McCullough said, "This show highlights the impact the Greater Reston Arts Center has had within the regional artistic community."

Some of the artists on view in 40 for 40 literally founded the institution. Others had exhibitions here that would become important milestones in their careers. Still others exhibited works that have come to define GRACE's unreserved embrace of contemporary art in this region, in all its diversity and vigor."

40 for 40 will present works by some of the pioneers of the institution, including Brenda Belfield, Judith Forst, Joan Kelly, and Connie Slack. These artists held positions on GRACE's staff and board, and helped to develop the organization's overarching mission of engaging and educating the community in contemporary visual art. Other works on view reflect GRACE's more recent exhibition history,

### Participating Artists

Artists represented in 40 for 40: Celebrating Four Decades of GRACE, include:

John Adams, Ann Barbieri, Joanne Bauer, Brenda Belfield, Ed Bisese, F. Lennox Campello, Michael Cantwell, Dickson Carroll, Travis Childers, Ellen Cornett, Laura Edwards, Elissa Farrow-Savos, Judith Forst, Heidi Fowler, Suzi Fox, Rik Freeman, Rebecca Kamen, Joan Kelly, Elizabeth Kendall, J.T. Kirkland, Craig Kraft, Robert Lobe, Dalya Luttwak, Carolina Mayorga, David Meyer, Marco Rando, Matt Ravenstahl, Evan Reed, Pam Rogers, Dana Ann Scheurer, Eveleen Severn-Sass, Foon Sham, Connie Slack, Robert Straight, Tim Tate, Novie Trump, Shinji Turner-Yamamoto, Mary LaRue Wells, Millicent Young and Andrew Zimmerman

such as a luminous Mylar sculpture by Rebecca Kamen, a site-specific ceramic installation by Elizabeth Kendall, and cerebral wood-based sculptures by Foon Sham and Evan Reed. Together with

works by the other noted contemporary artists featured in 40 for 40, these pieces reflect the broad-minded, progressive nature of GRACE's exhibitions, particularly since the institution relocated to its current site in Reston Town Center in 2006.

"We are thrilled to be able to highlight the rich and vibrant history of the Greater Reston Arts Center," notes Executive Director Damian Sinclair.

"For over 40 years the work of this organization has been central to the cultural growth in our region and we look forward to being a leader of the artistic community in the next forty years."

Most of the works in the exhibition are available for sale, and many of the artists are donating 50 percent of sale proceeds back to GRACE in recognition of the organization's anniversary and in support of its future.

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# HOME SALES

In July 2013, 128 Reston homes sold between \$1,310,000-\$105,000. This week's list represents those homes sold in the \$1,310,000-\$310,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code
1460 WATERFRONT RD	5	4	0	RESTON	\$1,310,000	Detached	0.28	20194
1121 ROUND PEBBLE LN	5	4	1	RESTON	\$1,075,000	Detached	0.47	20194
1433 WATERFRONT RD	4	3	1	RESTON	\$975,000	Detached	0.12	20194
1389 OLD QUINCY LN	5	3	1	RESTON	\$889,000	Detached	0.39	20194
1306 RED HAWK CIR	4	4	0	RESTON	\$885,000	Detached	0.12	20194
1551 REGATTA LN	4	3	1	RESTON	\$883,200	Detached	0.10	20194
1335 DASHER LN	4	3	1	RESTON	\$880,000	Detached	0.37	20190
11990 MARKET ST #1405	3	2	0	RESTON	\$873,000	Hi-Rise 9+ Floors		20190
2261 CEDAR COVE CT	3	2	1	RESTON	\$865,000	Townhouse	0.08	20191
11300 WATER POINTE CIR	5	3	1	RESTON	\$865,000	Detached	0.43	20194
1278 GOLDEN EAGLE DR	5	3	1	RESTON	\$850,000	Detached	0.26	20194
11611 AUBURN GROVE CT	4	3	1	RESTON	\$835,000	Detached	0.38	20194
1556 TRAILS EDGE LN	5	3	1	RESTON	\$831,000	Detached	0.32	20194
11003 BURYWOOD LN	3	3	1	RESTON	\$820,000	Detached	0.60	20194
12172 TRYTON WAY	3	3	1	RESTON	\$769,900	Townhouse	0.07	20190
12009 WALNUT BRANCH RD	4	3	0	RESTON	\$769,000	Detached	0.27	20194
12016 LAKE NEWPORT RD	5	2	1	RESTON	\$765,000	Detached	0.52	20194
1913 UPPER LAKE DR	3	3	0	RESTON	\$728,000	Detached	0.24	20191
11044 RING RD	5	3	0	RESTON	\$715,000	Detached	0.37	20190
11610 SPRINGHOUSE PL	4	3	1	RESTON	\$711,000	Detached	0.12	20194
1265 LAMPLIGHTER WAY	3	2	1	RESTON	\$710,000	Detached	0.17	20194
11518 TURNBRIDGE LN	3	2	1	RESTON	\$704,000	Detached	0.13	20194
1397 PARK LAKE DR	4	3	1	RESTON	\$689,900	Detached	0.59	20190
11431 HOOK RD	5	3	0	RESTON	\$667,600	Detached	0.30	20190
1278 WOODBROOK CT	3	3	1	RESTON	\$665,000	Townhouse	0.08	20194
2415 MYRTLE LN	4	3	1	RESTON	\$643,000	Detached	0.54	20191
2047 DURAND DR	5	2	1	RESTON	\$639,900	Detached	0.28	20191
12827 TOURNAMENT DR	4	3	1	RESTON	\$637,000	Detached	0.26	20191
2411 SILVER FOX LN	5	3	0	RESTON	\$626,000	Detached	0.42	20191
1827 POST OAK TRL	4	3	0	RESTON	\$625,000	Detached	0.92	20191
1828 POST OAK TRL	4	2	1	RESTON	\$615,000	Detached	0.37	20191
11464 ORCHARD LN	4	3	1	RESTON	\$605,000	Townhouse	0.09	20190
2411 SWEETBAY LN	4	2	1	RESTON	\$605,000	Detached	0.39	20191
1646 BENNINGTON HOLLOW LN	4	3	1	RESTON	\$601,000	Detached	0.19	20194
2415 SWEETBAY LN	5	4	0	RESTON	\$600,000	Detached	0.58	20191
11056 THRUSH RIDGE RD	3	3	1	RESTON	\$599,000	Townhouse	0.03	20191
2514 FREETOWN DR	4	3	0	RESTON	\$585,000	Detached	0.35	20191
12822 TOURNAMENT DR	4	3	1	RESTON	\$575,000	Detached	0.31	20191
2508 FOWLERS LN	4	2	1	RESTON	\$569,900	Detached	0.71	20191
2403 JACKSTAY TER	4	3	0	RESTON	\$565,000	Detached	0.30	20191
2093 COBBLESTONE LN	3	3	1	RESTON	\$552,500	Detached	0.09	20191
2451 BRUSSELS CT	4	2	1	RESTON	\$550,000	Detached	0.38	20191
1939 CRESCENT PARK DR	3	2	1	RESTON	\$541,000	Townhouse		20190
11419 ORCHARD GREEN CT	3	2	1	RESTON	\$540,000	Townhouse	0.04	20190
11455 WASHINGTON PLZ W	3	2	1	RESTON	\$540,000	Townhouse	0.03	20190
2219 CEDAR COVE CT	3	3	1	RESTON	\$535,000	Townhouse	0.06	20191
1302 SUNDIAL DR	3	2	1	RESTON	\$535,000	Townhouse	0.04	20194
1452 PARK GARDEN LN	3	3	1	RESTON	\$531,000	Townhouse	0.04	20194
1421 GREEN RUN LN	4	3	0	RESTON	\$530,500	Townhouse	0.11	20190
1348 SUNDIAL DR	3	2	1	RESTON	\$529,900	Townhouse	0.04	20194
12025 NEW DOMINION PKWY #404	1	2	0	RESTON	\$510,000	Mid-Rise 5-8 Floors		20190
11790 INDIAN RIDGE RD	3	3	1	RESTON	\$510,000	Townhouse	0.05	20191
11107 TIMBERHEAD LN	3	2	1	RESTON	\$507,500	Townhouse	0.06	20191
1511 DEER POINT WAY	4	3	1	RESTON	\$500,000	Townhouse	0.05	20194
11731 INDIAN RIDGE RD	4	2	1	RESTON	\$497,000	Townhouse	0.05	20191
10816 OLDFIELD DR	4	3	0	RESTON	\$495,500	Detached	0.45	20191
11990 MARKET ST #314	2	2	0	RESTON	\$485,000	Hi-Rise 9+ Floors		20190
1754 WAINWRIGHT DR	4	3	1	RESTON	\$480,000	Townhouse	0.04	20190
11622 NEWBRIDGE CT	4	3	1	RESTON	\$470,000	Townhouse	0.04	20191
11440 HERITAGE COMMONS WAY	2	3	1	RESTON	\$470,000	Townhouse	0.05	20194
12001 MARKET ST #160	2	2	0	RESTON	\$460,000	Garden 1-4 Floors		20190
2152 GLENCOURSE LN	3	2	2	RESTON	\$459,500	Townhouse	0.04	20191
11529 HEARTHSTONE CT	4	2	2	RESTON	\$455,000	Townhouse	0.06	20191
11186 GLADE DR	4	2	1	RESTON	\$455,000	Townhouse	0.04	20191
1611 OAK SPRING WAY	3	3	1	RESTON	\$447,989	Townhouse	0.04	20190
2029 SARAZEN PL	3	3	1	RESTON	\$446,000	Townhouse	0.03	20191
1609 OAK SPRING WAY	3	2	2	RESTON	\$442,500	Townhouse	0.06	20190
1510 AUTUMN RIDGE CIR	3	3	1	RESTON	\$426,000	Townhouse	0.04	20194
11800 SUNSET HILLS RD #207	2	2	0	RESTON	\$425,000	Hi-Rise 9+ Floors		20190
1890 WINTERPORT CLUSTER	3	2	1	RESTON	\$418,000	Townhouse	0.04	20191
11715 BRIARY BRANCH CT	3	2	2	RESTON	\$415,000	Townhouse	0.04	20191
11406H WINDLEAF CT #8	2	2	1	RESTON	\$415,000	Townhouse		20194
2004 WINGED FOOT CT	3	2	1	RESTON	\$409,000	Townhouse	0.04	20191
11943 ESCALANTE CT	3	2	1	RESTON	\$408,550	Townhouse	0.04	20191
2145 POND VIEW CT	3	2	2	RESTON	\$400,000	Townhouse	0.04	20191
11110 FOREST EDGE DR	3	3	1	RESTON	\$399,000	Townhouse	0.06	20191
11136 HARBOR CT #11136	2	2	1	RESTON	\$397,500	Garden 1-4 Floors		20191
2357 HORSEFERRY CT	3	2	1	RESTON	\$395,000	Townhouse	0.03	20191
11400 TURNMILL LN	3	2	0	RESTON	\$392,000	Detached	0.12	20191
2329 MIDDLE CREEK LN	3	2	2	RESTON	\$390,000	Townhouse	0.04	20191
11500 FAIRWAY DR #506	2	2	0	RESTON	\$385,000	Mid-Rise 5-8 Floors		20190
11331 HEADLANDS CT	3	2	1	RESTON	\$381,500	Townhouse	0.04	20191
1553 BROOKSHIRE CT	3	2	0	RESTON	\$380,000	Townhouse	0.04	20190
1694 SIERRA WOODS CT	2	2	2	RESTON	\$380,000	Townhouse	0.05	20194
11516 HICKORY CLUSTER	3	2	0	RESTON	\$376,000	Townhouse	0.02	20190
11404 GATE HILL PL #85	2	2	0	RESTON	\$372,000	Garden 1-4 Floors		20194
11946 HOLLOWWIND CT	3	3	1	RESTON	\$370,000	Townhouse	0.02	20194
1739 QUIETREE DR	3	2	1	RESTON	\$362,000	Townhouse	0.03	20194
1569 BROOKSHIRE CT	3	2	0	RESTON	\$355,000	Townhouse	0.04	20190
1525 POPLAR GROVE DR	3	1	1	RESTON	\$355,000	Townhouse	0.04	20194
11241 SILENTWOOD LN	3	2	1	RESTON	\$351,000	Townhouse	0.02	20191
11976 BARREL COOPER CT	3	2	1	RESTON	\$349,500	Townhouse	0.03	20191
11971 BARREL COOPER CT	3	3	1	RESTON	\$345,900	Townhouse	0.03	20191
11571 EMBERS CT	3	2	0	RESTON	\$345,000	Detached	0.12	20191
1784 IVY OAK SQ	3	2	1	RESTON	\$340,000	Townhouse		20190
11800 SUNSET HILLS RD #218	1	1	0	RESTON	\$335,000	Hi-Rise 9+ Floors		20190
1945 BELMONT RIDGE CT	3	2	0	RESTON	\$335,000	Townhouse	0.02	20191
11180 FOREST EDGE DR	2	2	1	RESTON	\$332,500	Townhouse	0.03	20190
11892 BRETON CT #7A	3	2	1	RESTON	\$329,000	Townhouse		20191
1727 QUIETREE DR	2	2	1	RESTON	\$329,000	Townhouse	0.03	20194
1520 NORTH POINT DR #101	2	2	0	RESTON	\$327,000	Garden 1-4 Floors		20194
1701 LAKE SHORE CREST DR #21	2	2	0	RESTON	\$326,000	Garden 1-4 Floors		20190
1616 HARVEST GREEN CT	2	1	1	RESTON	\$325,000	Townhouse	0.02	20194
1655 POPLAR GROVE DR	3	1	1	RESTON	\$325,000	Townhouse	0.02	20194
1634 PURPLE SAGE DR	2	1	2	RESTON	\$318,000	Townhouse	0.04	20194
1628 CHIMNEY HOUSE RD #1628	2	1	0	RESTON	\$310,000	Garden 1-4 Floors		20190

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# NEWS

## Mount Pleasant Baptist Church of Herndon to Celebrate Anniversary

Mount Pleasant Baptist Church of Herndon will continue its 147th anniversary celebration season at 7 p.m. on Wednesday, Sept. 11, with guest speaker Dr. Lance Watson of St. Paul's Baptist Church, Richmond. He is host of the telecast "Positive Power" on TV ONE Network and authored "Being Healthy From Now On," "Maximize Your Edge: Navigating Life's Challenges," "Meet Me in the Morning" and the soon to be released, "That Was Then, This is NOW." Saint Paul's congregation of over 15,000 has been noted as one of the fastest growing churches in the nation by Outreach Magazine.

The Anniversary theme, "Reaching for New Horizons While Unified with a Purpose" is a consistent posture as the church continues to grow. During the next several years, Mt. Pleasant Baptist Church seeks to expand its territory, which includes teaching the value of good stewardship. The celebration services and revival leading up to the anniversary will be a time of spiritual renewal, reflections, refreshing and just praising God.

Mount Pleasant Baptist Church of Herndon was established in 1866 with a rich legacy that continues to spur the church to service in the Herndon community. Over 70 ministries and programs provide services, and training in areas to include family life, nurturing and support for the needy, prison ministry, international family life fellowship and outreach, college counseling and schol-

arships for youth, and fellowship for the senior citizen community. The Mt. Pleasant Academy provides a sound education for primary grades.

Over the past 18 years, Mount Pleasant Baptist Church has sent missionaries to communities throughout the world where they have built churches, schools, water wells, assisted in farming and supported countries in crisis including Haiti. During this milestone, Sr. Pastor James L. Graham, Jr. said the church's primary mission is based on Matthew 28:19-20, which calls Christians to go into the entire world and make disciples. Graham, Jr., also said the church believes that God is calling the congregation to be a more proactive source of counsel for the community and regional leaders as they make decisions that impact this community and region of the country.

Each year Mt. Pleasant Baptist Church brings world-renowned speakers to keynote its "Wonderful Worshipping Wednesday" series, which lead up to the anniversary celebration on Sunday, Sept. 22 and final Worshipping Wednesday on Sept. 25. Other speakers featured are Dr. Gina Stewart of Christ Missionary Baptist Church, Memphis Tenn.; Dr. Matthew Watley of Reid Temple in Silver Spring, Md.; Dr. Leonard L. Hamlin Sr. of Macedonia Baptist Church, Arlington, Va.; Pastor Anthony Maclin of The Sanctuary at Kingdom Square, Capitol Heights, Md. and Dr. Cynthia Hale of Ray of Hope, Decatur, Ga.

### WEDDING

## Patterson, Meador Wed

Mr. and Mrs. Stephen Meador of Clifton are pleased to announce the marriage of their daughter, Holly, to Brett Patterson, son of Mac and Theresa Patterson of Herndon.

The wedding was held at the Cathedral Basilica of St. Augustine in Florida with the reception at the St. Francis Officers Club, June 8.

The couple honeymooned in the Turks and Cacaos and now reside in Herndon. Holly is a graduate of Paul VI High School, Virginia Tech and is employed at Il Pioppo. Brett graduated from Westfield High School, George Mason University and works at Dunn & Phelps.



**Brett Patterson and Holly Meador married June 8.**

PHOTO CONTRIBUTED

## Indeterminate Sentence



By KENNETH B. LOURIE

And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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The Mount Vernon Gazette
- Zone 4:** Centre View North  
Centre View South
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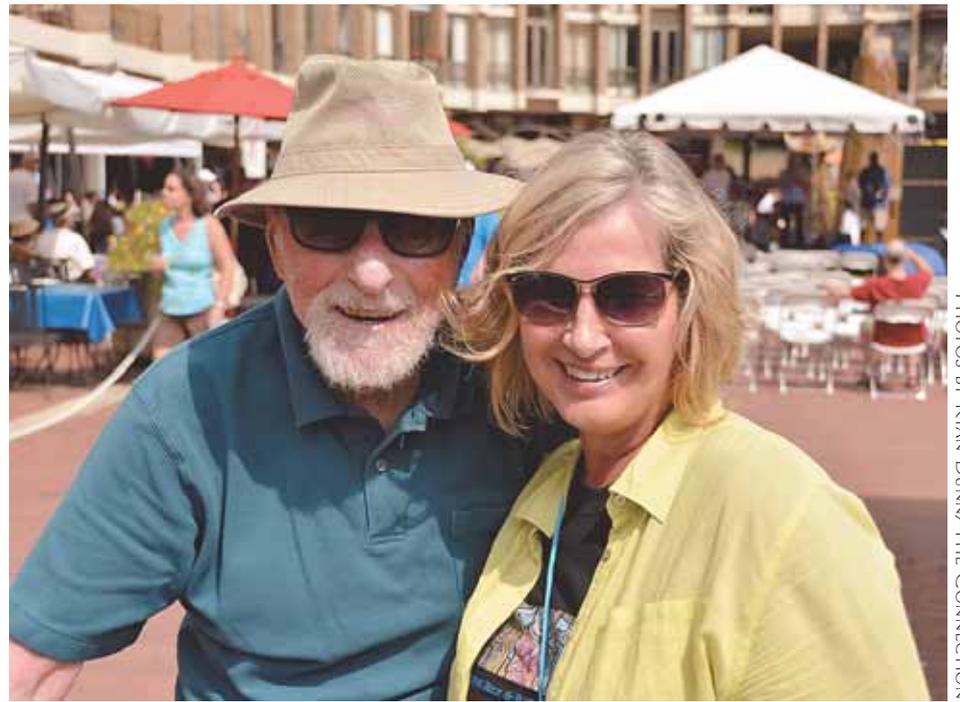
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Members of the Forward Jazz Collective with Peter Fraize on the saxophone.



PHOTOS BY RYAN DUNN/THE CONNECTION

Reston founder Robert "Bob" Simon and Eve Thompson, who helped arrange the festival's activities.

# Jazz, Blues Time at Lake Anne Seventh annual Lake Anne Jazz and Blues Festival held in Reston.

BY RYAN DUNN  
THE CONNECTION

**T**he seventh annual Lake Anne Jazz and Blues Festival was held on Saturday, Aug. 31. Visitors and guests enjoyed an afternoon and evening of "Jazz on the Lake." Reston Community Center was a major sponsor of this annual event presented by the Friends of Lake Anne and the Lake Anne Merchants and hosted by Lake Anne Plaza. The event was free and open to the public.

Eve Thompson, a resident of Reston, helped organize this year's Lake Anne Jazz Festival. "The Jazz and Blues Festival is a great festival and we are thankful to have some local artists who grew up in this area on the stage. This event has grown bigger every year," said Thompson. "We are averaging up to 50 artists a week at Open Air Market on Saturday and we are working on extending the farmers market."

Craft beer by Mad Fox Brewery was available for purchase, and there was fun for children with face painting and corn-hole boards. A paper mural with a design by artist Valerie Theberge was set up behind the water fountain, courtesy of the Initiative for Public Art Reston or IPAR. Adults and children were welcome to contribute to the paint design. Anne Delaney, director of IPAR, provided participants with paintbrushes. "We are very grateful to the friends of Lake Anne to participate in today's events and provide an activity for both kids and adults,"



Beverly Cosham, a resident of Reston, sang at this year's jazz festival.



Anne Delaney, director of IPAR, standing in front of a paper mural painted by visitors throughout the day.

said Delaney.

**ARTISTS AND CRAFTERS** from the Saturday Open Air Market at Lake Anne Plaza also enjoyed the music. Julie Courtwright, owner of Geek Chick

Knits brought her knitting gear and crafts for display. Courtwright has been vending at Lake Anne Plaza since June, and was also at the July ukulele show. "It has been really wonderful," said Courtwright. "Today it was

warmer than I we expected but it is wonderful to have the jazz music in the background. I love being here."

Jessica Rhine, one of the owners of Booda Boutique, was operating her vending station at the music festival. Jessica and her husband Michael use their business Booda Boutique to sell handmade jewelry, bags and accessories to the D.C. area. "This music is great," said Rhine. "It is my second year vending here in Reston. Last year's festival was a cloudy and rainy day so this is a nice change." Rhine thought the music festival had brought in some more clientele. "The customers are loyal and support local business. This is a good place to vend."

Susan Burwell, one of the owners of the Reston Used Book Shop, welcomed store guests and visitors. "This is the seventh year of the jazz festival," said Burwell. "The store has been here for 30 years. It has been operated by us, the Burwells for 15 years. The festivals are great fun and a way to introduce people to Lake Anne." The Burwells purchased the bookstore in 1999 on April Fool's Day from the store's original owners, Sue Schram and Sue Wensell, who established the store in 1978.

Reminiscent of a European coastal village where people live, work and play, Lake Anne Plaza is a community nestled around a lake, one of the few places in Northern Virginia where visitors can dine or shop at independently owned establishments. Also attending the jazz festival was

Cheryl Terio-Simon and her husband Robert Simon, who is most known for founding the community of Reston. "It is nice that there are a lot of local musicians that grew up in this area," said Mrs. Simon.

**FOUR OF THE MUSICAL ARTISTS** are Reston raised: Mykle Lyons, Sam Gunderson, Peter Fraize and Beverly Cosham.

Cosham, a resident of Reston since 1967, entertained the audience with several songs including "I've Got You Under My Skin" by Cole Porter and "Stormy Weather" a 1933 song written by Harold Arlen and Ted Koehler.

Cosham has remained an active member of the community, currently as president of the Reston Community Orchestra Board and the current board chair of the Reston Community Center. "It [the festival] brings Reston back to when Lake Anne was the center of Reston. It brings together some very interesting music," said Cosham.

The event concluded with a performance by singer-songwriter Rashida Jolley. This was her third year headlining. She's known for her fusion of R&B, hip-hop, classical and pop music, producing a melodic and inspired sound with the use of her harp. Rashida has appeared on The Ellen Show, The Today Show, The Mo'Nique Show, and most recently on NBC's hit show "America's Got Talent."

For more information about Lake Anne Plaza, visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

# SPORTS



South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory over Centreville on Aug. 27 during the Under the Lights Tournament at Lee High School. The South Lakes field hockey team finished first in its pool and is undefeated after five games.



Katie Hunt and the South Lakes field hockey team are off to a 4-0-1 start.



Kacey Hirshfeld and the South Lakes field hockey team finished first in their pool during the Under the Lights Tournament Aug. 26-27 at Lee High School.

PHOTOS BY JON ROETMAN/THE CONNECTION

## South Lakes Field Hockey off to Undefeated Start

### Seahawks win pool at Under the Lights Tournament.

The South Lakes field hockey team finished first in its pool at the Under the Lights Tournament and is undefeated after five games.

The Seahawks played four games in their season-opening

tournament at Lee High School Aug. 26-27, finishing at the top of "Pool B" with a 3-0-1 record. South Lakes defeated Chantilly 2-0 and finished in a 2-2 tie with West Springfield on Aug. 26. The following day, the Seahawks beat Hylton 3-0 and Centreville 1-0.

South Lakes finished first with 10 pool points, followed by Chantilly (9), West Springfield (7), Centreville (6) and Falls Church (0).

"They improved so much over this tournament, being at the beginning of the season," South

Lakes assistant coach Jackie Barrett said. "... The morale just went up. [There was] lots of teamwork [and this is a] great group of girls."

Barrett said junior Aly McCarty, junior Megan Greatorex, senior Olivia Wolfe, senior Hannah Becker and senior goalkeeper Allie Micka played well during the tour-

namment.

Jessica Salo is the Seahawks' head coach.

South Lakes won its home opener on Aug. 29, beating Falls Church 3-0 to improve to 4-0-1.

The Seahawks will travel to face Herndon at 7:30 p.m. on Monday, Sept. 9.

— JON ROETMAN

## Oakton Football Throttled by TC in Season Opener

BY JON ROETMAN  
THE CONNECTION

After an Oakton punt bounced toward the sideline early in the second quarter, T.C. Williams return man Rashawn Jackson noticed the ball remained in bounds.

He also noticed an opportunity.

"I thought the ball rolled out of bounds, and then when it didn't, nobody was covering the ball," Jackson said, "so I just said, 'there's my chance right there.'"

Jackson grabbed the ball and raced 53 yards for a touchdown, helping give the T.C. Williams football team a 24-point lead en route to a 38-2 season-opening victory over the Cougars on Friday night at Oakton High School. Five different Titans scored a touch-



Oakton's Bobby Lam carries the ball against T.C. Williams on Aug. 30.

down in the program's first victory against a team from Conference 5, formerly known as the Concorde District, since beating Oakton in 2009.

**THE COUGARS**, who graduated several key players from their

2012 Northern Region championship team, were no match for the talented Titans, who scored on their first offensive play from scrimmage and led 31-2 at half-time.

"Beating Oakton High School, they're not as strong as they've al-

ways been, but they're still a very strong program," TC head coach Dennis Randolph said. "By the end of the year, they're going to be in playoff contention, so I think we beat a playoff team. ... That was our goal: to come in here and show them that we could play with them. We have some very, very good athletes."

**THE TITANS** held Oakton to 105 yards of offense, including minus-2 on the ground. Five-foot-8 senior Michael Ficarra, making his first varsity start at quarterback, completed 8 of 15 passes for 107 yards. Senior Bobby Lam was Oakton's leading rusher with 28 yards in 11 carries.

"We had a senior-laden team (in 2012), we're returning two starters on offense this year," Oakton head coach Jason Rowley said. "We've got to bring some of these younger guys around and some of the guys that are seniors that have

waited their turn, they've got to learn how to play under the lights and take care of the little things, and we didn't take care of the little things tonight. ... We got beat in every facet of the game. ...

"TC's a good football team, take nothing away from them. They've got talent all over the place. They've got two Division I committed players (Carney and lineman Jeremiah Clarke). [Their] quarterback, he can throw the deep ball as well as anybody in the region. They're impressive. Coach Randolph has done an excellent job over there."

T.C. Williams will travel to face the Centreville Wildcats at 7:30 p.m. on Friday, Sept. 7. Centreville won its opener against West Potomac, 51-7, on Thursday.

Oakton will host Madison at 7:30 p.m. on Friday.

COMMUNITY



Marianne Hendrickse, "Family Circle Celebrations."



Ann Turley, "Consider the Lilies."

## Quilt Show Displays 'Sacred Threads'

Some 231 handmade quilts exploring themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing were displayed during the biennial Sacred Threads exhibition, July 10-28, at Floris United Methodist Church in Oak Hill.



Christine Somerset, "Crossroads."

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



"Butterfly" by Oak Hill's Anne Winchell.



Herndon's Shana Spiegel created "Out on a Limb."



Linda K. Bell, "Life is Change."

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