

# Reston CONNECTION

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Robert Simon smiles while holding the U.S. President's proclamation honoring him for his 100th birthday.

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PHOTO BY REENA SINGH/ THE CONNECTION

APRIL 9-15, 2014

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# 'Another Way of Living' Celebrates Reston

Documentary screened at community center on Founder's Day.

BY REENA SINGH  
THE CONNECTION

When Rebekah Wingert-Jabi began to piece together a film about Reston's history to date, she realized each member of the community created the web that shaped it.

Her film, "Another Way of Living - The Story of Reston, VA," was screened at the Reston Community Center on Saturday night as a part of the Reston Founder's Day celebrations.

"It wasn't until I left Reston that I realized what a special place it was," she said.

The film, which took two years to create, weaves back and forth through Reston's history and founder Robert Simon Jr.'s life. It showed how a place that once headlined as "An unlikely success story" is now the community for 75,000 people and counting.

After the film screening, a champagne toast was held for Simon's and Reston's milestone birthdays.

The majority of the film's funding came from RCC, according to the center's Executive Director Leila Gordon.

"The community center knew the 50th anniversary was going to be a special milestone," she said. "We wanted a legacy that would be meaningful to the people who founded Reston, to the people who are here and the people yet to come."

The film follows Simon on many of his walks around town, giving high-fives to community members and how he met his wife - Cheryl - during one of his excursions through the community he created.

Simon's quirky personality and passionate spirit drove the most of the film, but recent housing issues due to the Metrorail extension were also explored. Although Reston was built to be socio-economically diverse, many of the community members who live in public housing apartments are concerned that the Silver Line will increase the value of the properties to the point that they will not be able to afford them. Audience members who laughed at Simon's jokes were in tears as a struggling single mother hugged her daughter who just received her diploma from South Lakes High School.



From left, film producer Rebekah Wingert-Jabi and Reston resident Susan Borwell talk after the screening.



Restonians toasted their well wishes to Robert Simon after the film screening.

ter who just received her diploma from South Lakes High School. "I didn't know Reston until tonight," said NBC4 News anchor Barbara Harrison during a panel interview with the film producer. "I laughed with you. I cried with you. I see the magic of this place now." The film also made current residents reminisce about why they

decided to move to Reston in the first place.

"I loved it," said resident Charlotte Geary. "We've been here for three years, but I feel like I never want to leave now."

Wingert-Jabi made sure to thank RCC and Leila Gordon for supporting her film.

It's so hard for filmmakers to have people who believe in and support their work," she said.

Wingert-Jabi made sure to thank RCC and Leila Gordon for supporting her film.

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Local officials laugh at a joke made during a speech.



Gov. Terry McAuliffe stopped by the event to honor Robert Simon.

## Reston Celebrates History and Founder's Birthday

Hundreds of people celebrated at Lake Anne.

BY REENA SINGH  
THE CONNECTION

**R**eston founder Robert Simon Jr.'s birthday bash was the biggest party in town.

With cake, music performances, proclamations and even a quick visit from the governor, Saturday's Founder's Day festivities at Washington Plaza attracted hundreds of spectators and a big smile from Simon himself.

The event, an early 100th birthday celebration for Simon and Reston's 50th anniversary, was held from noon until nearly 3 p.m.

"Bob Simon, here we had an idea guy that followed through, and out of that idea flourished a place that had extraordinary values," said U.S. Rep. Gerry Connolly (D-11). "Now, Tim, we can use some of those values in Congress."

Connolly was among other officials, including Gov. Terry McAuliffe, U.S. Senator Tim Kaine, state Senator Janet Howell and Supervisor Cathy Hudgins to praise Simon and issue proclamations for his upcoming milestone birthday.

"For me and for my family, this is very special in that we landed here by accident in 1969," said Supervisor Hudgins. "In 1969, things were vastly different in the country and the world, and we found that we were lucky to be able to find a place we could raise a family, we could create friends, we could give back, and do what everyone thought was the most important part of being a community."

**MANY SPEAKERS** talked about Simon's

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PHOTOS BY REENA SINGH/ THE CONNECTION



Reston founder Robert Simon gives Maya Deutchman a hug after she hands him a proclamation from President Obama.

vision for a racially and economically diverse community.

"In 1964 when Reston was open, discrimination in housing was still rampant in the United States, and it was legal. It was legal," said U.S. Senator Kaine. "It wasn't until 1968, four years after Reston opened, that the United States House and Senate passed the federal Fair Housing Act. It wasn't until 1971, seven years after Reston opened, that the Virginia General Assembly passed the south's first Fair Housing Act, so this was a very different community, a very different commonwealth. But one of the ways that Bob was such a visionary was to recognize all humans ought to be able to live together and be neighbors. What a simple thing. What a beautiful thing. What a powerful thing."

Gov. McAuliffe stopped by the event to issue a proclamation thanking Simon for his

vision, Reston's contribution to Virginia's economy and being the first truly integrated community. With the proclamation, he recognized Simon's quickly approaching 100th birthday on Thursday.

Because of the hundreds of people who showed up to the event, McAuliffe added a final note on his thoughts for state health care.

"We have got to stop the partisan ideological battle and do the right thing," he said. "These folks have waited long enough for health care. It is our right, it is our duty and I can promise you this: I made a commitment to you, and we are going to get the health care to those 400,000 Virginians."

Stepdaughter Lynn Lilienthal - with Levi Lilienthal and Maya Deutchman - announced a special proclamation from President Barack Obama.

**RESTON'S "NEW TOWN"** historic marker was unveiled and Lake Anne Redevelopment Council announced their plans to break ground in several months. The majority of the construction will take place next year.

**"Bob Simon, here we had an idea guy that followed through, and out of that idea flourished a place that had extraordinary values."**

— U.S. Rep. Gerry Connolly (D-11)

"Lake Anne and Reston are celebrating 50 years as Bob Simon prepares to celebrate his 100<sup>th</sup> birthday," President of Republic Land Development David Peter said in a press release. "His robust longevity has afforded us the rare opportunity to collaborate with him and learn more about his nationally renowned vision firsthand."

Other parts of the afternoon's programs included a poetry reading from the winner of a contest, songs by several local schools and a hearty rendition of "Happy Birthday" before cake was cut and passed through the audience.

Resident JoAnn Shaub, who has lived in Reston with her husband since 1975, was one of many that signed a giant card for the man that founded her community.

"When we first moved here to Lake Anne, I thought, 'What a wonderful place to raise a family,'" she said. "It's great to celebrate Mr. Simon's vision and creativity for his 100<sup>th</sup> birthday."

# Journey of Discovery Continues

Third Women's Collaborative to be held on April 17-20 in Middleburg.

BY ANDREA WORKER  
THE CONNECTION

**M**ary Jo Smrekar of Reston and Sue Ries Lamb of Alexandria are preparing to facilitate their third Women's Collaborative at the Meadowkirk Retreat in Middleburg. What the two describe as a "journey of discovery" for up to twelve women takes place in three four-day sessions. The first gathering will be held from April 17 through April 20. The second retreat will be held on Oct. 9 - 12, and the third Nov. 13 - 16.

Smrekar and Lamb met in 1972, and with a shared interest in exploring their own spirituality and their place in the world as women, they remained friends, and occasionally colleagues, throughout the years since. From 2006 to 2009 they participated in the first Hope Springs Leadership Collaborative and in 2010 they were part of the 35th and last Women's Way Program, garnering experiences that led them to create their own local version of the collaborative in 2011.

"The topics are fairly intense," says Lamb, an Executive Coach who has worked for more than 30 years as an Organizational Development Consultant with organizations from Washington, D.C. to Kabul, Afghanistan. The event brochure sets the stage for the collaborative experience: "Know Ourselves More Fully," "Connect Deeply with Other Women," "Claim Our Personal Power as Women in This World," "Know Where we Stand on Diversity and Social Justice Issues," and "Scout Out the Territory Ahead," are some of the areas the collaborative is determined to explore. To make this work, say Lamb and Smrekar, requires that we "create a container that is safe and strong enough to allow us to be in authentic relationship with each other... appreciate our diversity... being in harmony and community with ourselves, each other and our world."

"What we learn and share really is a continuing journey," says Smrekar. A licensed Clinical Psychologist currently in private practice in Reston, Smrekar has been using her expertise and skills to help people in organizations as diverse as the Peace Corps to federal law enforcement for over 25 years. Apparently the graduates of past Collaboratives agree quite strongly with her statement. With their two mentors as facilitators, some of them created an offshoot from their retreats, dubbed the "Saturday Sisters." "They just didn't want to let the learning opportunities end, or turn into nothing more than occasional coffee meetings," Smrekar noted. "This continuance of the journey is exactly what we hoped for when we started the Women's Collaborative." This group plans to meet every other month.

Ranging in ages from the 30s to the 70s, the participants of the first "Saturday Sisters" met on March 1 and spent several hours re-connecting and discussing issues like "How to Truly Dialogue with People with Different Values," "Forgiveness and Self Com-



From left - Mary Jo Smrekar and Sue Ries Lamb have been sharing a journey of spirituality and community, exploring and learning about themselves and helping other women find and express their own voices throughout their 40-year plus friendship.

PHOTOS BY ANDREA WORKER/THE CONNECTION



Members of the "Saturday Sisters," Susan Kilday, Stephanie Brown and Sharon Ballard gather to re-connect and continue their shared journey of self-exploration. The three women all participated in an intensive, three-session, four-day Women's Collaborative Retreat.

passion," and "How to Say No." The "Saturday Sisters" gathering is also a time for the women to report back on the influence the Collaborative Retreat has had on their daily lives. Stephanie Brown of Fairfax is pleased that her experiences and the support of the collaborative have given her the opportunity to risk doing something she always wanted to do. She is now able to make Graphic Recording her fulltime job. Susan Kilday, also of Fairfax, says that the Collaborative helped her to "learn to be in the present, in the moment," and to help her take her interest in Yoga all the way to teaching it to others. Quite a few of these past collaborators hold upper level positions in large organizations. One of the group informed her "sisters" that the shared journey helped her establish and manage her own boundaries at work and made her a more productive manager. She's pleased that her staff are interested in learning more about her new skills and techniques.

Smrekar and Lamb want to know "Is This Your Year" to join the journey of continuing self-exploration and discovery and developing relationships that could have far reaching and positive effects on your life? Learn more about the Women's Collaborative series at [www.womenscollaborative2014.com](http://www.womenscollaborative2014.com) or contact Mary Jo Smrekar at [mjsmrekar@aol.com](mailto:mjsmrekar@aol.com) or Sue Ries Lamb at [surieslamb@mac.com](mailto:surieslamb@mac.com).



PHOTOS BY REENA SINGH/THE CONNECTION

Langston Hughes Middle School Principal Aimee Monticchio presents Robert Simon with a cake to celebrate his 100th birthday.

## Celebrating Diversity

Reston founder Robert Simon visits Langston Hughes Middle.

BY REENA SINGH  
THE CONNECTION

**L**angston Hughes Middle School celebrated Diversity Day in a timely way this year.

Themed "The Diversity of Reston: Then and Now," the school invited Reston founder Robert Simon and local elementary principals to talk about how diversity impacted the growth of their community on Friday.

"This is community," said Simon. "Community is the most important word I want to leave with you. It always struck me that the best way to be happy is to be surrounded by good friends and relatives."

He told the students that he built the community based on the best parts of other communities he had seen during his travels. The most important part of Reston - and indeed the first part - was to create a plaza that would serve as the community center. That plaza is Washington Plaza at Lake Anne.

Dogwood Elementary Principal Terry Dade talked about his days at Dogwood as a young boy.

"As soon as I hit the age of 5, my dad wanted to move to Reston so I could get a good education," he said. "In D.C., I was surrounded by only African-American kids, so coming to Reston was a culture shock for me."

He was involved in sports as a child and made friends by

playing at the community center or in the local parks. Not only was the community ethnically diverse - it was also economically diverse. Dade noted that the first time he realized another person had more money than his family was because they had a swimming pool in their backyard.

Because of Reston's diversity, he did experience that culture shock when he went to the University of Virginia. Instead, he could concentrate on his academics.

"The diversity of Reston was instrumental to my success at school," he said.

South Lakes High School Principal Kimberly Retzer remembered her days at Dogwood Elementary as well.

"I sat where you are sitting in '83 or '84," she said to the students. "I remember the diversity of my teachers [at Dogwood]. Early on, there were always people who didn't look like me there."

She said Dogwood elementary and her church defined her community.

Before Simon left, the school presented him with a birthday cake to celebrate his 100th birthday this Thursday. He insisted 100 was not as impressive of an age to reach as it used to be.

"It's quite a different world today than when I was your size," he said. "I imagine some of you are going to reach 120, because that will be the new 100."

# COMMENTARY

## Under the Influence

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

People who could benefit from an expansion of Medicaid that closes the coverage gap by insuring more of the working poor are found throughout the Commonwealth. The highest percentages of such persons tend to be in the southside and southwest regions of the state. Impose a map of regions represented by Republicans and Democrats over a map reflecting the highest percentages of the working poor and the two maps are close to identical. Yet, Republicans who represent areas of great need oppose the expansion of Medicaid, and Democrats who have large numbers of persons but a smaller percentage of those who would benefit from the expansion support it. The historic interest of the two parties explains in part this contradiction, but there are other explanations as well.

Just as the Koch brothers are known for their influence in other states, they are hard at work as well in Virginia. Defeating "Obamacare," as they refer to the Affordable Care Act with a smirk and disgust, is one of their major goals. According to the Virginia Public Access Project ([www.vpap.org](http://www.vpap.org)), Americans for Prosperity that is their organization has 14 individuals who are listed as "registered lobbyists." Their expenditures for 2013 in the radio and TV markets of Hampton Roads and Richmond with lesser amounts in Washington and Roanoke total \$967,731. In 2012 they spent \$3,702,232 trying to defeat President Obama in Virginia. They are not required to disclose their donors.

One recent radio ad by Americans for Prosperity asked listeners to call their delegates to "thank them for putting Virginia's future



ahead of Obama's agenda." Another ad that ran earlier this year was more emphatic: "Medicaid expansion is Obamacare, and it's threatening the quality of health care for millions of Americans...In Virginia you could lose your health care, or your doctor." (<http://americansforprosperity.org/virginia/>) As downstate voters are inundated with this advertising and the repeated distortions of Fox News, it is little wonder that they might at the least be confused and when mixed with the unpopularity of the President in these regions, it is not surprising that many of them would be opposed to the expansion of Medicaid.

Unfortunately the legislative

leaders of these areas who should be able to separate more factual information from the Koch-inspired hate campaign against anything associated with President Obama are not willing at this point to stand up for their constituents who could most use the health care. As Richmond columnist Jeff Shapiro wrote last week, Republican legislators who are generally in gerrymandered safe districts "focus on making themselves even safer in generally safe districts" by working to preclude "a nomination challenge from the right—they stand firm for gun and property rights and against taxes, abortion and, these days, anything that passes for Obamacare." (Richmond Times-Dispatch, April 2, 2014)

Voters and legislators in Virginia find themselves under the influence of the endless media campaign funded by the out-of-state Koch brothers. When will someone be willing to stand up for Virginians? When will legislators who represent thousands of Virginians who need an expansion of health care be willing to stand up for their constituents?

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# OPINION

## Connection Papers Win Awards

Reporting, photography, design and editorial cartoons commended at annual Virginia Press Association meeting.

“Great work exposing serious challenges and obstacles in the way of the public’s access to public information. The articles are well written and well researched, providing concrete and compelling examples of the flaws in the systems.”

That was what the judge said when awarding first place for in-depth or investigative reporting to Michael Lee Pope in the Arlington Connection.

The Virginia Press Association announced its press awards for 2013 at the annual meeting on Saturday, April 5, in Richmond.

Pope also won first place for education writing, for business and financial writing, and awards for health, science and environmental writing and for government writing. Stories appeared in the Alexandria Gazette Packet, the Mount Vernon Gazette and the Connection papers.

Bonnie Hobbs won first place for general news writing for her coverage of the proposed roundabout in Centreville. “Good work getting all viewpoints of the issue without assigning judgment to who is right and who is wrong,” wrote judges.

Jeanne Theismann won first place for public safety writing and for public service writing in the Alexandria Gazette Packet.

Connection Newspapers won first place for information graphics for the 2013 Insiders Guide to Fairfax County Parks, designed by Jean Card with photos by Renee Ruggles and Craig Sterbutzel.

First place for special sections went to the Connection’s HomeLifeStyle pullout.

Victoria Ross won for feature series/continuing coverage for coverage of foster care. Judges note: “Fantastic blend of fact and narrative, and it packs an emotional punch. The stories are very well-researched, tightly written and highly effective.”

Ross also won for personal service writing for her coverage of “digital legacy,” and control of one’s online content after death.

Cartoonist Steve Artley began cartooning for the Alexandria Gazette Packet in December 2013, with only three cartoons in the year, but two of them won awards. His cartoon on the threatened use of eminent domain in the City of Alexandria drew this comment from the judge: “One of the best examples of editorial cartooning I have seen in years and reminiscent of editorial cartoons poignant and relevant enough to still be included in history texts today. Wonderful use of the paper boat as the flagship of eminent domain with tons of little



Michael Lee Pope



Steve Artley



Bonnie Hobbs



Victoria Ross



Jean Card



Mary Kimm

touches which push the entry even higher.”

Alex McVeigh won an award for investigative or in-depth reporting in Great Falls. Donna Manz won for her feature stories in Vienna.

The annual Insiders/Newcomers edition of the Alexandria Gazette Packet won third place for special edition, including work by Steven Mauren, Jeanne Theismann, John Bordner and Jean Card.

Editorials written by Mary Kimm won second and third place awards.

For a complete list, see [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

### Winners

#### FIRST PLACE

First Place for Investigative Reporting, Uncovering Secret Government. Michael Lee Pope, Arlington Connection — Judge’s comment: Great work exposing serious challenges and obstacles in the way of the public’s access

### Mother’s Day Photos

Mother’s Day is May 11, 2014, and every year at this time, we call for submissions to our Mother’s Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.)

Send photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Readers can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>

to public information. The articles are well written and well researched, providing concrete and compelling examples of the flaws in the systems.

First Place for Education writing. Michael Lee Pope, Alexandria Gazette Packet — Alexandria Education Dollars. Judge’s comment: This is by far the best entry in the contest. Michael Lee Pope wrote several strong articles on the cost of administration in his market. He did a very nice job of making a numbers story interesting.

First Place for Business and Financial writing. Michael Lee Pope, Mount Vernon Gazette — Judge’s comment: The story about car title loans offers an interesting look at this industry, which is proliferating due to a change in state law. Kudos for

looking at how much the industry contributes to state legislators’ political campaigns. Business taxes — is it fair to charge higher rates for certain professions? Pope provides a balanced look at the pros and cons. The story on a transit study covers the debate over urban vs. rural development in Mount Vernon. Pope combines thorough reporting with competent writing.

First Place for Public Safety Writing, Jeanne Theismann, Alexandria Gazette Packet — Judge’s comment: Creative, compelling ledes.

First Place for General News Writing, Bonnie Hobbs, Centre View — Judge’s comment: The creative lede pushed this one over the top. Good work getting all viewpoints of the issue without assigning judgment to who is right and who is wrong.

First Place for Personal Service Writing. Jeanne Theismann, Alexandria Gazette Packet — Judge’s comment: Each story is an interesting and vivid snapshot of the deceased with good use of quotes and anecdote to bring the subject’s personality to life and also convey why he or she was valued in the community. It is hard to write about someone who has died in a way that is upbeat and positive, but this writer has achieved this.

First Place for Informational Graphics for Insiders Guide to the Parks, Jean Card, Laurence Foong, Renee Ruggles and Craig Sterbutzel, Mount Vernon Gazette — Informational graphics: Fairfax County parks.

First Place for HomeLifeStyle, Mary Kimm, Laurence Foong, Geovani Flores, Marilyn Campbell, John Byrd, Tim Peterson and Jean Card, The Vienna/Oakton Connection — Specialty pages or sections: Judge’s comment: Clean design

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SEE VIRGINIA, PAGE 7

## Virginia Press Association Awards

FROM PAGE 6

and easy to read. Choice of fonts work well together.

### OTHER AWARDS:

Steve Artley, Alexandria Gazette Packet — Illustrations — Eminent Domain. Judge's comment: One of the best examples of editorial cartooning I have seen in years and reminiscent of editorial cartoons poignant and relevant enough to still be included in history texts today. Wonderful use of the paper boat as the flagship of eminent domain with tons of little touches which push the entry even higher.

In-depth, investigative reporting, Alex McVeigh, Great Falls Connection — Judge's comment: Great work continuing to follow an important environmental story that had the potential for far-reaching impacts. These articles also do a good job explaining the nature of the underground contamination and, in understandable terms, the geology behind the way they spread.

Alexandria Gazette Packet, Insiders/Newcomers Guide. Steven Mauren, Jeanne Theismann, John Bordner, Jean Card, Geovani Flores and Laurence Foong, Alexandria Gazette Packet — Judge's comment: A good package of information for newcomers. A good array of photos of community members.

Health, Science and Environmental Writing, Michael Lee Pope, The Arlington Connection — Judge's comment: Good solid stories on interesting subjects. A lot of good historical background adds significantly to the sterilization story. The lead on the chicken story was very good.

Government Writing, Michael Lee Pope, Alexandria Gazette Packet — Judge's comment: We preach to our reporters to follow the money. Michael Lee Pope does great job of following the money trail to great news stories. Continue to keep them honest.

Feature Series/Continuing Story, Victoria Ross, The Burke Connection — Feature series or continuing story. Judge's comment: Fantastic blend of fact and narrative, and it packs an emotional punch. The stories are very well-researched, tightly written and highly effective.

Personal Service Writing, Victoria Ross, The Fairfax Connection . Judge's comment: Good job using the individual story and relating it to the wider issue. Would have liked more follow-up details about whether the social media companies are complying with the

law and what the parents found on the son's social media sites.

Jeanne Theismann, Alexandria Gazette Packet — Column writing. Judge's comment: These columns were well written and informative as well as entertaining.

Editorial writing. Mary Kimm, Alexandria Gazette Packet — Editorial writing. Judge's comment: Very well done. Writer does an outstanding job presenting the

paper's stance on the issues of the day.

Editorial writing. Mary Kimm, The Fairfax Connection — Judge's comment: These editorials were articulate and to the point.

Education writing: Michael Lee Pope, The Arlington Connection — Judge's comment: Concise, well put thoughts.

Page Design, Jean Card, Mount Vernon Gazette — Judge's com-

ment: Good job taking something that can be boring and hard to follow and making it interesting and easy to navigate.

Cartoon, Steve Artley, Alexandria Gazette Packet — Illustrations. Judge's comment: The shackles of the tea party! Ol' Ebenezer Elephant will be surely listening for the chimes of the hour after this ghost appeared before the foot of his bed. Fantastic work

all the way around.

Feature photo. Louise Krafft, Alexandria Gazette Packet — Summer Fun. Judge's comment: Sweet found moment.

Feature writing portfolio Donna Manz, Vienna/Oakton Connection — Feature writing portfolio. Judge's comment: Powerful ledes (and a great one for the 'puppies' story) and captivating narratives. Well-informed and well-written.

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Walter and Trish are hosting an open house and gallery showing at the end of the month.



Trish Ratliff's cloud paintings turn her son's room into a heavenly dreamland.

PHOTOS BY REENA SINGH/ THE CONNECTION



"We love having guests, and we love making those guests feel extremely comfortable."

— Walter Ratliff

Visiting artist David Cheifetz created this painting when he stayed at Walter and Trish's home recently.

## Artist Puts 'Priceless Home' on the Market

Herndon home filled with love and art.

BY REENA SINGH  
THE CONNECTION

1008 Tyler Street looks like an unassuming brick house from the front. Open the door, however, and art is everywhere. Paintings, photographs, etchings cover the walls of the three-story home.

The home, with seven bedrooms and accompanying bathrooms, has served as a nighttime retreat for artists and scholars visiting Herndon and areas nearby.

"We have hosted so many artists and friends over the years that we were amazed to find this great new house with seven gorgeous bedrooms, six bathrooms and all of its high-quality historic details right in the downtown area," said Trish Ratliff. "The unfinished basement has become my huge art studio which gives me freedom, because I have so much worry-free space to work on

multiple projects at the same time."

**THE COUPLE** plans to move to another location in Herndon. They are hosting an open gallery and home showing from 7 to 10 p.m. April 25 at their house, 1008 Tyler Street.

Trish has been an artist since she was young. Her husband, Associated Press editor and Emmy-winning documentary producer Walter Ratliff, nurtured her creative side, she said.

"I've continued to draw, paint and sell paintings since I was young, but after the birth of our first child when Walter pointed out that oil paintings are a legacy to future generations, my art career took on new life," she said. "Since then I've taken my work more seriously and my paintings have sold in galleries in Santa Fe, Alexandria, New York City and other major markets."

For both of them, creating a home that could both serve as a studio for Trish and have enough bedrooms to entertain other artists was a dream. After the home, modeled after a historic house in Alexandria, was built in 2006, the couple moved in with their

6-month son. Eight years later, the home is a sanctuary for four after another son is added to the family.

The artists that have visited over the years, like David Cheifetz, Ned Mueller and Vicki Blum, appreciated the couple's hospitality so much that they added their artwork to the home's gallery. Trish's own work mingles with paintings and photographs from her artist friends. Billowing, blooming clouds fill one son's room. A country path hangs over the fireplace. And flowers, flowers everywhere.

"We love having guests, and we love making those guests feel extremely comfortable," Walter said in an email. "This house makes this possible like no other we have seen. Among our guests have been many fellow artists and scholars that come through the area. Being able to comfortably host them at our home (vs. a hotel) made for a richer experience for everyone."

Each of the three guest rooms has a bathroom, and two of them are master suites.

**SINCE THE HOME WAS BUILT**, Walter said in an email, upgrades have included an

updated interior paint on the main level walls and adding canister lighting to Trish's studio in the basement

"One of our favorite upgrades was the natural gas standby generator, he said. "It is instant-on, and hooked up to our house's gas main. That means, if there is a power outage we have no worries, even if we are travelling."

Trish said showing the home, which the couple is now selling, always takes a long time because there are so many unique qualities about it.

"I had trouble showing the home, because the realtors would spend all their time looking at the art," she said.

She reminisced about the days the home would host Gertrude Stein-like artist gatherings. These gatherings eventually grew so large that they were moved to a larger location.

"Everyone started coming," she said. "The artistic underground of inspiration outgrew this house. This house has a really special history."

For more information on Trish's artwork, visit <http://www.triciaratliff.com/>.

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**Listen to Nora Jane Struthers & The Party Line, a Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums, on April 13 at The Bluegrass Barn, 2709 West Ox Road, Herndon.**

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.

**WEDNESDAY/APRIL 9- FRIDAY/APRIL 11**  
**Artists Honored at LRA's "Winter Dreams" Exhibit.** Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston.

**WEDNESDAY/APRIL 9-SUNDAY/APRIL 27**  
**Mind, Heart, Vision Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590 [www.artspaceherndon.org](http://www.artspaceherndon.org).

**THURSDAY/APRIL 10**  
**Mind, Heart, Vision Exhibit Opening Reception.** 6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. This exhibit is an annual exhibition at ArtSpace Herndon featuring selected artwork created by Herndon High School seniors. The reception is free and open to the public. 703-956-6590 [www.artspaceherndon.org](http://www.artspaceherndon.org)

**FRIDAY/APRIL 11**  
**Joe Mullins & Radio Ramblers.** 8 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Joe Mullins & Radio Ramblers provide some of the very finest in traditional bluegrass as well as contemporary style bluegrass available today. Tremendous vocal harmony and absolutely magnificent instrumentals are their hallmark. \$15 admission. <http://www.radioramblers.com>

**SUNDAY/APRIL 13**  
**Book Look: Child of the Civil Rights Movement.** 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for more information and to register.

**Nora Jane Struthers & the Party Line.** 7 p.m. The Bluegrass Barn, 2709 West Ox Road, Herndon. Nora Jane Struthers & The Party Line are a traveling Carnival of original acoustic Americana. The high energy, Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums.  
**Reston's 50<sup>th</sup> Nature Party.** 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. It's

Reston's 50th birthday weekend. Learn how the nature center helps to make our community special. Go on a hike. Make a tree craft and decorate a cupcake in honor of the occasion. Ages 3-5. Reservations required by April 10. Fee: \$7/child RA members, \$9/child Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**TUESDAY/APRIL 15**  
**Third Tuesdays - Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. You will discover the art of curling and twirling paper strips into 3D art to create a one of a kind greeting card or wall hanging. Reservations are required, \$30 fee. 703-956-6590 [www.artspaceherndon.org](http://www.artspaceherndon.org)

**TUESDAY/ APRIL 22**  
**Spring Into Meditation.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Step back and take a little vacation from the stress of your daily life with long-time meditator Gerry Gorman. Learn how meditation can help you experience a more peaceful, enriching and meaningful life. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library> to register.

**SATURDAY/APRIL 26**  
**Bill Emerson & Sweet Dixie.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A phenomenal group of musicians led by Bill Emerson who was a founding member of the Country Gentlemen and also founded the Navy's Country Current band. Bill surrounds himself with superb musicians and their combined talents are absolutely top notch. \$15 admission. <http://www.bluegrassville.com/billemerston>

**SUNDAY/APRIL 27**  
**Trout Fishing in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**WEDNESDAY/MAY 28**  
**Modern Moves, in partnership with Dance Place.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers - Daniel Burkholder, Daniel Phoenix Singh and Erica Rebollar - come together to create an eclectic evening of thrilling modern dance. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

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“It’s a Hard Knock Life” with Claire Callaway playing Annie.



“It’s a Hard Knock Life” with Olivia Bryant playing Annie.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week’s paper.

SATURDAY/ APRIL 12

**Take Control of Your Blood Sugar.**  
2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Health Coach and Pre-diabetes Educator Anita Capizzi, R.N. will present ways to lower your blood sugar levels naturally through diet and exercise. Free.

THURSDAY/APRIL 17

**Women’s Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The guest speaker for the April meeting will be Linda Fuller, owner of Lake Anne Florist, Virginia Wine & Gourmet. Linda will demonstrate the art of flower arranging. Come prepared to be entertained and learn from one of the best. Free and open to the public. (No need to be a Reston resident.) Refreshments provided. For more information, please visit [www.restonnewcomers.org](http://www.restonnewcomers.org) or call Sharon at 571-201-8719.

**Meditations for Kind Heart.** 7:30-8:30 p.m. Brown’s Chapel, 11300 Baron Cameron Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships through learning to cherish others. [www.meditation-dc.org](http://www.meditation-dc.org). Cost: \$10.

**Seder Hosted by United Parish Christian.** 6:30 p.m. United Parish Christian Church, 11508 North Shore Drive, Reston. For more information call the church office at 703-620-3065 or see [www.unitedchristianparish.org](http://www.unitedchristianparish.org).

# Lake Anne Presents ‘Annie’

Lake Anne Elementary School presented “Annie,” the first Musical Drama Club production.

The double casted show allowed all 46 children in the club to have higher profile roles and multiple parts as lead actors and background dancers/singers. The cast was made up of fourth through sixth graders at Lake Anne Elementary. Starring roles were performed by Claire Callaway and Olivia Bryant (Annie), Mikhail Goldenberg (Oliver Warbucks), and Christina Alegre and Alyssa Spar (Ms. Hannigan).

The club was led by Musical Director Stephanie Draeger, PTA Sponsor and Chore-

ographer Grace Yakubisin, Set Designer Shelley Bryant, Props Manager Beth Hoyos, Costume Designer Mary Kay Alegre, and Sound Manager Jeff Kosmicki. The Musical Drama Club was an enormous success because of the help of so many parents and H.S. volunteers including Kate York, Sydney Stoffel, Jacob Kemp, Cheryl Luczko, Kristin Piazza, Emma Goldenberg, Rebecca Burgess, Debbie Weizman, Greg Morgan, and Chris Callaway.

Cast: Aisha Abdow, Alyssa Spar, Athenas Pongo, Audrey Hales, Audrey Moore, Brian Maravilla, Briana Reveron, Carlin Hoyos, Carlos Lazo, Caroline Hulbert, Catrina Grant, Christina Alegre, Claire Callaway, Claire Wilson-

Black, Colin McQuarrie, Curtis Bushée, Emily Rooksby, Eva Quaresima, Georgia Cutrell, Grace Morgan, Hannah Carter, Hannah Donis, Isabella Piazza, Karina Yakubisin, Laura Echeverri, Leah Weizman, Mackenzie Brown, Marcus Miles, Marissa Ciaramella, Mason Miles, Maxine Prudhomme, Megan Luczko, Mikhail Goldenberg, Olivia Bryant, Quinton Harper, Raquel Davis, Samantha Glozer, Samantha Burgess, Sara Desrosiers, Sara Montgomery, Sarah Burgum, Sophia Feldman, Sophia Montgomery, Stella Kosmicki, Sophie Smith, Zion Deccio.

Set/Stage/Sound Crew: Kate York, Sydney Stoffel, Jacob Kemp, Carlos Lazo, Julian Bryant, Evan Luczko, Dylan Hoyos, Garrett Piazza.

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# SPORTS

## South Lakes Girls' Soccer Becoming a Contender

Seahawks start 4-0-1, including scoreless tie against McLean.

BY JON ROETMAN  
THE CONNECTION

Neither team scored a goal during Friday's McLean Highlanders-South Lakes Seahawks girls' soccer matchup, but both came away feeling positive about how their respective 2014 seasons have unfolded.

The Highlanders and Seahawks played to a scoreless tie during a battle of unbeaten teams on April 4 at South Lakes High School. McLean entered the match as a program looking to continue its run of recent success, which includes a state championship in 2011. South Lakes is a group looking to take the next step in establishing itself as a contender.

Each team generated some offensive chances, but McLean squandered a golden opportunity in each half. In the 26th minute, senior Haley Mennes beat the South Lakes goalkeeper but failed to finish, hitting the side of the net. In the 50th minute, senior Maire Shine bounced a shot off the near post.

"I think we dug deep in the second half, especially," Shine said. "It was a hard-fought game. We just were a little off on some of the final passes. I think we could have won the game if we just finished a little better. ... I thought I had it on the chip. [South Lakes goalkeeper Sara Vigen] covered near post really well and I didn't have the angle for back post, so I knew I'd have to chip her and then it hit the inside of the post and, ugh, I thought I had it."

Shine, a first-team all-region selection last season, leads the Highlanders with four goals in six games. She's the primary offensive threat for a McLean team with a 3-0-3 record, including a scoreless tie against South County on Monday, April 7.

"I expect Maire to produce," McLean head coach Rob Bouchard said. "Everybody in the district voted her an all-region first-team [player] and we expect her to lead and play like an all-region first-team [player]."

Shine and senior defender Kaela Mahoney are team captains. Midfielders Caroline Meier and Megan DeGrafft, and defenders Audrey Freeman, Katherine Horenstein and Meaghan O'Reilly are also key contributors.

After opening the season with a scoreless tie against Robinson on March 21, McLean won its next three games, beating Oakton (2-1, March 24), Thomas Jefferson (4-0, March 28) and Langley (1-0, April 1).

"I think this team can go far," Shine said. "Everyone wants it and we've got a lot of talent, so I don't think there's any reason we can't go far."

The Highlanders finished runner-up in the Liberty District last season, losing to Stone Bridge 4-0 in the tournament championship game. McLean is competing in Conference 6 this season, which includes 2013 region runner-up Yorktown. While the Highlanders and Patriots don't face one another dur-



South Lakes sophomore midfielder Meaghan Nally produced four goals and three assists through the Seahawks' first five games.

**"The region was aware that we did some things last year. Now we've got to take that next step. We need to move to the next level. We need to qualify for the region tournament. I think that should be something that we need to do. We knocked on the door last year and we didn't get there. We need to get there this year."**

— South Lakes girls' soccer coach Mike Astudillo



South Lakes goalkeeper Sara Vigen secures the ball during a match against McLean on April 4.

ing the regular season, each is a strong candidate to reach the conference tournament final.

"Our girls feel a little slighted because there has been talk about all these other teams in our district and nobody ever talks about us, so we take it personal," Bouchard said. "We want to go out there every night and beat everybody now because of that. ... My girls, they think they can beat anybody. There's a lot of hard teams out there, but they have that attitude [of], 'Why not us?'"

While the Highlanders have their sights set on continued success, the Seahawks are looking to take the next step under second-year head coach Mike Astudillo, who

coached the Chantilly girls' soccer team from 2004 to 2007.

In recent years, South Lakes suffered lopsided losses against top-tier teams, including an 8-0 defeat against McLean in 2011 and a 7-0 loss to Stone Bridge in 2012. In 2013, Astudillo's first as South Lakes head coach, the Seahawks finished with a 7-3-3 regular-season record, including ties against McLean and Stone Bridge. Astudillo was named Liberty District Coach of the Year.

This season, South Lakes opened with four consecutive victories, beating Wakefield (5-0, March 19), T.C. Williams (2-1, March 27), Marshall (3-0, March 28) and Thomas Jefferson (4-1, April 1) prior to tying McLean.

"This was our first real test of the season," Astudillo said. "We did what we were supposed to do for the first four games of the season. I scheduled two of the toughest scrimmages I could find and we played fairly well against Centreville and Chantilly, but McLean is just a team that has talented players ... [and] Rob runs a great program. It's just a really good test for us."

While South Lakes produced a winning season last year, the Seahawks failed to qualify for regionals, losing to Langley in the opening round of the district tournament.

"We need to improve on what we did last year," Astudillo said. "Last year, we showed up and we let the region know that we were here to play. We tied Stone Bridge last year and when we called in the score they were like, 'Boys' soccer tied Stone Bridge?' 'No, no, girls' soccer tied Stone Bridge.'

"The region was aware that we did some things last year. Now we've got to take that next step. We need to move to the next level. We need to qualify for the region tournament. I think that should be something that we need to do. We knocked on the door last year and we didn't get there. We need to get there this year."

One of the athletes responsible for South Lakes' early-season success is sophomore midfielder Meaghan Nally, who has been the Seahawks top offensive threat, producing four goals and three assists in five games. What makes Nally a good player?

"Her motor," Astudillo said. "Her engine never quits. She is an Energizer Bunny out there. She runs from goal line to goal line, she does everything we need."

Friday's result moved South Lakes' record to 4-0-1 and marked the second consecutive season the Seahawks managed to tie McLean.

"We know that we can hang in there with the best of the best," Nally said. "You just see how we can work together as a team, work hard. We can hang in there. We're good. Last year we tied them, as well, and we made a statement. We tied them again this year — they're better, we're better, so it made a bigger statement."

"... I think that last year, [Astudillo] was new, and so we were just getting used to his style. This year, we're kind of used to him. We know what he expects ... and we're stepping up to the plate because we know what we can do now. He's a really good coach. He motivates us, he keeps pushing us to the next level."

Bouchard has noticed the Seahawks' improvements.

"Their goalie [Vigen] is phenomenal and their field players have gotten so much better," Bouchard said. "First half, they took it to us and I was scared. Second half, we rose to the occasion and started making it more of a game."

South Lakes faced Mount Vernon on Tuesday, April 8, after The Connection's deadline. The Seahawks will host Stuart at 7 p.m. on Wednesday, April 9.

McLean will host Fairfax at 7 p.m. on April 22.

PHOTOS BY CRAIG STERUTZEL/THE CONNECTION

# FAITH

## Matza - Humble Bread

BY RABBI LEIBEL FAJNLAND  
DIRECTOR OF CHABAD OF  
RESTON-HERNDON



PHOTO CONTRIBUTED

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. This year those dates correspond to the eve of April 14 through April 22. The holiday commemorates the emancipation of the Jewish people from slavery in Ancient Egypt through many miraculous events such as the Ten Plagues and the Splitting of the Red Sea.

With the last of the ten plagues, Death of the Firstborn, Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. Among other Passover observances, it is the Jewish tradition not to eat any leavened breads for the duration of the holiday, and to eat Matzah - flat unleavened bread.

For the duration of the eight day holiday, the Jewish home is cleared of all remnants and crumbs of leavened bread, cake, or the like. The Passover version of bread, Matza, is made by mixing flour with water and baking it in an oven. However, no time is allowed for the dough to ferment and rise, and the result is a flat, hard, cracker-like bread.

Jewish tradition teaches that leavened bread, with its characteristic fluffiness, represents ego and self-aggrandizement, while matza represents humility. It is specifically matza, the flat bread, which Jewish liturgy refers to as "the bread of faith." This is because the egotistical person who is swelled by pride, does not leave room for a higher truth to enter his or her life. The entire motivation behind any behaviors or thoughts is self-fulfilling and self serving. On the other hand, the humble person is receptive to faith in a Higher Being, and is willing to commit to a strong set of morals and values.

Well, one might ask, if matza represents such a virtuous state of being, why is it not eaten all year

### More Information

For more info on the holiday of Passover, visit [www.Chabadrh.org/Passover](http://www.Chabadrh.org/Passover). There you will find much information regarding the historical background of the holiday, how-to Passover, and many delicious Passover recipes. You will also find thought provoking articles on the present day applications of the ancient story.

To purchase hand-baked Shmura Matzah, sell your Chametz, or to receive a holiday guide, visit the above website, or email [Rabbi@chabadrh.org](mailto:Rabbi@chabadrh.org)

For more information call Rabbi Leibel Fajnlend at 703-476-1829 or write to [Rabbi@chabadrh.org](mailto:Rabbi@chabadrh.org).

long in place of leavened bread? This is because both the virtues symbolized by leavened bread, and the virtues symbolized by unleavened bread, are necessary for a life of productivity and meaning. It is of ultimate importance that a person recognize the significance of their actions and have confidence in their ability to affect change in the people and world around them. At the same time, one should not get so carried away with his self worth that he leaves no room for people and principles outside of his immediate comfort zone.

This is the paradoxical nature of our relationship with bread. On the one hand, leavened bread sustains us practically all year long. Its presence is vital and necessary. On the other hand, for eight days each year it is banned by Jewish law. Both of these practices carry practical applications to our personal lives as growing and developing human beings.

Other Passover observances include conducting a Seder on the eve of April 14 and 15. (Monday and Tuesday evenings). The Seder is a fifteen-step, family oriented, tradition and ritual packed feast.

The focal points of the Seder are:

- ❖ Eating Matzah.
- ❖ Eating bitter herbs—to commemorate the bitter slavery endured by the Israelites.
- ❖ Drinking four cups of wine or grape juice—a royal drink to celebrate the newfound freedom.
- ❖ The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

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## Floris United to Host Empty Bowls Fundraiser

Local potters give their time and talent to support Empty Bowls and help fight hunger in our area. The Reston and Herndon pottery classes at their respective Community Centers have been busy making hundreds and hundreds of ceramic bowls for an Empty Bowls fundraiser to benefit Food for Others, the largest distributor of free food in Northern Virginia and hosted by The Giving Circle of HOPE. Open to the public, the event will be held on Friday, April 25 from 5:30 p.m. to 8 p.m. at the Floris United Methodist Church, 13600 Frying Pan Rd, Herndon. Pre-event tickets are \$25 and will be \$30 at the door. Guests will receive a simple supper of soup, bread, a beverage, dessert and a handmade bowl, which they may keep to remind them that there are those in our community that are empty. For more information go to [www.givingcircleofhope.org](http://www.givingcircleofhope.org).



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**Empty Bowls to support Giving Circle of HOPE.**

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# "I Thought You Were a Goner"



By KENNETH B. LOURIE

So has said my longtime oncology nurse, Ron, who has tended to me since June, 2009. Originally, I had been assigned to a different oncology nurse, Holly, with whom I developed an immediate rapport. She cared for me from the beginning, early March 2009, when I began my every-three-week chemotherapy infusion through June, when she transferred from the Infusion Center to a different unit (oncology does take a toll). Initially, after Holly's departure, Jane, another nurse in the unit, took me on as a patient. However, and this is where the details get sketchy, within a subsequent infusion or two, I was told one day upon my arrival at the Infusion Center, that Ron, still another oncology nurse, who I had certainly seen there previously but with whom I had minimal interaction, would be taking over for Jane – who was not transferring out – and henceforth would be my new oncology nurse. Apparently, I had been traded. For another patient? For future considerations? For a lunch-to-be-paid later? To this day, nearly five years later, I've never been able to uncover the truth. I got along fine with Jane; I'm a very low-maintenance patient/person; I don't think I did anything to precipitate such a decision. Nevertheless, a deal (my word) had been struck.

To the extent to which assigning nurses to oncology/chemotherapy patients is not random, given the ongoing and serious nature of the types of treatment, Ron's assignment – to me – was genius. We are alike in so many ways. We're the same age and have the same wise guy-type personality. We both use humor at every opportunity and love Yiddish and shtick as well; also we're both Jewish. In addition, we're both from the Northeast and love sports. He's interested in me and I'm interested in him. I know about his family. He knows about mine. Our relationship has evolved from nurse-patient to close friend. I trust Ron with my life.

That fact was never clearer to me than this past August 2nd, a scheduled infusion day for me, when I arrived at the Infusion Center for my usual chemotherapy. Ron noticed how ashen gray I was and after talking to me, further realized how much difficulty I was having breathing. Initially, he walked me around the unit while monitoring my oxygen levels; they were not merely low, they were no-chemotherapy-for-me-that-day really low. Immediately, Ron went to "Plan B:" assessment by a doctor in the Emergency Care Department. I needed medical help, that day. Ron then spent the next few hours coordinating care and managing the necessary steps to finding me a hospital bed. Later that day, I was "ambulanced" to Holy Cross Hospital where I was admitted. Two days later, I had 4.5 liters of fluid drained from my left lung which subsequently collapsed. I then spent the next five days recovering in S.I.C.U. In total, I was hospitalized for eight days before being released the following Friday. If not for Ron's hands-on and professional approach to my deteriorating condition, it's likely, as he's fond of joking, that I was a "goner."

But I'm not a "goner." I'm a "still here-er." In fact, at my last infusion, Ron told me that as of my five-year anniversary in late February, I'm now his longest-surviving cancer patient. And I'm still alive for many reasons, one of which is most definitely due to the depth of the relationship I have with my oncology nurse, Ron "Choo, Choo" Chubin (he's also a train guy). I wouldn't be here without him because, as he's also fond of saying, he's where I need him to be. Thank God!

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

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## Reston Hospital Center Recognized for Excellence in Lactation Care

The International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA) have recognized Reston Hospital Center for excellence in lactation care.

Reston Hospital Center has received the IBCLC Care Award in recognition of staffing professionals who hold the prestigious International Board Certified Lactation Consultant certification (IBCLC) and providing a lactation program that is available 5-7 days a week for breastfeeding families. In addition, Reston Hospital demonstrated that it has provided recent breastfeeding training for medical staff that care for new families, and have recently completed activities that help protect, promote, and support breastfeeding.

According to Liz Brooks, President of ILCA, "This recognition highlights the efforts being made by maternity facilities all across the world to help mothers get off to a good start with breastfeeding, and to support them in reaching their goals. IBCLC is the leading internationally recognized lactation certification in the world, and IBCLC certificants are highly skilled in helping mothers with the questions and concerns that can arise.

They are also an important part of the overall maternal and child health team by assuring that evidence-based policies and practices are in place that help mothers succeed with breastfeeding."

IBLCE certificants focus on preventive care, so they are available during pregnancy to assess the mother and provide information on how to successfully initiate breastfeeding.

They continue that assistance after the baby is born by helping mothers overcome breastfeeding challenges, providing accurate information, and continuing to support them as their baby grows. They assist mothers returning to work or school, help mothers in more unusual situations such as breastfeeding more than one baby or nursing a sick or premature infant, and help train nursing staff to manage basic breastfeeding care.

Brooks says that "Breastfeeding rates are on the rise today and with that dramatic increase, the need for trained professionals who can help also increases. Breastfeeding is natural and often works quite well without intervention.

But there can be complications or risk factors and mothers need extra support. An IBCLC is the trained expert with clinical skill who works with the entire health care team so that a mother's breastfeeding goals can be met."

For more information about Reston Hospital Center visit [www.restonhospital.com](http://www.restonhospital.com).

# Award-Winning Connection Newspapers

More Reasons the Connection Newspapers are the Best-Read Community Papers  
 Winners of Awards in the 2013 Virginia Press Association Editorial Contest

## First Place Winners

- ❖ **Bonnie Hobbs**, *Centre View* – General news writing.
- ❖ **Michael Lee Pope**, *Arlington Connection* – In-depth or investigative reporting: •Uncovering Secret Government
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Education writing: •Alexandria Education Dollars
- ❖ **Michael Lee Pope**, *Mount Vernon Gazette* – Business and financial writing: •Car Title Loans
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Public safety writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Personal service writing.
- ❖ **Mary Kimm**, **Laurence Foong**, **Geovani Flores**, **Marilyn Campbell**, **John Byrd**, **Tim Peterson** and **Jean Card**, *Vienna/Oakton Connection* – Specialty pages or sections: •HomeLifeStyle
- ❖ **Jean Card**, **Laurence Foong**, **Renee Ruggles** and **Craig Sterbutzel**, *Mount Vernon Gazette* – Informational graphics: •Fairfax County parks



## Second Place Winners

- ❖ **Steven Mauren**, **Jeanne Theismann**, **John Bordner**, **Jean Card**, **Geovani Flores** and **Laurence Foong**, *Alexandria Gazette Packet* – Special sections or special editions: Insider's Guide.
- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.
- ❖ **Jean Card**, *Mount Vernon Gazette* – Page design.



**Michael Lee Pope**



**Bonnie Hobbs**



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**Steven Mauren**



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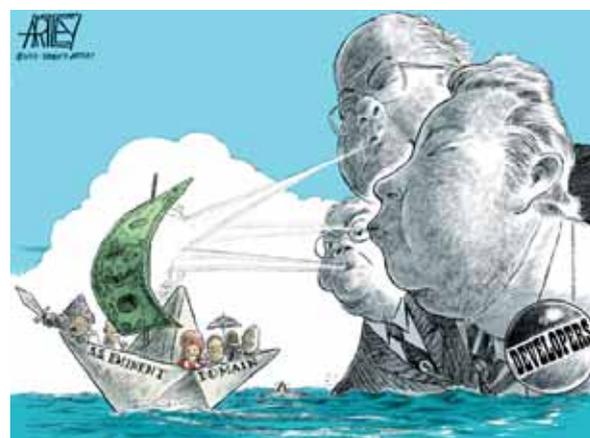
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- ❖ **Mary Kimm**, *Alexandria Gazette Packet* – Editorial writing.
- ❖ **Alex McVeigh**, *Great Falls Connection* – In-depth or investigative reporting.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Health, science and environmental writing.
- ❖ **Michael Lee Pope**, *Alexandria Gazette Packet* – Government writing.

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**Steve Artley**, *Alexandria Gazette Packet* – Illustrations – Eminent Domain.

- ❖ **Victoria Ross**, *Burke Connection* – Feature series or continuing story.
- ❖ **Victoria Ross**, *Fairfax Connection* – Personal service writing.
- ❖ **Jeanne Theismann**, *Alexandria Gazette Packet* – Column writing.



**Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.

## Third Place Winners

- ❖ **Steve Artley**, *Alexandria Gazette Packet* – Illustrations.
- ❖ **Mary Kimm**, *Fairfax Connection* – Editorial writing.
- ❖ **Louise Krafft**, *Alexandria Gazette Packet* – Feature photo: Summer Fun.
- ❖ **Donna Manz**, *Vienna/Oakton Connection* – Feature writing portfolio.
- ❖ **Michael Lee Pope**, *Arlington Connection* – Education writing.