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Reston CONNECTION

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Reston Voters Hit the Polls

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NEWS, PAGE 10

With an apparent strong early turnout at the Reston Community Center polling station, the Connection spoke with voters early Tuesday morning. Shawn Solhjou, Reston: "I always vote. I feel it is a responsibility." Perri Solhjou, Reston: "I want to impact change. It's my civic duty to vote."

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It's early morning on Election Day, Tuesday, Nov. 6 in Reston. The line to vote goes out the door.



Early voters in Reston prepare to show a license or other accepted form of identification to a Fairfax County Officer of Election before receiving the pink card entitling them to vote.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Reston Voters Hit the Polls

Midterm Election draws crowds and viewpoints.

BY MERCIA HOBSON
THE CONNECTION

The Connection headed to one of the Reston polls early on the morning of the Nov. 6, 2018 Midterm Election featuring state candidates for the United States Senate and Member of the House of Representatives 11th District. With an apparent strong early turnout at the Reston Community Center polling station, the Connection spoke with voters, Fairfax County Officers of Election



Election officer David Okerson greets voter Lorrie-Ann Melnick as she enters the polls at Lake Anne Community Center in Reston. "I always vote the primary, midterm and Presidential elections. I'm out to make a change from the 2016 elections," said Melnick. Added Okerson: "This is my second year as an officer. It was enjoyable the first year. The enthusiastic multitude of voters was very impressive."

and party representatives to gain their insights on why they were there that day and any other comments they'd like to share.



Jose Garcia, Reston: "I just moved to the district. ... I want to be involved in local issues. I did some research ahead of time, and I did online searches on the candidates. I received the County information in the mail."

available for comment. One of the many comments received from voters came from Hannah Wells, who although she did not wish to be photographed said, "I'd like to see some positive change following the 2016 election."

OBITUARY

David Alan (Dave) Roe

David Alan (Dave) Roe, of Reston, died Nov. 3, 2018, at the Adler Center for Caring in Aldie, Va.

He was a kind, hard-working, brave, loving and generous man, who always put the needs of others before his own.

Dave graduated from Northwestern University in 1958 with a BA in Journalism, earning his MA at the same institution in 1959. He had a successful career in newspaper and magazine operations and publishing at Pioneer Press, The Washington Post, the American Press Institute and the US Chamber of Commerce. Dave was VP, Publishing at the Chamber 1980-1997. There he led a suc-

cessful redesign and relaunch of Nation's Business, a highly regarded monthly, small business magazine.

Dave was a loving, caring husband, father, brother and uncle, marrying his spouse, Judy, 1961 and raising three sons together. Together, they inspired their family members to work hard in the pursuit of their dreams, and to always give every person an equal opportu-



FAMILY PHOTO
David Alan (Dave) Roe

nity to thrive and succeed.

Dave played an active role in his children's and grandchildren's athletic pursuits, coaching soccer, baseball and basketball teams and also serving as commissioner of the Reston youth basketball league. He was an avid golfer and relished the opportunity to play with his sons.

An insatiable interest in news, current events and history was at the core of all of Dave's pursuits. He read several daily newspapers and weekly news magazines and devoured historical non-fiction books and biographies. Through this passion for learning, Dave developed a deep historical knowledge base that he enjoyed sharing with family and friends.

Dave is survived by: his wife, Judith Roe;

his sons and daughters-in-law, Kevin and Dina Bennet Roe (Dripping Springs, Texas), Mark and Joana D'Arc Roe (Ashburn, Va.) and Matthew and Laura Moore Roe (Chapel Hill, N.C.); his sister, Mary Ellen Palm (Kenosha, Wis.); and his grandchildren and their respective spouses: Joana and Paul Obering (Leesburg, Va.); Juliana Roe (Ashburn, Va.); Tyler, Dylan and Heidi Roe (Chapel Hill, N.C.); and Spencer and Nathaniel Roe (Austin, Texas).

The family asks that any charitable donations made in Dave's memory be directed to Friends of the Fairfax County Animal Shelter and Doctors Without Borders. The family will conduct a private memorial service.

Holding Fast to the Tree of Life

Reston, Herndon communities of faith respond to deadly anti-semitic attack in Pittsburgh.

BY MERCIA HOBSON
THE CONNECTION

On Nov. 2, one week and one day after a man shouting anti-Semitic slurs opens fire in a rampage inside the Tree of Life synagogue in Pittsburgh, killing 11 congregants and wounding four police officers and two others, the Northern Virginia Hebrew Congregation (NVHC) in Reston posts to its Facebook page one simple sentence.

“We could not do any of this without you. Shabbat Shalom.”

That evening, faith leaders, officials and members of the community came to stand with NVHC in a show of solidarity filling every seat in the synagogue and spilling into the lobby. Initially, they came to deepen connections and reflect on the tragedy together.

“We are here to support our Jewish friends,” said Kathy Schmidt.

“We came with two members of



“Politics is how we disagree without killing each other,” said Rabbi Michael Holtzman during the first Shabbat after the Oct. 27 Pittsburgh massacre when a gunman opened fire leaving 11 dead and six injured.

our congregation,” said Tom Tomacci of the Herndon Trinity Presbyterian Church. “It’s the only place to be tonight. It could hap-

pen at our church, at a mosque, anywhere.”

ONE BY ONE during the Shabbat, the interfaith partners and community, came forward. They stepped up on the bima to participate in the service and read:

“A brute cannot know, a fool cannot understand this. The righteous bloom like a date-palm.” Psalm 92

- Reverend Tom Berlin, Floris United Methodist Church;

“There is no way to get from here to there except by joining hands, marching together.”

- Fairfax Supervisor Cathy Hudgins, member of St. a Thomas Becket Catholic Church;

“Strengthen the bonds of friendship among all the inhabitants of every land.” Shalom Peace

- Rizwan Jaka, past president ADAMS Center;

“Grant our leaders wisdom and forbearance. May they govern with justice and compassion.”



PHOTOS BY JOHN MEHLENBECK

Visiting interfaith partners and community leaders stand in unity with Rabbi Michael Holtzman and the congregation of Northern Virginia Hebrew Congregation during the first Shabbat after the Pittsburgh shooting when a gunman opened fire leaving 11 dead and six injured.

- A Prayer for Our Country by Reverend Stephen Smith-Cobbs, Trinity Presbyterian Church.

Rabbi Michael Holtzman of NVHC recounted the many acts of kindness the congregation received. He said they needed the support, the comfort from all faiths and peoples. “We need the note from Ibrahim Moiz taped to our front door Saturday afternoon that reads, ‘Dear Neighbors: truly sorry for the hateful, cowardly acts of the terrorist in Pittsburgh.’ We need Rizwan Jaka from ADAMS who came here Sunday, and Cathy

Hudgins who came from St. Thomas a Becket, and all the text messages and calls and emails we immediately received from Rev. Berlin of Floris United Methodist, and Revs. Smith Cobbs and Messman of Trinity Presbyterian, and Rev. Haffner from UUCR,” naming them on and on and on.

Holtzman said, “All week I have listened to calls to heal our politics, and over and over I hear about the need for civility. Well, civility is not enough... when the

SEE COMMUNITY, PAGE 5

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NEWS

Community Responds to Anti-Semitic Attack

FROM PAGE 4

Internet amplifies fantasy and radicalizes the population ... when parties and politicians abandon civic responsibility in the pursuit of power ... (And) when we do not have the courage ... to discuss ideas out in the open. Civility is wonderful, but it is not enough."

Society needs to be retrained in how to listen, how to disagree and how to compromise, said Holtzman. "Today politics is a dirty word," he said. "Our politics is broken for the same reason our country is so obsessed with immigrants. Because we have forgotten how to disagree. ... Politics is how we disagree without killing each other."

HOLZMAN urged those present to get the vote out and "find people who have given up on democracy and remind them that their vote has power and power restores hope."

He explained the shooter tried to kill Jews because "he was like so many others whose entire worldview depends upon an absolute certainty that outsiders are dangerous." Faith communities are in a rare position to



PHOTO BY JOHN MEHLENBECK

Faith leaders, officials and members of the community from many different backgrounds and identities come to stand with NVHC in a show of solidarity following the deadliest attack targeting Jews in the United States according to the Anti Defamation League.

become incubators of democracy and academies of citizenship, Holtzman said.

While those present that evening brought the much-needed healing there was something greater, he said. "You affirm a vision of America that brings, Muslims, Jews and Christians, Whites and Blacks, native-born and immigrant, gay and straight, all of us together as human beings and as Americans.

"We need you in this room. Doing Jewish stuff with us. Stumbling over the Hebrew. Wondering why the book goes backward. Meeting strangers. Because, with your presence, not only do you reject the hatred of Jews, you reject the hatred of closed doors. We want you here with us because this is how we reject the fundamentalist worldview of closed doors and closed minds. This is how we hold fast to the Tree of Life."

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OPINION

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

EDITORIAL We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

- ❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first

and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

- ❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

- ❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

A Personal Responsibility for Climate Change

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

If the 91 scientists from 40 countries who analyzed more than 6,000 scientific studies on climate change are to be believed, the dire consequences of climate change will be felt as soon as the next couple of decades, within the lifespan of most of the readers of this column.

Do exaggerated weather conditions of hotter temperatures, excessive rains and winds with more hurricanes and tornadoes, droughts over many years for some regions, wildfires covering thousands of acres as well as the death of the coral reefs and some wildlife sound familiar along with recurrent flooding and disappearance of some beaches? All of these are signs of climate change.

The warning from the United Nations Intergovernmental Panel on Climate Change is the second in as many decades. Will it be heeded? Many policy makers will not be around to feel the consequences of inaction, but what about



COMMENTARY

the old-fashioned notion that we have a responsibility for future generations including our own progeny? Should we try to save the planet for them? Any one action by an individual will not change the course we are on with changes to our climate, but the serious and collective actions on the part of most citizens have the potential to make a difference.

I have heard arguments from those who take a religious view of the issue that they do not believe that the god they worship as the creator of the world would let humankind destroy it. Could it be that the same god who gave humankind dominion over the planet would have an expectation that we would be good stewards of the resources and protect them?

I support a total reversal of the insane policies on climate change of the current federal administration. I abhor this administration's policies and practices to ignore the clear warnings and to pursue environmental rules based

on personal and corporate strategies to make a monetary profit or to gain votes from a constituency. As I discussed in this column in prior weeks, I plan to provide leadership on issues at the state level that will curtail and reverse actions furthering climate change.

Now it is up to us individually to live our lives in a way that shows our mindfulness of the effects of climate change and our willingness to make changes ourselves that will start to reverse the damage. As consumers we need to reward businesses that pursue climate awareness policies and actions and to not deal with those whose manufacturing processes and actions contribute to climate change. We need to buy energy from renewable sources even if may cost more. We need to live in such a way that enhances the health of the natural elements around us. We need to plant more trees that can have a great impact on greenhouse gases. We need to walk or bike more and drive internal combustion engine vehicles less.

Who's in with me? Let's prove the scientists wrong by changing the way we live in order to preserve our planet. If it is too late for you, what about your grandchildren and their children?

LETTERS TO THE EDITOR

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you

did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan chal-

lenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engage-

ment we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction in British Columbia is now set to expand to all of Canada. Washing-

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A Good Night's Sleep The impact of sleep deprivation and how to avoid it.

BY MARILYN CAMPBELL

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead



PHOTO BY MARILYN CAMPBELL

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax ..."

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and se-

rious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to re-

duced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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NEWS

The Lure of the Reel

**Trout season continues at
Lake Fairfax Park in Reston.**

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Park Authority invites the public to join in the fun at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston as trout fishing season continues dawn to dusk through Nov. 25, 2018. A Virginia fishing license is required along with either a Fairfax Park Authority one-day or a seasonal trout fishing pass available at the site. Up to six trout per park pass may be kept each day with no size limit.

On a recent weekend, the Bin family of Alexandria tried out the waters at Lake Fairfax. Son Sonyha, 2, kept his pole beside him, not too sure about the whole thing. Meanwhile, his dad Cham dropped his line right by the pier, as the fish seemed to like to hang out there.

Before purchasing a park pass, anglers must show their Virginia Fishing License at the Main Office. The Daily Park Pass for adults is \$13, seniors 65 and older- \$10 and children- \$8. Season Park Passes reel in the fun and savings at \$40 for adults, \$10 for seniors 65 and older and \$8 for children. A replacement pass is \$5.

Only hook and line fishing are permitted. There is no snagging or netting. Cleaning of fish is not allowed per Virginia Game and Inland Fisheries



PHOTO BY MERCIA HOBSON/THE CONNECTION

Cham Bin, his wife, Caroline and son, Sonyha, 2, try out trout fishing for the first time at Lake Fairfax in Reston.

rules and regulations found at dgif.virginia.gov. For more information visit www.fairfaxcounty.gov/parks/lake-fairfax.

Legals

Legals

**Notice of Application
To Establish a Branch**

Manufacturers and Traders Trust Company, whose principal office is located at One M&T Plaza, City of Buffalo, Erie County, New York 14203, intends to apply to the Federal Reserve Board for permission to establish a branch office at 1886 Metro Center Drive, Reston, Fairfax County, Virginia 20190. The Federal Reserve considers a number of factors in deciding whether to approve the application, including the record of performance of applicant banks in helping to meet local credit needs.

You are invited to submit comments in writing on this application to the Federal Reserve Bank of New York, Attention: Bank Applications Officer, 33 Liberty Street, New York, New York 10045 or via email: comments.applications@ny.frb.org. The comment period will not end before Sunday, November 25, 2018. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262. Procedures for processing protested applications may be found at 12 C.F.R. § 262.25. If you need more information about how to submit your comments on community affairs aspects of the application or to obtain copies of relevant procedures, contact Ms. Claire Kramer, Community Affairs, (212) 720-5371; other questions, including those relating to general procedures, should be directed to Mr. Ivan J. Hurwitz, Vice President, Bank Applications Function, (212) 720-5885. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received in writing by the Reserve Bank on or before the last day of the comment period.



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CALENDAR

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**Let us know
about an
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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

FOOD DRIVES

Scouting for Food. Starting Nov. 3, Scouts will post reminder flyers to homes throughout area, then return to collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others, a not-for-profit food pantry and food rescue operation that serves Fairfax County. Each item donated will erase \$1 from a patron's overdue fines up to a maximum of \$15. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

LETTERS

FROM PAGE 6

ton State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of \$2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

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Sounds Not So Silent



By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccupping, coughing, "expectorating," wheezing, sneezing, sniffing, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me than when I'm listening to what I'm hearing.

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

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

WEDNESDAY/NOV. 7

Wine Wednesday. 6-8 p.m. at The Tasting Room, 1816 Library St., Reston. Join fellow book lovers at the Tasting Room to talk about what you're reading and favorite books. Visit thetastingroomwinebar.com/reston.html or www.scrawlbooks.com or call 703-966-2111.

THURSDAY/NOV. 8

Meet the Artists. 2:15-3:45 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Free. Enjoy a free concert with Miroslav and Natasha Loncar, popular classical guitar duo, perform selections from their repertoire to delight the audience. Visit the website www.oli.gmu.edu.

Girl Power! Book Club. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Readers ages 10-12 are invited to join the Book Club. Three middle-grade novels will be discussed at this meeting. Details on the meeting's activity can be found on the Scrawl Books website. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Creative Response: Shannon Brogdon-Grantham. 7 p.m. at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. Shannon Brogdon-Grantham, photograph and paper conservator at Smithsonian Museum Conservation Institute responds to the work on view. Visit restonarts.org.

The History of Reston Sports, Pioneers, Players, Playing Fields. 7-9 p.m. at YMCA, 12196 Sunset Hills Road, Reston. Presenter Bill Bouie will be speaking about the history of sports in Reston. Bouie has served in formal and informal roles in various community organizations including Reston Little League, Reston Youth Baseball, Reston's YMCA Board of Management, and the United States Olympic Committee's Project Gold, and many others. Free. Call 703-709-7700 or visit restonmuseum.org.

FRIDAY/NOV. 9

Grander Music. 7:30 p.m., doors open at 6, at The State Theatre, 220 N. Washington St., Falls Church. The premiere concert of Grander Music features four new artists from the area, including Michelle Ann and Molly Nuss who attended Herndon High School. This multimedia event will be a memorable night. \$27. Call 703-517-7480 or visit www.grandermusic.com.

FRIDAY-SUNDAY/NOV. 9-11

"The Diary of Anne Frank." Friday-Saturday, 7-9 p.m.; Sunday, 2-4 p.m. at Herndon High School's Black Box Theater (Room #175), 700 Bennett St., Herndon. Join Herndon High's Advanced Theatre students as they present an intimate portrait of a young Jewish girl who comes of age during one of the most horrendous times in modern history — The Holocaust. Special guests will lead engaging discussion after performances. Parental guidance recommended, contains violence and mature themes. \$5/student; \$10/adult at herndonadrama.org.

THURSDAY/NOV. 10

In Their Own Words. 3-5 p.m. at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. In Their Own Words: Caitlin Teal Price in conversation with Curator Lily Siegel. Sponsored by Reston Community Center. Free and open to the public. Visit restonarts.org.

FRIDAY/NOV. 16

Accidental Red Jazz. 6-9 p.m. at Cafe Montmartre, 1625 Washington Plaza Lake Anne, Reston. Accidental Red is a five-member band from Northern Virginia with a focus on jazz standards and includes a repertoire of popular songs, show tunes, and blues. Kathy Farmer (vocals), Karin Slawinski (sax and flute), Zenon Slawinski (piano/accordion), Charlie Olson (bass), and Ron Mangas (drums). \$10. Call 703-904-8080 or visit cafemontmartre.com/entertainmentevents.html.

SATURDAY/NOV. 17

Porcupine's Pie! 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Author Laura Renauld joins us for a Saturday morning story time to read her first children's book, Porcupine's Pie — a perfect read for the season. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Lenin, Hitler and Me. 2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Vera Kochansky presents the autobiography of her father, Boris, relaying the details of his experience in the Holocaust. Free. Visit www.scrawlbooks.com or call 703-966-2111.

Achievement Week Luncheon. 2 p.m. at The Waterford Fair Oaks, 12025 Lee Jackson Memorial Highway, Fairfax. Baltimore Ravens General Manager Ozzie Newsome will be the guest of honor for the Omicron Kappa Kappa (OKK) Chapter of Omega Psi Phi Fraternity's Achievement Week Luncheon to recognize individuals at the local and

international level who have contributed to community uplift. OKK's 2018 award recipients are Virginia Lt. Gov. Justin Fairfax, who will be honored as Citizen of the Year; Westfield High School football coach Kyle Simmons, Sportsman of the Year, and Reston Chamber of Commerce President and CEO Mark Ingrao, who will receive the Community Service Award. Chapter award recipients are Gordon Person, Omega Man of the Year; Earl Smith, Superior Service, and Roscoe Nance, Founders Award. Visit okk-ques.org.

Insights: Dorothy Moss. 3-5 p.m. at Greater Reston Arts Center, 12001 Market St., Suite #103, Reston. Insights: Featuring Dorothy Moss, curator of painting and sculpture and curator of performance art at the National Portrait Gallery. Sponsored by Reston Community Center. Free and open to the public. Visit restonarts.org.

Herndon Turkey Trot 5K Race. 4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers, conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. Shirts must be picked up the day of the race. Shirts will not be available after race day. Refreshments, entertainment and door prizes will be available after the race to all runners. Pre-registration: \$30 for Adults (19 & up) + can of food; \$20 for Youth (age 18 & under) + can of food; day-of registration plus \$5 for adults. Registration is currently available at the Herndon Community Center and online at herndon-va.gov/events and www.active.com.

SUNDAY/NOV. 18

Page to Screen Book Club. 4 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Readers are invited to join the first meeting of the Page to Screen Book Club to discuss the novel and movie version of The Hate U Give by Angie Thomas. Free. Visit www.scrawlbooks.com or call 703-966-2111.

MONDAY/NOV. 19

Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

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