

Reston CONNECTION

FIGHTING FOR THE FIRST SURVIVOR

WALK TO END ALZHEIMER'S

Walk to End Alzheimer's

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Vaness Winter joins her husband, Pete and children, Chloe, 1, and Jaxon, 2 1/2, for the 2019 Walk to End Alzheimer's in Reston, supporting fundraising efforts and awareness for Alzheimer's.

Diversity Celebrated At Multicultural Festival

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OCTOBER 2-8, 2019

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Greater Reston Chamber of Commerce Appoints New President & CEO

Greater Reston Chamber of Commerce has appointed Charles Kapur as President and Chief Executive Officer, effective Oct. 2, 2019.

“It is an honor to serve the business community as the President and CEO of the Greater Reston Chamber of Commerce,” said Kapur. “Reston is a community unlike any other in Northern Virginia – it has a profound appreciation of its history, a diversity of

cultural and economic opportunities for businesses and residents alike, and an enthusiasm for the growth of this region.”

“Charles is a consummate professional,” said Maggie Parker, Chair of the Greater Reston Chamber of Commerce Board of Directors. “He has devoted himself to Reston and Northern Virginia both as a businessman and volunteer for the past decade. We are indeed fortunate that he will be leading

our business community’s biggest advocate, the GRCC.”

Kapur’s work will begin with key activities that include preparing the GRCC’s Public Policy positions for the upcoming legislative session in Richmond, a new information series for members, Ethics Day, and ongoing GRCC events. Kapur says he is excited to help launch the next chapter in the storied history of the GRCC while delivering rewarding experiences,

programs, and services to each member and guest. “Greater Reston Chamber of Commerce will continue to uphold our position as a regional leader for entrepreneurship, economic development and community engagement.”

Originally from Alexandria, Kapur is a lifelong resident of Northern Virginia who began his career in community banking in 2001. His extensive record of engagement in the non-profit community includes current service on the board of the Greater Reston Arts Center, and with the Ashburn Rotary Club as a founding member and inaugural Fundraising Director. He has also served on the board of the Accountants Society of Virginia, ArtsFairfax, and ACTS



Charles Kapur

of Prince William County. Since joining the GRCC Board of Directors in 2011, Kapur’s leadership roles have included co-chair of the Member-

ship Committee, Treasurer, Chair-Elect, and two terms as Chair. He has been honored with the GRCC’s annual President’s Award (2016), and Pinnacle Award (2018).

Kapur received his B.S. in Management from George Mason University and is a graduate of the Leadership Loudoun program (2012), and the Virginia Bankers Association School of Bank Management (2013). He resides in Bristow, Va. with his wife and two daughters.

AREA ROUNDUPS

Free Homeowner’s Workshop With Specialists

On Sunday, Oct. 6, 1-3 p.m., the Town of Herndon and Cornerstones presents the workshop, Congratulations — You’re a homeowner! How do you take care of it (and yourself)? Free and open to the public, join them for a practical workshop at which contractors, housing specialists, real estate brokers, and attorneys share their expert knowledge about preventive maintenance, home repairs, foreclosure prevention, real estate strategies, legal documents (deed, trust, will, Living Will, Power of Attorney, etc.).

Held at the Herndon Community Center, 814 Ferndale Avenue, Herndon, space is limited. Register by calling 703-787-7380 or 571-323-1439 (Español) or via email at neighborhoods@herndon-va.gov.

Take Steps Walk in Herndon

Celebrate the Inflammatory Bowel Disease (IBD community) at the Northern Virginia Take Steps Walk at Woodland Park Crossing in Herndon on Oct. 5. New theme this year: Tailgate! Put on your best jersey and join a pre-walk tailgate starting at 10 a.m. We’ll fire up the grill and bring the games, just make sure to bring your friends, family, and team spirit.

Registration is open! Register today at cctakesteps.org/NorthernVirginia

- ❖ 10 a.m. Check-in and Festival Start
- ❖ 11 a.m. Walk Start

(dog friendly, food, music, entertainment & fun for the whole family and much more!)

By joining Take Steps, you will become part of the IBD community, who not only provide support to each other, but who, together, are actively raising money to support the Crohn’s & Colitis Foundation fund research into better treatments and ultimately cures for IBD.

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, label, grammar, good taste and factual errors.

Write

Send to:
Letters to the Editor
By email: editors@connectionnewspapers.com

Public Meetings

2019 Fall Transportation Meetings

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with a brief open house followed by a public comment period. At the open house you can learn about various transportation initiatives, including:

- Adjustments to Virginia’s project prioritization process (SMART SCALE)
- Virginia’s Statewide Transportation Improvement Program
- VTrans Draft Mid-term Transportation Needs (Virginia’s Statewide Transportation Plan)
- Adjustments to the Highway Safety Improvement Program.

Representatives of the Office of Intermodal Planning and Investment (OIPI) and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia’s transportation network. The open house will be followed by a public comment period, during which you may provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Meeting Dates and Locations

Open House begins at 4 p.m. in each of the locations unless otherwise noted.

<p>Tuesday, October 15, 2019* Richmond District Richmond Marriott Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060 *This meeting will also provide opportunity for comment on the I-95 Corridor Study Plan</p>	<p>Tuesday, October 22, 2019** Northern Virginia District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.</p>	<p>Monday, October 28, 2019*** Staunton District Doubletree Hotel Harrisonburg 1400 E. Market Street Harrisonburg, VA 22801 ***meeting begins at 3 p.m.</p>
<p>Wednesday, October 30, 2019 Salem District Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017</p>	<p>Monday, November 4, 2019 Lynchburg District Lynchburg District Complex Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501</p>	<p>Wednesday, November 6, 2019 Hampton Roads District Hampton Roads District Office 7511 Burbage Drive Suffolk, VA 23435</p>
<p>Thursday, November 7, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210</p>	<p>Tuesday, November 12, 2019** Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.</p>	<p>Wednesday, November 13, 2019 Culpeper District VDOT Culpeper District Office 1601 Orange Road Culpeper, VA 22701</p>

Fall meeting materials will be available at <http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2019.

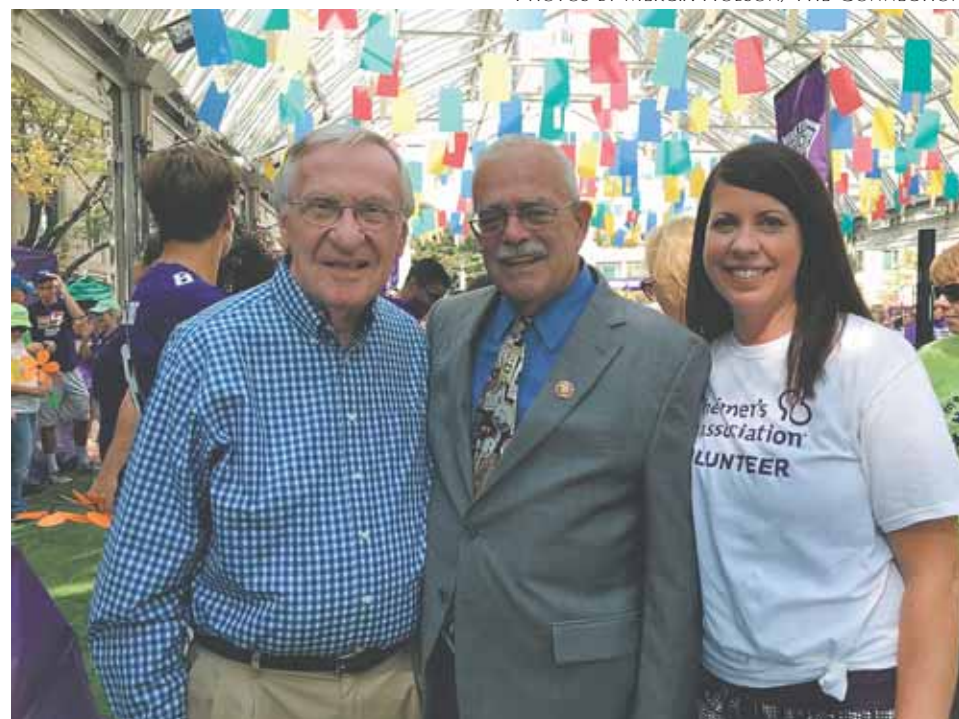
You may submit comments on any transportation projects and initiatives to OIPI Deputy Director Ronique Day, 1221 E. Broad St., Richmond, VA 23219 or PublicComments@OIPI.Virginia.gov. **Comments will be accepted until November 30, 2019.**

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation’s Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation’s Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Vaness Winter joins her husband, Pete and children, Chloe, 1, and Jaxon, 2, for the 2019 Walk to End Alzheimer's in Reston, supporting fundraising efforts and awareness for Alzheimer's.



Virginia Del. Ken Plum (D-36), U.S. Rep. Gerry Connolly (D-11) and Michele Alonso of Vienna.

Walk to End Alzheimer's Held in Reston

Leading the fight for Alzheimer's first survivor.

BY MERCIA HOBSON
THE CONNECTION

will cost the nation \$290 billion according to Alzheimer's Association.

The burden of Alzheimer's and other dementia on individuals is relentless. Sherry Gryder took part in the 2019 Walk to End Alzheimer's in Reston, held Sunday, Sept. 29 at Reston Town Center. As the top participant, raising \$20,535, she wrote on her Alzheimer's Association fundraising page: "You cannot yet fight or protect yourself from this deadly intruder. It first steals your short-term memory, then your logic and reasoning, bodily functions and ultimately your life. It is ALWAYS fatal."

According to Alzheimer's Association, Alzheimer's kills more people than breast cancer and prostate cancer combined.

The burden of Alzheimer's and other dementia goes beyond the individual. Its impact on caregivers and the nation's health care system is staggering. During the Ceremony preceding the Walk, Bill Kelly, the emcee announced, "Currently in the United States more than 5 million people, including 140,000 right here in Virginia, are living with Alzheimer's and 462,000 individuals are serving as their unpaid caretakers." In 2019, Alzheimer's and other dementia

THE 2019 EVENT marked the 30th Anniversary Celebration of the Northern Virginia Walk, one of 600 community walks held nationwide to raise awareness and funds for Alzheimer's care, support and research. In front of Kelly stood a sea of participants and volunteers of all ages and abilities, many wearing purple t-shirts emblazoned with the words, "Fighting for the First Survivor." Some stood with strollers and held posters with photographs of loved ones no longer with them. Others pushed senior family members and friends in wheelchairs or held their hands tightly. Each came to raise awareness and funds for Alzheimer's.

Registered participants received a wristband entitling them to a Promise Garden flower that best represented their connection to the disease. Blue represented someone with Alzheimer's or dementia; purple, someone who lost a loved one to the disease; yellow represented one currently supporting or caring for a person with Alzheimer's; and orange represented everyone who supported the cause and vision of a world without Alzheimer's. Participants could fundraise and walk alone or as mem-



Mary and Pete Stahl of Vienna at the 2019 Walk to End Alzheimer's in Reston.

bers of a team.

Jim Carter of Vienna understood firsthand the urgency of finding a cure. "I walk to honor my grandparents so that others in the years ahead won't need to walk on behalf of the millions of people who would otherwise be stricken by Alzheimer's. While I've dedicated this walk to my grandparents, I'm walking just as much for my children. I'd



Sponsor of the 2019 Walk to End Alzheimer's in Reston, Pam Phillips of Renaissance Annandale shows her orange flower to support the cause and vision of a world without Alzheimer's.

walk clear across the country if I thought that would protect them from Alzheimer's," said Carter, who serves on the Board of Directors for the Alzheimer's Association Na-

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What Do Participants Say

Michele Alonso of Vienna, Alzheimer Ambassador to Congressman Connolly: "I'm a liaison between his office and the (Alzheimer's) Association. Congressman Connolly is a true champion for our cause and always votes yes for NIH funding and supporting legislation. I lost my dad to younger-onset Alzheimer's. He was diagnosed in his late 50s and passed at 67. My mom was

his primary caretaker."

Mary Stahl of Vienna: "We're walking for Team Manny, after my dad who is in a Memory Care facility in Texas. We've raised over \$1300 and more is to come. Family is key to me. How can we identify it early?"

Pete Stahl of Vienna: "Identifying early,

you can take action."

Vaness Winter works in Reston: "I raised over \$1300 with a Team of Fantastic Four."

Aaron Winter: "We are doing this for Estelle Santander who lives in Arlington."

Pam Phillips of Renaissance in

Annandale- "We have approximately 30 people on our team and raised \$1500. The more awareness we can bring to Alzheimer's and dementia, the better...My mother passed away from dementia in 2012. Now I've opened my own dementia secure community through Legacy Living Senior Living. My wish is for people to treat those with dementia with honor, dignity, and respect...It is an honor to serve our residents."

OPINION

We Will be Watching You!

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



For the second week in a row my column opens with a reference to six-teen-year-old Swedish climate activist Greta Thunberg who spoke to the United Nations Climate Action Summit last week after having sailed across the Atlantic on a zero-emissions sailboat. Her message was hard hitting. As she had said to a Congressional committee, it was not necessary that she speak for a long period of time for the scientists had already spoken in the numerous reports on climate change that had been written. As a leader who had inspired weekly sit-ins outside the Swedish Parliament resulting in a growing movement of youth climate activists holding their own protests in more than 100 cities worldwide her message was clear to the world leaders: "We will be watching you...How dare you continue to look

away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight!"

Gun violence is an issue about which young people have become increasingly concerned as well. A student who was at the high school in Parkland, Fla., when there was the mass shooting there has been quoted in the Washington Post as saying that "You see these shootings on TV every day and very little happening around it. It's painful to watch. And I think it's been really hard for me and many other students and people that we work with to find hope in this time." Once again, the young people are watching.

Students from the high school in Parkland have formed an organization called March for Our Lives whose very name indicates the seriousness with which they are approaching the issue of gun violence.

They have more than 100 chapters nationwide. Their proposed plan to combat gun violence, "A Peace Plan for a Safer America," goes well beyond the limited measures being debated in the adult world. Their plan creates a national licensing program with a gun regis-

try, a ban on assault weapons and high-capacity magazines, a waiting period for gun purchases, and a mandatory buy-back of assault weapons. Their program may seem extreme to many, but it deserves careful attention for it is written by young people who have the experience of having survived a mass shooting where their friends around them did not survive. Once again, we can expect that these young people and others will be watching what we adults do about this issue if indeed anything is done. Many years ago I worked in a manufacturing plant in the Shenandoah Valley with a man who as a devout member of the Brethren Church.

He would regularly remind me that we should live our lives as though someone is watching us for we could be sure that someone is watching us and observing our ethics, honesty and sincerity. We may be able to talk a good game, but those observing our behavior can learn more about us than we may care for them to know. In the political world these days there is way too much talk and too little action on critical life and death issues. Young people are watching and are calling us out!

COMMENTARY

LETTERS TO THE EDITOR

No More Stonewalling on Gun Safety Legislation

To the Editor:

We have seen too many mass-shootings in America. Statistics show that compared to other high-income nations, the United States' gun-related murder rate is 25 times higher and accidental gun deaths is six times higher. Polls indicate a majority of Americans favor strong background checks and

banning assault-style weapons.

And we have seen how Republicans in Virginia continue to stonewall gun safety issues, most recently when the Republican majority voted as a block to adjourn without debate the special assembly of the Virginia General Assembly called to act on a series of gun safety bills. We need representa-

tives in the Virginia General Assembly who are willing to pass gun safety legislation supported by the majority of its citizens. Del. Kathleen Murphy (D-34) has a track record of working on such legislation and sponsored bills such as preventing domestic abusers from obtaining or keeping guns. She also founded the Gun Violence Prevention Caucus.

She supports enhanced background checks and closing the gun show loophole, banning bump stocks and semi-automatic firearms with high capacity magazines. Her opponent in this year's election is currently silent on gun safety legislation. The citizens of Virginia deserve more than silence and stonewalling on a topic of such importance.

Jocelyn Brittin
McLean

Virginia Is the Roadmap to Win in 2020

To the Editor:

The Washington Post's Sept. 15 article, It's on: VA. Voters flip switch for 'off-off-year' elections, well captured the enthusiasm among Democrats in this year's Virginia election. But the article overlooked how Democrats in this state have approached campaigning and governing since 2016 which will positively influence this year's races. Virginia will provide

a roadmap for current Presidential candidates and other states to win in 2020. Beyond turn-out and hatred for Donald Trump, Virginia Democrats have worked with Republicans and other progressives on issues important to voters and rallied to support candidates who won their primaries. In 2017, Tom Perriello lost the primary for the Governor but still pledged to elect Ralph Northam. One of Northam's

first accomplishments as governor was to work with Republicans to expand Medicaid, which has enrolled 300,000 low-income Virginians. On gun safety, practical solutions moved forward by Del. Kathleen Murphy when in 2016 she helped pass a law, which prohibits people under a permanent protective order from possessing a firearm. Murphy accomplished this in a Republican-controlled leg-

islature and didn't resort to dirty tactics such as when Republicans abruptly cut short a special session to pass gun legislation to quash debate. Virginia Democrats are not perfect but bipartisan work and the party's cohesiveness helped them win big in 2018 despite gerrymandered districts. Let us hope other candidates learn valuable lessons from Virginia's election this November.

Kristin Battista-Fraze
McLean

Democrats Deliver on Transportation Projects

To the Editor:

Many Northern Virginia elected officials deserve our support for all they have done to address our area's transportation issues. It takes long term commitment and cooperation among citizens, elected officials and government agencies to solve these complex challenges. Our Democratic representatives, Del. Kathleen Murphy, State Sen. Barbara Favola and Fairfax County Supervisor John Foust have worked closely with all interested citizens, attending lit-

erally hundreds of meetings in their districts, seeking community input to represent their constituents' interests and concerns to VDOT and fellow elected officials.

In Richmond Kathleen Murphy and Barbara Favola have been fighting for Northern Virginia's fair share of transportation funding for years.

The landmark 2015 transportation bill that laid the groundwork for comprehensive transportation improvements throughout Virginia, was supported by them and

all other Democrats, while being opposed by many Republicans.

While these representatives would be the first to say there is much more to achieve, many citizens are grateful for what has been accomplished.

Here is one example I know about firsthand.

When the initial plans for widening Route 7 were released by VDOT, many in the Route 7 corridor were concerned that the design would negatively impact communities along the route. Further,

the plans did not provide sufficient access to Route 7. I contacted Del. Murphy. She immediately contacted Sen. Favola and Supervisor Foust.

They submitted a joint request to VDOT representing citizens' concerns.

This resulted in VDOT changing the plan to preserve green areas and provide better, safer access to Route 7.

Jay Volkert
Vienna

Reston
CONNECTION

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NEWS

Walk to End Alzheimer's

FROM PAGE 3

tional Capital Area Chapter. Carter exceeded his goal of \$2000, raising \$2775.

The Alzheimer's Association did not charge walkers to register with them; however, they asked every walker to make a personal donation and commit to raising funds in the fight against Alzheimer's. Cindy Leach Schelhorn the Senior Director, Communications and Marketing at Alzheimer's Association, National Capital Area Chapter, said that more than 1000 registered participants composed of 154 teams raised funds to benefit those affected by the disease. By Sunday evening of race day, the online site showed \$272,425 raised, 80 percent of the \$340,000 goal. More donations are still coming in and will be accepted.

Kathy Jackson of Reston recalled her mother Beverly was diagnosed with early-onset Alzheimer's in 2000 and died in 2012. "My first Memory Walk was in 2004, and I've walked each year since. ... I now have an aunt who was diagnosed with Alzheimer's recently, so I will keep walking until we get that first survivor, and then until Alzheimer's is gone for good," she said. Jackson raised \$1,185 toward her goal of \$2000 as of race day.

MANY INDIVIDUALS like Jackson and Carter continue to walk and raise money

year after year for the Alzheimer's Association, but for Chris Schubert of Centreville and his family, this year marked the first time. "My family and I are walking in honor of my grandfather, Cirk 'Punga' Dorland, and my great uncle, Kenneth 'Uncle Kenny' Marschke, who were both diagnosed with Dementia/Alzheimer's. Witnessing the devastation this horrible disease has on not only the patient but also on everyone around them, really made me want to get involved in any way I could. My mother was the main caregiver for my grandfather, and I saw up close the effect it had on her and my grandmother ... We went in expecting to raise maybe \$1,000 and ended up with just over \$4,000...We will definitely be back next year with even better fundraising," he said.

Schubert touched on caregiver stress, how overwhelming it can be to take care of a loved one with Alzheimer's or other dementia. Del. Ken Plum (D-36) and Congressman Gerry Connolly (D-11) spoke about caregivers, support and resources. Plum said, "My greatest wish is that the caregivers get the recognition they deserve."

Connolly urged to accelerate research through additional funding and the need to assist caretakers. "We have to shore up NIH and support caregivers. We've got to double our resources and efforts and provide support to their loved ones who succumb to the disease."

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2019 Reston Multicultural Festival

Naturalization Ceremony: Diversity is what makes us strong.

BY MERCIA HOBSON
THE CONNECTION

“This is my favorite thing on the plaza for the whole year,” said Cheryl Terio-Simon, wife of the late Robert E. Simon, Founder of Reston as she walked the Lake Anne Plaza during the 2019 Reston Multicultural Festival held Saturday, Sept. 28.

Presented by Reston Community Center, hosted by Lake Anne Plaza and co-sponsored by Reston Association with partners from a variety of Reston based organizations and businesses, the signature event celebrated the diversity and community spirit that makes Reston special.

During the Festival Welcome, U.S. Rep. Gerry Connolly (D-11) said he loved coming to the Festival because it celebrated something that until recently, people took for granted. “We need to remind ourselves and the rest of the country that it (diversity) is a good thing ... in Fairfax, we’ve built on multicultural community. ... Bob Simon insisted Reston be interracially integrated... Reston was founded on that principle not to make a point or make a statement but make sure that welcome mat was open.” According to Connolly, “In Fairfax County, 30 percent of us are foreign-born.” We speak more than 100 languages... our crime rate went down to the lowest in America. Our high school graduation rates went up as the highest in America; our dropout rate the lowest in America. Our median income is in the top three in America; the job rate exploded; we have 650,000 jobs in Fairfax County. You have to conclude, those waves of new Americans coming into our community made it better.”

Del. Ken Plum (D-36) reminded citizens that it “...becomes necessary now in the current political climate for us to be willing to speak out... and extend a hand of welcome and acknowledgment of the strength that comes with a diverse community, such as we have (in Reston).

DIVERSITY could be found in the music, performances, storytelling and demonstrations at Festival. Organizers showcased a wide variety of performances and entertainment on three stages such as the vibrant music of Andes Mantas featuring 35 instruments. Stories and demonstrations in the activity area enticed children and adults. Community members explored the “Art Mirrors Culture, the Reston Multicultural Inter-generational Exhibit” and the exhibit of 3-dimensional works, answering the question, ‘How does art mirror culture in your work?’

Cathy Baum, President Reston Association Board of Directors, said at the conclusion of the Festival Welcome leading into the Naturalization Ceremony, “This day also

SEE DIVERSITY, PAGE 7



Children create art as the New Line Brass band goes New Orleans-style with a procession around the festival grounds following the Welcome Ceremony and Naturalization Ceremony during the 2019 Reston Multicultural Festival.



Kimberly Zanotti, Washington Field Office Director U.S Citizenship and Immigration Services, Fairfax, tears up while the South Lakes High School Chorus sings The Star-Spangled Banner.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



New citizens wave their flags, the Stars and Stripes at the Naturalization Ceremony held at the 2019 Reston Multicultural Festival.



Candidate for citizenship, Rosa Wolfersberger and Tidiane Gueye, Supervisory Immigration Services Officer, Washington Field Office shake hands as he presents her as one of the candidates during the Naturalization Ceremony held at the 2019 Reston Multicultural Festival.



Following the Oath of Allegiance, new citizens recite the Pledge of Allegiance.



Candidates for citizenship read the Oath of Allegiance.

New Citizens & Loved One's Comments

New Citizen, Rosa Wolfersberger of Leesburg: I'm extremely happy and proud because it was a long journey to get to this day. I felt very loved and appreciated not only by my family but the whole community.

Husband, TJ Wolfersberger: I'm proud of you, Rosa, this country and the opportunity it provides us.

New Citizen, Dominik Firlej of McLean: I'm very happy excited and a little hot...This ceremony was the best, and I will be doing volunteer service.

New Citizen, Celine Catlett of Woodbridge: It's a life-changing moment, and I'm proud of being an American citizen now. It's not the country I was born in but the country I choose to live in and grow my family.

Husband, Ryan Catlett: It was fun studying with Celine, and she did a great job. At this point, she probably knows more civics than I do. Celine took the test Monday, and it coincided that there was an opening today (for the Naturalization Ceremony.) Brazil and the United States both have a lot of patriotism, but it was still a tough decision for her.

New Citizen, Shashidhar Mandewalkar of Aldie: I'm excited, and it's a feel-good experience.

Daughter, Sanchi Mandewalkar, 6: I'm excited (for my father) and we're having a party later.

Presentation of the Colors and the singing of the national anthem by the South Lakes High School Chorus.

Next, Tidiane Gueye, Supervisory Immigration Services Officer, Washington Field Office presented the candidates, followed by Zanotti administering the Oath of Allegiance and leading the Pledge of Allegiance. In her remarks, Zanotti urged the new citizens to become involved, engaged citizens. "Volunteer at a local organization. Run for public office. Cast your vote on Election Day. Being American is not about one's religion, the color of one's skin, or the place of one's birth. Rather the United States citizenship speaks to our character, our country to transcend the differences by bestowing upon us all equal rights and responsibilities. Your participation is critical to the continued success of this nation. Again, congratulations to all of you for fulfilling your dream of becoming an American citizen today. I wish you the best of luck as you start this new chapter in your life."

In addition to her remarks, Zanotti said that Kenneth Cuccinelli, Acting Director, U.S. Citizenship and Immigration Services sent his best regards in a letter.

KEYNOTE SPEAKER Connolly summed up what naturalization means to the new citizens and the message it sends to United States born citizens. "That flag is your flag. The name, United States, is your country. And with it come the rights and responsibilities of citizenship. This is my 25th Naturalization Service at which I've spoken...I like to come to every one I can because I think it is vitally important that America welcomes its newest citizens as one of us. And that we deliver a strong message about inclusion and about diversity. That is what makes America strong.. Thank you for joining this great American family...and bless you all."

Diversity Celebrated at Multicultural Festival

FROM PAGE 6

reminds us of our founder, Bob Simon...He didn't just create new homes here; he created a different type of community. It celebrated diversity and community spirit... When we cherish and value each other for our differences, and our similarities, we become stronger individuals and stronger

collectively."

During the Naturalization Ceremony families and friends had the opportunity to witness the culmination of the process of becoming a United States citizen. Kimberly

Zanotti, Washington Field Office Director U.S Citizenship and Immigration Services, Fairfax, Virginia welcomed the "soon to be American citizens" and introduced the South Lakes High School JROTC for the

PHOTOS BY
MERCIA HOBSON/
THE CONNECTION



Surrounded by loved ones, new United States citizen, Celine Catlett holds her daughter, Georgia, 10 months.



Candidate for citizenship, Shashidhar Mandewalkar with his mother, Indrabai Gaddad and his daughter, Sanchi, 6, before he takes the Oath of Allegiance and recites the Pledge of Allegiance during the Naturalization Ceremony held at the 2019 Reston Multicultural Festival.

CALENDAR

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

ONGOING

Fall Pumpkin Festival. Through Nov. 3, 10 a.m.-6 p.m. at Ticonderoga Farms, 26469 Ticonderoga Road, Chantilly. Enjoy the changing of the leaves and the cool crisp air in the great outdoors at our Fall Pumpkin Festival. \$11-\$18. Visit www.ticonderoga.com.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket for more.

Reston Farmers Market. Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. For list of vendors and more information, visit www.fairfaxcounty.gov/parks/farmersmarkets/reston.

Centroid Towns: Like a Passing Shadow. Through Jan. 4, at GRACE, 12001 Market St., Suite 103, Reston. GRACE presents the next chapter of Baltimore-based artist Nate Larson's Centroid Towns project. Since the first US census in 1790, the United States Census Bureau has been recording the mean center of population as it moves steadily west and south. The first Centroid Town recorded was Chestertown, Maryland, and the projected Centroid of the 2020 census is Hartville, Missouri. Larson will dive deeper into the community of Waterford, Virginia, Centroid Town of 1810. Visit restonarts.org/exhibition/nate-larson/ for more.

NOW THRU OCT. 30

Fiber Artist Anne Smyers. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Smyers exhibits art quilts reflecting her love of flowers and botanicals, which she uses to create gardens, mandalas, and cultural commentary. Visit www.annesmyers.com.

NOW THRU OCT. 31

Giant Food Community Bag Fundraiser. 5 p.m.-12 p.m. At Giant Food Store, 1450 North Point Village Center, Reston. Cindy's Legacy, Reston-based charity that provides financial aid to cancer patients, has been selected the beneficiary of Giant Food's October Community Bag Program at the Reston location. Cindy's Legacy will receive a \$1 donation every time the \$2.50 reusable Community Bag is purchased. Founded in 2011, Cindy's Legacy honors the legacy of Cindy Delisi Martin, a Reston native who passed away from brain cancer. Visit the website: www.cindyslegacy.org.

OCT. 3-27

The Glow: A Pumpkin Wonderland. Thursday-Sunday nights in Lake Fairfax Park, 140 Lake Fairfax Drive, Reston. Enjoy an immersive Halloween stroll along a trail illuminated by thousands of intricately carved pumpkins, many highlighting the Capital City's most famous including pumpkin look-a-likes of iconic landmarks, musicians, movie stars, superheroes and princesses. Autism Speaks Night on Sunday, Oct. 6 at 7 p.m. with adjustments made for guests on the autism spectrum. Advanced tickets are required. \$16.99 for children; \$22.99 for adults, at www.glowpumpkin.com/washington-dc.



Herndon Farmers Market

Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Visit www.herndon-va.gov/FarmersMarket for more.

SATURDAY/OCT. 5

NCA Rise Up Against Addiction 5K Walk/Run. 8:30 - 11 a.m. At Scout & Molly's Reston, 11944 Market Street, Reston. All funds raised help to ensure that every American with a substance use disorder has access to high quality, science-based treatment. Call 203-247-9581. Visit www.shatterproof5k.org.

Joseph Ribkoff Trunk Show. 12 - 6 p.m. At Scout & Molly's Reston, 11944 Market Street, Reston. Shop the largest collection in Northern Virginia and place orders for spring 2020. Call 571-526-4185. Visit www.scoutandmollys.com/reston.

Hispanic Heritage Month Celebration. 1-5 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Celebrate with award-winning local authors who will share their poetry and short stories. Books will be available for purchase and signing. Visit <https://www.fairfaxcounty.gov/library/events>.

An Evening with Beverly Cosham. 8 p.m. At CenterStage, Reston Community Center Hunters Woods. Reston's own Beverly Cosham has been entertaining audiences for years with her intensely personal and moving interpretations of the Great American Songbook. This evening of stunning selections will remind you that music can fill your soul. Cost is \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com.

SUNDAY/OCT. 6

Barn Sale. Noon-4 p.m. at Lift Me Up!, 9700 Georgetown Pike, Great Falls. Support Lift Me Up! a local non-profit organization. Deals on saddles to riding apparel to blankets and more. Prices are as low as \$1. Rain or shine. Donations accepted. Email jackie.collins@liftmeup.org or visit liftmeup.org for more.

THURSDAY/OCT. 10

Bernstein Does Broadway. 12:30-1:30 p.m. At Reston Town Square Park, Reston. Part of Lunchtime with the Arts at Mason. Mason's School of Theater presents highlights from the groundbreaking Broadway compositions of Leonard Bernstein, composer of such hits as Candide, West Side Story, and On the Town.

Free. Presented by Reston Community Center in partnership with GMU College of Visual and Performing Arts. Hosted by Reston Town Center Association. Call 703-476-4500. Visit www.restoncommunitycenter.com.

SATURDAY/OCT. 12

Gretchen Scott Trunk Show. At Scout & Molly's Reston, 11944 Market Street, Reston. Be first to see Gretchen Scott's fall designs and receive 10% off. Call 571-526-4185. Visit www.scoutandmollys.com/reston.

Walk Like MADD 5K Dash/ Bark Like MADD. 9 a.m.-noon at Herndon Police Department, 397 Herndon Parkway, #300, Herndon. Walk Like MADD is MADD's signature fundraising event to help us raise both awareness and funds to eliminate drunk and drugged driving. \$25. Email Jennifer.Hamilton@madd.org or visit www.walklikemadd.org.

SUNDAY/OCT. 13

Reston Pumpkin 5K & Kids' Dash. 8:15 a.m. At Reston Town Center. Get off the couch and get ready for the Greater Reston Chamber of Commerce's annual run! Participants are encouraged to debut their Halloween costumes and join in the fun with the whole family! Details and registration: www.restonpumpkin5k.com. Call 703-707-9045 or visit www.restonchamber.org

Book Launch Party - Leading the Way: Women in Power. 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. in Reston. Virginia State Sen. Janet Howell of Reston and her daughter-in-law Theresa Howell introduce their new book, an engaging and highly accessible compendium for young readers and aspiring power brokers. Leading the Way: Women in Power spotlights the careers of 50 American women in politics from both sides of the aisle. Call 703-966-2111 or visit www.scrawlbooks.com

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended.

Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

THURSDAY/OCT. 17

Weekend Food for Kids. 10 a.m. At Dominion Energy, 3072 Centreville Road, Herndon. Free. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. Arrive at 9:30 a.m. if you would like to help with setup. No RSVP necessary. Visit the website www.alnv.org.

SATURDAY/OCT. 19

Reston Homes Tour. The 18th Annual Reston Homes Tour will offer a chance to view five private residences, all with varying architecture style and flair. In addition, the tour will include Reston's newest luxury apartments — The VY/Reston Heights — where they will offer a "Taste of Autumn" and Hunters Woods at Trails Edge, Reston's retirement community where you can purchase a \$12 box lunch (all proceeds will benefit the Reston Historic Trust and Museum). Tickets on sale online at <https://www.restonmuseum.org/event-details/reston-home-tour-2> and in-store at the Reston Museum, The Wine Cabinet, Chesapeake Chocolates, and GRACE. Early bird rate available in-store are \$25, early bird pricing ends Oct. 11. Sponsored by The Reston Historic Trust & Museum.

TUESDAY/OCT. 22

Documentary Screening. 7-9 p.m. At Reston Regional Library, Rooms 1 and 2, 11925 Bowman Towne Dr., Reston. Free showing of the documentary "An Endless War? — Getting Out of Afghanistan", a documentary film directed by Bob Coen. The one hour documentary will be followed by a discussion session hosted by the Herndon Advocacy Team for peace and social justice. This presentation is supported by the Friends Committee on National Legislation. Call 703-742-8561. Visit the website: www.fcnl.org.

SATURDAY/OCT. 26

UCP Craft Fair. 10 a.m. to 4 p.m. At United Christian Parish, 11508 North Shore Drive, Reston. This juried fair showcases a wide variety of quality handcrafted items from 33 area craftspeople. Lunch and a bake sale will be available. Free Admission and Parking A portion of the proceeds will benefit Herndon-Reston FISH, a local non-profit that assists area residents in crisis. A Fall Festival, with family activities will be held in conjunction with the fair. Visit www.unitedchristianparishartandcraftfair.com.

SUNDAY/OCT. 27

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

Tony-Winning Musical Opens New Theater Season

Reston Community Players to present 'A Gentleman's Guide to Love and Murder.'

BY DAVID SIEGEL
THE CONNECTION

Opening its 53rd season, the Reston Community Players (RCP) are presenting, "A Gentleman's Guide to Love and Murder." The 2014 Tony-Award winner combines murder with comedy and music.

"A Gentleman's Guide to Love and Murder" retains a classic aesthetic but with humor that is modern and relevant," said Rich Farella, director. "The show spoofs every stereotypical character of Victorian British high society. In doing so, it spoofs our current society...a show brimming with silliness and wit."

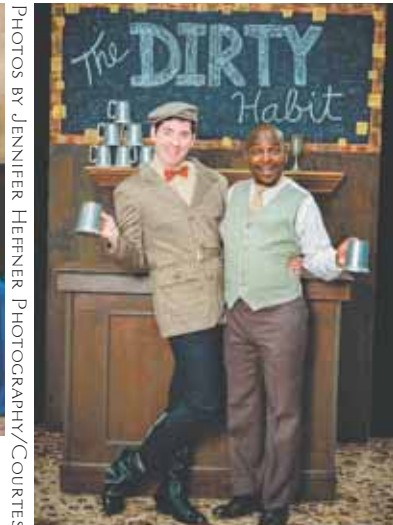
Set in London in 1907, "Gentleman's Guide" focuses on the low-born Monty Navarro, who suddenly learns that he's ninth in line for an earldom in the lofty D'Ysquith family and sets out to speed up the line of succession by using a great deal of charm ... and a dash of murder. Then again



Rehearsal picture for Reston Community Players 'A Gentleman's Guide to Love and Murder:' Aaron Paige as Monty Navarro in a love triangle between the Sibella (AnnaBelle Lowe at left) and Phoebe (Holly Kelly at right).

murder isn't the only thing on Monty's mind. What about love too?

"The primary conceit of 'Gentleman's Guide' is that all 8 of



Rehearsal picture for Reston Community Players 'A Gentleman's Guide to Love and Murder,' (from left) Patrick Graham as D'Ysquith and Aaron Paige as Monty Navarro.

the D'Ysquiths are played by one actor. I am super excited to have one actor play all these roles as it not only showcases the talent of

Where and When

Reston Community Players present "A Gentleman's Guide to Love and Murder" at Reston Community Center's CenterStage, 2310 Colts Neck Road, Reston. Performances: Oct. 18-19, Oct. 25-27, Nov. 1-3, and Nov. 8-9, 2019 at 8 p.m. With 2 p.m. matinees on Oct. 27 and Nov. 3, 2019. For tickets, call 703-476-4500 or online at www.restonplayers.org. **Note:** CenterStage is accessible and offers listening devices for the hearing impaired.

an actor but heightens the comedy."

Leading the cast of "Gentleman's Guide" are Aaron Paige in the lead role of Monty Navarro and Patrick Graham, who portrays all eight members of the D'Ysquith Family. Joining them are AnnaBelle Lowe, Holly Kelly, and Sara C. Watson. Ensemble members include Julia A. Braxton, Maura Lacy, Jolene Vettese, Brandon Steele, Joey Olson, Jake Lefler and James P. Maxted.

The nearly two dozen musical numbers are led by musical director Blakeman Brophy. Choreography is by Paige Wakefield with Dan Remmers, set designer.

For Paige, "Monty Navarro is hero, villain, lover, prankster all at the same time I am honored to be

able to develop this character amongst so many talented colleagues."

Graham, who plays all eight members of the D'Ysquith Family, said, "This show is so funny and smart. Being the D'Ysquith Family is such a personal challenge. Taking on so many roles and developing these strange and unique characters is like being on a bullet train. Once it takes off there no stopping!"

Get ready for the Reston Community Player's "A Gentleman's Guide to Love and Murder."

"I want the audience to come away from this show with a smile on their face, impressed with not only the comedy but also the vocal talents of our cast," said Farella.

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NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Thomas Godwin of McLean concentrates as he prepares to throw in the frisbee competition.

Frisbee, Football Throwing Events Held at Senior Olympics

The 2019 Northern Virginia Senior Olympics (NVSO) featured the frisbee and football throwing events, including the softball hit and throw events, at Wakefield Park in Annandale

on Sept. 18. The 37th annual NVSO provides senior adults with an opportunity for competition, self-improvement, and fellowship through various athletic and recreational events.



Vienna resident Ken Unger won a silver medal with a throw of 125' 5". It was Unger's first time competing in the NVSO.



Falls Church resident Mary Lou D'Alessandris makes contact with the softball to win a gold medal in the 80-84 age group.



Gharemon Suleymon from McLean throws the softball 100 feet to come in fourth place in his division.

BULLETIN

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

SATURDAY/OCT. 5

Mental Health and Wellness Conference. 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness to register.

TUESDAY/OCT. 15

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

FRIDAY/NOV. 15

Construction Career Fair. 10 a.m. to 6 p.m. At Dulles Expo Center, North Hall, 4320 Chantilly Shopping Center, Chantilly. Interested in a career in building America's infrastructure? Employers will be collecting resumes, discussing current openings, and interview applicants on site. Industry employers are seeking new employees at all levels, from laborers to engineers. This event is free to all job seekers. Visit the website <http://www.nuca.com/careerfair>.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifitness.com 703-904-7600 for more.

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When Compounding isn't a Good Thing



By KENNETH B. LOURIE

Dealing with a cancer diagnosis is one thing, and certainly a big thing, but I'm much better dealing with it when the 50 million other things we all have to deal with are not having to be dealt with (ending a sentence with a preposition notwithstanding) at the same time. And not that I'm the least bit unique in having all these other tasks and concerns or even the most bit interesting in that I have them. Hardly. They are simply the elements that sometimes make living more of a job and less of an adventure. That being said, when I am uncluttered by these mundane responsibilities and am able to focus on the things I want to do rather than the things I have to do, I am so much more able to fend off the inevitable demons that haunt any of us diagnosed with a serious/in my case "terminal," disease.

The last month was, and still is, such a month. It all started with my application for a reverse mortgage. After the first company I engaged gave up, I met another, local company who so far has exhibited the wherewithal to get the application approved. However, the structural integrity problem you regular readers know about has impeded the progress I was hoping to have made by now. Not knowing yet the estimate to right this wrong, I am twisting in a bit of an ill wind, and I assure you, it is not improving my demeanor.

Yes, "Medicare is in The House," but as of September 27, it's sort of a house divided. Because even though its effective date was September 1st, I've not received an invoice. And since I haven't paid for any new coverage, am I still supposed to cancel my old, in-force "Obama Care?" Moreover, if I don't know exactly what I have, am I supposed to buy a Medicare Supplement for coverage I don't know for sure even exists? I mean, it's not as if my medical welfare/financial future depends on it. So yes, I'm even more worried, and obviously confused.

If the unresolved reverse mortgage and health insurance situations weren't sufficient enough to stress over, consider my concern for the "Diabetic Duo," our two cats with diabetes. Other than the real possibility that either, if not both, of these cats will die on our watch, the expense of sustaining their lives is past adding up. Items include insulin, syringes, prescription wet food, prescription dry food, two sizes of pee pads (because the liter box has less interest to them or they can't quite see it) and since they're eating and drinking constantly, we're buying more liter than ever before, and vet bills: diabetic boarding when we've been away for a weekend or two and glucose monitoring every week to 10 days to check their sugar level, all times two. Can you say credit card?

Two other extremely mundane tasks have also fallen on me during this time line. Both involving the M.V.A., never an easy process: emissions inspection and a driver's license renewal. Again, not Herculean tasks, but in the middle of all this other stuff. The issue? More money and possibly more hassle to resolve their respective 'issues:' possibly replacing a catalytic converter in the 29 year-old Honda Accord, which has happened previously under identical circumstances, and renewing one's driver's license, which now comes with a host of never-before identification/security requirements which if I don't have/can't prove, present another slew of potential entanglements. And of course, the eye test. I don't wear glasses. What if I fail the test and they tell me I need glasses. Then I have to see my way through that morass, and delay resolving another task.

And just to complicate matters, I am waiting for results from my bi-monthly CT scan and my wife, Dina, is waiting for results from a scan she recently completed. Though neither one of us is the least bit symptomatic, we are hardly dealing in absolutes here. Absolutely though, I will say, I am thrilled to finally check a few boxes. Once I check the rest, I'll be back to abnormal and then I can plan for the future rather than plod through the present.

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



Parents help their children during warm-ups before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center to benefit the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax.



The Minh Bui Family gathers for a group photo before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

Running for Many Reasons

Charity 5K
'Makes It All Better.'

By MERCIA HOBSON
THE CONNECTION

On Saturday, Sept. 28, the nonprofit medical group practice, Pediatric Specialists of Virginia (PSV) located in Fairfax held its 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center attracting a reported 334 participants and 32 teams. By Monday, Sept. 30, \$43,874 showed as raised according to firstgiving.com benefitting Pediatric Specialists of Virginia. Top Team, Team Thaitan, named after Thaitan Vinyoongphan diagnosed with Neuroblastoma Stage 4 Cancer since May 2018, raised \$4,010.

The specialists at Pediatric Specialists of Virginia care for children from Northern Virginia and surrounding areas during their hospital stays at Children's National and Inova Children's Hospital and throughout their childhood on an ongoing, outpatient basis. Proceeds from PSV's yearly fundraiser, its charity 5K and Health Fair, support its philanthropic mission "to provide superb pediatric specialty care to children of Northern Virginia, including children and families dealing with serious or chronic illnesses, experiencing hardship."

Christopher Lawlor, MD Medical Director of Cancer and Blood Disorders, works at the Fairfax office. As Chair of the Pediatric Specialists of Virginia Philanthropy Committee, he looked forward to the opportunity to participate. "Proceeds from the event go to direct patient care as well as research, education and innovations. We have charity care for patients who have limited resources. We care for tens of thousands each year, from infancy to twenty-one with some patients continuing after that," he said.

NEAR THE START line, nine-year-old Matteo Lambert of Vienna, sat on a bench with his dad, Brandon. He wore a blue and red cape with the image of a boy from Al-



Virginia Del. Ken Plum (D-36) wishes Matteo Lambert good luck before he takes off to support Hopecam at the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center.

exandria, on it; someone Matteo Lambert did not know personally but understood was fighting cancer. Matteo Lambert said, "I run because I want to help other people, and it's fun." Matteo added he remained committed to his original goal of running 32 5K races in 2019 to raise awareness for children with cancer and Hopecam, his charity passion. The 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center would be the 28th race he'd run to benefit Hopecam, whose mission is to overcome the social isolation experienced by children in treatment for cancer.

According to Matteo, his father introduced to him a co-worker of his, Len Forkas, founder of the nonprofit organization, Hopecam. Matteo Lambert explained, "Hopecam helps (seriously ill) kids by connecting them with their classmates using a computer or iPad. The kids are going



Lauren Lipchak of Reston with her son Wesley before the start of the 5th annual 5K & Family Health Fair: Race To Make It All Better at Reston Town Center benefiting Pediatric Specialists of Virginia.

through some tough stuff."

Near the Lamberts, many parents and children mingled, feeling the camaraderie and fellowship. Lizbeth Molina, who works in Pediatric Specialists of Virginia's Fairfax office, said, "Seeing what the practice is doing for the children is awesome." Lauren Lipchak of Reston recognized not only what Pediatric Specialists of Virginia did for her sister but also what it offered her parents. "My sister has cystic fibrosis, and when she was younger, she spent much time in the hospital. It was important to my parents how much support they received, and different organizations made a difference," she said.

The Swingle family of Springfield, Andrew, 11, Joseph, 6, and mom, Vivian understood first-hand. Joseph said, "We run for diabetes because my brother goes to PSV for his endocrinology care."

For brother Andrew Swingle, though,

competition and record-breaking drove him to the event. "I want to break a nine-minute mile."

Peter Batista of Oakton said he chose to run because he interpreted at Pediatric Specialists of Virginia, and they provided "great care."

With the race set to kick off at 8:30 a.m., participants visited the health booths, bid on auction items via the PSV Silent Auction website and enjoyed the music courtesy of guest emcee, DJ Chris Styles. Following introductions, words of thanks to sponsors such as Platinum Sponsor AbbVie, Golden Sponsors Novo Nordisk and Alliance and others, and a brief warm-up, racers assembled at the start line.

LIKE SO MANY OTHER CHARITY RACES, the mood appeared light with a feeling of fellowship. Among the hundreds of racers running for Pediatric Specialists of Virginia, Mateo Lambert waited quietly, joined by Joseph Dagbe, 17, of South Lakes High School. Dagbe said he came to race to run beside Matteo because he "is an inspiration to me."

Virginia Del. Ken Plum (D-36) also found Mateo Lambert. "Always glad to be with you, young man," said Plum. Not to worry, Mateo said. He explained he got his superpowers from the super kid whose image was on his cape.

As the horn blasted, racers took off, and a short time later Matteo Lambert, 9, of Vienna crossed the finish line. He placed 9th overall and 1st in his age group, chip time 28:02.1. Lambert said he would mail his award medal and cape to Lucas; they belonged to Lucas as he gave Mateo the power to run.

James Casey, 39 of Fairfax Station placed 1st, chip time 22:12.6. After the race, asked why he ran, Casey replied, "I had a daughter born at 24 weeks. Pediatrics was important to me because of my daughter."