

South Lakes High School teacher Lindsay Trout was 'arrested' in last week's Muscular Dystrophy Association Lock Up. She was one of the fund raisers' high earners.

Reston Interfaith Keeps Up — So Far
COMMUNITY PAGE 12

IN JAIL 4 MDA

Dozens 'Arrested' In Fund Raiser

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Recruit Me: Becoming College Athlete
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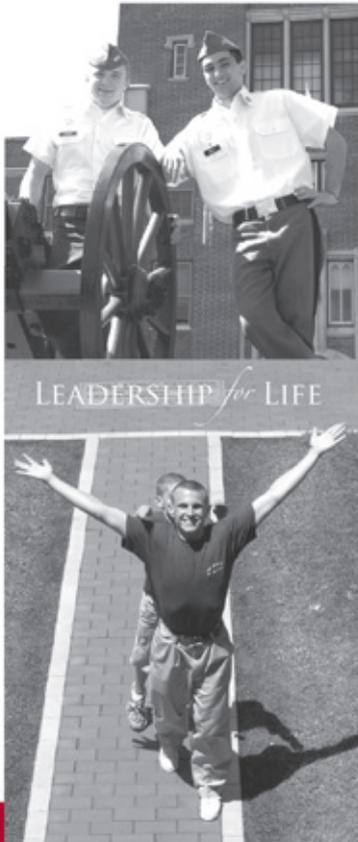
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PHOTOS BY MIKE DICICCO/THE CONNECTION

Safeway Manager J.C. Caughron goes behind bars for the Muscular Dystrophy Association.

Dozens 'Arrested' in Fund Raiser

Lock Up raises money for Muscular Dystrophy Association.

Almost 50 community and business leaders were arrested in Reston in the late morning and early afternoon of last Wednesday, April 1. Sheriff's deputies apprehended many of them at their places of business. Others turned themselves in. All were released on bail, as they had spent the previous two months raising bail money from friends and family in anticipation of their incarceration.

Rather than being detained at the Fairfax County Adult Detention Center, the arrestees had been taken to the Champps Americana restaurant off Sunset Hills Road. The event was not a sting operation, nor was it an April Fool's joke. It was this year's Greater Washington Muscular Dystrophy Association (MDA) Lock-Up.

"They're all local community and business leaders from the Reston area who dedicated their time to go behind bars for MDA and raise some bail," said Melanie Mastin, MDA program coordinator.

Upon arriving at the restaurant, participants donned a "jailbird" outfit and were photographed behind "bars" made of PVC piping before eating, socializing and count-

ing their donations.

MDA sets the bail at \$3,000, but Mastin said many participants don't quite attain that goal and are released anyway. She said she expected to bring in between \$50,000 and \$60,000 that day.

Among the highest earners was South Lakes High School math and leadership teacher Lindsay Trout, who had made repeated rounds in the school cafeteria wearing black and white stripes and soliciting donations. By about 1:30 p.m., she was still counting stacks of cash and a bucket of change but estimated that she had raised

"They're all local community and business leaders from the Reston area who dedicated their time to go behind bars for MDA and raise some bail."

**— Melanie Mastin,
MDA program coordinator**



BB&T Bank manager Drew Nosar displays his arrest warrant as Deputy Tom Black escorts him into Champps.

about \$4,000.

Six sheriff's deputies drove to and from the restaurant, bringing people from their various workplaces and then chauffeuring them back.

"I thought there would be people with fake sheriff's badges, and I pull up and there's like five cop cars and I was like, 'Whoa,'" said Kurt Kath, a Best Buy employee. A number of workers from the local Best Buy and Kohl's department store helped to stage the fund raiser.

Mastin said the Muscular Dystrophy Association had been staging lock-ups since it was founded, and the Greater Washington branch conducts the event each year in a different part of its territory, which stretches as far as Stafford and Martinsburg, W.Va.

— MIKE DICICCO

Girls Go Digital

Microsoft hosts DigiGirlz Day to break stereotypes and encourage interest in engineering and technology.

Gathered in Microsoft's Mid-Atlantic Office in Reston on Wednesday, March 25, a room full of engineers constructed and programmed robots while others wrote computer code and uses the cutting edge technology of the natural user interface of the Microsoft Surface.

While it may seem like a typical day at one of the world's leading technological corporations, those engineers were high school girls from Fairfax, Prince George's and Montgomery counties and they were participating in the third installment of Microsoft's DigiGirlz Day. DigiGirlz Day was an event for girls that aimed to dispel gender stereotypes in the technological industry, showing the more than 100 young women in attendance that the doors to the high-tech world are open to them as well.



Kaitlin Fick, Westfield High School:
"I liked seeing all of the new technologies that Microsoft is putting out. The Microsoft Surface was really great."

"[Girls] shouldn't be intimidated by technology," said Donna Woodall, Microsoft's community outreach director and leader of the event. "It should be as much fun for girls as for boys. It's time for them to embrace technology."

ACCORDING TO WOODALL, since 1983, the number of bachelor's degrees awarded to women dropped from 36 percent to 21 percent, so the event offered hands-on activities, informational lectures and guest speakers who all provided advice on how to navigate an industry many women are reluctant to enter.

Two activities that the girls engaged in were part of what the event leaders called "Tech Workshops." The activities, robotics and "Small Basic," exposed the girls to aspects of technology that did not focus heavily on math and science, rather exploring the areas of the high-tech industry that call for creativity and originality.

"We are trying to reengage them,"

SEE GIRLS, PAGE 5

Arrest Made in Sexual Assault

On Wednesday, April 1, a 15-year-old girl from the Reston area reported an alleged sexual assault that occurred the night before. The teenager was walking with an acquaintance along a path in the 2300 block of Soapstone Drive around 10:30 p.m. The acquaintance allegedly forced the victim off the path and assaulted her. The victim was treated for non life-threatening injuries at Inova Fairfax Hospital.

Detectives obtained warrants for the suspect and a lookout was broadcast. Officers located the suspect Friday evening, April 3, on a bike path near Shire Court in Reston.

The suspect, an 18-year-old Lovedale Lane resident in Reston, was arrested and transported to the Fairfax County Adult Detention Center. He was charged with rape and two counts of sodomy.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Reception Celebrates Global Camps Africa

Phil Lilienthal and the Board of Directors of Global Camps Africa are hosting a reception celebrating 27 sessions serving more than 3,700 boys and girls at Camp Sizanani, South Africa, helping HIV/AIDS affected youth since 2004. The event will take place Tuesday, April 14, 6-8 p.m., at the Reston Community Center at Lake Anne, 1609 Washington Plaza. It will feature Sizanani- A New Perspective by photographer Marc Altman, and a "Taste of South Africa," with music, wine and heavy hors d'oeuvres. Donations of \$50 per person will be collected.

Global Camps Africa is a 501C3 organization; contributions are tax deductible. RSVP via e-mail: Cindy@GlobalCampsAfrica.org or by calling 703.437.0808 by April 7. Send reservation payment and/or contribution checks to: Global Camps Africa, 1606 Washington Plaza, Reston, VA 20190. www.GlobalCampsAfrica.org

Standing Ovations For South Lakes Singers

SMAC, Women's A Cappella, and South Lakes Singers presented outstanding performances at the SingStrong High School competition. SMAC took second place and South Lakes Singers took first place with a standing ovation for their performance of "Prayer of the Children." Since they won first place, they opened for the pro show Saturday night, where they received a second standing ovation from a full house.

Yoan N'Komba and Anastasya Korol received best soloist awards and Sobechukwu Chinaka best vocal percussion.

Transit Oriented Development Seminar

DCRA, DATA and TYTRAN are cosponsoring the third in a series of seminars on Transit Oriented Development on Wednesday, April 15. Registration is 7:30 a.m., with an 8 a.m. program.

Speakers include: Supervisor Catherine Hudgins (D-Hunter Mill), Sam Carnaggio, Dulles Corridor Metrorail Project Update; John Gosling, TRKL, on Transit Oriented Development; Bruce Wright, Pedestrian and Bicycle Design and Access Issues.

The seminar takes place at ORACLE, 1910 Oracle Way, Reston.

To register, e-mail dcra@dullescorridorrail.com. For more information, contact Jim Larsen at 703-380-5645.

Dulles Chamber Luncheon

The Dulles Regional Chamber of Commerce and Title Sponsor Access National Bank invite new and prospective members to be their guests for lunch at Chamber 101 on Wednesday, April 15, 12 noon to 1:30 p.m.

Register by the day before and have your contact information provided to all attendees at Registration. To RSVP, contact Lauri Swift, Membership Manager, 571.323.5308. Chamber 101 will be held at the Dulles Regional Chamber's Chantilly Office, 3901 Centerview Dr., Suite R, Chantilly.

NEWS

Governor's Race Comes To Northern Virginia

Candidates speak to region's business people.

BY JULIA O'DONOGHUE
THE CONNECTION

Four candidates vying to be Virginia's next governor reached out to the Northern Virginia business community April 3.

The Republican Party's presumptive nominee Robert McDonnell and three potential Democratic Party nominees — former Del. Brian Moran, state Sen. Creigh Deeds and former Democratic National Committee chair Terry McAuliffe — participated in the Northern Virginia Technology Council's candidate forum at Microsoft's offices in Reston.

According to its Web site, the Northern Virginia Technology Council is a membership organization for the Northern Virginia technology community. It represents about 1,100 companies that employ more than 200,000 employees.

Three of the candidates have ties to Northern Virginia. McAuliffe lives in McLean. McDonnell, Virginia's former attorney general, grew up in Mount Vernon. Moran lives in the City of Alexandria and represented the area in the House of Delegates.

Deeds is from Bath County and represents the Charlottesville area.

Residents will have the chance to pick between Deeds, McAuliffe and Moran in an open primary, where people affiliated with any political party can vote, June 9. It is assumed McDonnell and the Democratic nominee will face off in the general election Nov. 3.

AT THE FORUM, Deeds emphasized he is the "one candidate for governor who can bring together all of Virginia."

The state senator, who lives in a county in central Virginia without a single traffic light, has voted for transportation plans that would increase taxes and fees on his constituents for the sake of solving Northern Virginia's traffic problems.

Deeds said he tries to convince his neighbors that providing funding to ease Northern Virginia's road congestion is the right thing



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Gubernatorial candidate and Republican Robert McDonnell spoke to the Northern Virginia Technology Council at Microsoft's offices in Reston April 3.

to do. Northern Virginia is the "bread basket" of the state and clogged roads and traffic jams in this region means fewer dollars for the rest of the commonwealth, he said.

Deeds added that Northern Virginia's tax revenue subsidizes many of the state functions in less affluent parts of the commonwealth, including parts of his state senate district.

"I told the rural people. You don't pay for your own schools," he said.

ON ISSUES OF education, McDonnell said he favors creating more charter schools in Virginia, which he said will improve access to education for at-risk primary and secondary students.

The former attorney general, who has lived in Virginia Beach and Richmond, added that he also supports a merit-pay system for teachers and principals in public schools.

Several of the "transportation priorities" McDonnell listed for the commonwealth were located in Northern Virginia. The Republican said he wanted to widen Interstate 66 inside the Capital beltway and finish the Dulles Metrorail project on time.

He would also push for a high-speed rail system that connects Washington D.C., Richmond and Hampton Roads.

McDonnell also supports transportation solutions like the high-occupancy toll lanes currently being constructed on the beltway.

"It is not perfect but it will give real and effective choices to com-

muters," he said.

McDonnell added that the lights on Route 7 should be synchronized and the state should utilize new technology that can locate accidents and traffic jams quickly.

WHEN IT COMES to Northern Virginia's transportation woes, Moran said no one worked harder in the House of Delegates than he did. He said Virginia, particularly the General Assembly, has to be willing to make a larger investment in infrastructure.

"Can you find someone who is willing to fix you bridge and lay asphalt for free? If you do, let me know," said Moran.

Like McDonnell, Moran supports adding high-speed rail, for both freight and passengers, from Washington D.C. to Richmond. He also said the Virginia Railway Express, Northern Virginia's commuter train, should be expanded.

Moran also backs the use of the public-private transportation act, which helped bring about the Dulles Metrorail project but has been criticized for not requiring companies to provide enough transparency.

"I have been a fan of [the public-private transportation act] and continue to be. It is one of the tools in the toolbox that we currently have. But we need more," said Moran.

AS GOVERNOR, McAuliffe said he would focus on growing Virginia's economy and creating jobs.

SEE MCAULIFFE, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

Area Girls Explore Science Careers

FROM PAGE 3

Woodall said. "So we try to use fun ways to get them excited about technology and embrace it."

In the robotics workshop, the girls learned how robotics are in use in the world now and how to manipulate a Lego "Mindstorm" robot's programming language to make it perform different func-

tions. In the other workshop, the girls learned how to incorporate mathematics into the programming language called Small Basic to create graphics and even games.

AFTER THE WORKSHOPS, the girls heard from guest speakers Valerie Voci, president of VOCI Media Works East, who showed

the girls the latest technological innovations from Microsoft; Tracy Adams, director of Howard University's Society of Women Engineers, who talked about gender stereotypes in the industry and a group of women in an "Ask the Experts" career panel, which gave them advice on life and careers.

— JUSTIN FANIZZI

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OPINION

Celebrating Poetry

The Connection will print poetry submitted by readers.

April is National Poetry Month according to the Academy of American Poets, and here at the Connection, we invite poets to send submissions for us to print.

On April 10, 2007, the Alexandria City Council named Mary McElveen as the city's poet laureate for a three year term.

This is one service local government could expand in these economic times; Fairfax, Arlington and Loudoun counties, the City of Fairfax, the towns of Herndon and Vienna could consider appointing their own poets laureate.

LETTERS TO THE EDITOR

RA President Urges 'Yes' Vote

To the Editor:

This month, the Reston community will celebrate 45 years. Almost as equally long in existence have been the Reston Association (RA) and its predecessor organizations. Since our humble beginnings, the Reston Association has grown to meet the needs of more than 21,000 households.

What will be the needs of the membership in another 30 years? People will continue to live, work, play and get involved in Reston. They will buy homes and look to our covenants advisors to guide the maintenance. They will raise families, go to community events and enjoy the natural areas. Members will swim, hike, boat, fish, play tennis and attend educational classes.

People will still need to come to the RA headquarters to discuss their affairs with the staff in the various departments. During these visits, members will and should expect more than a place to wait or a table and chair, without the benefit of privacy if the nature of the business warrants it. If we shortchange members now in making the decision about the headquarters referendum, we impact how RA conducts its day-to-day operations and the benefits to the members for the next 30 to 40 years.

Because of the current state of our national economy, we are all

The National Poet Laureate serves as consultant to the Library of Congress and "seeks to raise the national consciousness to a greater appreciation of the reading and writing of poetry."

Virginia also has a poet laureate, a position established by the General Assembly and appointed by the governor from nominees submitted by the Poetry Society of Virginia. The current poet laureate of Virginia is Claudia Emerson, claudiaemerson.org.

The Alexandria Poet Laureate will promote an appreciation of poetry as an art form, encourage creative writing and reading of all forms of literature, and promote literacy through poetry.

Are you a poet? The Connection will print poetry submitted by readers this spring and occasionally throughout the year.

wary of financial commitments. We are taking a "wait and see" approach. Perhaps the price of commercial real estate will drop further. Perhaps if we wait, there will be more bargains. That's why others have argued against purchasing a headquarters for the Reston Association at this time.

How can the RA Board justify asking members to spend up to \$15 million to buy anything right now? And the answer is a question: How can we not purchase at this time?

First, let's clarify the numbers. RA is not asking for \$15 million to purchase 35,000 square feet. The question on the ballot never specified any space. In fact, the Association has looked at 10 places of varying sizes. RA has not decided upon a site, the square footage or the final cost yet.

The only question before Members is whether to buy or build a facility. The price on the ballot is the upper limit of the cost, which was developed after researching the market carefully and learning what the true costs of available properties are at this time. We have found properties as low as \$9 million and as much as \$12.5 million, excluding the cost of build out.

What we do know is that rail to Dulles is coming and with it growth. In less than a decade, there will be more people, more jobs and very likely, much higher real estate prices. As your elected representatives, the members of the Reston Association Board of

Directors take our responsibilities to be good stewards seriously.

We are charged with looking ahead, making decisions about the future of our community. And we do so because, like our members, Reston is our home.

In purchasing now, we anticipate the assessments will not exceed the 2010 cap. That's a number to keep in mind. If we own our headquarters facility, we believe we can better control future costs. If we continue to lease, it is anyone's best guess what the costs of occupancy are likely to be in another decade?

To control our costs, to plan for our future, to invest in the community, to serve our members, and to leave our children with a legacy of ownership, that is why we encourage you to vote for the headquarters referendum. You can vote online at www.reston.org. The deadline is Friday, April 10, at 5 p.m.

ROBIN SMYERS
President
Reston Association
Board of Directors

RA Told: Stop, Look and Listen

To the Editor:

With the Reston Association Board of Directors asserting that they would proceed with the lease of 35,000 square feet of space to accommodate a new headquarters, even if the referendum fails

Moving Words Poetry Reading

Program places poetry on Northern Virginia Metrobuses operating in Arlington, Alexandria, Falls Church, Fairfax County and Fairfax City. Winning poets read their work.

Tuesday, April 21, 7-9 p.m.
Dome Theatre, 1101 Wilson Boulevard, Rosslyn
703-228-1854
www.arlingtonarts.org/cultural_affairs/movingwords.htm

Release of Poetic Voices Without Borders, 2

April 23, 2009, 7-9 p.m.
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The Connection welcomes views on any public issue.

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

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Call: 703-917-6444.
By fax: 703-917-0991.
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info@connectionnewspapers.com

SEE OPINION, PAGE 8

McAuliffe Focuses On Growth

FROM PAGE 4

"I get it. I've done it. I've hired 1,000s of people and I want to be the number one job creator in 50 states," said McAuliffe, who has started many of his own businesses.

The Democratic political consultant raised a significant amount of money for Barack Obama's presidential campaign and McAuliffe said he would use his relationship with the sitting U.S. president to try and steer stimulus money to Virginia, especially the high tech corridor in the Reston and Dulles areas.

Northern Virginia businesses should be the front of the line when the federal government dumps billions of dollars into digitizing health records, said McAuliffe.

"I am going to call Barack Obama every day and say Virginia wants its fair share. I want Virginia to have more than its fair share," he said.

"As you all know, I am pretty good at getting money," added McAuliffe.

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

Sen. Jim Webb (D) of Virginia has impressed most observers with his willingness to take on the tough issues. With an early victory seldom seen in the tradition-bound halls of the United States Senate, Webb got a modern day version of the GI Bill passed that will ensure that returning veterans have access to educational benefits. Now he has taken on an issue that may be more complex and is certainly very controversial: prison reform. Webb directed national attention to the issue with a Sunday Parade magazine article, "Why We Must Fix Our Prisons" (March 29, 2009, www.parade.com).

In his usual direct style, Webb states the problem as he sees it,

"America's criminal justice system has deteriorated to the point that it is a national disgrace. Its irregularities and inequities cut against the notion that we are a society founded on fundamental fairness. Our failure to address this problem has caused the nation's prisons to

burst their seams with massive overcrowding, even as our neighborhoods have become more dangerous."

Statistics cited by Webb and substantiated by an independent study by The Pew Center on the States, One in 31: The Long Reach of American Corrections (March 2009, www.pewcenteronthestates.org), indicate that one out of ev-



ery 31 adults in the U.S. is in prison, in jail or on supervised release. In Virginia, the number is one in 46. The United States has 5 percent of the world's population but nearly 25 percent of the world's reported prisoners. Our national rate of incarceration of 756 inmates per 100,000

residents is five times the average worldwide rate of 158 per 100,000 population.

The Pew Center study found that corrections is the fastest expanding major segment of state budgets, and its growth as a share of state expenditures over the past two decades has been second only to Medicaid. The average daily cost to keep a person in

prison is \$78.95.

The issue is one that is ripe for political demagoguery. Gov. Tim Kaine's (D) proposal to save millions of dollars in a tight budget by releasing nonviolent offenders 90 days early was rejected by the House of Delegates. Attitudes may be changing because of the seriousness of the problem. The Pew Report quotes Newt Gingrich as saying that "we have to fundamentally rethink prisons." The Pew Report cites some states that are looking at alternatives and rethinking old policies, but Virginia is not among them. Webb wants to create a national commission to look at every aspect of our criminal justice system. His proposal is worthy of support in the Congress and among the citizens of this country. The Commonwealth of Virginia needs a commission to examine its policies as well.

COMMENTARY

PROGRESSIVE

The Dutch Can Do It, Why Can't We?

BY JOHN LOVAAS
CIVIC LEADER AND RESTON
IMPACT PRODUCER/HOST

We just returned from a trip to Holland and Belgium. While the weather during our stay was generally lousy, otherwise the experience was wonderful. It is an area of the world we had never visited and, like other places we see for the first time, there was a lot to learn.

I was particularly impressed with Holland. Their land resource is the polar opposite of the U.S. The Dutch have very little land. Much of what they live and raise food and flowers on was reclaimed from the sea. They have a remarkable system of dikes and canals, which serve not only to protect their land, but also as

transportation assets. The Dutch can lay a claim as the world's best engineers, especially in hydraulics. As I marveled at their work, I tried to imagine how they might have approached a Katrina-devastated New Orleans.

The Dutch have the most charming and creative buildings of all kinds — houses, stores and office buildings. It seems that no two are the same; each has its own unique design and character. I swear we saw no two homes alike — neither single family residences nor the predominant four to five story narrow apartment buildings. Even government buildings are differ-



ent, many signature in character. One of their secrets in this latter case is that when a new building or complex is planned for offices or other uses, the Dutch conduct a competition for the design. The result is beauty and character, something one would not expect here in Fairfax County. But, why not? Lake Anne is a special place with some original village charm — such as the Waterview Cluster townhouses, each of which is a bit different in size, design and even color. Rather than going the way of a Hunters Woods or Tall Oaks, why not use the coming redevelopment to encourage or require competition for design of new buildings, stressing village

charm? Wouldn't developers likely be rewarded for creativity by being able to ask higher rents for buildings with character?

The Dutch do an amazing job of moving people in urban settings. Their multi-modal systems include prominent roles for bicycles and pedestrians with well organized roadways plus trams and subways serving the inner city and high-speed trains connecting urban centers. One can get from any part of Amsterdam (800,000 people) to any other part in under 20 minutes. Why not introduce light rail (trams!) and inexpensive bike lanes into the new plans for redeveloping ghastly Tysons Corner and maybe even into the new Master Plan for Reston, both places where the standard county and VDOT roads-only approaches are the problem, not the solution.

To have community events listed in the Connection, send to reston@connectionnewspapers.com or call 703-917-6437 with questions. Deadline is Friday.

SATURDAY/APRIL 11

Parent/Child Art Workshop. 10 a.m.-12 p.m., Reston Art Gallery and Studios, 1609-A Washington Plaza, Reston. Make soft picture frames to hold children's drawings with artist Pat Macintyre. Free. Call 703-481-8156.

WEDNESDAY/APRIL 15

Lawyers Road Resurfacing Meeting. 7-9 p.m., Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. The Lawyers Road Resurfacing/Restriping Meeting will be held to discuss the proposal, which would reduce four travel lanes on Lawyers Road between Reston Parkway and Myrtle Lane from four lanes to two travel lanes, plus center turning lane plus bicycle lanes in each direction. Information on the project can be found at www.fairfaxcounty.gov/huntermill/transportation.htm.

Transit Oriented Development Seminar. 7:30 a.m., Oracle, 1910 Oracle Way, Reston. The DCRA, DATA and TYTRAN are cosponsoring the third in a series of seminars on Transit Oriented Development. Supervisor Catherine Hudgins (D-Hunter Mill), Sam Carnaggio, John Gosling, and Bruce Wright will be the guest speakers and each will focus on a different facet of transportation. E-mail dcra@dullescorridorrail.com or call Jim Larsen at 703-380-5645 to register.

The Advisory Committee for Students with Disabilities. 7:30 p.m., Gatehouse Administrative Center located at 8115 Gatehouse Road, Falls Church. The Committee will hold its monthly meeting. Guests are welcome to observe and/or provide public comment at any meeting. Anyone needing accommodations for a disability in order to attend or participate in this Fairfax County Public Schools activity should call 703-204-3956 or #711 to access the Virginia Relay TTY service. Visit www.fcps.edu/ss/ACSD.

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Pictured, left to right, top row: Debbie Tencza and Dave King; middle row: Chada Davis, Mary Meehan, Brian Mark, D'Ann Faught and Terrilynn Kelley; and bottom row: Lilyan Dickerson, Heather Watson, Helen Krause and Susan Canis.



PHOTOS CONTRIBUTED

Area Realtors Help Build Condo Project

A group of 12 area Realtors went to assist Northern Virginia Habitat build a condo project in Fairfax. Dominion Title Corporation sponsored the day by making a donation to Habitat for Humanity and also providing breakfast and lunch for everyone who was there building, which. In addition to this group of Realtors, another 15-20 people pitched in. Those who participated are: Helen Krause, Dominion Title in Great Falls; Brian Mark, First Home Mortgage, Greenbelt, Md.; D'Ann Faught, New Home Solutions, Vienna; Mary Meehan, Bank of America. Oakton, Dave King, Long and Foster Realtors, Reston; Debbie Tencza, Long and Foster Realtors, Reston; Chada Davis, Weichert Realtors, Great Falls; Terrilynn Kelley, Weichert Realtors, Great Falls; Susan Canis, Weichert Realtors, Great Falls, with husband Bill Canis; Heather Watson, Coldwell Banker Residential Real Estate, Reston; and Lilyan Dickerson, Coldwell Banker Residential Real Estate, Reston.



Susan Canis, Chada Davis and D'Ann Faught.



Heather Watson and Lilyan Dickerson.

PROGRAM FOR KIDS

Healthy weight management and obesity prevention

The 2009 sessions will be held on **Saturdays** in the Inova Fair Oaks Hospital Medical Plaza Conference Center, 3700 Joseph Siewick Drive, Fairfax, VA.

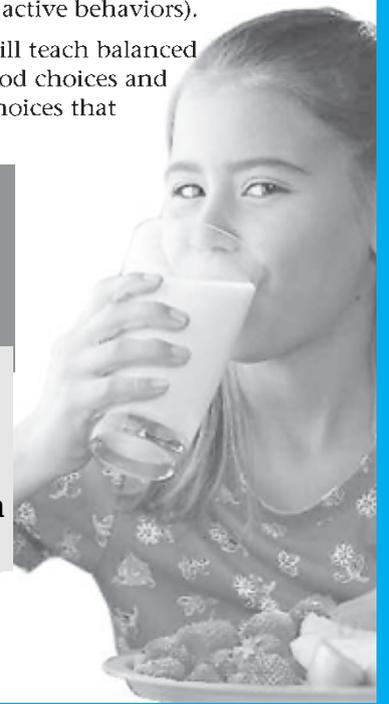
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FOUNDER'S DAY

Community Celebration of Reston's 45th & Bob Simon's 95th Birthdays

Saturday, April 18, 2009
Noon – 3 p.m. at Lake Anne Village Center
Free for party-lovers of all ages!

Reston's 45th Anniversary
"New Town to Our Town"

Join your friends and neighbors and bring the family to a party you won't forget. Reston's favorite local entertainment groups and special guests will perform. There will be lots of fun for everyone on the plaza at Lake Anne Village Center. Enjoy music from groups like the Reston Chorale, Audubon Quartet, Reston Community Players, dancers from around Reston and much more! Be part of Reston's history by participating in Reston's very own "Video Story-Telling Project."

Music and Dancing
Join us later that evening for a Champagne Toast and Birthday Cake as we celebrate our founder Robert E. Simon Jr. and his 95th Birthday!

Time: 7 – 10 p.m.
Location: Lake Anne Plaza, 1609 Washington Plaza, Reston, Virginia
Tickets: \$30.00 — available online at www.restonmuseum.org
Fee includes: Champagne toast, cake and commemorative gift. (\$20 is tax deductible)

This community event is sponsored by Reston Community Center, Reston Historic Trust, Reston Association and Friends of Lake Anne.

For more information visit www.restonmuseum.org or call 703-709-7700.

CALENDAR

Send announcements to reston@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/APRIL 8

Book Discussion. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adult book discussion. Call 703-689-2700 for this month's title.

THURSDAY/APRIL 9

Toddler Storytime. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy stories and activities with other toddlers. Ages 2-3 with an adult. Call 703-689-2700.

Friends' Book Discussion. 7:30 p.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Friends of the Reston Regional Library will meet for a book discussion. Call 703-689-2700 for this month's title.

SATURDAY/APRIL 11

Sophie the Performing Dog. 11 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sophie, a terrier, will make music, play basketball and perform other tricks. All ages. Call 703-689-2700.

Easter Festival and Egg Hunt. 10:30 a.m., Floris United Methodist Church, 13600 Frying Pan Road, Herndon. An Easter event for preschoolers featuring crafts, games, face painting and an Easter egg hunt. Call 703-793-0026 or visit www.florisumc.org.

Parent/Child Art Workshop. 10 a.m.-12 p.m., Reston Art Gallery & Studios, 11400 Washington Plaza W., Reston. Make a spring necklace or pin flower holders with artist Pat Macintyre. Free. Call 703-481-8156.

SUNDAY/APRIL 12

"Lost & Found." Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Artist Anita Bucsay



Rajashree Ranganathan, of Herndon, will present her formal solo dance debut in an Indian classical dance form, known as Bharathanatyam Arangetram, on Saturday, April 11. 4 p.m. at the James Lee Community Center Theater, 2855-A Annandale Road, Falls Church. Free. Email rsvprg@gmail.com

Damron's paintings and mosaics will be on display in the exhibition entitled "Lost & Found." The exhibit can be viewed during times

the church is open, but call the church office at 703-742-7992 to check which specific times the exhibit can be viewed, as other functions are taking place concurrently.

Easter Celebration. Vinifera Wine Bar & Bistro, Westin Reston Heights, 11750 Sunrise Valley Drive, Reston. Enjoy an Easter brunch for the whole family from 11 a.m.-3 p.m., Easter egg hunts starting at 12 and 2 p.m., a petting zoo and more. Reservations required for brunch. Visit www.viniferabistro.com or call 703-234-3550.

MONDAY/APRIL 13

Baby Steps Storytime. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy an interactive storytime for you and your child. Ages 13-23 months. Call 703-689-2700.

TUESDAY/APRIL 14

Toddler Storytime. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy stories and activities with other toddlers. Ages 2-3 with an adult. Call 703-689-2700.

Virginia Bluebells Walk. 1:30 p.m., meet at Reston's Used Book Shop, 1623 Washington Plaza, Reston. Go on a two-mile walk at the Fraser Preserve of the Nature Conservancy in Great Falls. For details and reservations, call 703-742-9148.

WEDNESDAY/APRIL 15

Contemporary Jazz. Miles Stiebel, Jazz violinist and Reston Resident, will be performing at Reston Community Center's

CenterStage, 2310 Colts Neck Road, Reston. Visit www.milestiebel.com.

Baby Steps Storytime. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy an interactive storytime for you and your child. Ages 13-23 months. Call 703-689-2700.

Miles Stiebel. 8 p.m., CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Local artist Miles Stiebel will perform jazz. \$15/person. Download an order form at www.restoncommunitycenter.com or call the box office at 703-476-4500, option 3 for tickets.

THURSDAY/APRIL 16

Susan Crites. Special story time with Susan Crites, local children's author of "I Love You More Than Rainbows" at 11 a.m. in the Herndon Fortnightly Library, 768 Center St., Herndon. Visit www.susancrites.com.

Toddler Storytime. 10:30 a.m., Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy stories and activities with other toddlers. Ages 2-3 with an adult. Call 703-689-2700.

"I Love You More Than Rainbows." 11 a.m., Herndon Fortnightly Library, 768 Center St., Herndon. Local children's author Susan Crites will read "I Love You More Than Rainbows." Free; registration required; call 703-437-8855 to register.

FRIDAY/APRIL 17

San Jose Taiko. 8 p.m., CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. San Jose Taiko brings the rhythms of taiko, the Japanese drum while incorporating

many world rhythms. \$30/person. Download an order form at www.restoncommunitycenter.com or call the box office at 703-476-4500, option 3 for tickets.

SATURDAY/APRIL 18

Founder's Day. Enjoy an afternoon of free entertainment in tribute to Reston founder Robert E. Simon, Jr.'s 95th birthday at the Lake Anne Center. Tickets on sale soon for the evening celebration with a champagne toast, cake, and dancing.

Saturday Samplings. 11 a.m.-2 p.m., Lake Anne Florist, 11426 Washington Plaza W. Enjoy free samples of "Virginia's Finest" gourmet treats, and hand-made chocolates. Call 703-437-8686.

Parent/Child Art Workshop. 10 a.m.-12 p.m., Reston Art Gallery & Studios, 11400 Washington Plaza W., Reston. Create a colorful butterfly or bug with artist Pat Macintyre. Free. Call 703-481-8156.

Healthy Kids Day. 11 a.m.-3 p.m., YMCA Fairfax County Reston, 12196 Sunset Hills Road, Reston. YMCA Healthy Kids Day celebrates making wellness a fun family affair with activities such as family yoga, games, sports, blood pressure screening, wellness assessments, swim tests, raffles and more. Visit www.ymcadc.org or call 202-232-6700.

Basket Bingo. 7 p.m., Herndon Moose, 779 Center St., Herndon. The Virginia German Shepherd Rescue is having a Basket Bingo featuring Longaberger baskets. There will also be raffles, 50/50 bingos and door prizes. \$20/person. E-mail maryanne@shepherdrescue.org or call 703-435-2840 and press 8.

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ART

An exhibition entitled "Two Views" will be on display through May 7, 12-5 p.m. on weekends at the Reston Art Gallery and Studios, 1609 Washington Plaza, Reston. The exhibition is a dual show by Gail Axtell and Pat Macintyre. Call 703-481-8156.

The League of Reston Artists will host the "LRA Fine Art Membership Exhibit" through May 4 at the Reston Community Center at Lake Anne, Jo Anne Rose Gallery, 1609 Washington Plaza, Reston. The artist reception will be Sunday, April 5, 2-4 p.m.

An exhibition of art by students from Herndon High School entitled "Emerging Visions: ROOTS" will be on display through April 14 at the Greater Reston Arts Center, 12001 Market St., Suite 103, Reston.

The Reston Museum will be closed for renovations through April 17. A new interior and new exhibits are in the works. Children's Art Workshops will be on hiatus during the renovations, but Pat Mcintyre's Art Workshop will continue Saturdays, 10 a.m.-12 p.m.

The Elden Street Players have been recognized for outstanding performances by the Washington Area Theater Community Honors program. At its annual awards banquet Sunday, March 1, the Elden Street Players received 3 WATCH Awards for Outstanding Performance. The awards received are: Outstanding Performance as a Lead Actress in a Play, **Jane MacFarlane** as "Sister Aloysius" in *Doubt, A Parable*; Outstanding Performance as a Lead Actress in a Play, **Karen Jadloso Shotts** as "Hedda Gabler" in *Hedda Gabler*; Outstanding Achievement as a Cameo in a Play, **Lolita-Marie** as "Mrs. Muller" in *Doubt, A Parable*.

Reston Art Gallery
"Two Views"
New Paintings by
Gail Axtell and Pat Macintyre
April 2 - May 7, 2009 • Sat Sun 12-5pm
Reception • Sat April 18, 2009 • 3-5pm

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COMMUNITY

Reston Interfaith Keeps Up

Increase in donors continues to keep pace with jump in number of clients, new service needs.

BY MIKE DICICCO
THE CONNECTION

Like social service organizations across the county, Reston Interfaith has seen a rise in the demand for services over the last year. But at this nonprofit, contributions, so far, are keeping up with needs. “A lot of organizations, including ours, are seeing people stepping up and giving in-kind donations,” said Amy McDowell, event and communications manager.

These are non-financial contributions, such as food, clothing, baby products and volunteer hours. McDowell said last year’s Thanksgiving and holiday drives were the most successful the organization has ever had.

RESTON INTERFAITH provides a variety of services for people in need in Reston, Herndon and northwest Fairfax County.

“Our message to the community is this is an opportunity for people to step up and work with us,” said Bill Threlkeld, the nonprofit’s director of neighborhood resources. He noted that donations from church and office fund raisers were holding steady, if not increasing.

McDowell said she was most concerned with the possibility that corporate donations could drop off, with so many businesses struggling. So far, she said, individual donations have remained steady. In fact, a recent fund raiser with the Capitol Steps grossed about \$70,000 — three times what the same event earned last year. She speculated that an increase in the number of people donating could easily be making up for reductions in the amounts people were able to give. “If half the families in Fairfax County just gave \$10, that would be \$1.9 million,” she said.

Just over half of Reston Interfaith’s \$5.5 million annual budget comes from the county, and Threlkeld said he was not sure what that number would look like after the coming fiscal year’s slim county budget was passed.

With about three months left in this fiscal year, Threlkeld said



Bill Threlkeld and Amy McDowell of Reston Interfaith organize goods in the organization’s storeroom for home supplies.

PHOTOS BY MIKE DICICCO/THE CONNECTION



Martin Rios is in his first year as Reston Interfaith’s first foreclosure and housing counselor.

Reston Interfaith had served 17 percent more clients in the first nine months of fiscal year 2009 than in the first nine months of the previous year.

A shift has also occurred in the people coming for help and the kind of help they’re looking for, McDowell said. “I know the ESSP program (Emergency and Self-Sufficiency Services Program) has said over the last year there have been more clients saying it’s their first time accessing social services.” She said these are largely people from the middle class citing unemployment or underemployment as the reason they need assistance.

While that program, which offers temporary help with rent, utilities, medicine and food, has seen an increase in demand, the clientele at the shelter hasn’t changed much, McDowell said, although she noted that more people had been using the hypothermia prevention and drop-in programs for the homeless.

THE ORGANIZATION added a new program this fiscal year, of-

fering foreclosure and housing counseling. As the foreclosure rate climbed over the first half of 2008, Reston Interfaith leadership saw a new need developing in the community, Threlkeld said.

“We had an individual who’s interested and qualified in doing that sort of stuff,” Threlkeld said. He added that the new foreclosure and housing counselor also spoke both English and Spanish, which is useful because minorities have been especially hard hit by the foreclosure crisis.

Martin Rios said he had received calls for foreclosure counseling from people living as far away as Woodbridge and Loudoun County. “I would like to handle all the cases, but, unfortunately, due to the demand we have and because we only have one counselor — myself — I can only take people from Reston and Herndon,” he said, adding that the Reston Interfaith localities produced more than enough cases to keep him busy. Rios has been working with the organization since 2006.

SEE SUPPORT, PAGE 13

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FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday.

United Christian Parish, 11508 North Shore Drive, Reston, is hosting a family Good Friday program Friday, April 10, 4-7 p.m. Each room will feature a scripture and a way to experience that scripture. Visit www.unitedchristianparish.org or call 703-620-3065.

Washington Plaza Baptist Church, 1615 Washington Plaza, Reston, has announced their Holy Week

Services schedule:

April 9: Maundy Thursday Service, 7 p.m.

April 10: Good Friday Service, 12 p.m.

April 12: Easter Sunday Celebration followed by free lunch, 11 a.m.

Visit www.washingtonplazachurch.com or call 703-471-5225.

Chabad of Reston-Herndon, 2598 Viking Drive, Herndon, will host their Community Passover "Seder" Wednesday, **April 8** at 7:30 p.m. and on the second night Thursday, April 9 at 7:30 p.m. \$36/adults and \$18/children. Call 703-476-1829 or visit www.chabadrh.org.

The United Christian Parish, 11508 North shore Drive, Reston, will hold a traditional Jewish Seder Thursday, **April 9**. The Seder will begin with a light supper at 6:30 p.m. and will be led by Kari and Lawrence Uman, members of the Shoreshim community. Visit www.unitedchristianparish.org or call 703-620-3065.

St. Timothy's Episcopal Church, 432 Van Buren St., Herndon, has announced their Holy Week Services schedule:

April 8: Healing and Holy Eucharist Service, 12:15 p.m.

April 9: Maundy Thursday Holy Eucharist Service, 7:30 p.m.

Support Network Strengthened

FROM PAGE 12

Foreclosure counseling sessions usually last two to three hours and explore such issues as whether the homeowner might have been illegally exploited, whether the lease could be renegotiated or how to work out a short sale, Threlkeld said. He noted that the family budget also had to be explored sometimes. "A lot of times, people need a wakeup call to realize they're in a crisis."

"The bad news is, many people coming in were too far gone," Threlkeld said. "In other words,

there wasn't much we could do to avoid foreclosure." But, he noted that the organization's other programs, such as the Emergency and Self-Sufficiency Services Program or the food pantry were still able to offer some relief to such clients.

With so many calls for help coming in to Reston Interfaith and various similar nonprofits from people who may not qualify for assistance from those specific organizations, the current economic crisis has strengthened the local network of service groups, Threlkeld said.

"A lot of our agencies were look-

ing around and saying, 'Where are we going to send these people?'" McDowell said. "It has been a good catalyst to draw a lot of our agencies together."

Although income was not yet badly diminished, McDowell said the organization was looking at ways to cut costs and become more efficient. "Everybody's scaling back, including Reston Interfaith," she said.

"We're fortunate to be in Reston and Fairfax County because even when times are hard for us, people are able to continue to give," she said.

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Fairfax County Park Authority
Public Input Meeting - Stratton Woods Park

The Fairfax County Park Authority (FCPA) is holding a Public Input Meeting to gather public comment on the draft master plan amendment for Stratton Woods Park located at 2431 Fox Mill Road in Reston. The meeting will take place on Tuesday, April 28, 2009 at 7 p.m. at the Hunter Woods Elementary School cafeteria located at 2401 Colts Neck Road in Reston. (Please note this address was previously listed incorrectly.)

Stratton Woods Park is a 30-acre site in the Hunter Mill District. This FCPA-owned park has a master plan approved in 1995. The park contains a rectangular field, a 90-foot diamond, a 60-foot diamond, a playground and picnic area, two tennis courts, two basketball courts, a sand volleyball court and associated parking. The remaining areas of the park are forested.

The master plan amendment incorporates the addition of lights on the 90-foot diamond, the tennis courts, and parking areas. In addition, a lighted multi-court complex is proposed to replace the sand volleyball court within the center of the site. These improvements address the community's need for enhanced facility use. A field lighting demonstration will be held at Lewinsville Park on May 5, 2009 from 8 to 9:30 p.m. Lewinsville Park is located at 1659 Old Chain Bridge Road in McLean.

This Public Input Meeting will feature a presentation about the site's current conditions, uses, and changes proposed by the draft master plan amendment. Following the presentation, the meeting will continue with a moderated public comment session.

The proposed plan is available online or you can review the plan during regular business hours in the Herrity Building, 12055 Government Center Parkway, Suite 406, Fairfax.

Those wishing to present their views are urged to attend the meeting. If you wish to speak at the meeting or need more information, please contact the Public Information Office at 703-324-8662 or via e-mail at Parkmail@fairfaxcounty.gov. Speakers may also sign up at the meeting.

Comments on the plan will be accepted by the Park Authority for 30 days following the meeting. The comment period closes on May 24, 2009. Comments will be accepted at the meeting and via e-mail at parkmail@fairfaxcounty.gov. Written comments may be sent to Pat Rosend, Project Manager, Planning and Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, VA 22035.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-8563, TTY 703-803-3354.
www.fairfaxcounty.gov/parks/ada.htm

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Many Kinds of College Recruiting Experience

Local athletes remember the highs and lows of choosing a college.

BY RICH SANDERS
THE CONNECTION

Here is a look three college athletes from Northern Virginia – AJ Price (South Lakes), Ashley Abed (Oakton) and Jeff Allen (Langley). Each is pleased with where they ended up, but getting there was completely different for each, and anything but simple.

A.J. PRICE, SOUTH LAKES

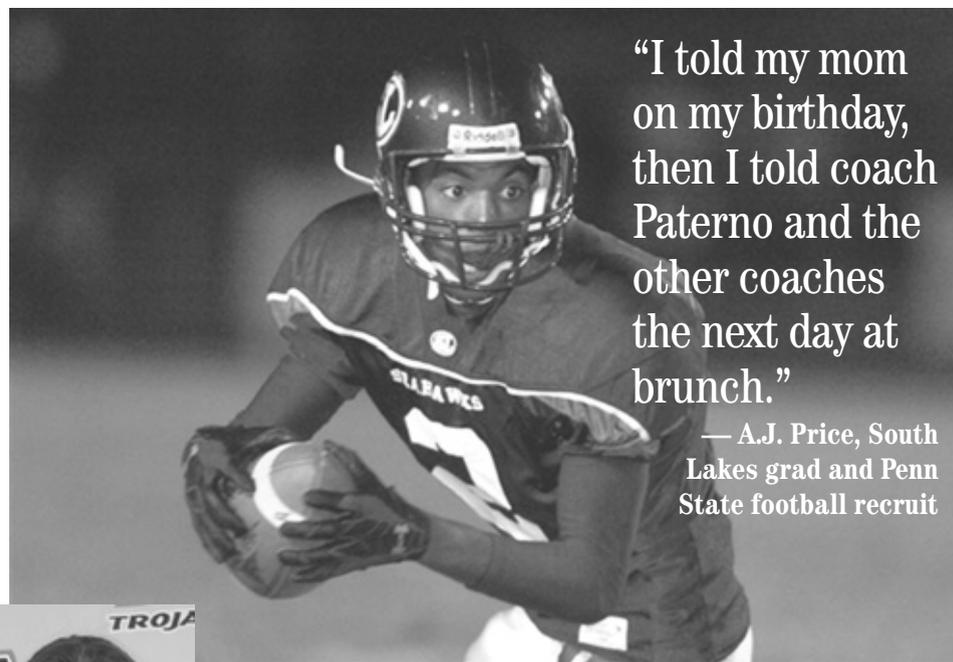
A.J. Price, a 6-foot-4 inch football wide receiver at Penn State University, did not emerge into a major recruiting prospect until his senior year in high school at South Lakes.

That fall season, South Lakes coach John Ellenberger elected to emphasize the Seahawks' passing attack on offense. As a result, Price had a breakout season, catching 32 passes for 816 yards and 11 touchdowns. He averaged 25.5 yards per catch and earned Second Team All-State accolades, among other honors.

During Price's high school junior season a year earlier, South Lakes had utilized the wishbone offense which stresses running the football. Price played well that season but did not catch many balls because the Seahawks simply did not pass often.

"That's the reason AJ remained an unknown guy until his senior year at South Lakes," said coach Ellenberger.

But Price stood out following his prolific senior campaign. Major collegiate football programs, such as Duke, the University of Michigan, the University of Virginia and Penn State, contacted Ellenberger in order to make their intentions known about recruit-



"I told my mom on my birthday, then I told coach Paterno and the other coaches the next day at brunch."

— A.J. Price, South Lakes grad and Penn State football recruit

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION



2007 Oakton High graduate Ashley Abed was part of an Anderson University women's basketball team that qualified for the NCAA Div. 2 tournament this past season.

"I was like, Gosh, this is happening again."

— Ashley Abed, Oakton grad, who changed colleges to find the right fit

ing Price. Each of those programs ultimately offered him a football scholarship.

"Every time someone new would come into the picture, Ellenberger would tell me every-

AJ Price emerged to become one of the metro area's top receivers during his senior season at South Lakes, drawing the attention of several big-time college football programs.

thing," said the low-key Price, of the major college suitors expressing interest. "I'm not really one for all the glamour and all, and I wasn't used to being the person being talked about. I tried to take [the attention] in stride."

Price, who graduated in 2008, will never forget the December day during his senior year that Penn State, a renowned powerhouse program under legendary coach Joe Paterno, offered him a scholarship.

The moment came during the school day. Ellenberger, teaching an English class, got a call from Penn State and was told by a member of the Nittany Lions' football staff

that they would make an offer to Price. The teacher-coach immediately found Price to give him the big news.

"Coach Ellenberger said they made an offer and I had a big grin on my face," said Price. "He ran down the hall and [found me]. I thought, 'Wow, not too many people experience this.'"

Price committed about a month later during a weekend visit to Penn State with his mother. First, he informed his mother of his decision, which happened to be the day of A.J.'s birthday (Jan. 19).

"I told my mom on my birthday, then I told coach Paterno and the other coaches the next day at brunch."

The funny thing is that Paterno, during that brunch, was still in a recruiting mode with Price prior to learning of the recruit's decision.

"He had gone through this spiel on why Penn State was a great program," said Price. "He went through this 10 minute speech."

When Price informed the coach he was going to accept the scholarship, Paterno was pleased and in good spirits.

"He jokingly said I could have saved him the breath," recalled Price, with a chuckle. "He was very happy."

Price completed a redshirt freshmen season this past fall, meaning he still has four years of football eligibility. As a redshirt, Price was allowed to practice with the team and dress for home games but he could not play. The first time he put on a Penn State uniform was for the Nittany Lions' season opener against Coastal Carolina.

"My jersey was huge," said Price, of his No. 14 uniform top. "There was a sense of, 'I made it.' My [younger] brothers [Brandon and Sean] and mom were in the stands watching."

SEE RECALLING, PAGE 16

World Wide Web of Recruiting?

High school athletes, college coaches take recruiting to the Internet.

BY MARK GIANNOTTO
THE CONNECTION

Even before they became two of the top runners in the Mount Vernon High School track and field program, seniors Shaquille Thomas and Johnathon McMillon did everything together.

Friends since early childhood, the pair was nearly inseparable according to Thomas's mother, Susan Crawford.

Thomas, who lived on Fort Belvoir military base between 1999 and 2005 began running in 2000 in a program on base that his mother helped coach. He convinced McMillon to join him two years ago.

So now as they chase dreams of running track in college, the pair has decided to go through the recruitment process together.

The two don't look to be the prototypical recruits who make a college coach salivate. Neither has finished better than third at the Northern Region championships during the

outdoor or indoor track seasons and both have thus far qualified for the state championships just once.

"I didn't really start track seriously until last year, so I didn't really have any expectations about recruiting," McMillon said.

That's why last year towards the end of indoor track season, McMillon's father, Ron, took his son's recruitment in a direction many in this area and around the country have — to the Internet.

One day while surfing the web checking

out track results, Ron McMillon stumbled upon a service called beRecruited.com, one of several online services that, for a fee, helps connect high school athletes with college coaches.

Almost immediately, Ron McMillon set up accounts for both his son and Thomas, posting video he had taken from meets to the web. A year and a half later, Thomas has received interest from more than 20 colleges, while Johnathon McMillon is slated to attend Virginia State University on a track scholarship next fall.

SEE WORLD WIDE WEB, PAGE 16

How Far Some Will Go

Thousands of dollars and miles.

BY JASON MACKEY
THE CONNECTION

Perhaps the only thing as practiced as Stephanie Sbardella's swing may be her penmanship. After each of the collegiate softball camps that Sbardella, a junior third baseman at South County, attends, she has made it a point to draft her own personal thank-you letter to that school's coach.

In the past two years, Paul Sbardella, Stephanie's father, can count on one hand how many times the family has stayed home for the weekend, instead of electing to attend some sort of camp or clinic, which the Sbardellas believe are imperative for Stephanie's recruitment as a college athlete.

During one particular weekend this past winter, the Sbardellas left Lorton on a Friday morning and drove to the University of North Carolina at Pembroke — roughly 350 miles away — for a camp. Later that day, they drove 167 miles to Charlestown, S.C. and stayed the night.

The next day, Stephanie Sbardella attended Charleston Southern University's camp from 10 a.m. until 5 p.m. and then hopped back in the car for a 10-hour drive to the University of Delaware, which was Sunday's destination, again for a camp.

"It's something that she's really interested in," Paul Sbardella said. "I'm just there to support her. ... But it is a lot of driving."

It's also costly. In all, Paul Sbardella estimates that he's spent between \$7,000-\$10,000 on travel expenses and fees associated with all of the camps, clinics and competitive tournaments that his daughter attended during the past year.

At camps like the ones Stephanie Sbardella frequents, players of all ages, not just college recruits, are welcome. Some feature instruction. Some are composed mostly of games.

BY DIRECTING his own program at the high school level and also serving as an assistant soccer coach at Shenandoah University, Robinson girls' soccer coach Jim Rike has been on both sides of high-level recruitment.

Rike still attends camps as a Shenandoah representative but also hears about experiences that some of his high school players have had at them as well.

The defending Virginia AAA state champs, Robinson has four girls on

effect it's going to have on their bodies 10 years down the road.

"From my standpoint, as a college coach, I only need to see a kid a couple times to see whether he can play for me or not," Rike continued. "I don't see need to see him 40 times. I've told my girls that you can have three or four great games, but all it takes is one really bad game and that gets set in the coach's mind and it evens out."

Dan Anderson, whose son, Holland Anderson, plays linebacker for the Centreville football team, has tried to find a steady mix. The Andersons flew to San Antonio over New Year's for the U.S. Army National combine, which included 500 of the top juniors from across the country.

But the father still wants the sport to be fun for his son, an approach that has led the Andersons to attend only three high-level combines: the U.S. Army National, the Nike Combine and the Schuman Underclassman Camp. Despite the cutbacks, Dan Anderson said that his investment in his son's recruitment has cost more than \$4,000 to date.

"You can't overwhelm them and it's got to continue to be fun," Dan Anderson said. "You have to have a balance, and you have to pick two, three or four camps and that's it. It really comes down to which ones in-

"I worry about the effect it's going to have on their bodies 10 years down the road."

— Coach Jim Rike, Robinson Secondary



Sbardella family roadtrip, more than 1,200 miles.

"You have high school to deal with, too. Because if you mess that up, you mess everything up."

— Jordan Stanton, Robinson senior, signed with James Madison

"You get a lot of people who go to showcases and often they do get seen, but it doesn't make sense and suddenly they have mismatched colleges on their list. It's really conspicuous that it's not a good fit."

MARK BENDORF has coached multiple sports in Fairfax County for 20-plus years. Currently, he's in charge of Robinson's football program, a perennial powerhouse when it comes to sending athletes on to continue their careers at the college level.

Comparing football's recruitment process to those of every other sport, Bendorf says is like comparing "apples to bricks." Loaded with revenue and resources at the college level, football coaches can often travel to visit recruits, both to meet them and to scout them.

Jordan Stanton, a 6-foot-4, 245-pound defensive end for Bendorf's Rams, has signed with James Madison University. Despite attending one-day camps at the University of Virginia and Virginia Tech, Stanton, who benefits from impressive, measurable numbers such as his bench press (310) and 40-yard dash time (4.7 second), was eventually plucked away by the Dukes.

Before signing, Stanton analyzed James Madison's depth chart, its defensive system and evaluated his future coaches' personalities. Not only that, he put a strong emphasis on academics and the quality of the facilities where he would spend the bulk of his next four or five years.

"You have to put college in your mind, but you also have high school to deal with, too," Stanton said. "Because if you mess that up, you mess everything up."



A junior on South County's softball team, Stephanie Sbardella and her family have been very active during the recruiting process. After every college camp she attends, Sbardella sends a hand-written thank-you letter to that school's head coach.

its current roster committed to Division-I schools, with possibly two more on the way. To combat their rigorous club schedules, Rike has started to give his players at least one day off during the week, knowing that they had spent almost the entire weekend playing soccer.

"Five of my girls are on one club team, and they're approaching almost 150 games in a year of high level, premiere, showcase games because they keep going and going and going," Rike said. "I worry about the

vite you because anybody can go and pay their money."

And just because an athlete stands out at a camp, doesn't mean the college that notices will be a good match.

"What we find is that kids who go to these showcases get wrapped up in the recruiting cycle with schools that aren't good fits for them," said Avi Stopper, who co-founded www.CaptainU.com — a Web-based recruiting service designed to match families with colleges or universities.



LeighAnne Baxter, a senior on Robinson's girls' soccer team, earned a scholarship to Richmond after scoring or assisting on every goal the Rams scored during last year's Virginia AAA state tournament.

RECRUIT ME, PLEASE

Recalling the College Recruiting Experience

FROM PAGE 14

Price said his recruiting experience in dealing with Penn State was outstanding. His contact person through the process was Penn State assistant coach Larry Johnson, a former head coach at T.C. Williams High in Alexandria.

"I love it [at Penn State]," said Price, a history major. "They've been the same since they recruited me until now. Coach Johnson was really great and someone I kept in touch with [during the recruiting process]. He was always in touch with me."

FOR ASHLEY ABED, a 2007 Oakton High graduate, the path to becoming a women's college basketball player at NCAA Div. 2 Anderson University (S.C.) was an eventful journey.

The 5-10 forward said she always desired to play college basketball. During her junior season at Oakton, and thought she would fit in nicely with a Div. 2 college program. Abed had to initiate contact with some of the schools she was interested in, and her high school coach, Fred Priester, made a highlight tape of Abed to give to schools.

She eventually elected to accept an offer to play at Francis Marion University (Florence, S.C.).

"I had gone down for a visit, liked the coach and had a lot of fun with the players," recalled Abed.

But during the summer prior to her freshmen year at Marion, Abed learned that a coaching change had occurred and the coach who had recruited her was no longer with the team.

"I was kind of overwhelmed and didn't know what to expect," she said, of the change in coaches. "I had to go down and meet [the new coach]. She was a great coach."

Abed did, in fact, like the new coach. But as things turned out, she received less playing time than she had hoped.



PHOTO BY ROBBIE HAMMER/THE CONNECTION

Fred Priester, Abed's high school coach at Oakton, helped his former player find a new college following her freshmen basketball season at Marion University (S.C.).

"It was kind of my role to be a verbal player on the bench and to be a practice player," said Abed.

Following the season, she decided she would transfer and began another search for schools even as her freshmen year at Francis Marion was winding down.

Anderson University was not a school Abed had initially looked at during her school search a year earlier. But then-Anderson women's coach Jeff Dow, upon learning about Abed, was interested in recruiting her. She visited the campus and met the coach.

But again, the school Abed was ready to attend made a coaching change. Dow, Abed learned the summer prior to her sophomore year, was leaving. The new coach would be Jim Brunelli.

"I was like, 'Gosh, this is happening again,'" said Abed.

But Abed, while on a summer vacation, received a phone call from Brunelli, who reassured her of her place with the program.

Abed, it turned out, had a terrific season. The Anderson team was not expected to do well as a result of the late coaching change, but won the Conference Carolina championship and qualified for the NCAA Div. 2 tournament. Abed, a guard-forward, played 20-plus minutes per game.

"Coach Brunelli taught me a lot about myself," said Abed. "I really appreciated that. He was the first coach to look me in the face and say, 'I believe in you.' It felt really good to play and help a team win...."

"I honestly would not trade the experience for the world," she said. "I was at a great university at Marion and made great friends. I still keep in touch with them."

JEFF ALLEN, LANGLEY

A SCHOLARSHIP was not in the plans, at least not at the start, for Langley High graduate and current Elon University rising football senior Jeff Allen.

Allen, who played the physically demanding center position on the offensive line for Langley under coach John Howerton, had selected Elon (Southern Conference), a Div. 1AA school in North Carolina, as the college of his choice. He wanted to play football, but had not been offered a scholarship from the academically renowned school. So he eventually decided he would try to make the team as a walk-on player his freshmen year.

With the help of Howerton, Allen promoted his football abilities to the Elon coaching staff by sending them a highlight football tape during Christmastime of his senior year in high school. But he had not heard back from the football office.

It turned out that the Elon football program was at the time in the middle of a coaching change. Allen found out later his

tape had likely been tossed aside.

But, not to be discouraged, Allen sent a second tape to the new coaching staff. He was informed, however, that the new recruiting class had already been selected. He was told he could try out for the team as a walk-on with scholarship money possibly available down the road if he made the team.

Allen did, in fact, make the team as a backup center. Not only that, he got put into a week-four game at Appalachian State (Boone, N.C.) that freshmen season, when Elon's starting center was ejected.

He started a few more games that freshmen season. For the remainder of his freshmen season, Allen played a backup role with sporadic playing time, but it had been a successful first season for him. His play, in fact, had earned him a scholarship.

"My two goals [as a freshman] were to get onto the field and to be a scholarship player," said Allen.

Last fall as a junior, it all came together for Allen, who started all 12 games for the 8-4 Phoenix, who barely missed the playoffs. Now, Allen, a business administration major with a concentration in management, is finishing his junior academic year at Elon and looking forward to next fall when he will play his senior season.

"I basically came from out of the blue," he said, remembering that walk-on freshmen season. "I just kind of showed up."

Allen, who has played under Elon coach Pete Lembo throughout his career, said "I knew I couldn't slack off. I had nothing guaranteed."

Allen credits his high school coach, Howerton, with preparing him for college football and the rigors of line play.

"His practices were set up [to teach] line technique," said Allen, a two-time, First Team All-Liberty District center at Langley. "There was a good work ethic. It made a huge difference for me. I knew I was going to be ready for college [football]."

World Wide Web of Recruiting?

FROM PAGE 14

"Usually, they wouldn't get this kind of attention unless they were some-of-a-kind talent," said Crawford. "The kids who don't make the newspapers need something like this."

Part of the reason Avi Stopper got out of coaching college soccer at the University of Chicago was the misconception he perceived from recruits and their parents about how to get noticed on the recruiting trail. A co-founder of captainU.com, similar to beRecruited.com, Stopper thinks parents and athletes sometimes don't understand how college coaches think. "A lot of people have the mentality that the way recruiting works is you go to showcase tournaments and then you get recruited," said Stopper. "There are 1,000 players at any given showcase and 50 college coaches and the odds of a college coach seeing you play randomly when you're doing something great is really slim."

Stopper's website, captainU, is a web-based software that helps student athletes through the recruiting process, helping them devise a step-by-step strategy to pursue athletic opportunities after high school.

The Web site beRecruited was started back in 2000 now has more than 150,000 athletes, including 190 from Alexandria, 107 from Fairfax, 53 from Arlington, 31 from Reston, and 27 from McLean.

Still there are detractors. Bill Finney, the athletic director and women's basketball coach at Division III Marymount University in Arlington calls recruiting websites "a waste of money."

He says coaches are more savvy than to believe clips on the web that create the illusion of a basketball player with a 100 percent shooting percentage. He thinks recruits should be focusing on everything but athletics when looking for the right college.

"I would rather have my daughter go into the guidance office and say this is what I want to do the rest of my life," said Finney, who had one daughter play



PHOTO BY LOUISE KRAEFT/THE CONNECTION

Mount Vernon senior Johnathon McMillon (left) got a scholarship to run at Virginia State University next year.

basketball at Georgia Tech and another play for him at Marymount.

"Instead of throwing away all this money, put the responsibility on your kids. Families can do all this on their own. All they have to do is research what colleges match both their academic and athletic needs and reach out to them. A lot of people are expecting someone to call them up and say we want you, but that's just not how it works."

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By KENNETH B. LOURIE

I'm at a funny age, somewhere between accomplishment and retirement/entitlement. And though I truly believe I have plenty of good years ahead, it's the years I've left behind that concern me more. It seems like the tools I've used to reach this point in my life might not be the tools I'll need to reach the next points in my life. Specifically, I'm referring to technology, past and present versus future. As a few examples: utilizing a solar-powered calculator instead of pencil and paper and one's actual brain; replacing an eight-track tape player with a CD player and then replacing the CD with the upgraded benefits of a DVD; scrapping the VCR for the enhancements offered through TiVo/DVR; communicating via cell phone rather than with a cordless land line (and not having to be within 500 feet of its base); and switching to cable/digital/HD television and saying goodbye to antennas/rabbit ears (with or without the aluminum foil), among many others too numerous to mention but familiar to most.

These sorts of improvements, this kind of progress, I could handle; it seemed to follow in some sort of line with what had preceded it. Mentally, conceptually, even literally, I was able to connect the dots, so to speak and follow the progression of change. Things sort of built upon the hands-on experiences and instincts I had accumulated over time, those formative Wonder Bread-years where one sort of understands and appreciates a bit of what's going on and much of what has already gone on.

But now, the technology changes so quickly that some of the improvements seem not to be grounded in, or even based upon, the previously accepted technology of the day. It's like having to learn a new language/verbal means of communication when the previous language offered few familiar elements that were compatible; like going from English to Chinese to Navajo to Bushmen to signing for the hearing impaired. Other than them all being means of communication, it's not as if knowing something about one will help too much with the other. Your experiences will only clarify all that you don't know rather than some of what you might know. This is exactly how I feel about the technological revolution that is likely passing me by.

All my learning instincts (and many of my life's experiences) seem unsuitable for the environment in which I must now thrive in order to survive - or else. It sometimes feels like an episode of "Star Trek, Next Generation;" where I'm stuck in a recurring time loop and can only succeed up to the point where I've already succeeded (something to do with the time-space continuum). It's sort of an upgraded "Peter Principle" for the 21st century. I feel like I've reached a point in my life where I've become successful but unfortunately for me, the kind of success I've had (and am having) does not make for a successful transition to the next level. It's as if I'm a victim of my own successful circumstances.

I can only do what I know how to do. But continuing to do that might not get me to the promised-to-no-one land. To succeed more, going forward, is going to require doing things with which I've had little success doing. I suppose I don't have to totally undue, I just have to find a way to redo, and redo in a way in which I've never done before; specifically using/embracing technological tools of the future trade, tools with which I have few instincts, limited experience, minimal aptitude and zero patience. And yet, if I don't embrace this new math, you can count me out, literally and figuratively. But I'm too young to be counted out. So either I change for the better or not change for the worse.

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

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OBITUARY

Donald Dennis Fusaro, 81, retired Computer Systems Analyst with the Library of Congress, died March 9, 2009, at home from Chronic Obstructive Pulmonary Disease.

Mr. Fusaro came to Washington in 1965 as a computer programmer with IBM. He joined the Information Technology Service at the Library of Congress in 1970 and was a programmer and systems analyst. He worked on the Library's conversion from a manual to a digital database system and other projects. He retired in 1998. He liked to dialogue, pun and engage in conversational sparring. He and his family moved to Reston, July, 1967.

Donald D. Fusaro was born in New Britain, Conn. He graduated from Yale University in 1950, studied at the Yale School of Architecture, following which he worked for architecture and engineering firms. In 1960 he received a Master's Degree from Yale. During the 70's he participated in Bucky Fuller's World Game Summer Institutes. He was a member of the Unitarian Universalist Congregation of Fairfax and the Unitarian Universalist Church of Reston.

Survivors include his wife, Eleanor "Ellie" Fusaro, son Dennis Fusaro and wife, Mary, daughter, Susan Alderson and husband, Michael, 7 grandchildren, other relatives and friends.

A Memorial Service will be held on Saturday, April 11, 2009, 11Am at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Rd, Oakton, VA. Memorial contributions for a lecture on Buckminster "Bucky" Fuller may be made to Unitarian Universalist Church of Reston, 1625 Wiehle Ave, Reston, VA 20190.

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NEWS



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Saplings have been planted along the completed Snakeden Branch near Soapstone Drive. Work in the area, formerly the most badly eroded segment of the watershed, sparked an uproar last fall over the large number of trees that were taken down to rebuild the streambed.

Snakeden Nearly Finished, Glade Underway

Last reach of Snakeden restoration up for review, first reach of Glade near completion.

stretch, which had been made.

To the south, in the Glade Watershed, Reach 1 is about three-fourths completed, Rolband said. The trees have been cut around reaches 2 and 3, and work in Reach 2, which lies between the Moneys Corner and Deepwood neighborhoods, is to start the week after next.

The Glade Watershed is considerably smaller and less eroded than Snakeden and has been divided into six reaches, compared to the Snakeden's 17.

The preliminary plan for Reach 4 of the Glade, which runs from Steeplechase Drive to Soapstone Drive, is being sent out today, April 8, and will also be reviewed by the Design Review Board on April 21.

The first community meeting regarding Reach 5, which runs from Soapstone Drive to the area between Hunting Horn Lane and Leatherwood Drive, will Saturday, April 18, beginning at 9 a.m., at the outdoor fire ring located on the west side of Soapstone Drive, just south of The Glade Branch.

— MIKE DICICCO

Reston Siblings Earn Top Scout Awards

Chaz Armstrong, a Junior at Herndon High School and Sophia Armstrong, a senior at South Lakes High School earned the Boy Scouts of America EAGLE Scout Rank and Girl Scouts of America GOLD Award respectively. These are the top honors to be earned in scouting. For his Eagle Project, Chaz planned and led a project to build a bridge across a marshy area on the Appalachian Trail near Route 50 in Clarke County. Sophia's Gold Award project was titled "Celebration of Nature in Bready Park." She organized a landscaping and painting project at Bready Park in Herndon. Additionally, she developed a tree guide, which is now an educational resource at the park.



CONTRIBUTED

Eagle Scout Chaz Armstrong, his sister, Gold Award recipient Sophia Armstrong, their grandmother, Vivian Elsner.

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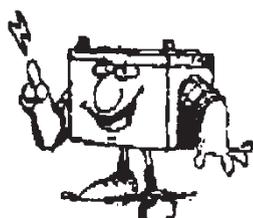
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