

U.S. Olympian Josh Davis
conducting a swim clinic for
Herndon Olympians. The 30th
annual Herndon Swim Olympics
took place on Friday, July 10
at Kingston Chase pool.

Local Band Joins Rock Stars

NEWS, PAGE 6

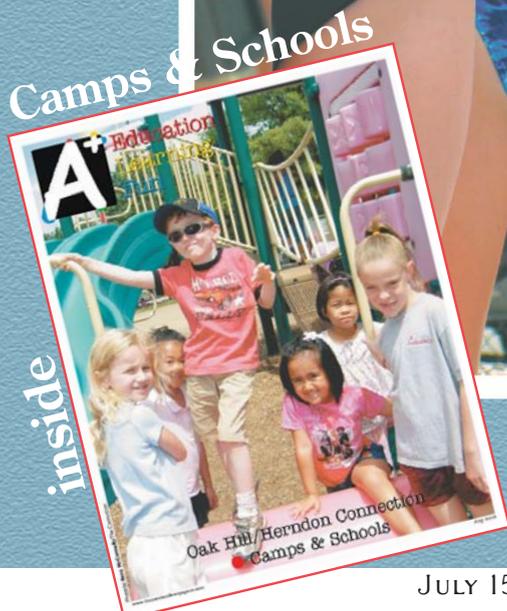
County vs. City: A Distraction From Real Issues

OPINION, PAGE 4



Swim Olympics At Herndon Pool

SPORTS, PAGE 8



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Winners from last year's competitions show off their ribbons.



PHOTOS CONTRIBUTED BY LENAH GEER



A 4-H group displays its banner.

4-H Fair Highlights Youth

Fairfax County 4-H Fair and Frying Pan Farm Park Farm Show Aug. 1 and 2.

BY SHANNON McCULLOUGH
THE CONNECTION

On Aug. 1 and 2, the 61st annual Fairfax County 4-H Fair and Frying Pan Farm Park Farm Show will take place at Frying Pan Farm, which is located at 2709 West Ox Road in Herndon. The fair is a culmination of the work of 17 4-H programs in the county.

The 4-H program provides an opportunity for Fairfax County's youth to come together. The fair is a time for the youth to showcase their work from the past year. The 4-H clubs have specific focuses such as the bee club, the horse club, the stationary club and the hoofers and heifers club. The fair will include competitions in various categories for the 4-H members, with ribbon and cash prizes.

In addition to the competitions for the 4-H members, the fair will have other attrac-

tions such as carnival rides, a pie-eating contest, a pet show, livestock shows, a watermelon seed spitting contest among other events.

The fair is a culmination of hard work from many different people. "It's definitely one of the most exciting and biggest events of the year" for the 4-H program, said Samantha Nagurny, fair intern.

The Fairfax County 4-H Fair and Frying Pan Farm Park Farm Show is run by a youth fair board. The fair has a strong focus on youth. It's both organized by youth and the work featured is by the youth members of various 4-H groups. The youth fair board does have adult advisors, but the bulk of the work is

done by the youth. The board meets throughout the year to plan this summertime event.

"Because Fairfax County is such an urban environment, it's unique that we can still have kids learning about livestock," said Lenah Geer, 4-H extension agent. As this fair and farm show truly is on a farm, the animals are featured prominently.

The fair is also collecting canned food donations.

Admission to the fair is free, however there is a \$5 parking fee.

The Fairfax County 4-H Fair and Frying Pan Farm Park Farm Show is open on Saturday, Aug. 1, 9 a.m.-9 p.m. and on Sunday, Aug. 2, 9 a.m.-5 p.m.

Herndon Attorney Defends 'MS-8'

Landau wins case for bikers ticketed during multiple sclerosis fundraiser.

Attorney Doug Landau of Herndon-based Abrams Landau succeeded in defending two bicyclists whose cases he had taken for free at a July 7 court hearing.

The defendants were two of eight cyclists ticketed for failing to stop at stop signs during a bike ride to raise money for multiple sclerosis on Sunday, June 7 in Lovettsville.

"It struck me as unjust," Landau said, noting that the people who were ticketed were part of the charity fund-raiser or were on a concurrent ride with the Potomac Pedalers Touring Club, a regional bike riders' group. An avid bike rider, Landau has ridden not only as part of multiple sclerosis fund-raisers but also with the Pedalers. "They're generally older people who are just out for a sunny Sunday afternoon ride," he said.

Landau said it was not inappropriate for the Loudoun Sheriff's Office to respond to complaints earlier in the day about cyclists running stoplights and riding three abreast but that the incidents of actual ticketing he knew of from that day seemed excessive. One of his pro-bono "clients," he said, made what is known as a "track stand" stop, coming to a stop but not touching his feet to the ground. The other slowed and checked for traffic before continuing, in what is called an "Idaho stop" for its legality in that state.

FAILURE TO STOP at a stop sign, whether on a bike or in a car, carries a penalty of four points on one's driver's license and substantial fines, along with court fees, Landau said, adding, "On the ticket, it doesn't say that these are for bicycle infractions.

"If I'm blowing through stoplights at 30 miles per hour with those little ear buds in for an iPod, sure. Take me down," Landau said. But he said he felt there were substantial differences between bicycles and cars not recognized by state law.

He didn't get a call from one of the cyclists until July 3, four days before the court date, but he extended the offer for free litigation to all eight of them. Normally, Landau works on cases of personal injury, workers compensation and federal Social Security disability income. "I don't go to traffic court unless it's for one of my kids' tickets," he said.

After he showed prosecutors his clients' perfect driving records, aerial photos that illustrated the rural area and the distance that the officer would have been from the bikers, and the Idaho stop law, the two sides agreed on a deal that convicted the two cyclists of lacking reflectors, a much lesser infraction.

FOUR of the others had already pre-paid their fines, while one got his case continue and the other represented himself and lost.

Since the charges were incurred during a multiple sclerosis fund-raiser, Landau has labeled the ticketed bikers the "MS-8." "I'm all for the best and highest use of resources, and I want cops going after MS-13, not the MS-8," he said.

— MIKE DiCICCO



PHOTO CONTRIBUTED

Doug Landau, center, leaves the Loudoun County Courthouse with pro-bono clients Kathleen Moody and Scott Rothrock.

Community College To Lead the Way

Options for students looking for a way to get into top schools while saving money.

Northern Virginia Community College offers many local students of all ages an accessible and affordable path to success.

In the Connection this week, education reporter Julia O'Donoghue highlights one little known program at NVCC that the region's top students should carefully consider.

Competition is so steep to get into Virginia's top colleges and universities, like the University of Virginia and the College of William and Mary, that students with excellent grades and SAT scores, plus many other accomplishments, still have been unable to win acceptance to the schools of their dreams.

But those students who really want a degree from a particular Virginia school can control their own fate by first enrolling at Northern Virginia Community College.

The process is not simple; students and their families must carefully study all of the requirements. But if a student gets their associate degree while taking the required classes set by the college where they would like to transfer, achieving the required grade point average, filing the letters of intent with the state college of their choice, then that student is guaranteed acceptance as a transfer student.

EDITORIAL

Students who make use of this program can graduate from a top Virginia college or university in four years, and they will have saved thousands of dollars in tuition along the way.

Another advantage of attending NVCC for two years is evident for the many students who have taken International Baccalaureate courses. NVCC will accept those classes (with passing test scores) for credit; then four-year

colleges will accept the NVCC credits. For many students, the Advanced Placement and International Baccalaureate credits they carry forward into college can save a full year of college, and college tuition, for some students saving as much as \$40,000.

NVCC also offers degree and certification programs in myriad fields that meet the needs of older students and students who are not headed for a four-year degree.

Demand is surging at NVCC, not surprisingly. The institution will need funding and flexibility going forward.

Read our story, Northern Virginia Community College "Guarantees," inside our July issue of our new monthly camps and schools section, A+: Education, Learning, Fun in this issue or online at www.ConnectionNewspapers.com. Click on "print editions online" in the red bar at the top of the page.

Let us know your thoughts and experiences.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

County vs. City: A Distraction from Real Issues

BY JOHN W. FOUST
SUPERVISOR (D-DRANESVILLE)

At the recently completed retreat of the Fairfax County Board of Supervisors, the possibility of converting Fairfax County to a city was raised. Since then, a lot of concern has been expressed by many county residents, especially residents of the towns of Herndon and Vienna.

The agenda the Board was given prior to the retreat indicated that we would be discussing "Transportation issues." No prior notice was given that the county versus city issue would be raised. When we got to the transportation item, we talked about the possibility of Fairfax County taking more control over improving and maintaining secondary roads and, possibly, primary roads in the county. Staff noted that if the county became a city it could have more control over its roads, possibly receive more transportation funds from the state and have the ability to diversify its revenues to pay for the added responsibility. The Board also discussed whether other and better options were available to the county that would have similar benefits without the cost and disruption of converting to a city.

INITIAL REPORTS about the discussion said that towns could not legally exist if the county became a city because, in Virginia, towns can exist in counties but not in cities. Technically, that is cor-

rect. However, the law provides that, if Fairfax County did become a city, Herndon would become a township within the city. There are issues that would need to be resolved but my understanding is that, as a township, Herndon would have most of the authority it currently has as a town.

Although reports suggested otherwise, I did not feel the county to city conversion issue was the primary focus of our discussion. I believe the consensus of the Board is that if the State would not meet its obligations for funding transportation, we have to identify and evaluate other options that are available to the county. In my opinion, the focus of our discussion was the state's failure to maintain and improve roads and whether the county could, and if so whether it should, take on more responsibility for roads. The County Executive was directed to come back to the Board with a proposal on how we could move forward with an evaluation of these issues.

We are facing a transportation-funding crisis. Although the state currently has the responsibility for roads in Fairfax County, it has not met its funding obligations and its already inadequate road program in the county is getting worse. For example, in 2004 the state allocated \$27 million for secondary road improvements in the county; this year that number is only \$240,000 for a county of almost 400 square miles and over 1 million residents.

IN MY OPINION, the discussion of county versus city is a distraction from the real issue which is, how will Fairfax County provide the transportation network our residents need and deserve if we continue to rely on a state government that does not put a priority on funding transportation? Until the state demonstrates that it is serious about fulfilling its obligations, I believe the county has to consider taking more control of our transportation future. We do not have to become a city to do that. In addition to being a distraction from the real issue, the time and procedural cost of pursuing and implementing conversion from a county

to a city would be significant. It would also have to be approved by the voters in a countywide referendum, by the courts and by the Virginia legislature. Even if all these approvals could be obtained, there would still be no guarantee the legislature would approve a city charter that significantly improved our situation.

I believe that our resources and energies should be spent pursuing productive ways of taking control of roads in the county. I look forward to receiving the County Executive's proposal on how that might be accomplished and to carrying on an open discussion with my constituents on these issues.

Highway Robbery At Toll Road

To the Editor:

At the risk of seeming frivolous, my opinion of our public officials deciding to fund the lion's share of the cost of building a rail line to Dulles Airport on the backs of Dulles Toll Road users is highway robbery ["Toll Increase Supports Metrorail," Connection, July 8-14, 2009]. I believed this before I commuted daily on the toll road, especially after reading about studies finding that the rail line would not appreciably decrease traffic congestion. Now that I own a video game store just off the toll road in Herndon and I travel there seven days a week from Great Falls, my opinion has only got-

ten stronger. The public officials you quote seem to agree that the decision to raise tolls is arbitrary but consider it necessary. However, I am reminded of Germanic barons in the Middle Ages who strung chains from their castles across the Rhine and Ruhr rivers and extorted tolls from traders moving their wares by boat. Commuters on the toll road are just such an easy target. Hopefully they will rise up as the traders did in the Middle Ages and force a more equitable solution than ever-increasing tolls.

Arthur Kingdom III
Great Falls

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UMC Youth on Mission

Herndon United Methodist Church's youth departed for a week-long mission trip this week, providing help where needed to children and schools in Manassas. This was the third group of youth the church has sent on mission trips this summer, totaling over 50 participants. Earlier teams went to Costa Rica and Oakland, Md.

WEEK IN HERNDON

Streetlights Illuminate Herndon Neighborhood

A portion of the Reflections Homes neighborhood in Herndon is much brighter because of the installation in early June of eight cobra-headed streetlights along Saunders Drive. Supervisor John W. Foust (D-Dranesville) secured the funding for the lights after Jim Allen, president of the Reflections HOA, stated that lighting the street, one of the darkest and most densely populated in the area, was the community's number one priority.

In January 2008, Allen sought newly elected Supervisor Foust's help with the lighting project, which had been languishing for 10 years. After working several months with the Reflections Homes HOA, the Reston Police Station and Dominion Power, Foust's office obtained a letter of authorization to proceed with the installation of new light fixtures. Money for the streetlights came from the Dranesville District Streetlights Fund.

"One of the real pleasures of my job is being able to work directly with residents to bring needed improvements to their community," said Foust. "I want to commend Mr. Allen and his HOA members for continuing to press for the project."

Checkpoints Result In Citations, Arrests

Herndon police officers conducted two DWI-License Checkpoints to deter and apprehend intoxi-

cated and unlicensed drivers in conjunction with "Checkpoint Strikeforce." These checkpoints took place July 3 to July 4, from 9 p.m. to 2 a.m.

The results of the checkpoints were 15 citations for driving without a license, two citations for driving while suspended, two DWIs, two citations for drunk in public, three pending drug charges and one fugitive arrest. Approximately 400 cars passed through the checkpoints.

All motorists stopped were checked for sobriety to assure that their abilities to drive have not been impaired by drugs or alcohol and to ensure proper licensing.

"Checkpoint Strikeforce" is an intensive law enforcement mobilization to get impaired drivers off our roads.

ArtSpace Seeks Local Talent

ArtSpace is looking for local musicians, bands, and even disc jockeys that want to be part of "Paint Herndon" on Saturday, Sept. 5, 3-8 p.m. The public block party will be on the lawn of ArtSpace to support the outdoors visual arts competition that day. Prizes for best performers.

Apply for a spot on the schedule by sending in a short press release of your group to ArtSpace P.O. Box 916 Herndon, VA 20170 or attach to an e-mail to lzidel@hotmail.com. For more information, call 703-956-6590.

Dulles Chamber Announces Award Winners

The Dulles Regional Chamber of Commerce recently conducted its annual awards presentation and recognized several businesses during its annual luncheon.

In the Small Business category, Jim Intihar Ventures in Chantilly

was named as Small Business of the Year. Also recognized for outstanding performances as small business were HealthMarkets and Sandy Spring Bank Chantilly branch.

The Mid-Sized Business of the Year went to MainStreet Bank, lo-

cated in Herndon and Fairfax, with the award being accepted by President Jeff Dick. Other mid-sized businesses recognized for excellence were AOC Solutions and MillerMusmar, CPAs.

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The Fuzed — Cheska, Trevor, Jake and Connor — will play in West Springfield, Leesburg later this month.



PHOTOS CONTRIBUTED

Local Band Joins Rock Stars

The Fuzed performs at prime area venues.

The Fuzed, a local band of four young people ranging in age from 11 to 14, are well on the way to living their dreams of being rock stars. The group has been invited to play at JAXX Nightclub, a popular venue in West Springfield where many successful bands like Cheap Trick, The Little River Band and Eddie Money have previously taken the stage.

The Fuzed opened this year's Loudoun Youth Fest, and caught the attention of the headlining group Forever the Sickest Kids (FTSK), who are recording their second album before going back on tour this summer. When FTSK heard The Fuzed play, they were impressed with these young musicians and asked for a repeat performance — opening for their show later that night. Playing before a crowd of hundreds may intimidate some young

bands, but not The Fuzed, who took over the stage for a second time and thrilled the crowd.

Since that performance, word has spread fast and their calendar is quickly filling with event dates. The Fuzed will be playing a mix of originals and classic rock selections at JAXX in West Springfield on Friday, July 17 at 8 p.m. and also at the Loudoun County Fair in Leesburg on Friday, July 31 at 7:30 p.m. They have several additional performances scheduled later this summer and throughout the fall.

The members of The Fuzed practice in Haymarket at the home of 13-year-old lead guitarist Trevor Fichtner. Bassist Connor Ginger resides in Gainesville and is the eldest at age 14. Drummer Jake Rosenthal of Herndon is 13, and lead vocalist Cheska Zaide of Ashburn, the youngest, is just 11.

For additional information about The Fuzed and their future events, visit their website at www.thefuzed.com or www.myspace.com/thefuzedrockband.



Trevor, Jake, Connor and Cheska opened this year's Loudoun Youth Fest.

CALENDAR

Send announcements to herndon@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.

THURSDAY/JULY 16

Dragonfly Class: An Introduction. 7-8:30 p.m. RA Central Services Facility, 12250 Sunset Hills Road. Guest naturalist Kevin Munroe of the Fairfax County Park Authority will focus on basic identification, natural history and conservation of local dragonflies. Through a combination of handouts, lecture and a slide show of photos taken in Virginia, learn how to identify Reston's common dragonflies, and get a basic introduction to their behavior and natural history. Free to participants in the Reston Dragonfly Count on Saturday/July 19. 703-435-7986 or hbrock@reston.org.

Turley the Magician. 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Sol Y Rumba Hot Latin Sounds. 7 p.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Farmers' Market at Reston Town Center Pavilion. 3:30 p.m. at Reston Town Center, 11900 Market St., Reston. Locally grown fruits and vegetables, locally raised meats and poultry, bread and cheese, salsa and sausage. 703-689-4699.

FRIDAY/JULY 17

Family Date Night at Lake Anne. 6:30-9 p.m. at Lake Anne Plaza. Live entertainment, chaperoned games, prizes, free hot dogs and drinks for children.

FAITH NOTES

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

Chabad of Reston, Herndon's New Hebrew School provides an academic environment where children acquire a broad knowledge of Judaism through Hebrew reading, writing, Jewish history, holidays and more. Registration is now open for 2009-2010. 703-476-1829, Rabbi@chabadrh.org or www.chabadrh.org

Trinity Presbyterian Church 'Discovery Canyon' Vacation Bible Camp, 8:45 a.m.-12 p.m. from July 27-31. For ages 4 through rising fifth graders. \$15/child. 651 Dranesville Rd., Herndon. www.trinityherndon.org or 703-444-2246.

The Convocation of Anglicans in North America has announced Dr. Steve Garber of the Washington Institute for Faith, Vocation, and Culture and the Most Rev'd Emmanuel Egbunu, Archbishop of Lokoja, Nigeria, are the keynote speakers for the annual CANA Council meeting at the Church of the Epiphany in Herndon, from July 30-Aug. 1. This year's council meeting will have a special focus on teens and youth. Dr. Garber has taught with the Lilly Endowment and the American Studies Program on Capitol Hill. Before becoming archbishop of Lokoja, Archbishop Egbunu served as the bishop of Lokoja, suffragan bishop of Abuja, and a priest in northern Nigeria. CANA Council is open to all CANA clergy and will include delegates from each member congregation. To attend, contact Kelly Oliver (ext. 140) or Megan Franko (ext. 148) at 703-683-5004, or go to www.canaconvocation.org.



'Memories' Fine Art Train Photography of local artist Joseph Geraci, Aug. 2-Sept. 6 at the Unitarian Universalist Church, 1625 Wiehle Ave., Reston. The exhibit features both traditional and digital photography, and digital manipulation to create images that resemble impressionistic paintings. Call for exhibit times. 703-626-5035 or www.trainphotos4u.com.

Friday Night Live. The Herndon Chamber of Commerce invites everyone to its outdoor party at Friday Night Live! starting at 5:30 p.m. at the Town Green, located behind the new Municipal Building at 777 Lynn Street in Historic Downtown Herndon. This is part of the special series of mixers honoring the Herndon Chamber's 50th anniversary. Red Hot & Blue will do the catering honors that night and the band will be Kristin & the Noise, one of the season's most popular bands. Members: \$20; Non-members: \$25. Register online at www.dullesregionalchamber.org.

SATURDAY/JULY 18

Lake Anne Regatta. 10 a.m. Radio controlled model yacht races throughout the day. www.ashburnmyc.info/ Ashburn_Model_Yachting/Welcome.html

Neighborhood Plant Clinic. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Fairfax County Master Gardeners Association gives tips and strategies. 703-242-4020.

U.S. Navy Band Country Currents. 7:30 p.m. at the Herndon Town Green, 777 Lynn St., Herndon. Free. 703-787-7300 or www.herndon-va.gov.

Blue Sky Puppet Theatre presents 'Banana'. 10 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. 703-324-8702 or www.fairfaxcounty.gov/parks/performance/. In case of inclement

Floris United Methodist Church, 13600 Frying Pan Road, Herndon, is looking for people to sing in a choir. Floris UMC has a season of music including concerts featuring Schubert's "Mass in G Major", Handel's "Messiah" and more. Rehearsal on Wednesdays at 7:30 p.m. and singing most Sunday mornings at the 11 a.m. service. Scott Glysson at sglysson@florisumc.org or 703-793-0026.

Congregation Beth Emeth, 12523 Lawyers Road, Herndon, will host a **Yiddish Club on the first Tuesday of each month.** Members will engage in a variety of activities that utilize the Yiddish language, including reading stories, listening to music and radio broadcasts, reading Yiddish newspapers and more. Free. Call 703-860-4515, ext. 127.

Every Wednesday, at 12:15 p.m., **St. Timothy's Episcopal Church,** 432 Van Buren St., Herndon, offers a lunch-time Healing and Holy Communion service. This half-hour service is offered to all and allows people an opportunity to worship during the work week when they may be away from their regular church. All baptized Christians are welcome to receive the Sacrament and all who have not been baptized may receive a blessing at the Altar rail. Call the church Mondays-Fridays, 9 a.m.-3 p.m., at 703-437-3790 or visit www.saint-timothys.org.

Knitters needed the **first and third Wednesdays** of the month, at 7 p.m., at **St. Timothy's Episcopal Church,** 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

weather, call 703-324-7469 for cancellation updates.

SUNDAY/JULY 19

Dragonfly Count. 9:45 a.m.-3:45 p.m. at the RA Central Services Facility, 12250 Sunset Hills Road. Annual dragonfly count throughout Reston's natural areas. Meet local dragonfly experts, learn tips on identification and help obtain important information on dragonflies. 703-435-7986 or hbrock@reston.org.

MONDAY/JULY 20

Fun on the Farm Storytime. 11 a.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Stories and songs celebrating farm animals. Age 2-5 with adult. 703-437-8855.

TUESDAY/JULY 21

Outback Jack. 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Book Discussion. 10:30 a.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for title. Adults. 703-757-8560.

WEDNESDAY/JULY 22

Read Yourself Silly With Flow Circus. 7 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Juggling, magic and more. Age 6-12. 703-757-8560.

The Wright Stuff. 2:30 p.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Discover the mystery of flight with the Maryland Science Center. Age 6-12. 703-437-8855.

English Conversation Group. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

THURSDAY/JULY 23

Mizz Nemeck's Pretend Stories. 11

BULLETIN BOARD

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

RSVP on the orchestra website, www.restoncommunityorchestra.org, giving name, instrument and days you plan to attend.

THURSDAY, JULY 16

Join the Committee for Dulles for a look at what's happening in tourism in 2009. The keynote speaker will be Barry Biggar, CEO of Visit Fairfax. Representatives from the National Air & Space Museum Steven F. Udvar-Hazy Center, the Herndon Depot Museum and other Dulles corridor tourist attractions will attend. Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon. Reception at 11:30 a.m., lunch served at noon. Board of Directors meeting at 10:30 a.m.

MONDAY, AUG. 10

Northwest Federal Credit Union

SCHOOL NOTES

Several Herndon residents have graduated from Virginia Tech in Blacksburg:

- ♦ **Jeffrey Coyne**, master of science degree in environmental engineering and a graduate certificate from the Graduate School.
- ♦ **Bonnie Hamilton**, master of accountancy and information systems.
- ♦ **Sarah Perich**, master of accountancy and information systems.
- ♦ **Daniel Phipps**, master of science in civil engineering.

Several Oak Hill residents have graduated from Virginia Tech in

a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Oasis Calypso & Reggae. 7 p.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Farmers' Market at Reston Town Center Pavilion. 3:30 p.m. at Reston Town Center, 11900 Market St., Reston. Locally grown fruits and vegetables, locally raised meats and poultry, bread and cheese, salsa and sausage. 703-689-4699.

Lighters and Matches Are Tools for Growups Only. 11 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Fairfax County Fire and Rescue Department presents a puppet show which will focus on fire safety. Participants will receive a helmet, activity book, and parent brochure. 703-242-4020.

FRIDAY/JULY 24

Golf for Nature. 1 p.m. at the Reston National Golf Course, 11875 Sunrise Valley Drive, Reston. 571-244-7248 or www.restonnationalgolf.com.

SATURDAY/JULY 25

Civil War Camp for ages 8 to 13, at Vienna's historic Freeman House, 131 Church St., N.E. 9:15 a.m. to 1:15 p.m. "Recruits" will learn about basic soldiering and camp life. The day will also include music and games. \$30 for Town of Vienna residents, \$37.50 for out-of-town participants, includes "rations" and a souvenir. 703-255-6360 or www.viennava.gov.

Sierra Club Bird Walk and Organic Farm Tour. 8 a.m.-2 p.m. A day of outdoor fun for all ages at the Blue Ridge Center for Environmental Stewardship in Loudoun County, at 11661 Harpers Ferry Road/Route 671. Free. Begin at 8 with a guided bird tour by the Loudoun Wildlife Conservancy, followed by a potluck picnic lunch at 11:30 a.m. and then a tour of the organic farm. www.brces.org, 703-506-4310 or larva@attglobal.net.

THURSDAY, AUG. 27

Getting to Know Fairfax County Public Schools (FCPS): A Parent Orientation will be held at 10 a.m. in English with a Spanish interpreter at the Lake Anne-Reston Student Registration Office, 11484 Washington Plaza West in Reston. This interactive seminar provides information about the school system, the importance of parent involvement in a child's education, suggestions for how parents can get involved with their child's school, and a cultural discussion component that is designed to help accelerate a family's acculturation to the United States. Topics will include registration, resources for parents, testing, safety, communication, health services, technology tips, and graduation requirements. For additional information, contact Robin Hamby at 703-277-2640 or robin.hamby@fcps.edu.

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PHOTOS BY CATHLEEN PAUL

Swimmers and coaches Jenny Davis, Alli Baez, Katie Boxer, Gabi Perrault, Hunter Buley and Mandy Roth from the Kingston Chase swim team and U.S. Olympian Josh Davis.

Swim Olympics at Herndon Pool

The 30th annual Herndon Swim Olympics, hosted by Kingston Chase Fighters and the Herndon Community Center Halibuts, took place on Friday, July 10 at Kingston Chase pool. The top swimmers from nine Herndon swim teams competed in freestyle, backstroke, breaststroke, butterfly and relay events.

Opening ceremonies began with U.S. Olympian Josh Davis leading the procession and Mayor Steve DeBenedittis delivering a speech to the young swimmers.

In addition, Davis conducted a swim clinic at Kingston Chase pool on Thursday, July 9. More than 50 swimmers from all nine teams competing in the Olympics were present.

U.S. Olympian Josh Davis conducting a swim clinic for Herndon Olympians. The 30th annual Herndon Swim Olympics took place on Friday, July 10 at Kingston Chase pool.



Josh Davis and winners of the 7-8 boys freestyle event.



COURTESY PHOTO

The HRYS fastpitch all-stars include, bottom row, from left, Arisa Koyama, Leta Kent, Brittany Miller, Julie Linovitz and Lindsay Goff; back row, assistant coach Mark Linovitz, Victoria Jones, Katie Thomas, Sarah Lukatch, manager Bob Thomas, Meaghan Longanecker, Thao Le, Erica Loftin, Destinee Beckham and assistant coach Liem Le.

WEEK IN SPORTS

Strong Showing

The Herndon Reston Youth Softball U-16 girls' fastpitch all-star team competed in the 2009 Virginia Babe Ruth state tournament over the Fourth of July weekend, finishing as the tournament's runner-up. The team will now advance to the Babe Ruth Regional, to be played July 16 in Andalusia, Ala. In addition, Thao Le was recognized as the Most Valuable Player of the series.

Medals Earned

Three members of the H.K. Lee Academy of Taekwondo in Herndon won gold, silver and bronze medals at the 2009 USA Taekwondo Junior Olympics and U.S. National Championship in Austin, Texas on July 1. Blake Rodgers, 8, won gold medals in both Poomsae and Sparring, while Anthony Prosekov, 8, won silver in Poomsae and bronze in Sparring. Cole Trippett, 7, won silver in Sparring. Rodgers and Prosekov competed in the 8-9-year-old black belt division, and Trippett competed in the 8-9 red belt division. Poomsae consists of a series of choreographed movements in which the athletes are judged on their grace, strength and correction execution of techniques. In Sparring, athletes are awarded points for kicks delivered to valid scoring areas, which include the torso and the head.

Football Camp Registration Open

Registration is open for Reston Youth Association (RYA) football camp, which runs the week of July 20, from 6-8 p.m., at Langston Hughes Middle School. The RYA football camp is a non-contact program for both experienced and new players and will feature a station-based training format and motivational talks by RYA coaches and NFL players. Registration is also open for the fall tackle football and cheerleading programs. The RYA programs are open to youth ages 7-16. No experience is needed and full player participation is guaranteed regardless of ability or experience. The three levels of play are based on age, weight and experience. Games will be played on the turf fields at Lake Fairfax Park. Practice begins Aug. 10 and the first games are Sept. 19. The season ends by Thanksgiving. Obtain information on RYA programs and register online at www.restonseahawks.org. For questions, e-mail vp@restonseahawks.org.

Reston Triathlon Date Set

The Reston Triathlon Association has decided on a date of registration for the 2009 Reston Triathlon, which will take place on Sunday, Sept. 13. Triathletes can only register online for this event on Monday, Dec. 1 beginning at 7:30 p.m. Go to the Web site at restontriathlon.org for more information. Cost is \$125 for USAT members or \$135 for registration and a one-day USAT membership. The race includes a 1-mile swim in Lake Audubon, a 22.3-mile bike ride on rolling Reston roads and a 10-kilometer run on shaded Reston pathways. The race starts at the Lake Audubon boat ramp and ends at the South Lakes High School stadium.

POETRY CORNER

Remembering Grandma

My grandmother was a welder. She made airplanes. With her husband and two children she made the long trek from South Dakota to California during the Great Depression, trying to keep food on the table, she said. She rarely spoke about those times. Once in her kitchen my father said, "Nobody had dimes." My grandmother nodded and answered, "People only had pennies."

Right after the Civil War her own father made the long trek in a covered wagon from Tazewell, Va. to the Dakota territories when he was 13, his family looking for land. His ancestors had settled New

River more than two hundred years before.

I wrote this poem for my grandmother right after I moved to Reston.

— KATHY WALDEN KAPLAN

In the Afternoon (for Dee Dee)

When I was a little girl I knew my father came across the country from Iowa when he was a boy.

In my mind it was a very long time ago, a history.
In my father's mind it was long ago, but something recalled.
In my grandmother's mind the trip from Iowa with her new young husband in the Model T her father gave her for her high school graduation was only yesterday and she remembers today how the prairie smelled as she washes the dishes this afternoon.

We can drink our coffee, the light coming in the window, the window my grandfather built 55 years ago and it's all different.

Time doesn't run smoothly, it wraps itself around and gets thick in our childhoods and evens out when we're grown. Then when we're old it thins out, except when we remember — when an old woman remembers the way the prairie smelled.

And then time gets thick again and wraps itself around a grandmother's cup of coffee in an afternoon in January when the sun comes in sideways.

— KATHY WALDEN KAPLAN

Stargazer's Suicide Note

The tree outside my window
Once grew raw and lyrical.

Back when life was new
And Now ran side-by-side with Forever
Cushioned by cotton night wind
I'd swing myself onto a branch
And together we'd watch
As the stars burnt holes
In a dome of universe shadow.

But I've since learned

It wasn't stars we saw
Just extinct light
Memories, really.

Slumbers in acrylic
Dreams at room temperature
Have replaced
The push and pull of twilight.

Now at least I can be warm —
If not extraordinary.

The Second

Rusty light on water
Musty bird cries
Reflecting the choly of melans
the folly of an overprocessed world.

Made young again

By happy pigs dreaming
And rodents making havens
Out of old tire swings.

— JULIE LEHMAN, RESTON

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Email resume and cover letter to senior warden **Michael Cook** at cookmich@verizon.net.

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Now That's Heavy



By KENNETH B. LOURIE

Do you want to know what "heavy" is? I'll tell you what "heavy" is.

"Heavy" is when you ask your oncologist what you perceive to be a rather ordinary question about dental health, as it relates to your ongoing treatment/chemotherapy for stage IV lung cancer and he responds as he knows (and you've told him) how you want him to: honestly and succinctly.

He advises you not to bother spending the money on hardware if a band-aid/temporary solution will work. Specifically responding to the question, now that I'm nearly finished with my primary chemotherapy, if it's OK to have my dentist put in two crowns that we've delayed since I was diagnosed (and had treatment begun).

My oncologist asks how long will the crowns last. I shrug and say I don't know. He guesses/estimates 10 years. I guess back that I suppose that's right. To which he replies that it might not be necessary for me spend money on something that will last 10 years. Puzzled for a moment by his answer, I process the information, then I nod and say: Oh, I get it. I don't have 10 years so why spend money on something that will outlast me. So much for dental work.

But I'm not thinking that way. Nor would my oncologist want me to be thinking that way. All things are possible.

Everybody is different and responds to treatment differently. Medications; prescription or otherwise, chemotherapy; approved or experimental, homeopathic, non-western/alternative medicine; what's not effective for persons 1-99 might be perfectly effective and suitable for person 100. And not that I see my self "the one" (the surviving one against all statistical odds and case histories), but as I've written previously, it ain't over simply because the chemotherapy is completed and the "standard of care" sort of says it is (so far as the treatment protocols for the next 12 months are indicated).

Nevertheless, I don't have any reason to believe that I am "the one;" that somehow forces beyond my control (in conjunction with some forces within my control) and somehow unique to me, will physically, spiritually, chemically, anatomically and miraculously combine to track me on an alternative route that will change the course of my recently predicted (abbreviated) life expectancy. However, thinking that all is hopeless and preordained seems foolish and short-sighted.

What will be will be; moreover, what has been diagnosed has been diagnosed and it's my responsibility, my duty, my job, if you will, to see that it becomes prudent and meaningful that I pay the \$700 or so per crown for the more permanent hardware because life is for the living; it's not for the waiting and wondering if.

So I'm going to follow Red's (Morgan Freeman) advice from the 1994 Oscar-nominated film, "The Shawshank Redemption," "Get busy living or get busy dying." Given the alternatives, what choice do I have? What choice would I want to have? Granted, I've been dealt a bit of a bad - and quite unexpected - hand, but so what? It's not like it's my fault.

I didn't cause it; I just got diagnosed with it. I can live with it, hopefully long enough to replace these two crowns with a new pair in another 10 years. Hey, stranger things can happen; after all, a lifelong non-smoker like me was diagnosed with stage IV lung cancer. What's up with that?

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

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FROM PAGE 5

port took Large Business of the Year, with recognition also going to Northrop Grumman and The National Conference Center.

The ceremonies began by recognizing Doug Downer of HRI Associates, Chairman of Friday Night Live!, the summer concert series now in its 15th year; Nicholas Draper of Granite Source for re-launching the Chamber's Leadshare programs; and Thomas Ransom of BB&T Loudoun for chairing past year's Total Resource Campaign.

Other award recipients include Kristina Bouweiri of Reston Limousine, who received the Community Service Award; Debra Biely of Monticello Capital, recipient of Executive of the Year Award; John Staub and Eggspectation in Chantilly received Restaurant of the Year; and Peter Ryus of Morgan Stanley Smith Barney was named Member of the Year.

The Environmental Committee, chaired by Eileen Kennedy of Middleburg Bank, was named Committee of the Year for its Presidential Candidates' Environmental Debate with Gov. Tim Kaine (D) and former Gov. George Allen (R) serving as surrogates for their parties. Event of the year went to the 50th Anniversary Gala, chaired by Katie Moore of the Observer. Outgoing chairman Georgia Graves of Bridgman Communica-

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Chamber Awards Presented

tions presented Sally Behnam of Design4Future with a Chairman's Award for Service through the Years. This year's Chairman's Award was shared by Bill Lauer of TETRA Partners and Joe Ritchey of Prospective, Inc. for their efforts in branding the Dulles Region.

In a nod to the chamber's 50th anniversary, three lifetime achievement awards were presented. Del. Thomas D. Rust (R-86) received a Lifetime Achievement Award for Public Service. Vi Carmona Bateman received one for Community Service, and Richard Downer of HRI Associates was the recipient for business, having been a founding member of the Herndon Chamber.

The Chamber also made presentations to those who were designated committee person of the year by their peers. Receiving awards were Robbin Shefski of HealthMarkets for the Ambassadors; Maureen Williams of Capital Hospice for Community Outreach; Peter Ahmed of GDI for Asian Business; Michael Boyd for Hispanic Business; Doug Guernsey for the Environmental Committee; Dorothy Banzon of D Banzon Design for Marketing; Bill Browning of Northern Virginia Community College for Workforce; Claire Leftwich of Centreville High for Education; Toni Reinhart for Health and Wellness, and Joe Ritchey for Economic Development.

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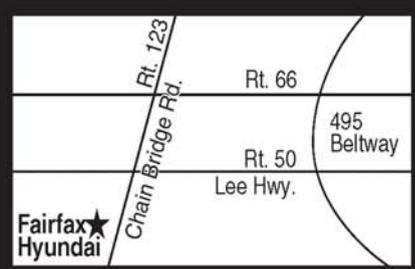
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