

# Reston CONNECTION

# Restonian Becomes Astronaut

NEWS, PAGE 4

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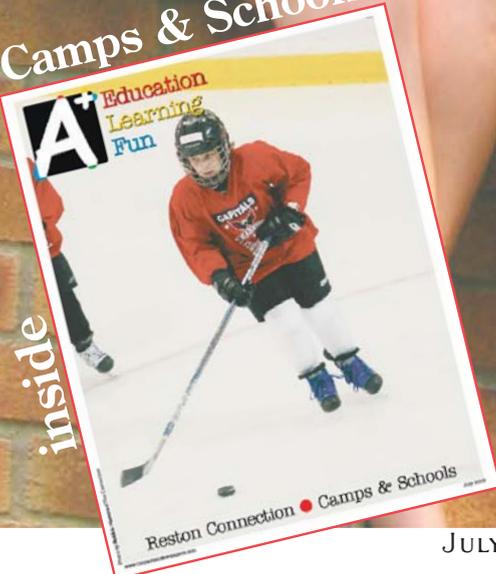
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Air Force Maj. Jack  
Fischer, astronaut,  
with wife, Elizabeth,  
and children Sariah  
and Bethany, in front  
of their Reston home.

OPINION, PAGE 6 ♦ CALENDAR, PAGE 8 ♦ CLASSIFIEDS, PAGE 13 ♦ SPORTS, PAGE 12

PHOTO BY DONNA MANZ / THE CONNECTION

Camps & Schools



Reston Celebrates  
45th Birthday

COMMUNITY, PAGE 2

Rec Center  
Scrutinized

NEWS, PAGE 3

JULY 15-21, 2009 ♦ VOLUME XXIII, NUMBER 28

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## COMMUNITY

Members of the Cardinal Cloggers dance on the Reston Town Center Park Stage at the Reston Festival.



PHOTOS BY  
CHRISTIAN  
EUBANK/  
THE CONNECTION

# Reston Celebrates 45th Birthday

Town Center streets closed for the two-day Reston Festival.

BY CHRISTIAN EUBANK  
THE CONNECTION

**R**eston's residents celebrated the community's 45th birthday at this year's Reston Festival last weekend. Several streets were closed during the two days of festivities, on July 11 and 12 in Reston Town Center. Aside from the usual collection of craft and food vendors, businesses and community groups took advantage of the crowds to increase membership. The Reston Citizens Association conducted its elections at the festival as Colin Mills campaigned in

the streets for a write-in bid. He succeeded in being elected.

Starting at noon, the Pavilion Stage hosted musical guests, including The Grandsons, Saturday's headliner, and Sunday's headliner Chuck Brown. The Pavilion also sponsored a bingo game for festival attendees over 16. The Park Stage provided a variety of performers, including dance groups and a Tae Kwon Do demonstration.

The Kids' Area featured an assortment of carnival rides, crafts and entertainment booths. Children's musicians and performers entertained families from the Kids Stage. Families could travel from the Kids' Area to other areas of the festival by purchasing tickets to ride a miniature train through the Town Center.

For the first time, festival staff offered a bicycle valet and storage service. Festival Committee Member Norbert Pink said he hopes that the service will cut down on vehicle traffic and become an annual tradition.



Children could ride on a miniature train around the Reston Festival grounds.



A variety of food vendors and crafts salesmen filled the streets during the Reston Festival.

## Reston Citizens Association Election Results

**President:** Marion Stillson 858 votes, with six write-in candidates receiving one to five votes each.

**At Large:** Colin Mills (write in) 1157, Tammi Petrine 1010, and Ken Meyercord 23.

**Hunter Woods District:** Marie Huhtala 154.

**Lake Anne District:** John Lovaas 201.

**North Point District:** Jane Wong 103, George Kain 110.

**South Lakes District:** Diane Lewis 165.

## VIEWPOINTS

### What is your favorite part of the Reston Festival?

— CHRISTIAN EUBANK



**Norbert Pink**

"My favorite part is the variety of the entertainment and arts and crafts that are for sale. I also enjoy associating with other people in the community."



**Sofie Strompf**

"My favorite part is the rides because I love amusement parks."



**Anne Burkel**  
(Louisville, Ky.)

"It's great that an area like this can close down its streets and have everyone come together."



**Seldon Kruger**

"I came here to vote in the Reston Citizens Association elections."



**Lauren Fisher Newberg**

"We moved to Reston because they have these outdoor neighborhood festivals."



**Noah Sieff**, right, with his brother Adam

"My favorite part is looking around the tents and seeing what's inside them."



PHOTO BY CHRISTIAN EUBANK / THE CONNECTION

**Reston Association President Robin Smyers presents the history of proposed recreational facilities.**

## Rec Center Scrutinized

**Reston residents question the proposed recreational center.**

BY CHRISTIAN EUBANK  
THE CONNECTION

**R**eston resident William Smith spoke for the opposition to the proposed indoor recreation center as he questioned the democracy of the planning process.

"When is 'no' not enough?" he asked July 7 a packed room of more than 100 of his fellow citizens at the Jo Ann Rose Gallery.

The meeting, organized by the Alliance of Reston Clusters and Homeowners (ARCH) and the Working Alliance of the Town Center Homeowners (WATCH), included presentations in favor of the new recreational center and two rounds of questions. Robert Goudie, the ARCH Issues Committee Chair and WATCH president, moderated the event and presented questions to Reston Association (RA) and Reston Community Center (RCC) leadership.

"We do not have all the space to accommodate all the people in the community," said Carol Ann Bradley, chair of the RCC Board of Governors. She cited growing waitlists for athletic programs in her defense of the new facility. Bradley stated that Reston's greatest athletic needs include tennis and aquatics facilities.

**RA PRESIDENT** Robin Smyers said that the RA and the RCC are still not committed to a particular plan and are archiving all e-mails and community survey results for consideration during the decision process.

The most ambitious facility, which would include an Olympic-sized pool, up to eight tennis courts, a gymnasium and workout rooms, would cover 170,000 square feet. The construction cost is projected to be \$49 million, according to the RCC, but Goudie said that the project would reach up to \$100 million after financing.

In response to a proposal to cover pools and tennis courts instead of building a new center, Bradley said that a previous study stated that the cost to cover four courts at Lake Newport was \$1.4 million. Although

SEE DEBATE, PAGE 11

# Reston Hospital Expands

**HCA additions in Reston will total around 350,000 square feet.**

BY CHRISTIAN EUBANK  
THE CONNECTION

**S**ince the plans for its Broadlands hospital were thwarted by the Loudoun County Board of Supervisors, Hospital Corporation of America has revealed its new plans for an expanded facility in Reston.

"We are proposing to build up instead of building out," said Mark Looney, at a meeting with the Reston Planning and Zoning Committee on June 6. Looney, a spokesman on behalf of Hospital Corporation of America from Cooley Godward Kronish LLP, said the additions to the Reston hospital would total around 350,000 square feet.

**THE EXPANSION** includes the construction of a new building, the addition of floors to existing structures and the addition of two parking structures. The hospital will accommodate more beds, staff offices and independent physicians who require close proximity to their patients. Looney said HCA does not anticipate any traffic from the Reston Parkway metro station. The hospital will compensate for increased use by applying for new turning lanes on Fairfax County Parkway, additional stoplights and modified signal timing.

HCA currently has a Certificate of Public Need from the state for 14 additional hospital beds and can begin construction within three years. The hospital must request another COPN from the state to continue with

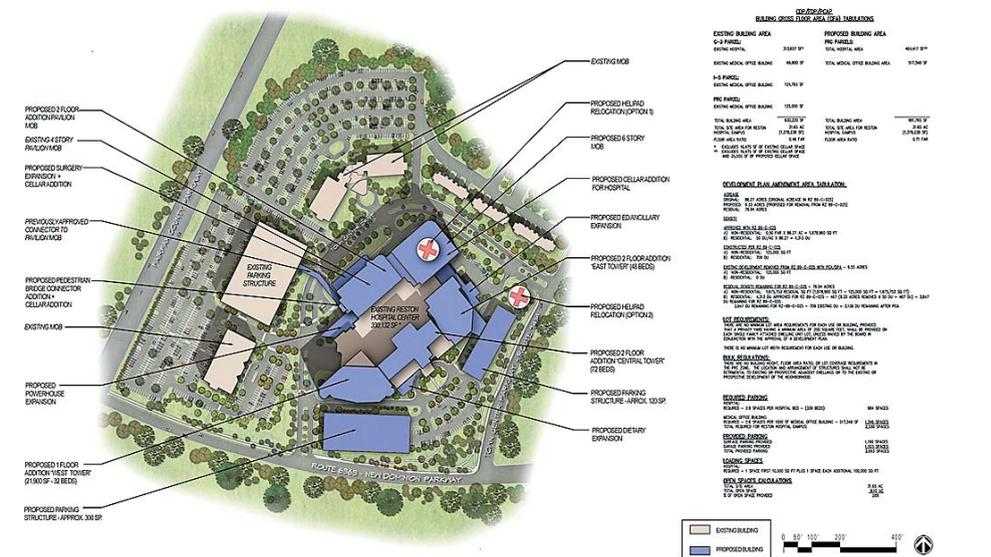
further construction, Looney said. Inova has applied for a COPN for a competing hospital to be constructed in the Route 50 corridor.

The HCA site is currently divided into three types of zoning regions, but hospital officials are trying to consolidate the area to Planned Residential Community (PRC) status. Looney said HCA was also willing to adopt a Planned Development Commercial (PDC) status. PRC zoning allows for more flexibility in the building process, allowing for the construction of useful community buildings such as schools and hospitals.

"We are trying to create our own internal analysis," Looney said, referring to a few unresolved elements in the proposed hospital plans. The HCA has not decided the location of the helicopter pad after renovations. Although the roof of the new building is one alternative, Looney said communities around the HCA site can voice their opinions in the decision process.

**ON AVERAGE**, the hospital in Reston accommodates two helicopter flights per week. Since the hospital is not a state trauma center and tends to only receive outbound helicopters, Looney said flight patterns should remain similar after expansion.

The project is "very desirable and very necessary," said P&Z Committee Vice Chair Arthur Hill. The board appeared largely in favor of the expansion and will meet with HCA again in the future.



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COMPREHENSIVE PLAN AMENDMENT /  
PROPOSED DEVELOPMENT PLAN - APRIL 2008 / REVISED APRIL 2009

COURTESY OF SHANE MURPHY AND MARK LOONEY  
**The proposed expansion to Reston Hospital Center includes the construction of new buildings and additions to existing structures.**



**ARCH Issues Committee Chair Robert Goudie fields questions for Reston Association and Reston Community Center board members.**



**Mike Rierson, president of the Newport Shores Cluster Association, defends Lake Fairfax Park as an alternative to the Brown's Chapel site.**



CONTRIBUTED

Adrienne Doebrich and Sarah Burns, rising sophomores at Thomas Jefferson and South Lakes high schools, are planning for their trip to Tanzania.

# Destination: Tanzania

Two local Girl Scouts plan for their last big trip as scouts.

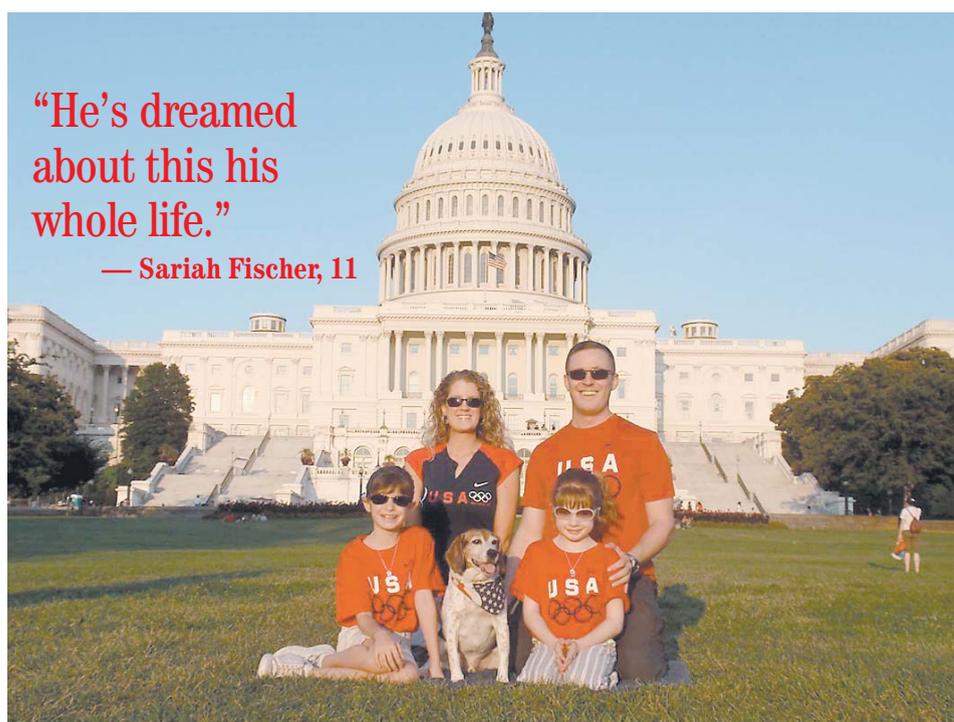
Adrienne Doebrich and Sarah Burns, who are going to be sophomores at Thomas Jefferson and South Lakes high schools, are members of Girl Scout Troop 4106 and are planning for their last big trip while in Girl Scouts. They are studying philanthropy and substantial travel as they raise money for their trip to Tanzania during the summer of 2010.

These two girls have been in Girl Scouts for 10 years and have earned their Bronze and Silver Awards. This past May, they attended an awards ceremony for their Silver Trefoil Award. This award is unique to the Girl Scout Council of the Nation's Capital. It is given to girls that volunteer 100 hours of service for Girl Scouts, the government, service to and direct experience with an international group that benefits the local community.

During the 10 years, while in scouts, the girls raised money to fund their trips to the Baltimore aquarium and spent the night on a submarine and flew to Savannah, Ga. to visit Juliet Low's birthplace. Last summer, they went to Mexico and stayed at Our Cabana, one of the World Wide Girl Scout Centers. Their next and last trip is planned for Africa.

Doebrich and Burns are working closely with Thomson Safaris located in Massachusetts. This travel group supports sustainable and responsible tourism that helps Tanzania. Thomson Safaris have received the Tanzania Tourist Board Humanitarian Award. This award was created to acknowledge tour operators who consistently support community-based projects and humanitarian efforts within Tanzania.

Along with their regular studies and life as high school students, these girls are learning about Tanzania and earning money for their trip. Residents of the Herndon/Reston community should look for them helping out at local festivals, face painting, selling baked goods or selling Girl Scout cookies. To help to support their efforts, send all correspondence to Sharon Gleason, director of development, Girl Scout Council of the Nation's Capital, Van Ness Center, 4301 Connecticut Ave., N.W., Suite M-2, Washington, D.C. 20008. Contact: Carol Burns, GS Leader, 703-715-8532, bikerburns@cox.net.



COURTESY MAJ. JACK FISCHER

"He's dreamed about this his whole life."

— Sariah Fischer, 11

The Fischer family captured the memory of their tour of duty in Washington with a visit to the U.S. Capitol.

# Restonian Becomes Astronaut

Nine astronauts begin training in Houston in August.

BY DONNA MANZ  
THE CONNECTION

Air Force fighter pilot Maj. Jack Fischer does not remember a time when he did not want to fly or be an astronaut. At age 6, his grandfather took him on a tour of Johnson Space Center in Houston, where the Saturn V rocket sat, and the young boy was "completely hooked." His grandfather, an engineer at JSC, described space flight and equipment, and Jack set out his lifetime goals.

In mid-July, moving trucks will relocate the Fischer family from Reston to Houston where Fischer, who "always wanted to fly" will realize his lifelong dream to become an astronaut. Of the family's 11 moves in 12 years, this one is the most exciting.

Fischer, a 35-year-old father of two, was home studying on Jun 22 for an Air War College test when the call from NASA came. Chief Astronaut Steve Lindsey called, along with the chairman of the Astronaut Select Board. "I was sitting here studying," said Fischer. "He asked me if I was willing to change jobs.

"My heart skipped. It took a few seconds to sink in, pure exhilaration. Books went flying around the room, I was running around the house with the phone in my hand trying to find the girls, doing frantic sign language, gesturing to Elizabeth."

"I gave him the signal, thumbs up, thumbs down," said Elizabeth Fischer. "He gave a thumbs up. But we didn't scream until he got off the phone."



Air Force Maj. Jack Fischer, astronaut, in front of one of his test fighter aircraft.

"Space exploration can ignite the imagination like nothing else can."

— Maj. Jack Fischer

Until the selections were officially announced a week later, the Fischers could not tell anyone of the Jack Fischer's achievement.

The Fischers' two young daughters are articulate in their pride. "I think it's so exciting because he's going up in space in something other than the shuttle," said Sariah, 11. "He's dreamed about this his whole life."

"I think it's wonderful because he's really happy he's going to space," said Bethany, 9.

Neither child dreams of following in their father's footsteps. Bethany wants to be a chef, and Sariah says she's afraid of heights.

"I SET A GOAL. I want to fly, I want to go to space. The best place to start is the Air Force Academy," said Jack Fischer. "I wanted to be conversant in aerodynamics. The best place for that is MIT."

Jack Fischer graduated from the Air Force Academy as a pilot and aeronautical engineer. At MIT, he

SEE DESTINATION, PAGE 7

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# COMMENTARY

## Tech Savvy

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



Representing a district that is at the heart of Virginia's technology industry, I have tried to keep myself informed on public policy issues affecting or affected by evolving technologies. I have never claimed to be a "techie" understanding the technical aspects of the industry. That is why, as the first chairman of the Joint Commission on Technology and Science, I organized technical advisory committees consisting of representatives of the technology industries and academia to assist legislators in dealing with emerging technology issues that at the time included digital signature and spam. I was one of the first legislators to have a Web site ([www.kenplum.com](http://www.kenplum.com)), a weekly electronic newsletter, Virginia E-News, (subscribe at [www.kenplum.com](http://www.kenplum.com)) and a weekly television show, Virginia Report, available on streaming video at [www.rctv28.com/videosVR.htm](http://www.rctv28.com/videosVR.htm). I am now on Facebook (Kenneth R. Plum). I continue to be open to suggestions and ideas on legislation or other government action needed to respond to issues brought on by the new technologies like texting while driving.

I continue to be impressed with advances in technology. Although

I was an early adopter of a hand-held device to maintain my schedule that I was later to get combined with my cell phone, I have only recently purchased a Blackberry. I resisted for years just how connected I wanted to be. Few reading this column are likely to be as fascinated as I am with the small size these devices have attained or their amazing ability to deliver and send my emails or navigate me to the next place I need to be.

Technology offers wonderful opportunities to make our government more open and accessible. Some of Virginia's government Web sites are the best in the country. If you have need to find information on government programs or services, check the Internet first. If you have trouble finding the appropriate Web site, send your request to me at [kenplum@aol.com](mailto:kenplum@aol.com). Communications to my office are 99 percent by e-mail. An inquiry or communication by snail mail is very rare.

Energy-related issues including energy efficiencies through the use of technology are high on my legislative agenda. Likewise, a number of climate-related issues can find solutions in the technology world. As always, I am open to constituent suggestions and ideas — e-mail [kenplum@aol.com](mailto:kenplum@aol.com). You may hear back from me right away — maybe from my Blackberry.

### VOLUNTEERS NEEDED

To show gratitude for all volunteer work, **Reston Association** invites volunteers to the 2009 Volunteer Appreciation Luau! Food, music, games, give-a-ways are provided. Friday, July 31 (Rain date: Friday, Aug. 7), 6 – 8 p.m. at Hunters Woods Pool – 2501 Reston Parkway, Reston. The pool has a children's splash area, diving board and large spa. So bring your family and enjoy a relaxing evening at the pool. RSVP by July 24 to Ha Brock, Volunteer Coordinator at 703-435-7986 or via e-mail [habrock@reston.org](mailto:habrock@reston.org).

**Dragonfly Class:** An Introduction, for all ages. Date: Thursday, July 16, 7 - 8:30 p.m. Location: 12250 Sunset Hills Road, next to the YMCA. Free to dragonfly count participants. Learn about the fast, colorful and fascinating lives of Reston's "flying dragons." Join guest naturalist Kevin Munroe of the Fairfax County Park Authority as he focuses on basic identification, natural history and conservation of our 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 complex natural history. The class is a way to prepare for the Reston Dragonfly Count the following Saturday.

Contact Person: Ha Brock, RA Specialist II at 703-435-7986 or email [habrock@reston.org](mailto:habrock@reston.org).

**Dragonfly Count:** Annual dragonfly count throughout Reston's natural areas. Meet local dragonfly experts, learn tips on identification and have fun while helping us obtain important information to help our fast-flying friends. Date: Sunday, July 19, 9:45 a.m. - 3:45 p.m. Location: RA Central Services Facility - 12250 Sunset Hills Road (Next to the YMCA). Free to all ages. Contact: Ha Brock, RA Volunteer Specialist II at 703-435-7986 or email [habrock@reston.org](mailto:habrock@reston.org).

**Help Nursing Home Residents:** Help residents of nursing homes and assisted living facilities advocate for their rights, resolve conflicts and improve their quality of life. The Northern Virginia Long-Term Care Ombudsman Program needs volunteers who can commit a minimum of four hours a week for one year. Volunteers set their own schedules between 8 a.m. and 6 p.m. on weekdays and receive training and support. Call 703-324-5861 or 703-324-5422; TTY 703-449-1186 or visit [www.fairfaxcounty.gov/ltombudsman](http://www.fairfaxcounty.gov/ltombudsman). Register now to attend our three-day training in September.

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## Community College To Lead the Way

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

**N**orthern 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.

EDITORIAL

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.

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](http://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](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Warner and Webb — Missing in Action

BY JOHN LOVAAS  
CIVIC LEADER AND RESTON  
IMPACT PRODUCER/HOST

INDEPENDENT PROGRESSIVE

**R**emember back in November 2008 when Reston and the Commonwealth of Virginia voted for change? Our national nightmare ended. Bush was gone and a man of extraordinary vision, Barack Obama, was elected president by a big margin. His clarion call for change brought sizeable Democratic majorities to both houses of Congress. His call to end the shame of the Guantanamo prison, to reform health care and to vigorously combat climate change were just what Democrats and most Independents wanted to hear. I thought I saw U.S. Sen. Jim Webb (D-Va.) and candidate for the U.S. Senate Mark Warner (D) applauding Mr. Obama's national priorities. Didn't I?

Now we have 60 Senators on the Democratic side, a filibuster-proof majority, right? Yes, if Democrats support the change we were promised. The president is vigorously pursuing his pledges and has solid support in the House of Representatives, with our own U.S. Rep. Jim Moran (D) playing a starring role. It was Moran who stood up with the president on closing



Guantanamo, noting that while we may not exactly welcome those prisoners, Virginia should do its share to end this national disgrace and does have the maximum security facilities to do so. But, Sens. Warner and Webb ran instead of standing up. Both had said, close Guantanamo! But, when it was time for action, both bailed out, preferring pander to principle. They pandered to daily polls, turned their backs on the president and voted to bar any prisoners going to any U.S. prisons.

That was just the beginning. The House of Representatives passed historic climate change legislation, once again with strong support by Reston's congressman. Now action shifts to the Senate, where Virginia's two senators are in full retreat, making various lame ex-

cuses for again bailing out. The vote will come shortly, but it appears neither Warner nor Webb can be counted upon. Their non-support may in fact be the death knell for action to address climate change. It could be the same for health care reform to fix a system whose costs have spun out of control and fail to serve too many Americans. President Obama plans, and has substantial support for, real reform to extend coverage to all Americans and attack burgeoning costs head-on. A centerpiece of his plan is a robust public health insurance option (read Medicare) which is less costly and gives all of us a welcome choice to bargain in the health care market place. Reform without the option is not reform at all and ensures higher costs to the taxpayers. Sens. Webb and Warner are already making lame excuses for backing the high cost insurance industry, not the president. They are betraying not only the president, but also those who voted for them. As Democrats, they fail to remember what happens to those who do not keep campaign promises. If you agree they are on the wrong track, call today and tell them so. Sen. Warner's number is 202-224-2023; Sen. Webb 202-224-4024.

LETTERS TO THE EDITOR

### Rec Center Numbers Don't Add Up

To the Editor:

Recently, the Reston Association held a community meeting at Lake Anne Elementary School about the proposed Recreation Center. A consultant from Brailsford and Dunlavy presented their market analysis for indoor recreation, and a major contradiction immediately became apparent. The presenter insisted that there was "great demand" for indoor recreation in Reston, but at the same time, he noted that a rec center of the type proposed for Brown's Chapel Park would operate at a loss of about \$800,000 per year. In my view, there is self-evidently insufficient demand for a facility that operates at a significant annual financial loss. If private fitness centers can't provide indoor tennis and swimming in Reston because the numbers don't add up, why should the taxpayers subsidize a facility whose artificially low membership fees will make it even harder for private fitness centers to operate? Here we should also note that the plan for a "comprehensive" facility includes weight rooms and programs that directly compete with existing privately operated fitness centers.

The consultant's analysis of demand and economics, available on

SEE REC CENTER, PAGE 10

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# NEWS

## Destination: Space

FROM PAGE 4

was awarded a Draper Labs fellowship and received his master's degree in astronautics.

He turned in his application paperwork in January for 2008. The last class of astronauts assigned was in 2004, and 3,500 people applied for nine slots in 2009.

Fischer's 2009 group will train to go up with the Russians to the space station in their Soyuz capsule. Currently, the missions are six-month ones. It is a two-year training program. "Then, we wait until we're assigned to a mission," said Jack Fischer. "The wait could be five years or longer. Everything we do will be for a long-duration space flight."

Elizabeth Fischer said she's never been fearful when her husband is flying. "I'm not scared at all about this," she said. "My dad

**"He gave a thumbs up. But we didn't scream until he got off the phone."**

— Elizabeth Fischer

died when I was 9, and he worked for IBM. I don't think the job description equals greater risk."

**JACK FISCHER**, an F-15 and F-22 test pilot, is finishing up a one-year internship in the Pentagon's Strategic Policy program. He remains an Air Force officer, scheduled to be promoted to lieutenant colonel by the end of the year. The Air Force "details" Fischer to NASA for as long as NASA wants him.

"Space exploration can ignite the imagination like nothing else can," said Jack Fischer. "It's the fuel that can drive a cycle of inspiration. As you inspire a kid who has a dream and follows it, those kids inspire others. This will have a profound effect on society."

Jack Fischer cites practical applications of the U.S. space program. Most of modern energy technology and medical technology was developed for the space programs, he said. "Hundreds of things that NASA developed have benefited society as a whole."

"Jack's whole purpose, his whole drive, is to inspire the next generation," said Elizabeth Fischer, summing up her husband's aspirations.



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# Indian Culture, Food on Display

## Sixth Annual Asian Food & Tennis Festival in Reston, Aug. 1-2.

The Dulles Regional Chamber of Commerce will again serve as a sponsor at the Asian Food and Tennis Festival this August. The Chamber joins other corporate sponsors such as TTOA, India International School and RCN Corporation to celebrate the vibrancy of Asian culture in its many ethnic hues.

The event, organized by the Thai Tennis Organization in America (TTOA) in association with India International School (IIS) in Chantilly, will take place on Saturday, Aug. 1, from 10 a.m. to 10 p.m. and Sunday, Aug. 2, from 11 a.m. to 6 p.m., at the Lake Newport Tennis Facility in Reston. The festival is a two-day free admission event to promote a greater understanding of Asian-Americans and their cultures. The Dulles Regional Chamber of Commerce will be hosting VIP luncheon immediately following the opening ceremonies on Saturday at noon, Aug. 1. Guests will include local leg-

islators as well as foreign ambassadors from several Asian countries.

Each year, the festival showcases the culture of a particular Asian country and this year it is India. This year, the festival celebrates and explores the diverse Indian cultures by bringing India's authentic regional foods, arts, crafts and entertainment.

The Indian Village Stage will present classical and folk dances; classical and fusion music; yoga; magic; and, of course the ever popular Bollywood dances. IIS is collaborating with a number of artists and organizations to showcase the true spirit of India — unity in diversity.

"We are pleased to help organize this important celebration of Asia culture," said George Duangmanee, Thai Tennis Organization in America (TTOA) managing director. "We work with many local Asian Associations to introduce Asian cultures and tennis to the local community."

TTOA's mission is to promote tennis growth and encourage young people to broaden their horizons through education initiatives via scholarships. TTOA is a proud member of the USTA family, and was the recipient of the 2004 Organization of the Year Award by USTA Mid-Atlantic section and the USTA.

## CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto: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](http://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 [habrock@reston.org](mailto:habrock@reston.org).

**Turley the Magician.** 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**Sol Y Rumba Hot Latin Sounds.** 7 p.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. [www.lakeanneplaza.com](http://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,



'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](http://www.trainphotos4u.com).

prizes, free hot dogs and drinks for children.

**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](http://www.dullesregionalchamber.org).

### SATURDAY/JULY 18

**Lake Anne Regatta.** 10 a.m. Radio controlled model yacht races throughout the day.

[www.ashburnmymc.info/Ashburn\\_Model\\_Yachting/Welcome.html](http://www.ashburnmymc.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.herndonva.gov](http://www.herndonva.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/performances/](http://www.fairfaxcounty.gov/parks/performances/). In case of inclement 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 [habrock@reston.org](mailto:habrock@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](http://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 Neme's Pretend Stories.** 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**Oasis Calypso & Reggae.** 7 p.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. [www.lakeanneplaza.com](http://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 Grownups 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.restonnationalgc.com](http://www.restonnationalgc.com).

## FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@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](http://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](http://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](http://www.canaconvocation.org).

**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@florismc.org](mailto:sglysson@florismc.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](http://www.saint-timothys.org).

**Adult Sunday school** will be held every Sunday, at 9:30 a.m., at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow every Sunday at 11 a.m.

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**LETTERS TO THE EDITOR**

**Steppel Makes A Difference**

To the Editor:  
 Many thanks to Debra Steppel for alerting the citizens of Reston that Ken Meyercord, who was running unopposed for a seat on the Reston Citizens Association board, is a Holocaust denier. Debra took swift and efficient action to disseminate this important information to area newspapers and Reston voters,

asking them, in turn, to continue to spread the word as well as the fact that Colin Mills, who had served on and was preparing to retire from the RCA board, had graciously agreed to be a write-in alternative to Meyercord on the ballot. This was all done in just a few days prior to the July 11-12 election, and the results were fantastic. The Reston com-

munity came out in droves to vote, and Mills won by an overwhelming majority. It proves that one person can make a difference in community activism. And that should be a lesson to all of us. Thank you, Debra (and Colin)!

**Ruth and Seldon Kruger**  
 Reston

**Rec Center Numbers Don't Add Up**

FROM PAGE 6

the RA Web site, assumes substantial growth in the number of residents and businesses in Reston and the surrounding areas in the immediate future. If this growth does not materialize due to prolonged recession, then the demand for indoor recreation will be even lower than the RA assumes, and the annual losses for operating the proposed facility will be even greater.

The presenter demonstrated that Reston could, at fairly reasonable cost, enclose existing tennis courts and pools rather than

spending tremendous sums to build a "comprehensive" facility at Brown's Chapel Park. This approach would meet the alleged demand for indoor tennis and swimming without incurring tremendous debt or destroying Brown's Chapel Park. After participating in the roundtable discussion held with approximately 200 attendees, my sense was that the vast majority of residents at this community meeting favored a more cautious approach that preserves Brown's Chapel Park.

**James Perry**  
 Reston

**BULLETIN BOARD**

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

**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, JULY 21**

**The Reston Community Orchestra** announces its Summer Reading Sessions on Monday nights from 7:30 to 10 p.m., beginning on July 20 and continuing on July 27, Aug. 3 and Aug. 10, 2009. The location is the Sunset Hills Montessori School, Ridge Heights Rd and South Lakes Dr, Reston. The sessions will be conducted by orchestra Music Director Dingwall Fleary and RCO asst. conductors. Fees are \$10 per session or \$35 for all four, prepaid. Students as well as adults are welcome and encouraged to avail themselves of the opportunity to play the classics with an orchestra. RSVP on the orchestra website, www.restoncommunityorchestra.org, giving name, instrument and days you plan to attend.

**MONDAY, AUG. 10**

**Northwest Federal Credit Union Foundation** (NWFCU Foundation) will hold a free seminar for college students from 6:30 -8:30 p.m. at their Herndon office, located at 200 Spring Street. The seminar, titled Money Management 101, will help college students learn how to manage their money on a student budget, how to avoid credit card debt, the basics of checking products, ATM usage tips and fees and more. If you would like to attend, go to www.nwfcufoundation.org or call Shannon Tackett at (703) 925-5094 to register.

**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. 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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# Debate Continues on Rec Center

FROM PAGE 3

multiple small-scale projects are a possible alternative, Bradley said this approach "would leave other needs unmet. [These projects] may cost more than people believe."

RA and RCC have spent \$92,000 on studies to gauge interest and possible scenarios for a new facility. According to a study by the planning and program management firm Brailsford & Dunlavey, up to 70 percent of community center users would come from outside of Small Tax District 5, which includes all of Reston.

However, RCC Executive Director Leila Gordon said that patrons outside of Reston would pay higher user fees. She also promised that the boards would not try to raise taxes to fund the center.

"Nobody on either board is addicted to the footprints seen in the B & D plan," said Gordon, in response to criticism of the proposed Brown's Chapel site. She added that Baron Cameron Park, Lake Fairfax Park and Lake Newport Complex are also under consideration but declined to rank them ac-

ording to preference. Gordon admitted that the RCC was "very interested" in the Brown's Chapel location because the land is owned by the RA and could be purchased for a low price. Bradley said that without land from the RA, the project probably would not be able to proceed.

The facility's annual operating deficit is projected to be \$1 million and would require \$5 million in new annual revenues available for roughly 20 years, Gordon said. She said that Reston will be able to cover these extra costs based on projections that RCC revenues will double with the growth brought by the Metro Silver Line.

**AUDIENCE MEMBERS** questioned members of the boards about Reston's responsibility to build a new recreation center instead of requesting county aid. Although growth in Reston from the Metro line would secure local funds for the center, this added revenue would also increase funds for the project on a county level.

Goudie reminded the board of ARCH's promise to uphold the Reston Master Plan's protection of

open spaces. "The amenities are worth the cost of open space," Gordon said, claiming that the center will only result in a loss of about 8 acres. She also said the Reston Master Plan has a commitment to provide the community with indoor recreation opportunities.

Reston resident George Kain urged the board members to reconsider the Lake Fairfax Park location by negotiating pricing with the county. Kain said the relative loss of land in the park would be less than the proposed plan in Brown's Chapel. "Master plans can be changed," said Newport Shores Cluster President Mike Rierson, countering the claim that such negotiations would be difficult due to an existing park plan.

The Center for Survey Research of the University of Virginia will conduct a telephone survey to determine public support for the new center. Reston citizens would also have an opportunity to vote in a bond referendum, possibly as early as June 2011. "[We] are not obligated by a successful bond referendum to proceed with the project," Gordon said.



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MEMBER FDIC

# SPORTS

**Brad Dillon, 17, at the start of Boys 15-18 50-meter Butterfly. For Ridge Heights, Dillon was a triple individual event winner for Ridge Heights last weekend.**



## Records Set in Reston Swim Meets

**R**esults from Reston Swim Team Association (RSTA) Meets on Saturday, July 11:

**Autumnwood Piranahs - 520**  
**Glade Gators - 478**

For Autumnwood, triple individual event winners were Brendan Carrick, Logan King and Anna Nielsen. Double individual event winners were Alla Cartwright, Jennifer Freeman, Sullivan Gholson, Stephen Grubbs, Griffin Harrington, Vikrant Mahajan, Diya Murthy, Bridget Newell, Sarah Overton, Colin Ryan, Zach Talbot, Ellen Wait and Ryan Wait.

For Glade, triple individual event winners were Tyler Ellis, Mackenzie Evans and Srikar Kuppa. Double individual event winners were Lauren Angel, Morgan Barlow, David Clark, Andrew Draganov, Hunter Ellis, Tyler Ellis, Nathaniel Graves, Natalie Kendall, Maggie Morris and Zoe Van Winkel.

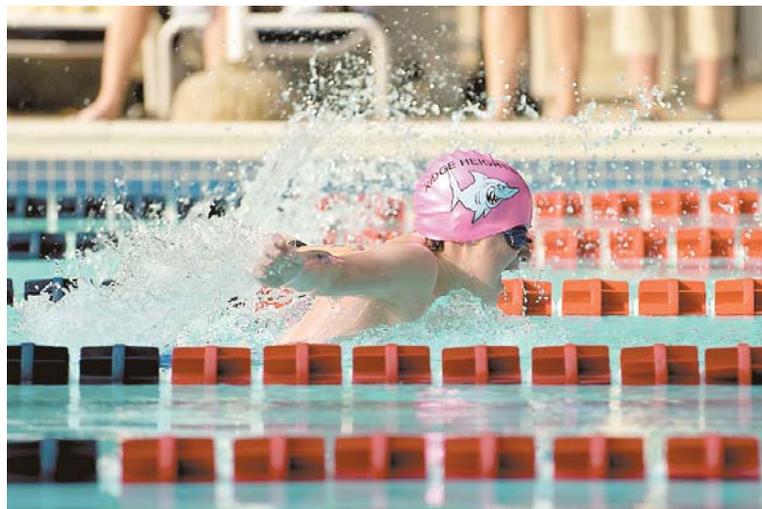
**Ridge Heights Sharks - 583**  
**North Hills Hurricanes - 538**

For Ridge Heights, triple individual event winners were Brad Dillon, Anna Liang and Emily Sennett. Double individual event winners were Erin Bobby, Ryan Ferzoco, Alexander Gauger, Ryan Klaff, Ed Reed, Mac Sogandares, Paige Sogandares, Bennie Tiagnor and Emma White.

For North Hills, the triple individual event winner was Rachel Swarts. Double individual event winners



**Emma White (Ridge Heights), 11, in a freestyle warm-up.**



**Mac Sogandares (Ridge Heights), 12, in boys 50-meter butterfly.**

were Julie de Kanter, Natalie Flint, Celeste Gardy, Jonathon Kent, Francis Kwartin, Max Kwartin, Benjamin Livaudais, Joseph Livaudais, RJ Lutz, Lindsay Najjoun, Grace Tierney and Emily Vaughn.

SEE SWIM MEET RESULT, PAGE 15



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](http://www.restonseahawks.org). For questions, e-mail [vp@restonseahawks.org](mailto: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](http://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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# 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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PHOTO BY BRIAN KENT

Reston Runners Joe Fleig and Ellen Mannion look on as Tim Cohn presents Bea Malone with a \$1,000 donation from Reston Runners to the Friends of the Reston Community Center.

Reston Runners Express Gratitude to RCC

At Saturday's Reston Festival, Reston Runners donated \$1,000 to the Friends of the Reston Community Center (RCC) in recognition of the support RCC provides to the running community. Tim Cohn, president of Reston Runners, publicly thanked Bea Malone, president of the Friends of RCC, for her work during the past year. The RCC has become a favorite running venue in

Reston and will again host Reston Runners Fall-into-Winter 10K Race. The Fall-into-Winter Race will be Friday, Dec. 6, celebrating the end of the fall running season and raising funds to benefit the Reston Community Center. Malone said that this year's donation will support scholarships for students who have provided extraordinary service to the RCC.

Swim Meets Results

FROM PAGE 12

Lake Anne Stingrays - 549  
Newbridge Dolphins - 521



Carter Shultz (Ridge Heights), 13, in Boys 50-meter butterfly.

For Lake Anne, triple individual event winners were Ramzi Assir, Jason Fu, Joanne Fu, Colin Hagerup and Tope Oladimeji. Double individual event winners were Arianna Barkhordari, Jordyn Moder, Allyson Paiewonsky, Mark Rodakowski, Andrew Satyshur and Fred Zhang.

For Newbridge, triple individual event winners were Shannon Burke, Martha Carro, Celia Compton and Charleen Obrien. Double individual event winners were John Baldwin, Anna Byrd, Andy Carro, Annie Carro, Eric Compton, Calvin Kalinowski, Ian Meikle and Steven Swayne.

John Baldwin of Newbridge broke his old record in the boys (15-18) 50-meter Free Style with a time of 25.28.

Hunters Woods Marlins - 588  
Lake Audubon Barracudas - 576

For Hunters Woods, triple individual event winners were Alex Li and Logan Nasr. Double individual event winners were Nina

Dawson, Kathryn Evans, Christopher Jiang, Allen Lee, Catherine Martin, Sean McKinley, Phillip Pan and Lucy Tamberrino.

For Lake Audubon, triple individual event winners were Alissa Avilov, Sasha Avilov and Sabrina Groves. Double individual event winners were Austin Chute, Kasey Corey, Matthew Hughes, Michael McDermott, Garrison O'Donnell, Kaelin O'Donnell and Mary Weidman.

Two records were set at this meet. In the girls (11-12) 50-meter Breast Stroke, Sabrina Groves of Lake Audubon broke a record that was set in 1992 with a time of 38.79. In the boys (11-12) 50-meter Butterfly, Alex Li beat his old record of 33.47 with a time of 33.37.

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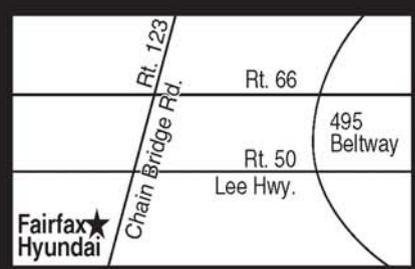
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