

'Grease' Comes to Herndon High

NEWS, PAGE 2

Joey Truncale, who plays Roger in the upcoming production of 'Grease' by the Grand Summer Musical Theatre Experience at Herndon High School, strikes an iconic pose. The show will be performed this Thursday through Saturday.

Herndon Appeals to Rich and Single

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FISH Appoints Executive Director

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NEWS



PHOTOS BY MIKE DICICCO/THE CONNECTION

Trevor Morgan, as Danny Zuko, tries to patch things up with Sandy Dumbrowski, played by Taylin Frame.

'Grease' Comes to Herndon High

School launches new summer theater program with classic musical.

Times and Tickets

"Grease" will be showing Thursday, Friday and Saturday nights, July 30 through Aug. 1 at 7:30 p.m. in the auditorium of Herndon High School, 700 Bennett St. Tickets cost \$10 and can be purchased at the door or at www.herndonrama.org.

For its first production, the new Grand Summer Musical Theatre Experience at Herndon High School will stage the musical "Grease" Thursday through Saturday, July 30-Aug. 1.

Performers range in age from rising seventh-graders to those who just graduated from high

school, and the drama camp, known as "The Grand" for short, is open to students from any schools. Theater director Zoe Dillard said the majority of the actors are Herndon High School students, but several are from

Westfield High School, while some come from Chantilly and Madison high schools. A number of middle schools are also represented in the cast.

Dillard said the program was modeled after the Summer Stage program at Westfield, where she was the assistant theater director until last year. "I saw how successful that program was and I thought, 'Hmm, that would be a good program at Herndon,'" she said. While the camp keeps young actors performing and honing their art over summer, she said, it also helps to grow the school's theater program by introducing middle school students to high school theater.

She brought the idea for a summer program to the school's Drama Booster Club in the fall. "As time went by, they felt like this was something they could support," she said.

"It's essentially high school-based community theater."

Auditions were in May, and the camp runs for the month of July. Dillard said this was about half the time normally spent to put together a high school production. "So it's been kind of manic, kind of crazy." But she said the summer vacation allowed students and instructors alike more time to work on the show.

Proceeds from ticket sales will go to the Drama Boosters.

— MIKE DICICCO



The cast rallies around Morgan and Frame as the play nears its end.

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Herndon Appeals to Rich and Single

Money Magazine ranks town eighth in country.

Last week, CNN Money Magazine ranked Herndon as the eighth best place in the country for the rich and single, with a third of the population unmarried and a median family income of \$109,217.

“The Worldgate area is extremely popular.”

— Melody Novak, real estate agent

With some other areas of Fairfax and Loudoun counties, the two richest counties in the nation, having even higher income levels, what set Herndon apart from communities like Great Falls or McLean was its large population of singles.

Herndon Weichert real estate agent Melody Novak said she was not surprised by the designation, because the

town offered abundant condo and townhouse living that is desirable to those without families. “The Worldgate area is extremely popular,” she said, referring to the luxury condominium complex in the south of town. She added that Herndon’s location also affords easy access to the Dulles Toll Road and Reston Town Center, where nightlife and entertainment are abundant. “It’s not as expensive as Reston, but you’re five minutes from Reston.”

Novak said she had lived in the Worldgate complex for more than three years herself and had been single at the time.

Money Magazine noted the high-paying employment along the “Dulles Technology Corridor,” as well as the local night life, in its listing.

The only other Northern Virginia locality to make the list was Arlington, which came in at No. 2, with 41.6 percent the population single and a median family income of \$108,815. The magazine emphasized the brainy population of the city, where many work for science-related industries or the federal government, as well as the nightlife in Clarendon, Arlington’s original downtown and commercial district.

— MIKE DICICCO

VIEWPOINTS

What do you think is the significance of Herndon being named the ‘eighth best place in America for the rich and single’ by Money Magazine?

— SHANNON MCCULLOUGH



Mayor Steve DeBenedittis

“Herndon’s designation by Money Magazine as the eighth ‘best place for the rich and single’ is testament to the broad appeal of our town. Truly, we offer something for everyone, from families with children, to seniors, to

single adults who appreciate our cultural amenities. It’s a fairly unique community that can earn this designation as well as inclusion in Business Week’s ‘Best Affordable Suburbs’ listing. We are proud, but not surprised, at this national recognition of our wonderful town.”



Del. Tom Rust (R-86)

“It reflects very well on the quality of life in Herndon — its numerous recreational activities, its plethora of eating establishments, its housing stock, the safeness of the community and the diverse economic opportunities.”



Abba Abbaz, Office Agent, Herndon

“I think that’s right [decision]. I agree.”



Ken Hobert, IT for the Town of Herndon

“I’m surprised by that because of the town’s demographic, but because of the town’s affordable housing, I can see how we would rank reasonable high.”

K12 Sells Lemonade To Raise Money

Youth helping youth: Fund raising for pediatric cancer.

BY SHANNON MCCULLOUGH
THE CONNECTION

When life gives you lemons, make lemonade. This age-old adage was taken literally by a young girl suffering from pediatric cancer. The patient, Alex, was only 4 when she began selling lemonade to raise money for cancer research. Her efforts received a positive response. As a result Alex’s Lemonade Stand is today a national organization that raises millions of dollars for pediatric cancer. K12’s Operation Lemonade partners

WWW.CONNECTIONNEWSPAPERS.COM

with Alex’s Lemonade Stand Foundation in their efforts.

Pediatric cancer devastates many families and children throughout the nation and the world. By selling lemonade many youth are able to help their fellow youth by raising funds and awareness for pediatric cancer.

Saturday, July 11, K12 sponsored two local lemonade stands. One was at the Reston Farmers Market, and the other at the Vienna Farmers Market. Collectively, they raised approximately \$1,500 during the markets.

As K12 is a national organization, more than 500 lemonade stands operate throughout the nation the same weekend to sell lemonade for pediatric cancer.

K12 is an online schooling organization with approximately 60,000 students across the nation. K12 encourages all of its students to set up lemonade stands in their

neighborhoods to raise money for pediatric cancer research. Having the youth sell lemonade for pediatric cancer research not only benefits those with pediatric cancer, but also increases the awareness of the k12 students of the surrounding world.

For more information visit www.k12.com/operationlemonade, or www.alexlemonade.org.

PHOTO CONTRIBUTED BY DOMINIQUE DUPRAS

Local resident enjoys some refreshing lemonade while helping a cause.



OPINION

Some Swine Flu Risks

If you're sick, stay home from work; if the children are sick, keep them home from school.

According to the Centers for Disease Control, Virginia has had more than 300 confirmed or probable cases of swine flu, and two deaths from the swine flu, including one in Arlington. A 27-year-old Alexandria man, hospitalized with a confirmed case of H1N1 flu, died in June.

We suspect the actual number of cases of swine flu in Virginia to be much higher, given the example of other states, e.g. Wisconsin, which reports more than 6,000 probably or confirmed cases of swine flu, but just eight deaths.

Cases have spiked in Virginia in recent weeks according to the Virginia Department of Health, during a time when health officials say anyone with flu symptoms of sore throat, fever and cough almost certainly is infected with swine flu. The regular, seasonal flu is almost unheard of this time of year. The CDC identifies the level of infection in Virginia as "regional," with the level of infection in Maryland as "widespread."

Overall, so far swine flu has been more mild than feared, with most people recovering without hospitalization. Seasonal flu, as differentiated from swine flu, kills about 36,000 people nationwide each year; about 1,000 people die in Virginia each year from influenza and pneumonia.

The CDC is predicting that swine flu will continue to spread through the summer and into the fall and winter, and will be a significant complicating factor when the seasonal influenza strikes when the weather gets cold.

The CDC reports: "The novel H1N1 virus, in conjunction with regular seasonal influenza viruses, poses the potential to cause significant illness with associated hospitalizations and deaths during the U.S. influenza season."

The primary method to avoid the spread of the swine flu is to tell people who are sick to stay home from work, keep sick children home from school or camp. Call your doctor's office, let them know you have flu symptoms (fever, cough, sore throat), so your doctor can determine if you would benefit from an antiviral medication. People who have had the swine flu are deemed contagious for seven days after the onset of symptoms, or until all symptoms have disappeared, whichever is longer.

All of our health in the coming year will depend on people following the advice to stay home if sick and seeking the right medical attention from a doctor's office, not the emergency room.

But what about the millions of workers who have no (or very limited) paid sick leave? What about the millions of people who have no health insurance and have no doctor to consult by phone?

According to a new report from an advocacy group, Health Care for America Now, in Virginia, about 12 percent of whites, 17 percent of African Americans and 45 percent of Latinos lack health insurance.

According to the National Partnership for Women and Families, about half of workers (excluding those who work for government) have no paid sick leave.

EDITORIAL

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.

WEDNESDAY/JULY 29

Beyond the Dollar: Support and Resources for Nonprofits. 4:30-6:30 p.m. at the Dulles Regional Chamber of Commerce- Chantilly Office, 3901 Centerview Drive, Suite R, Chantilly. Ed Powderly, President of Powderly Consulting, on "Branding and Messaging." Patti Stevens, Executive Director, Fairfax County Office of Public Private Partnerships - OP3, on "Engaging and Sustaining Effective Public-Private Partnerships." 571-323-5300.

THURSDAY/JULY 30

Cooking at College. 10:30 a.m., Herndon Community Center, 814 Ferndale Ave Herndon. Practical cooking course for the college student on a budget. \$60 for ages 17-23. 703-787-7300 or www.herndon-va.gov/registrationmain.sdi and select category type "Special Interest."

Delegate Tom Rust and representatives from the Fairfax County Police Department and the Reston District Police Station will

hold Oak Hill Community Meeting, 7-8 p.m. at McNair Farms Community Center, 2491 McNair Farms Dr. in Herndon to discuss recent home burglaries. For more information, call (703) 437-9400 or email trust@tomrust.org.

FRIDAY, JULY 31

Herb & Wine Tasting Tour. 11 a.m.-2 p.m. Dulles Regional Chamber of Commerce. \$40 per person. 571-323-5300 to reserve.

THURSDAY, AUG. 6

Lunch with Congressman Wolf. Join the Committee for Dulles at the Hilton Washington Dulles Airport for an update from Congressman Frank Wolf (R-10) on the current Congressional session and his priorities for the coming months and years. Congressman Wolf was the 2006 recipient of the Tower of Dulles, the Committee for Dulles's highest honor. Reception at 11:30 a.m., lunch served at noon. Nonmembers: payment in advance, \$55; payment at the door: \$60. CFD Members: payment in advance, \$45; payment at the door: \$50. RSVP by Friday prior to luncheon or call the CFD office 703-430-8749. www.committeefordulles.org

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 his-

SCHOOL NOTES

Seven Fairfax County Public Schools graduates from the class of 2009 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation. Recipients of college-sponsored scholarships are:

- Joseph Huchette of Herndon High School (engineering), National Merit Rice University Scholarship.
- Athreya Tata of McLean High School (neurosurgery), National Merit Oberlin College Scholarship.
- Brian Pang of Thomas Jefferson High School for Science and Technology (TJHSST) (economics), National Merit Vanderbilt University Scholarship.
- Rishi Iyengar of TJHSST (medical research), National Merit Vanderbilt

Frequently Asked Questions New H1N1 Virus (Swine Influenza)

What are the symptoms?

Symptoms in people are similar to the symptoms of regular human flu: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported vomiting and diarrhea.

What is the incubation period after exposure?

About 1-4 days. If a week has gone by from when you know you were exposed, it's not likely you will get sick.

Are there medicines to treat the new H1N1 virus?

Antivirals don't cure you of flu, but they do work to lessen the duration and severity of symptoms. ... Influenza antiviral drugs work best when started soon after symptoms appear, usually within two days. You must have a prescription to receive these medications.

How can people decrease the spread of the new (H1N1) virus?

Taking the following steps can decrease the spread of flu: frequent hand washing; covering coughs; having ill persons stay home, except to seek medical care; minimizing contact with others; having household members of cases minimize contact in the community, to the extent possible; reducing unnecessary social contacts; avoiding crowded settings, when possible; keeping children home from school if they are ill. If you are sick, stay home and call your doctor, wash your hands often.

SOURCE: Virginia Department of Health
<http://www.vdh.state.va.us/news/Alerts/SwineFlu/index.htm>

The rest of us who are blessed with access to health care and paid sick days are at risk as other workers are under intense financial pressure to go to work even when they are sick, or their children are sick.

There are no simple answers, but it's also important to recognize the growing costs of the status quo on health care.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-917-6444
Fax: 703-917-0991
e-mail:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-917-6428
kemal@connectionnewspapers.com

Justin Fanizzi
Editorial Assistant
703-917-6437
jfanizzi@connectionnewspapers.com

Mike DiCicco
Community Reporter
703-917-6448
mdicicco@connectionnewspapers.com

Julia O'Donoghue
Education & Politics
703-917-6433
jodonoghue@connectionnewspapers.com

Ken Moore
Courts & Projects ♦ 703-917-6417
kmoore@connectionnewspapers.com

Rich Sanders
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Editor & Publisher
Mary Kimm
703-917-6416
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren

Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Robbie Hammer, Louise Krafft,
Craig Sterbutzel

Art/Design:
Zohra Aslami, Geovani Flores,
Laurence Foong, John Heinly,
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Wayne Shipp
Production Manager:
Jean Card

CIRCULATION: 703-917-6480
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

**CONNECTION NEWSPAPERS,
L.L.C.**
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-917-6416
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
703-917-6404
jvernon@connectionnewspapers.com

Wesley DeBrosse
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NEWS

FISH Appoints Executive Director

Sherri Longhill becomes 'new face of FISH.'

For the first time in its 40 year history, Herndon-Reston FISH, Inc., hired an executive director, Sherri Longhill. She is the only paid FISH employee. Until now, the volunteer president performed all of the leadership roles and responsibilities. Marcia Di Trapani has served as president for the past four years and will continue into fiscal year 2010. Effective July 2009, the president, two vice presidents and the executive director will share the leadership responsibilities.

Longhill was first hired as the Bargain Loft manager on Aug. 1, 2008. Her management and supervisory capabilities were recognized by the board and she was offered the newly-created executive director position, whose major responsibilities are to manage The Bargain Loft — FISH's thrift shop — and take a leadership role in fund raising, networking and support to the FISH Board. She has taken on some of the responsibilities over the last six months under a board-approved transition plan.

Her primary interest is networking, raising the visibility of Herndon-Reston FISH in the community. Longhill will be the "Face of FISH." So far, she has participated in Reston Chamber of Commerce events, Rotary Club lunch meetings, the Women's Networking Luncheons (WNL) and the Best of Reston annual event (Reston Interfaith).

Longhill has already demonstrated her ability to work with community partners. Examples include establishing a relationship with a clutter control business whose client donated valuable crystal to the Bargain Loft; with WNL for donated designer clothing to sell at The Bargain Loft; with a representative from Marriott Residence Inn for a donation of overnight stay certificates for the next FISH Fling Fund Raiser. Her outreach to Sunrise Assisted Living in Reston and estate sales companies have also resulted in key donations. Her presentation to the Herndon Rotary Club about the 2009 FISH Fling fund raiser resulted in a Gold FISH sponsorship. She has been learning the grant writing process and will assist the



CONTRIBUTED

Sherri Longhill

lead grant writer. She has taken advantage of free seminars offered by Washington First Bank in Reston to non-profit executives on topics like fund-raising, grant-writing, public relations and marketing.

Longhill has brought eight years of director level experience to FISH. She was born in Memphis, Tenn., to an Air Force family that moved to Panama and then to parts of the East Coast. She spent much time in Northern Virginia while her father worked at the Pentagon and has been a resident since 1969.

Longhill's goals in fiscal year 2010 are to establish closer relationships with Herndon and Reston civic and community associations and determine the most potentially fruitful networking and educational events to attend. She said she also wants to write a successful grant application. Another priority is to recruit committed people who like to manage, possibly with a retail background, to volunteer as day managers at The Bargain Loft, to free her to attend events important to her executive director position. She is also looking for cashier volunteers once the summer student volunteers leave.

When asked about her aspirations for her new position, Longhill said, "FISH is an established organization, which has a long history of giving to the community of Herndon and Reston. I am committed to helping the many associates of FISH in their mission and hope to welcome many more volunteers."

For general information about FISH, visit www.HerndonRestonFISH.org or call 703-391-0105.

FISH is a volunteer, nonsectarian, non-profit 501c (3) corporation dedicated to helping local residents through short-term crises.

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ENTERTAINMENT

Ride to Top on Classic Rock

By SARAH MOORE
THE CONNECTION

"Are those kids in the band?" a man in the crowd whispered. While the band on stage finished setting up, the curious audience at Jaxx Night Club in Springfield on Friday, July 17 grabbed their drinks and headed down to the floor to get a closer look.

The band named The Fuzed was a noticeable deviation from Jaxx's typical lineup and seemed to mimic a scene from the movie "School of Rock." The Fuzed members include guitarist and lead vocalist Cheska Zaide of Ashburn who is 12, lead guitarist Trevor Fichtner of Haymarket and drummer Jake Rosenthal of Oak Hill who are both 13. Bassist Connor Ginger of Gainesville is the senior member of the group at age 14. Though many "tween" bands like Hannah Montana and the Jonas Brothers have gained notoriety with pop-rock melodies and catchy lyrics, The Fuzed's set list reflected more mature musical tastes.

"We play classic rock covers that everyone knows," said Ginger. "We

all like different styles of music but we all like to play classic rock."

TWO of the band's biggest hits at Jaxx were Ozzy Osbourne's "Crazy Train" and "Sweet Child of Mine" by Guns 'n Roses. This hit caught the attention of headlining group Forever the Sickest Kids (FTSK) while The Fuzed was playing at Loudoun's YouthFest in June. FTSK unexpectedly asked The Fuzed to open for them later that evening.

While their age sometimes makes balancing busy schedules difficult, Rina Zaide, Cheska's mother, said it can also be advantageous.

"They are very noticeable because they are very young" she said. "So when people saw them they were like, 'Whoa. We were surprised. We were like, cute kids-oh they're going to play cute silly songs. But no, they can rock.' They always manage to surprise people."

Band members cited such musical influences as Aerosmith, The Beatles, KISS and AC/DC. Besides covers, The Fuzed also has two original songs and they are working on more.

The young musicians met and formed the band after Zaide and Fichtner met through Bach to Rock, a music school catering to kids in-



PHOTO BY SARAH MOORE/THE CONNECTION

Connor Ginger, Jake Rosenthal, Cheska Zaide and Trevor Fichtner of The Fuzed play at Jaxx Night Club in Springfield.

terested in performing. Later they recruited Ginger and Rosenthal.

Being in a band, the children and their parents said, has been enjoyable but has required lots of effort from both the children and their parents.

"If you want to know if we know all their songs, the answer is yes. We've heard them all a billion times" said John Fichtner.

BALANCING school, scouts and extra-curricular activities alongside of band practices several times a

week has been difficult, their parents said. During the summer, the band practices for several hours, six days a week. But as long as the children are enjoying themselves, their parents said, they would continue being supportive.

"We ask them, 'Do you guys want to take the day off today?' and they're like, 'Nope'" said Andrea Rosenthal, Jake's mother. "If they're earning some high school money making music rather than bagging groceries and it becomes their high school job, it's good, as



DONATED PHOTO

Connor Ginger, Austin Bello of FTSK, Cheska Zaide, Trevor Fichtner, Marc Stewart of FTSK and Jake Rosenthal at the Loudoun Youth Fest.

long as they enjoy it."

Members of The Fuzed, though, said they are aiming a little higher.

"We want to go to the top," said Ginger. Other future goals include "World touring like AC/DC. Like Australia to Ireland to the U.S.A. and everything," said Trevor

Fichtner.

Before world tours, though, The Fuzed will continue to play in and around Northern Virginia at events like the upcoming Loudoun County Fair on Friday, July 31 and at the Montgomery County Fair in August.



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CALENDAR

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

THURSDAY/JULY 23

Mizz Nemeec's Pretend Stories. 11 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 sausages. 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.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.

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.

The Wright Stuff. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Discover the mystery of flight with the Maryland Science Center. Age 6-12. 703-242-4020.

Bob Brown Puppets Clown Around. 10 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Park, Reston. In case of inclement weather, call 703-324-7469. www.fairfaxcounty.gov/parks/performances.

SUNDAY, JULY 26

Pearmund Cellars Tour, 11 a.m.-5 p.m. This tour begins at Morton's of Reston with a continental breakfast

accompanied by a glass of Pearmund Riesling. A noon departure, executive transportation to Pearmund Cellars for a vineyard tour and wine blending seminar. A southern picnic lunch will be served in the vineyard with Pearmund Viognier and the afternoon will be spent learning about and sampling wines in the estate's tasting room. Guests will be transported back to Morton's.

Morton's The Steakhouse - Reston Town Center, 11956 Market Street. \$159.00 per person, all inclusive. RSVP Kate Tourville at (703) 796-0128 or cm_mre@mortons.com.

The da Vinci Exhibit. The region's most advanced robotic surgical system, the da Vinci Si HD, is now in operation at Reston Hospital Center. Drs. Farid Gharagozloo and Marc Margolis have the ability to surgically treat lung cancer, and other diseases of the lung, with the most precise, minimally invasive techniques available. Learn more at the da Vinci Exhibit, 10 a.m. to 4 p.m. in the Reston Town Center Pavilion and see the da Vinci robot in action. Audience members will even have an opportunity to see Dr. Gharagozloo and Dr. Lailas, Director of Robotics at Reston Hospital Center, try their hands at painting a masterpiece with robotic assistance. Complimentary health screenings, including: total cholesterol, glucose, blood pressure and stroke screen, available.

Tuesday/July 28

Chuck's Amazing Feats. 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

Salsa Cinderella. 2:30 p.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Grey Seal Puppets presents this classic tale with a spicy twist. All ages. 703-437-8855.

WEDNESDAY/JULY 29

Stream Monitoring. 7:30-9:30 p.m. at the RA Main Conference Room, 1930 Isaac Newton Square, Reston. Volunteer to help assess the health of our streams. Volunteering consists of four monitoring sessions of 3-4 hours each for a total of 12-16 hours per year. Training and practice are required and a two-year commitment is encouraged. hbrock@reston.org or 703-435-7986.

Salsa Cinderella. 2:30 p.m. at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Grey Seal Puppets presents this classic tale with a spicy twist. All ages. 703-757-8560.

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

Salsa Cinderella. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Grey Seal Puppets presents this classic tale with a spicy twist. All ages. 703-242-4020.

THURSDAY/JULY 30

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

Uptown Vocal Jazz Swing. 7 p.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

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SPORTS



Jeff Thomas watches District 4 administrator Ellen Witherow, middle, thank parent volunteer Joanne Gryski during the Virginia Little League state tournament's Opening Ceremonies on Thursday, July 16 at Reston Town Center.



Fred Crabtree, far right, shakes hands with Mackie Wheeler of Vienna American during the Virginia Little League state tournament's Opening Ceremonies. Fourteen teams traveled to Reston for the annual event.

Little League Tourney Represents Reston

At Fred Crabtree District Park, 14 teams from across the state gather for Virginia Little League tournament.

BY JASON MACKAY
THE CONNECTION

Soaked with sweat, Jeff Thomas sat in the back right corner of a hospitality tent at Fred Crabtree District Park on Friday afternoon, July 17. It was fairly warm and flies, mosquitoes and other assorted bugs continually pestered the president of Reston Little League.

Regardless of heat, humidity or insects, nothing could derail Thomas' happiness this day. Finally, he thought, baseball was underway. All of the planning that had consumed the past six months of his life had passed. Nothing was left to do but watch.

And that's what Thomas did. "Putting together a state tournament is a big undertaking, not just for the host organization, but for all the leagues that come here," said Thomas, who also works as an acquisitions analyst for the U.S. Department of Transportation.

Fourteen teams comprised of between 12

and 14 players descended on Reston over the weekend and early this week for the 10-11-year-old Virginia Little League state tournament. Although Reston did not have an entrant in the tournament, Thomas and others had just as much fun showcasing the organization as a whole.

"Having an event like this right here in our community is a great way to promote youth baseball, and we're very proud of our facilities here," Thomas said. "The All-Star adventure in Little League is a tremendous experience for the kids and that's what it's all about."

THE WHIRLWIND of planning started in early January with a phone call from District 4 administrator Ellen Witherow, who initially asked Thomas if Reston, which had the proper facilities and had hosted a 9-10-year-old tournament more than a decade ago, would be able to host this year's version.

Thomas jumped at the opportunity. This was do-able, he thought. So the next day,

Thomas went to work lining up sponsors, talking to other teams from around Division 4 and organizing a contingent of more than 100 parent volunteers.

Joanne Gryski, with three children playing for Reston, agreed to help. Her sons, Marty, 11; Ben, 10; and Nick, 8, have enjoyed their time with the organization, and she saw this as the perfect opportunity to give something back.

Of course, Gryski didn't expect to coordinate an entire hospitality tent, the picnic for the Opening Ceremonies on Thursday, July 17 or oversee an entire group of volunteers, either.

"The biggest thing for me was actually realizing how much work goes into this," Gryski said. "I think the teams have all been very hospitable, so it just makes it a very nice environment."

WITHOUT A Reston team in the tournament, Chantilly American and Vienna American have carried the load. Chantilly American posted a 3-0 record during pool play and topped York County, 15-3, on Monday night.

Vienna American went 2-0 in pool play and scored a total of 36 runs during those games. On Monday, Vienna American played McIntire and won, 16-0, which pro-

duced a semifinal matchup Tuesday night against each other.

"They took care of things and did a fantastic job," said Chantilly American manager Steve Norwood of the tournament experience. "A lot of these people go out and spend their weekends volunteering. It's a pretty amazing thing."

Thomas said that another fulfilling part of this whole experience was watching Little Leaguers from across the state interact with each other at the Opening Ceremonies, which took place at Reston Town Center. Many traded district pins — a Little League tradition — while others were content to discuss the entire state tournament experience.

Though the tournament's champion was crowned Tuesday night and too late for this edition, Thomas hoped that every player involved would leave town with the same feelings.

"We want them to go home with great memories, great pictures and a great smile on their face and to go back and tell their buddies that they had a great time at the state tournament," Thomas said. "Maybe one in 50,000 goes on and gets paid to play baseball, but if 20 years from now we have some Little League coaches out there ... that's just great."

WEEK IN SPORTS

Beach Blast

Playing barefoot on sand, the Southwestern Youth Association Storm, a U-10 girls' soccer team, remained unaffected. The Storm, creatively dubbed Category 5, captured the 2009 Beach 5 Sand Soccer Tournament, on July 27 in Ocean City, Md. Sponsored by Keller Williams Fairfax Gateway Realtor Group, the Storm went 4-0-0 throughout the tournament and outscored its opponents, 18-1. In the first two rounds, the Storm notched wins over the ASA Royalty and the BMYSA Stingrays by a total score of 10-0. In the championship game following a semifinal win over the CSA Speed, the Storm earned a 5-1 win over the HMMS United Team to win the tournament for the second straight year.

Get Going Green

Sports for Nature, an environmental awareness program that has raised more than \$190,000 to date, will host a series of summer events to benefit environmental organizations and recognize green initiatives. On Friday, July 24, Reston National Golf Course will host Golf For Nature, which will include 160 golfers and start at 1 p.m. Secondly, Soccer for Nature III will be the organization's third prize-money tournament in Northern Virginia, with a scheduled date of Aug. 2 at Baron Cameron Park. The winner will receive cash prizes, and after the last match all players will enjoy a dinner party hosted by Singha Beer. For full details of both events, visit www.SportsForNature.com.



By outscoring its opponents 18-1, the SYA Storm, a U-10 girls' soccer team, captured the Beach 5 Sand Soccer Tournament in Ocean City, Md. for the second straight year.



CONTRIBUTED

Jeff Delmontagne, 650 Spring St., is a winner of the town's July Yard of the Month award.

Jeff Delmontagne Receives Yard of the Month Award

The Herndon Town Council recognized Jeff Delmontagne, 650 Spring St., as winner of the town's July Yard of the Month award.

As the Yard of the Month award recipient, Delmontagne will receive a \$25 gift certificate from Meadows Farms Nurseries as well as a "green thumb" Yard of the Month sign to put in his yard for a month.

The judging panel for the town's Yard of the Month competition comprises citizen members of the Cultivating Community Initiative (CCI), a program designed to encourage neighborhood beautification and community spirit. In addition to Yard of the Month, CCI produces the Herndon Garden Tour, the Good Neighbor Award and the Dress Up Herndon for the Holidays decoration contest. For more information, visit the town's Web site at www.herndon-va.gov.

Slight Increase in Excessive Occupancy Complaints

During the Town of Herndon's 2009 fiscal year, which began July 1, 2008 and ended June 30, 2009, 141 new complaints regarding excessive occupancy of residences were received by the town's zoning enforcement team, just slightly higher than in FY 2008, during which 138 complaints were received.

A total of 172 cases were closed during FY 2009, with violations abated in 96 cases. No violations were found in the remaining cases or they were brought to court. In FY 2009, eight individuals were successfully prosecuted for criminal violation of the town's zoning code on overcrowding, bringing to 47 the number of successful prosecutions since establishment of the town's zoning enforcement team in FY 2006.

The length of time between receipt of a complaint and an initial visit by the town's zoning enforcement team remains consistently low, at less than one day.

For more information on excessive occupancy enforcement or to file a complaint, contact the Department of Community Development, Zoning Inspections, at 703-707-2666 or community.violations@herndon-va.gov. Information is also available on the

WWW.CONNECTIONNEWSPAPERS.COM

enforcement page under Planning/Zoning at www.herndon-va.gov.

NWTE Announces New Subsidiary

Northwest Financial LLC announced the opening of a new subsidiary, Northwest Title & Escrow LLC (NWTE). NWTE is a licensed, bonded and insured full-service title insurance agency that provides settlement and escrow services related to residential and commercial real estate transactions in Virginia, Maryland and the District of Columbia.

The NWTE team of professionals has more than 25 years of experience in the real estate and title industry. The company is managed by Jade Camara, an experienced real estate attorney licensed to practice in Virginia, Maryland and D.C.

A Grand Opening and Ribbon Cutting celebration is planned on Wednesday, Aug. 12 from 11 a.m. to 2 p.m. for Realtors, members of the community and other guests at the NWTE office located at 220 Spring St. in Herndon.

Northwest FCY Awards Scholarships

The Northwest Federal Credit Union Foundation (NWFCU Foundation) awarded over \$87,000 in scholarships at their annual scholarship awards ceremony and luncheon, honoring the 2009 scholarship winners. Fifteen students were recipients of the \$5,000 Ben DeFelice Scholarship and included Lauren Hickman and Meredith Richardson of Herndon High School. Additionally, five students received the \$2,500 Central Intelligence Retirees CIRA Scholarship-sponsored by the Central Intelligence Retirees Association.

Gerriane Burks, president/CEO of Northwest Federal Credit Union and Chairman of the NWFCU Foundation's Board, speaking to the recipients at the award ceremony, said that "judging the caliber of individuals receiving this award today, there is nothing wrong with the youth of today. You make us all proud and our future will certainly be brighter because of each of you."

The NWFCU Foundation awarded \$239,000 since the scholarship program's first recipients were honored in 2005.

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Software company in Herndon seeks F/T, self-motivated employee to provide admin support, MS Office applications, trade shows, travel bookings, and great customer service skills. Technology industry a plus. 2-5 years experience. Full benefits. Please send resume to: HR@softeon.com or fax 703-793-1604

RECEPTIONIST

Full time receptionist needed for Herndon Animal Medical Center to deliver exceptional service to our clients and patients. Must be outgoing and friendly, able to multi-task, and have excellent phone and people skills. Career-minded individuals only - previous experience a plus but will train the right candidate. Send resume to krisevc@yahoo.com

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Time I Now Have



By **KENNETH B. LOURIE**

The way I've come to rationalize it, I received some unexpected – and good – health news the other day. One day after my normal two-days-before-chemo blood work, I received a call from my oncology nurse, Holly, to tell me that due to a (not totally unexpected) low white blood cell count (chemotherapy kills them along with anything else in its intravenous path), my oncologist wanted to delay my sixth and final chemotherapy one week. The logic is, they don't want to zap a good man when his white blood cell count is down, it can lead to other complications (as if stage IV lung cancer isn't complicating enough), and given the fact that my health is somewhat the issue, I really couldn't take issue with their precaution.

However, I was disappointed. I had already booked two post-chemotherapy medical appointments (per doctor's orders) and in my mind, I was sort of finished with what I hoped to be the most difficult and challenging part of my treatment. Now I had to reschedule my post chemo CT Scan and my every-three-week-post-chemo appointment with my oncologist as well. Instead of being "finished" on July 14, I am now not "finished" until July 31 (the next available appointment with my oncologist), 17 days after the original appointment was scheduled; an appointment during which my post chemo future would be discussed, as would my potential participation in a study and all manner of other words to the wise.

I didn't (I don't) want to wait an extra day, let alone an extra 17 days for the process to go forward. But as much as I pleaded to keep things on their original schedule (pointing out that I had already made these other doctor-ordered appointments), once again, my health, so far as the potential harmful effects of chemotherapy on a cancer patient whose immune system was already compromised was concerned, was their primary consideration and ultimately, I had no choice in the matter.

And for that matter, neither did my emotions have any choice; for the rest of the day, I was extremely disappointed, depressed even, over the delay. But by the next day, after an average night's sleep (good is rare, bad is typical, average is not bad), I came to a rationalization: I just got two and one half weeks of extra life that I might not have had, had the originally scheduled appointments been kept. Now, whatever life expectancy I have (and it's certainly not an exact medical science) starts from my next/new appointment with my oncologist when he reviews my scan, evaluates my lab work and examines me in person. I feel like I've actually received a reprieve of sorts, a few extra weeks which, (not that I'm counting the days, mind you, but I'm certainly not counting the years), might add up to time that is more quality, certainly more quantity than was previously anticipated.

At least that's my hope, irrationally speaking.

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

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Tens of thousands of people are expected to visit the Annual Asian Festival in Reston, Aug. 1-2.

Festival Celebrates Asian Culture, Food

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

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 displays of Asian cultures include traditional dress of the countries showcased at the Asian Festival.

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 legislators as well as foreign ambassadors from several Asian countries.

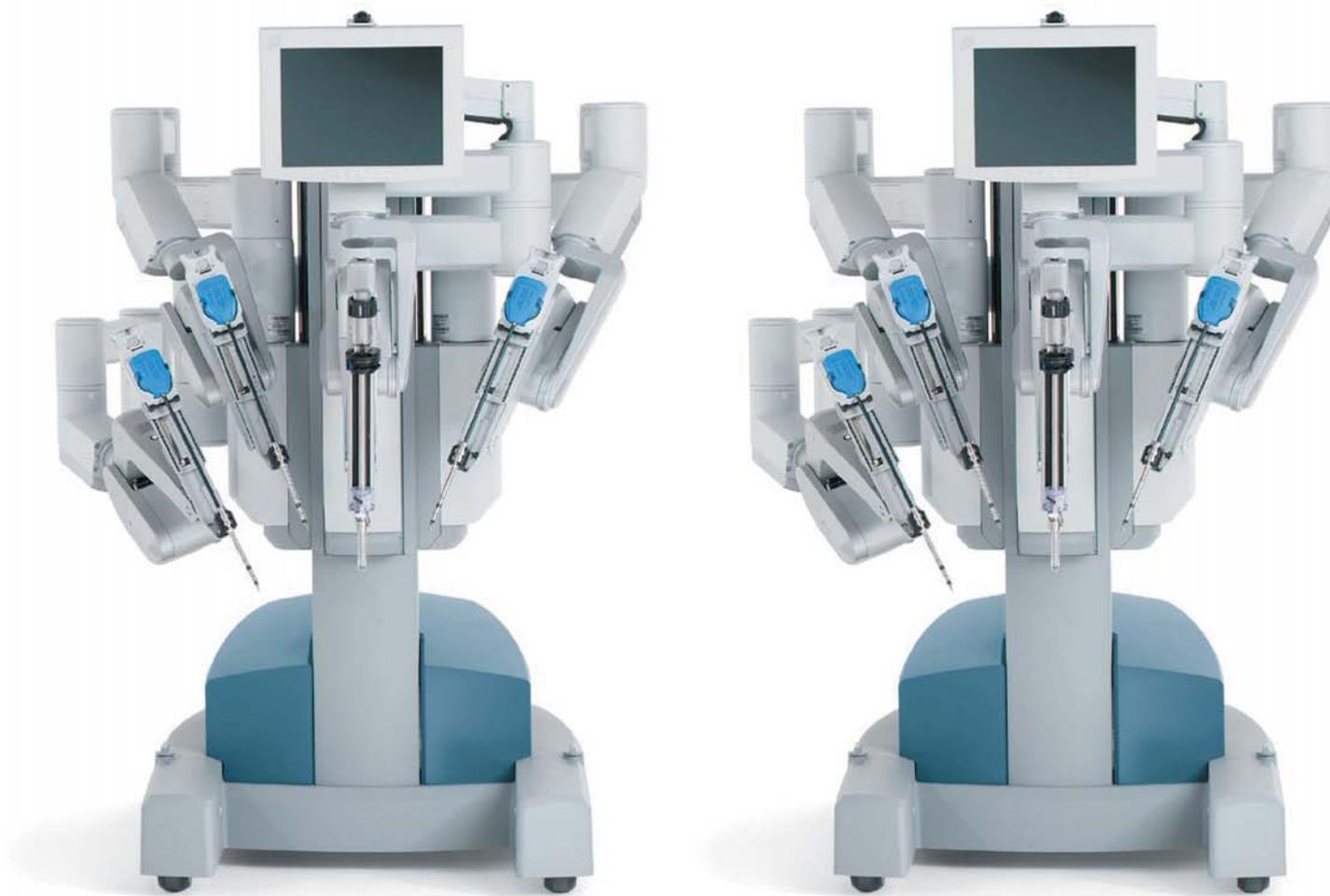
Each year, the festival showcases the culture of a particular Asian country and this year it is India. This year, the festival celebrates and explores the diverse Indian cultures by bringing India's authentic regional foods, arts, crafts and entertainment.

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 organi-

zations 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.



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