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During the summer, Great Falls native Keslie Tomlinson has to practice her starts on a makeshift skeleton sled in the parking lot at South Lakes High School. She's attempting to qualify for the 2010 Vancouver Winter Olympics in the sport.

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NEWS

Brown's Chapel Saved

RA board ends consideration of recreation center at Brown's Chapel Park.

BY MIKE DICICCO
THE CONNECTION

The community has spoken," Amy Justice, co-chair of the Coalition to Save Brown's Chapel, told the Reston Association board at the outset of its meeting last Thursday. "Our top priority is to preserve Reston open space and parkland."

A vote on the proposal to build a recreation center at Brown's Chapel Park was on the evening's agenda.

Justice said the opposition to the proposed recreation center was not an outspoken minority or "just a bunch of NIMBYs [not in my back yard]," and that the board needed to restore the public's trust by responding to the outcry over the idea of building a large-scale recreation center at the park. "Tonight, it is important that you

send a message to the community that you are listening," she said.

The board did just that.

Following extensive public testimony at that night's meeting and many others, board members voted to cease discussion of building a recreation facility at the park and close the association's contract with Brailsford and Dunlavey, the consulting firm that conducted a study on the need for and feasibility of the project.

The firm had proposed a building of 119,000 to 173,000 square feet that would house swimming and tennis facilities, as well as a gymnasium, meeting space and multipurpose rooms. Costs were estimated at \$37 million to \$49 million and were to be covered by the existing Reston Community Center tax on Small Tax District 5.

Following the vote, board member Richard Chew announced that a motion to create a recreation master planning committee, which would include volunteers from the community, would be introduced at a special meeting in August. "This will all be public meetings and the community will have ongoing opportunities to offer input," Chew said of the committee's work.

The committee would have the task of developing a Reston-wide plan for recre-

"We've gone through our meetings. I think the message was very clear."

— Frank Lynch, RA board

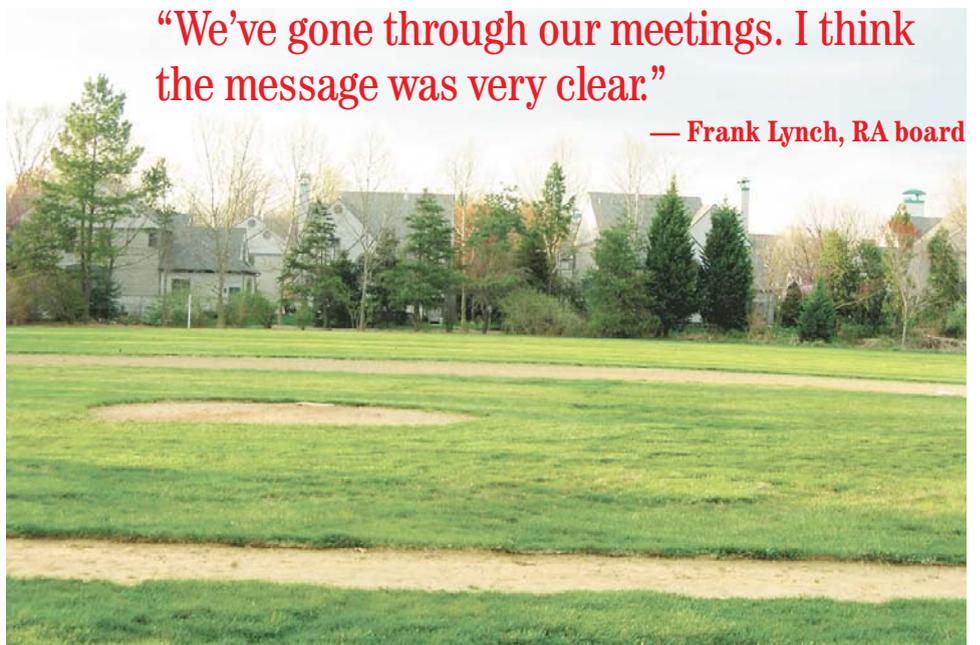


PHOTO BY MIKE DICICCO/THE CONNECTION

The Reston Association voted last week to end talks about building a recreation center where baseball fields are now located at Brown's Chapel Park.

ation, including indoor facilities.

The vote to eliminate the possibility of building at Brown's Chapel was not unanimous, as board member Cheryl Beamer said she would have liked to hold off on a decision until a phone survey asking about the recreation center was completed, and Tom Vis said he was uneasy about ruling out the possibility of constructing any building on the park. The motion allowed only for the enhancement of existing facilities. "I am uncomfortable saying absolutely nothing will ever be built at Brown's Chapel in any way whatsoever," Vis said.

Reston Association attorney Ken Chadwick said the board and any future board would have the ability to revise the motion.

THE BOARD stopped short of promising that no Reston Association parkland would be used to address indoor recreation needs, a motion that Justice and some other members of the public asked for that night.

For the most part, board members acknowledged that the project being considered for Brown's Chapel Park had not only

SEE BROWN'S, PAGE 6

Rough Plans Laid Out for Fairway Redevelopment

Architecture likely to be altered.

BY MIKE DICICCO
THE CONNECTION

Karen Danenberger said she liked the redbrick architectural style being considered for the eastern portion of a redevelopment of the Fairway Apartments, noting that she can see the existing apartments from her home. "I love it. I think the east side is by far the most attractive of the two sections," she said.

Clubhouse Road and the 11-home Clubhouse Cluster bisect the 19-acre apartment complex off North Shore Drive, which JBG Companies owns and is planning to redevelop, creating two separate parcels. At about 7 and-a-half acres, the eastern portion is the smaller of the two.

Danenberger told planners at a community meeting regarding the proposed redevelopment on Tuesday, June 30 that she found the more contemporary, glassy architecture sketched out for the western property to be cold and suggestive of ice cubes.

However, others, including the Reston Association's Design Review Board (DRB), which heard a presentation on the redevelopment last Tuesday, July 21, have disagreed. The board suggested that the more contemporary style be applied to both areas of the neighborhood and also that the eastern portion be developed with taller



PHOTO BY MIKE DICICCO/THE CONNECTION

Bryan Moll of JBG Companies and Mark Lange of Preston Partnership LLC present plans to residents at the community center at Lake Anne.

buildings, allowing for more green space.

JBG is proposing to replace the 346 townhouse-style apartments that currently make up Fairway Apartments with 940 apartments in buildings of varying sizes. Most would be in multi-family buildings, including 370 units on the eastern property and 539 on the western portion. There would also be 31 townhouse-style apartments in the western area. The development would be by-right, meaning it is allowed under the current zoning.

Reston residents know JBG Companies as the developer of Reston Heights, where it has built the Westin Hotel, Mercer condominium building and office building that form Reston Square.

JBG DEVELOPMENT manager Bryan Moll said residents had expressed widely varying views on the architecture, and he emphasized to the crowd gathered in the community center at Lake Anne on June 30 that planning for the redevelopment was in its early stages, with many of the details, particularly with respect to architecture, still in their conceptual stages.

"At this point in time, we are underwriting only apartments," Moll said of the Fairway proposal, although he added that a mix of apartments and condominiums might end up creating a more vibrant community.

With the neighborhood situated a half-mile west of Lake Anne Village Center and a half-mile east of Reston Town Center, Moll said, "We believe these properties are located in the perfect location." He said half a mile was considered to be a distance that people would willingly walk.

Architect Mark Lange, of Preston Partnership LLC, said he hoped to connect the east and west properties to each other and Lake Anne Village Center with a major walkway parallel to North Shore Drive. "A linear park connection would be just fantastic," Lange said. JBG would have to work with the county and other landowners to construct such a pedestrian and bicycle thoroughfare.

Moll said trail systems would provide multiple routes to both Lake Anne and Reston Town Center, and the apartments are already on bus routes that are to run to Metro stops in the future. "Basically, there are a few ways that you can get about without having to get in your car," he said.

A bit of community-serving commercial space is proposed for the western portion of the development, amounting to less than half a percentage of the community's total floor space, Moll said, adding that this should not be enough to divert any business from Lake Anne Village Center, whose business community is ailing. "We're very concerned with the vitality of Lake Anne because we believe they go hand-in-hand," he said.

"If you have one square foot of retail, I will object to the whole project," Reston founder Bob Simon told planners, asserting that any retail business at Fairway would detract from Lake Anne.

AT ITS MEETING last week, the Design Review Board agreed, with members saying the proposal would weaken existing retail businesses at Lake Anne.

All parking in the redevelopment is to be housed in parking decks. On the eastern property, residential buildings would surround two four-level parking decks. In west Fairway, a similar parking deck is to be surrounded by four-story residential buildings toward the center of the parcel, with addi-

SEE REDEVELOPING, PAGE 6

OPINION

Emphasis on Lyme Well Placed

Containing Lyme disease is important to health locally.

With the explosion in the local population of deer comes a smaller but significant explosion in cases of Lyme Disease.

Lyme is transmitted to humans from deer by way of a bite from a deer tick.

Deer ticks are tiny, and most often go unnoticed. The first symptoms of Lyme disease are often a fever, flu-like aches and headache. Sometimes victims exhibit a red ring or bulls eye pattern, presumably around the original tick bite. When treated early with antibiotics, most people recover fully.

But untreated early, the disease can be complex and difficult, according to the Centers for Disease Control and Prevention: "After several months, approximately 60 percent of patients with untreated infection will begin to have intermittent bouts of arthritis, with severe joint pain and swelling. ... In addition, up to 5 percent of untreated patients may develop chronic neurological complaints months to years after infection." This can include problems with concentration and memory.

One of the obstacles to early treatment is the lack of a reliable diagnostic test for Lyme disease.

U.S. Rep. Frank Wolf (R-10th), chairman of the bipartisan House Lyme Disease Caucus, announced an increase in the CDC's budget for Lyme disease by more than \$3.6 million to \$8.9 million. In particular the funding will encourage the CDC and NIH to develop more accurate diagnostic tests for Lyme, as well as more research, record keeping and education.

The seriousness of the problem locally was evidenced when more than 300 people turned out for an informational meeting on Lyme disease Wolf held last year.

For more, see www.cdc.gov/ncidod/dvbid/Lyme.

Hoping for Better

We've mentioned before that we're suffering from election fatigue and the summer doldrums, so like most people, we're not ready to focus on coming races in November. But given the crisis state of transportation funding, one could hope for more from the Republican and Democratic candidates for governor.

Creigh Deeds' (D) Web site, www.deedsforvirginia.com, offers a quick link to "Issues," but transportation does not appear

as one of his issues. One might assume that a contentious primary process would have forced Deeds to have a well-articulated plan by this point in the process.

To be fair, Deeds' transportation "plan" appears under the issue of economic plan: "Work with the General Assembly and local stakeholders to design and pass a long-term, multi-modal, statewide, creative transportation proposal in his first year as governor." To say this lacks substance is a bit of an understatement.

More to come, no doubt.

Meanwhile, Bob McDonnell (R) has proposed a detailed transportation plan which actually offers little more, because it includes no new source of revenue. McDonnell's plan mostly appears to call for shifting money from other priorities to transportation, also not much of a plan. Judge for yourself at www.bobmcdonnell.com.

More to come, no doubt.

Be sure that you're registered to vote; besides statewide races for governor, lieutenant governor and attorney general, all 100 seats in the House of Delegates are on the ballot Nov. 3. To check on your registration, see www.sbe.virginia.gov and click on voter information.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Summer of Negativity in Reston?

By JOHN LOVAAS
CIVIC LEADER AND RESTON
IMPACT PRODUCER/HOST

Maybe it is just my imagination, but it seems to me that our extra-ordinarily moderated summer has been accompanied by more negativity than usual. In some cases, the negativity crowds out free speech. Some examples



trying to resuscitate an old bogeyman — Small Tax District #5. Suddenly, they say eliminate this modest add-on to our property tax that funds much of the cost of our Community Center, a place with recreational, educational and cultural programs for everyone. These folks, vaguely resembling elephants, say they hate taxes, so let's just pass the bill to Fairfax County. They ignore the fact that

our community shapes Center offerings as it now stands — a major benefit many of us believe. And, why would the county change this arrangement in any case?

Another group living for a tax to oppose approached me recently. They want to appear on the Reston Impact community TV program and rail against the proposed increases in tolls to help finance bringing rail by Reston. Who then should pay for what we all wanted? In response, they offer the county, the state or even the Feds. Meaning anybody but us? I think we'll go ahead and do the program just because of the interesting title: Railing against rail!

My last example of negativity I mention because it offends on free speech grounds. This involved the torching of a candidate for the Reston Citizens Association Board in its recent election. The torcher previously sought to censor TV documentaries because their views differed from hers. The RCA candidate's alleged crime, widely circulated in vicious emails, was being a "Holocaust denier." When it turned out

that he in fact fully accepted the Holocaust, he was then condemned for being a "Holocaust revisionist," a whole new category of offense for those who do not share precisely the same understanding of a horrific period of our history. I do not understand (1) why someone should be reviled for holding a partially contrary view, and, (2) what it had to do with RCA. On this one, I think our basic right to free speech took a hit. So it goes in Reston's summer of negativity.

Write

The Connection welcomes views on any public issue.

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

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A Day-Long Journey to the Past

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



For a relaxing and educational day trip or longer, consider visiting the Frontier Culture Museum just off I-81 at Staunton, Va. This summer would be a particularly exciting time to visit because an Igbo village replicating the Western African culture from which the largest ethnic group coming to Virginia during the slave trade is being constructed. Clay bricks are being made by hand from the local clay under the watchful eye of Stan Ogbonna who is a consultant to the project and a member of the Igbo tribe. The bricks are being used to build a traditional man's home called an obi and houses for his two wives.

The Igbo village will help complete the museum's mission of interpreting the contributions to American culture made by the principal ethnic groups that settled the backcountry frontier during the late colonial period. Much of the museum consists of actual structures that were taken apart and brought to this country and reconstructed. An Ulster farm was dismantled in County Tyrone, Northern Ireland, and shipped to the museum where it was reconstructed in the mid-1980s. A blacksmith forge from County Fermanagh, Northern Ireland, was also relocated to

the museum. A German farm was likewise relocated to the museum site. A 17th century English farmhouse was moved to the museum in the early 1990s. It is the oldest structure at the museum and came from near the town of Hartleburg in Worcestershire in England's West Midland where many of the early English settlers had lived before coming to America.

These farms along with the Igbo village that is being constructed represent the Old World cultures from which the earliest colonists came. As a visitor to the museum, you can visit these farms where costumed interpreters carry on life as it was during the period. Just down the way you can also visit New World farms from the 1820s and 1850s to see the influences of the various cultures settling the country had on the American experience. Farm outbuildings have also been recreated for the visitor to get a real feel for early American farm life.

For more information on the museum visit www.frontiermuseum.org or send me an email at kenplum@aol.com. I am privileged to serve on the Board of Trustees for the Museum. As a native of the Shenandoah Valley, I have found visits to the Frontier Culture Museum to be particularly meaningful to me. You will enjoy your journey to the past, whether it is for a day or longer.

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Brown's Chapel Saved

FROM PAGE 3

drawn the ire of the park's neighbors but also appeared to lack the support of the broader public. At meetings on the topic, Vis said, "I only heard a handful of people speak in favor of it, and so that was pretty clear."

"We've gone through our meetings. I think the message was very clear," said Frank Lynch. Kathleen McKee said the project might not have gained the support of the board anyway. "Probably, this is what we would have come to if we'd been allowed to discuss it in any other terms," she said. However, she said a solution to Reston's shortage of indoor recreation would not necessarily be easy or immediately popular, recalling the "debacle" over the construction of now-popular Ridge Heights Pool, the public outcry over the location of Dulles Airport and the initial dubbing of the of the Alaska Purchase as "Seward's Folley." "Sometimes, it's really hard to do the right thing," McKee said.

Joe Leighton, who had long expressed skepticism about the project, said he still wanted to bring indoor tennis to the community in the form of "a nice facility" and not just a tennis bubble. He also said he wanted the ball fields at Brown's Chapel improved, including lighting two of the three fields.

Beamer said she still was not sure that the project did not have the support of a silent majority. "People simply don't come out to tell you they want you to build something," she said.

John Higgins said Beamer had a point but added, "For months, it's been clear to me that this board wasn't going to go through with an extended project at Brown's Chapel."

While many had protested the specific project, RA

President Robin Smyers said, the community had also gone on record saying the association had "overwhelming support for some kind of facilities, just not of this magnitude."

A NUMBER OF RESIDENTS spoke in support of indoor recreation that night, although none endorsed the project at Brown's Chapel.

"I really do believe that we all want the same thing. I don't think there's anybody here who's anti-recreation," said Evan Bass, chair of the RA's Tennis Advisory Committee, asserting that residents could work together to come up with a solution. "We can figure it out. This is not colonizing Mars."

Past tennis committee co-chair Jane Acton, who spoke out against putting a recreation center at Brown's Chapel, said the Coalition to Save Brown's Chapel was "poised to work with the community to help decide what will work best for Reston."

Tyrone Gillum, also a member of the Tennis Advisory Committee, said the need for an indoor facility was evidenced by Reston's abundance of outdoor pools and tennis courts, which become useless when the weather gets cold. "You have a fight on your hands wherever you put it, because it's going to be in someone's backyard," he told the RA board.

Board member Paul Thomas, participating in the meeting by speaker phone, said the association should begin communicating with the public sooner about future projects, a suggestion that the rest of the board agreed with.

Chew said he expected a preliminary report from the recreation master planning committee-to-be around February.

"This is a short-term committee to get this done once and for all," Smyers said.

Redeveloping Fairway Apartments

FROM PAGE 3

tional parking decks incorporated into the development's densest area, near its southwest border. Here, a large four-story structure with fully landscaped parking garages would be topped by two six-story buildings, effectively creating 10-story high-rises overlooking the golf course and Reston Town Center. Three-story townhouse-style apartments would line the northeast edges of west Fairway.

Moll said the planners hoped to introduce more green space into the community and make the open space more accessible. "There are definitely areas like that today. We want to make more of them and we want to make them better," he said. More than one-third of the property is to be open space, including a total of 16 "open space nodes" and "landscaped amenity areas." He said public art would also be incorporated into common spaces.

Design Review Board member Mike Miller said the green space being proposed might not be enough to be in keeping with the park-like appearance of most Reston developments outside of the town center and village centers. "We were a little surprised by it, not so much the amount of density they're proposing but the way they're developing the sites," he said. "The consensus I got from board members who saw [the presentation] is, it's a nice design but it really doesn't fit in Reston."

Miller said the Reston master plan called for high-rises along a pedestrian spine between Reston Town Center and Lake Anne Village Center, but they were intended to look more like the 15-story Heron House than the three- and four-story buildings JBG is proposing. The taller buildings would allow similar resi-

dential density with more open space.

Meanwhile, the Reston Planning and Zoning Committee, which looked at the proposal in early June, had a generally favorable reaction to the design but expressed concerns about more than doubling the existing neighborhood's density.

While taller buildings, particularly on the eastern portion, would allow for more open space, Moll said he wasn't sure whether the property's neighbors would favor the change. But he said the idea of using more contemporary architecture in east Fairway seemed to be popular. "We've heard a very positive response on west Fairway's architecture so far," he said.

JBG also hoped to attain Leadership in Energy and Environmental Design (LEED) Silver certification for the community, as the company has for its development of Reston Square, Moll said.

Attorney Ben Tompkins of Reed Smith LLP, which is working with JBG, assured that no current residents needed to start looking for a new place to live. He said redevelopment was still years ahead and would be phased in, with the company working with the county to help relocate residents who wanted to move out when the time came. Residents would be kept abreast of plans a year to 18 months ahead of time, he said.

By using more open and efficient floor plans, Moll said, the company should be able to create comparable living space at smaller square footages, enabling prices not to stray too far from current rates.

Moll said he hoped to return to the Reston Planning and Zoning Committee with a revised plan in September.

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NEWS



PHOTOS COURTESY OF THAI TENNIS ORGANIZATION IN AMERICA

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

Festival Highlights India

The 6th annual Asian Festival will be held at the Lake Newport Tennis Facility in Reston on Saturday, Aug. 1, from 10 a.m. to 10 p.m. and Sunday, Aug. 2 from 11 a.m. to 6 p.m. Asian Festival is a two-day free admission event to promote a greater understanding of Asian-Americans and their cultures. Each year, the festival showcases the culture of a particular Asian country. This year, it celebrates and explores the diverse Indian cul-

More

Parking: Off-site Parking is available at the Reston Association Building, 1930 Isaac Newton Square, Reston. Free Shuttle Service from 9:30 a.m. - 9:30 p.m. For more information, visit www.asianfestivaldc.com.

tures by bringing India's authentic regional foods, arts, crafts and entertainment including the Bollywood and Bhangra dancing.

CALENDAR

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

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.

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 31

Elden Street Players Present 'Passion,' by James Lapine and Stephen Sondheim. 8 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$19 adults, \$16 seniors and students. On stage through Aug. 22. 703-481-5930 or www.eldenstreetplayers.org.
Grease. 7:30 p.m. at the Herndon High School. Zoe.Dillard@fcps.edu.

SATURDAY/AUG. 1

Sixth Annual Ethnic Asian Festival, 10 a.m.-10 p.m. at Lake Newport Tennis Park, 11452 Baron Cameron Ave., Reston. www.EventLister.com/E1211260.
Stream Monitoring. 7:30-9:30 p.m. at the Twin Branches Nature Trail near W&O Trail on Buckthorn Lane, 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. habrock@reston.org or 703-435-7986.

Grease. 7:30 p.m. at the Herndon High School. Zoe.Dillard@fcps.edu.

SUNDAY/AUG. 2

Sixth Annual Ethnic Asian Festival, 11 a.m.-6 p.m. at Lake Newport Tennis Park, 11452 Baron Cameron Ave., Reston. www.EventLister.com/E1211260.
Soccer for Nature. 8 a.m. at Baron Cameron Park, 11300 Baron Cameron Ave., Reston. 571-244-7248.

MONDAY/AUG. 3

Jimmy's 12th Annual Summer Golf Tournament, to benefit The Council for the Arts of Herndon. 7:30 a.m. registration, 9 a.m. shotgun start at the Herndon Golf Course, 909 Ferndale Ave., Herndon. Prizes and trophies will be awarded. \$100 per player, includes greens fees and cart, meals, beverages and more. Sponsored by Jimmy's Tavern. 703-471-5769 or jimmystavern.com.

TUESDAY/AUG. 4

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

WEDNESDAY, AUG. 5

Climate Change 101. Dr. Tom Armstrong. The US Geological Survey Science in Action public lecture series the first Wednesday of every month, 7 p.m. at the Dallas Peck Auditorium, on the first floor of the USGS Building, 12201 Sunrise Valley Drive in Reston. For additional information contact the USGS Visitor Center in Reston at 703-648-4748.



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Tomlinson: Head First After Olympic Dreams

Great Falls native has spent summer sledding, training for 2010 games.

BY MARK GIANNOTTO
THE CONNECTION

The temperature hovered around 90 degrees this past Sunday morning in the parking lot of South Lakes High School, and yet Great Falls native Keslie Tomlinson had her sled out.

With no snow in sight, though, this was no ordinary sled. Then again, what Tomlinson is attempting to achieve in the next year and a half isn't exactly orthodox. Just ask her trainer, 51-year-old Greg Petrosian, to describe what his pupil is training for.

"She's a crazy woman going head first down a track at 80 miles per hour," he said with a laugh in his Russian accent from the recently renovated weight room in the basement of his Reston home. It serves as Tomlinson's training headquarters for the time being.

An avid horse back rider as a child growing up in the area and a college field hockey and lacrosse player at Denison University, Tomlinson is in the midst of what has become a seven-year quest to qualify for the 2010 Vancouver Winter Olympics in the sport of skeleton.

Skeleton is the competitive form of sledding — or sliding if one goes

by the sport's vernacular — in which athletes travel down bobsled courses headfirst on their stomachs at speeds sometimes exceeding 80 mph while experiencing forces up to 5Gs. A skeleton sled, though, has no steering or braking mechanisms.

Tomlinson, who now resides in Potomac Falls, discovered the sport when it made its return to Olympic competition at the 2002 Salt Lake City games, where she was working for the United States Olympic Committee. Then, in December 2002, Tomlinson made the trek to Lake Placid, N.Y., one of only three skeleton training facilities in the country, to try it out, "not having any intentions of pursuing it," she said. The only instructions given were, "Have fun, hang on, and don't fall out ... It turned out I wasn't too bad at it."

In January 2008, Tomlinson took home the U.S. National Championship for skeleton, and after impressing on several minor skeleton circuits over the years, made her debut on the World Cup Tour this past winter. She was named the 2009 Women's Skeleton Athlete of the Year.

Now she's back in Northern Virginia for the first summer in a long time. It's the offseason in skeleton since there are currently no tracks



COURTESY OF KESLIE TOMLINSON

This past winter, Tomlinson was named the 2009 Women's Skeleton Athlete of the Year.

with ice anywhere in the world. That doesn't mean Tomlinson's taking any time off, though.

She and Petrosian — they met in 2002 and began working together extensively this past April — train six days a week, working on speed, strength, endurance, and acceleration. Tomlinson spends hours with her makeshift sled on wheels in the parking lot at South Lakes, practicing her starts along the curb since steering can be a problem with "a glorified skateboard" made of plastic and held together with layers of duct tape.

Sometimes she'll take the sled out in her neighborhood, which usually elicits some curious questions from youngsters and adults alike. Tomlinson remembers one parent came up to her and asked where she got the sled because her child would not stop nagging her about getting one.

When she's not rolling around, Tomlinson usually makes the five-minute drive from South Lakes to Petrosian's place. An unassuming house near Southgate Community Center in Reston, a look into the backyard reveals a new addition that houses a split level, two-room basement gym.

Tomlinson will do a litany of exercises there, all aimed at perfecting her race start and fitness. Aside from the usual array of weights, benches, and elliptical machines, there's a set of bungee cords that Tomlinson hooks herself into so she can simulate burst-

ing from a kneeling position.

There's also a set of bars in a corner where Tomlinson strengthens her core muscles, including a Petrosian favorite that he brought over from Russia in which his pupil must repeatedly raise her legs completely over her head.

"The goal is not just to make the team," said Petrosian. "My goal and her goal, too, we're going for top three. If she put together everything and finishes strong, she's capable of doing that."

"We spend six months basically training for the first five seconds of the run," said Tomlinson.

BUT THE SACRIFICES

Tomlinson has had to make span years, not months. Because there are only three skeleton training facilities in the country (Colorado Springs, Colo., and Chula Vista, Calif., are the others) Tomlinson, who in her down time is also pursuing a master's degree in sports administration at Northwestern, has been forced to live out of a suitcase six months of every year, spending extended periods at national training facilities. Throw in the fact that she went to a boarding high school in Maryland and it means Tomlinson has been eating dining hall food for the better part of 14 years now.

With qualifying for the games fast approaching beginning in October, Tomlinson swore off alcohol back in February and submitted to a regimented nutritional plan created by Petrosian, a former pro-

To Help

To make a tax-deductible donation on Keslie Tomlinson's behalf, a check can be made out to the United States Bobsled and Skeleton Federation (USBSF). On a note of letter accompanying the check, request that the donation be put into the Athlete Training Fund of Keslie Tomlinson. Send to the following address and a Tax ID # will be sent back by the USBSF:

Lisa Carlock — USBSF
Athlete Training Fund
1631 Mesa Ave., Copper Bldg.
Suite A
Colorado Springs, CO 80906.
Donations can also be made using PayPal on Tomlinson's Web site, www.GoKeslie.com.

fessional long jumper who has also been a former strength and conditioning coach for D.C. United and at American University.

The money, though, may be the hardest part. Tomlinson estimates she spends around \$25,000 a year on training and competition. The sled she uses in races costs \$8,000 by itself.

Tomlinson has had waitress jobs over the years, but that's not nearly enough to cover her expenses. She counts on sponsors, family members, as well as donations to fund her dream.

"I've sacrificed everything from my social life to my best friend's wedding to even just not being home," said Tomlinson, who turned 28 this past Monday. "I can't tell you the last time I've been home for Thanksgiving. But on the flip side of that, my friends and family have been the most supportive people in my life. Every athlete goes through their ups and downs and periods of possibly wanting to hang it up and I've been through that many times and they've kind of kept me going."

This fall and winter, though, is when Tomlinson will truly find out if she can forge ahead in a sport she picked up on a whim one winter. The U.S. National team trials begin in October, with the top three men and women named to the World Cup team. The actual Olympic team is based off the accumulation of points in those World Cup races and will be revealed in January.

Until then, just look for the "crazy woman" with a dream, riding her sled around a high school parking lot.

"I'm not sure why I got involved with a winter sport because I hate the cold," said Tomlinson. "But I think for me, [in an] Olympic year, everything has been put into perspective ... it's all or nothing and I've really embraced that."



Tomlinson works out six days a week in the basement gym of her coach, Reston resident Greg Petrosian.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Call 703-917-6437. Deadline is Thursday.

Congregation Beth Emeth Shabbat BBQ, Friday, Aug. 14 at 6:15 p.m. at 12523 Lawyers Road, Herndon. Hamburgers, hot dogs, games and sports followed by services outdoors at 8 p.m. \$10 individuals, \$30 per family. Prospective members free. 703-860-4515, ext. 101 or www.bethemeth.org/shabbatdinner.htm.

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

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.

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

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

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

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

Nondenominational **Christian businessmen** meet for prayer, Biblical discussion and fellowship **every Friday**, at 7 a.m., at Anita's, 1051 Elden St., Herndon and **every Thursday** at noon at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

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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Time I May Have



By KENNETH B. LOURIE

Tick, tick, tick, tick. If I allow myself to think about it (and as a cancer patient with an abbreviated life expectancy, it is something to think about, believe me), I might go crazy. When exactly did the life-expectancy-not-what-it's-supposed-to-be-clock start ticking? Was it the date of my biopsy? The date of my P.E.T. Scan? The date of my CT Scan? The date of my initial chest x-ray? The date when I first felt pain in my side (Dec. 29)? Or was it the date of my first appointment with my oncologist when all the news that I never thought I'd see in print, was printed, spoken and discussed? Talk about a shoe dropping!

But what's the point really? Other than wondering if this day, this weekend, this dinner out, will be the last that I'll remember or even experience. I'm not a "Bucket List" kind of person so I'm not making a list and checking it twice (heck, I'm not making a list at all).

But when reality creeps in (and it's impossible for it not to), despite the fact that I have been asymptomatic and my oncologist has described me and my minimal side effects as "above average," at the end of the day (heck, at the beginning of the day, too), I am still a stage IV lung cancer patient. At some point, something is going to hit the fan. And when it does, that fan is going to break, big time (metaphorically speaking; although, you have to know, at this point of my diagnosis/life, I have very little patience for electronic devices).

So do I live and let live or do I live like there's no tomorrow when there actually might not be?

If I live like there's no tomorrow, then aren't I sort of assuming that I'm not going to improve and that there really won't be any more tomorrows? And if that is indeed my attitude, isn't that kind of a self-fulfilling prophesy? I don't want to live like there's no tomorrow. I want to live normally, like there are plenty of tomorrows, plenty of next weekends, plenty of next years. Somehow, I need - and want - to be positive about this very negative situation, and yet be honest about my present and realistic about my future. (And I thought selling newspaper advertising in Washington in August was difficult.)

But how do I manage to serve two masters like that? Denial certainly works. Naivete can play a role. Delusions of not-so-grandeur could help.

But that's no way to live. Pretending that all is well when you are not. Nor is trying to determine when the semi exact start date of your official cancer appearance was, then calculating backwards and now forwards to project and/or predict when your life expectancy might begin to feel the effects of your underlying disease and then act accordingly, whatever that may be.

Who am I kidding? Other than giving myself some mental gymnastics to perform, why do I need to know? (I'll know soon enough, I'm sure.)

What will be, will be. But sometimes, I can't help myself. When I lie in bed, awake, in the middle of the night, with no one to talk to, it's difficult to block out this new math, especially when you consider that I'm pretty good in math. I guess I now know what the point was of learning it back in 10th grade. Little did I know how important it would all become.

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

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SPORTS



The Fairfax Stars are (back row, from left) coach Ron James, Caitlin Jensen, Kailyn Ebb, Ariana Freeman, Savannah Johnson, Lindsey Oblitey and Britani Stowe; (front row) Carolyn Cosey, Cydni Cole, Raven James, Morgan Kuhns and Alexia Johnson. Not pictured: Maiya Gibson and coach Mickey Frece.

COURTESY PHOTO

WEEK IN SPORTS

Fall Registration Now Open

Herndon-Reston Youth Softball is a girls' fastpitch softball league serving players ages 6 to 18 in the greater Reston-Herndon area. Fall registration is now open. To register, visit the organization's Web site at www.hryfastpitch.com/Register.

Division Camps

The Hidden Creek Hurricanes finished the season as divisional champions in the Dominion Country Club Swim League, closing out the season undefeated in divisional meets with a 329-186 victory over Mount Vernon Country Club. Sierra Jeter and Tiger Barbee both won four individual events on Saturday, July 18 and were named the Hurricanes' Most Valuable Swimmers in the 11-12-year-old girls' and 13-14 boys' age groups, respectively. Furthermore, Jeter set team records in all five individual events that she swam this summer, and Barbee set records in all four of the individual events she swam this season as well.

Nationally Ranked

The Fairfax Stars U-12 girls' basketball team recently traveled to Kingsport, Tenn. to compete against 64 teams from 27 states in the AAU National Championships. The team completed pool play with a 3-0 record and finished the tournament with a 4-2



Amanda Broyles takes off for the backstroke leg of the 11-12-year-old girls' 200-meter medley relay during Hidden Creek's win over Mount Vernon on Saturday, July 18.

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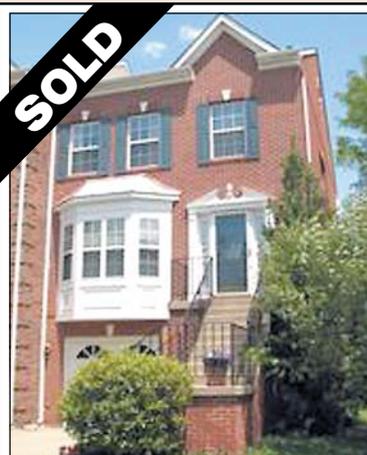
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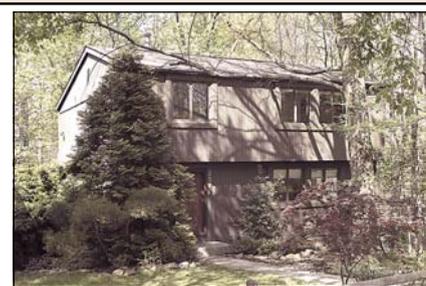
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