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Boat access to
the Potomac
River is one of
the advantages
of Algonkian
Regional Park.

Newcomers & Community Guide

CALENDAR, PAGE 87 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY AARON STERN/THE CONNECTION

AUGUST 5-11, 2009 ❖ VOLUME VI, NUMBER 17

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

CIVIC ORGANIZATIONS

Catholic Charities, 100 Dry Mill Road, S.W., Leesburg. Call 703-443-2481 or visit www.cdda.net.

Community Holiday Coalition. The Community Holiday Coalition serves less fortunate families, children and seniors in the county in a manner that promotes dignity and self-respect. The coalition has Thanksgiving and Christmas programs supported by churches, clubs, business and civic organizations. For more information, call Carol Earl at 703-737-8367.

ECHO (Every Citizen Has Opportunities, Inc.). ECHO supports employment and job training for people with disabilities. It also provides transportation for Medicare clients to doctors appointments and for welfare recipients to work. Call 703-779-2100 or visit www.echoworks.org.

Good Shepherd Alliance. The Good Shepherd Alliance is a nonprofit Christian organization that has been providing emergency housing and support to the homeless population in the county since 1983. For more information, call 703-724-1555 or visit www.loudounhomeless.org.

Humane Society of Loudoun. Call 703-777-2912, e-mail generalinfo@hslcva.org or visit www.hslcva.org.

La Voz of Loudoun. La Voz of Loudoun is a community based organization acting as a conduit between the Hispanic/Latino population, government agencies and other groups in order to promote self-sufficiency through outreach, education, advo-

cacy and programs that strengthen family networks. For more information, visit www.lavozloudoun.org or call 703-777-1417.

League of Women Voters. P.O. Box 822, Leesburg, VA 20178. Phone: 703-777-9425. President: Marla McIntyre. Political yet nonpartisan organization that encourages the informed and active participation of citizens in government and influences public policy through advocacy. Registers high-school students and citizens to vote, organizes debates and community forums and puts out voters guide. Members are male and female. Dues: \$60/individual, \$90/household.

LINK Inc., P.O. Box 443, Sterling. Call 703-437-1776.

Loudoun County Democratic Committee. P.O. Box 544, Leesburg, VA 20178. Phone: 703-771-3366. Web site: www.loudoundemocrats.org. Check Web site for location. Local organization for the Democratic Party of Virginia that helps Democratic candidates get elected and promotes the party principles. There are two types of membership and a \$20 application fee. Tim Buchholz, chair, 703-307-6812 or e-mail timbuch2@aol.com.

Loudoun County Republican Committee. P.O. Box 547, Leesburg, VA 20178. E-mail: info@loudoungop.com. Chair: Glen Caroline. Local organization for the Republican Party of Virginia that helps Republican candidates get elected and promotes the party principles. Meets in the Board of Supervisors room in Leesburg. Visit the Web site at <http://www.loudoungop.com> or call 703-

627-LCRC (5272). Application Fee: \$30 for two years.

Loudoun County Special Olympics. Contact Caitlin Marcotte at 703-777-0438. Web site: www.specialolympicsva.com. Through the county and state partnerships, athletes are given the chance to participate in sports that are geared more towards their abilities.

Loudoun Habitat for Humanity. Location: 109 Harrison St., N.E., Leesburg. Mailing address: P.O. Box 28, Leesburg, VA 20178. Phone: 703-737-6772. E-mail: loudounhabitat@earthlink.net. An organization that builds homes for those who otherwise would not be able to afford one. Volunteers help to build the house with aid from the organization. Visit www.loudounhabitat.org.

Loudoun Historical Society. The Loudoun Historical Society is in the process of becoming active again after a slump following its creation in 1954. Currently, there are about 200 members. The board of the Loudoun Historical Society meets at either the Morven Park or Balch Library, both in Leesburg, every other month. With the goal of educating Loudoun County citizens, the Historical Society has several activities in mind, including a lecture series bringing attention to the historical significance of various homes and sites. Another endeavor of the society is the publication of an annual bulletin, which includes historical pamphlets, essays, and books about Loudoun County. For more information on the Loudoun Historical Society, contact Childs Burden at 540-687-4195.

Loudoun Interfaith Relief, 750 Miller Drive, Suite A-1, Leesburg. Call 703-777-5911 or visit www.interfaithrelief.org.

Loudoun Wildlife Conservancy. P.O. Box 2088, Purcellville, VA 20134-2088. The Loudoun Wildlife Conservancy is a nonprofit group of volunteers that share a common goal of protecting and perpetuating natural habitats. In partnership with the Audubon Naturalist Society, the Loudoun Soil and Water Conservation District and the North Folk Goose Creek Watershed Project, the Loudoun Wildlife Conservancy is involved in monitoring the streams in Loudoun County. In addition, the Loudoun Wildlife Conservancy sponsors several outdoor walks to observe and survey birds, butterflies, and wildflowers. Visit www.loudounwildlife.org.

Mothers Against Drunk Driving (MADD). Web site: www.maddloudounva.org. Phone: 703-771-8127.

National Genealogical Society. 3108 Columbia Pike, Suite 300, Arlington, VA 22204. Phone: 703-525-0050 or 800-473-0060. Fax: 703-525-0052, Web site:

www.ngsgenealogy.org. Conducts genealogical, historical, biographical and heraldic research for individuals, families, societies, associations, libraries and other related institutions. Membership: \$60/year individual, \$50/year group/organizational.

Piedmont Environmental Council. Phone: 540-347-2334. President, Christopher G. Miller. Loudoun County field officer, Ed Gorski. Web site: www.pecva.org for more information.

Salvation Army of Loudoun County, 12 Cardinal Park Drive, Leesburg. Call 703-771-337.

United Way. 10-B South King St., Leesburg, VA 20175. Phone: 703-777-3920. E-mail: loudoun@uwnca.org. Provides information, referral for health and human service needs, donations and volunteer opportunities for the community.

YMCA. 6 Fairfax St., S.E., Leesburg, VA 20175. Phone: 703-777-9622. Web site: www.ymcadc.org/YMCA-Loudoun-County.aspx. Offers summer camps, after-school programs, various sporting activities, and preschool and afternoon care.

CLUBS AND ORGANIZATIONS

American Legion Post 150. Sterling's Commander is Ann Kuo at 703-444-9255. The Sterling American Legion Post meets the first Wednesday of every month at the Ruritan Clubhouse located on Ruritan Road in Sterling. All veterans of past periods of hostilities are welcome to attend these

meetings and participate in the post activities. Meetings begin in September.

Boy Scouts of America Goose Creek District. Provides a program for boys and girls ages 7-17 that is aimed to

SEE CLUBS, PAGE 7

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NEWCOMERS & COMMUNITY GUIDE

Fertile Ground

Loudoun County's present is rooted in its agricultural past.

BY AARON STERN
THE CONNECTION

As the manager of the Heritage Farm Museum of Loudoun County Mary Novotny oversees a dozen or so exhibits that detail the area's rich agricultural past. She is intimately familiar with the antique and replica farm equipment and the stories behind them and she readily recounts the area's once ubiquitous dairy industry and the people who ran it to visitors each week.

"A lot of people come here just to milk the plastic cow. And I'm OK with that," said Novotny. The plastic cow is, as Novotny describes it, a sump pump and a motion detector clad in a ceramic cow-shaped shell that moos and lactates when coaxed by visitors. It is a way for the public to get a hands-on lesson in history and, among children, it is the most popular exhibit in the small museum.

Novotny's museum is a window into Loudoun County's not-so-distant past, when it was a rural and most of the people who lived there were dairy farmers, Novotny said. But the county has changed drastically in recent decades.

PERHAPS NO IMAGE captures the bifurcation of Loudoun's past and present than a photo that hangs outside the office of Patrick Ryan's office, an agricultural specialist for Loudoun County's Department of

SEE LOUDOUN'S PAST, PAGE 6



The Heritage Farm Museum of Loudoun County, located in Claude Moore Park, gives visitors a hands-on lesson in the area's agricultural past. For more information on the museum, visit heritagefarmmuseum.org, or call the museum at 571-258-3800.

PHOTO BY AARON STERN/THE CONNECTION

Welcome

We're looking to hear more from our readers.

This issue of the Connection includes our annual Newcomers and Community Guide. Through narrative, listings, viewpoints and photographs, we endeavor to capture what it means to live here, highlights of places to visit and things to do, a snapshot of local history, help finding community resources and tips on adjusting to living here. If you are new to the area, you'll find resources and ideas on these pages and on our Web site, www.ConnectionNewspapers.com. Even some longtime residents may not have visited some of the key places in and nearby their neighborhoods.

We offer many more resources on our Web site. There you will find the complete community guides for each of our 17 papers, including more extensive listings than appear in the newspapers. You can now access the print edition of each of our papers online, showing each page exactly as it appears in the paper, including cover, photos, display ads and classified advertising. Go to www.ConnectionNewspapers.com, and click on "Print Editions" in the red bar.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

AT THE CONNECTION, we invite newcomers to the area and long-time residents alike to be a part of providing more reader input. Let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, call us or send us an e-mail. We invite you to send letters to the editor or to send an e-mail letting us know about something you especially liked or didn't like about our coverage. We appreciate readers' ideas. If you see something that you think might be a story, or something you have a question about, give us a call, or drop us a line. If you know of a person or an organization doing important work, something that might make a good feature story, we are looking for

SEE WELCOME, PAGE 6

VIEWPOINTS

What do you enjoy about living in Loudoun?



"The history of the area. Morven Park is a wonderful area for picnics, and it has a great house tour. I have lived here all my life, it's a great thing."
— Mary Fisback



"Quick and easy access to the Appalachian Trail."
— Beth Schuster



"Downtown Leesburg, and all of the friendly neighborhoods."
— Sola Pallotta

PHOTOS BY MADDIE MEYER/THE CONNECTION

COMMUNITY GUIDE: THINGS TO DO

JULY

Summer Fling Dressage

Competition. Aug 1-2, all day event, at the Morven Park International Equestrian Center in Leesburg. The highlight of the competition is the musical freestyle. The Morven Park Equestrian Center is located just north of Leesburg on Route 15. Call Shannon Pedlar at 703-777-2890 or visit the Morven Park Web site at www.morvenpark.org.

Training Camp. July 30-Aug. 8, at Redskins Park, 21300 Redskins Park Drive, Ashburn. Features eight practices open to the public. Bring the family, a camera, lawn chair, memorabilia and a paint pen for autographs history. Visit www.Redskins.com or call 703-726-7411.

Music Fest. Sundays, at the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Gates open at 5 p.m., an opening act takes the stage at 6 p.m. with the main act following at 7 p.m. Bring blankets or chairs. Food and beverages available for purchase; no outside refreshments permitted. Benefits the Loudoun Habitat for Humanity, Loudoun Soccer and Loudoun Foundation. Tickets vary in cost and are available at www.liveatbelmont.com or by calling 703-726-8867.

Bluemont Concert Series. The Bluemont Concert Series at the Dodona Manr House in Historic Leesburg at 217 Edwards Ferry Road, Sundays, 7 p.m. Admission is \$5 per person, \$4 for Bluemont Friends and seniors, \$2 for children 12 and under; proceeds go to support Bluemont's year-round Artist-In-Education program in area schools. No pets, alcohol or smoking are allowed. In case of rain, the concerts will be held at Smart's Mill Middle School. Bring lawn chairs or blankets to sit on and a picnic before the show. For more information visit http://www.bluemont.org/Concerts/concerts_intro.html.

Sound of Summer Series. Tarara Winery, 13648 Tarara Lane, Leesburg, Saturdays, 6-9:30 p.m. Share music and wine by Tarara's lake. Bring a picnic, taste wine and enjoy classic stylings of world music by regional artists. Rain or shine. Cost for adults \$10 for advance tickets, \$15 at the door, under 6 free; tickets available online. 703-771-7100, Ext. 233, or visit www.tarara.com.

Loudoun County Fair. July 26-Aug 1, at Loudoun County Fairgrounds in Leesburg. Agricultural exhibits, horse and livestock shows, family entertainment and food. Daily tickets, adults \$10, children 6-12, \$5; full-week passes available. For more information call 703-777-3835 or visit www.loudouncountyfair.com.

Four Seasons of Oatlands. Oatlands Plantation, 20850 Oatlands Plantation Lane, Leesburg, holds its annual Four Seasons of Oatlands Art Show and Sale, from July 6-26, Mondays-Saturdays, 10 a.m.-5 p.m.; Sundays, 1-5 p.m. The show and sale is a benefit for Oatlands and there is no charge for admission to see the art. The show is located in the historic Carriage House on the property. Free parking. Call 703-777-3174 or visit www.oatlands.org.

Ol' Fashioned 4th of July Celebration. Celebrate the 4th of July at Claude Moore Park, , 21544 Old Vestals Gap Road, Sterling. Enjoy an old-fashioned holiday set in the park's historic area. Live musical entertainment and food. \$5 donation per family. Call 571-258-3700.

Bastille Day. Saturday, July 4, Willowcraft Farm Vineyards, 38906 Mount Gilead Road, Leesburg. Willowcraft celebrates Bastille Day with all things French, 12-5 p.m. Cost is \$10. Call 703-777-8161 or visit

www.willowcraftwine.com.

AUGUST

Music Fest. Sundays, at the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Gates open at 5 p.m., an opening act takes the stage at 6 p.m. with the main act following at 7 p.m. Bring blankets or chairs. Food and beverages available for purchase; no outside refreshments permitted. Benefits the Loudoun Habitat for Humanity, Loudoun Soccer and Loudoun Foundation. Tickets vary in cost and are available at www.liveatbelmont.com or by calling 703-726-8867.

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Annual Race. The YMCA Loudoun County's annual Leesburg 10K/20K Race, Aug. 9, registration begins at 6:15 a.m., both races begin at 7:30 a.m., at Market Station in Leesburg. There is a quarter mile Kids' Fun Run immediately after start of the race. No registration required for the fun run and medals awarded to all finishers. Call the race hotline, 301-871-0400 or visit www.ymcawashdc.org or www.runwashington.com.

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Big Chill Wine Fest. Tarara Winery, 13648 Tarara Lane, Leesburg, Aug. 4-5, Saturday, 11 a.m.-6 p.m., Sunday, 12 p.m.-5 p.m. Celebrate the traditions of berry picking with live music, food and craft vendors, wine tastings, children's activities, hay rides, live bands, you-pick thornless blackberries and Tarara's own Blackberry Wine. Rain or shine. Cost adults \$15, under 21 and designated drivers \$8, 12 and under free; discount tickets available online. 703-771-7100 or visit www.tarara.com.

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The Lucketts Fair. All ages. Lucketts Community Center, 42361 Lucketts Road, Route 15 north from Leesburg. The Lucketts Fair is a family affair with something for everyone. This popular event features juried crafts, antiques, children's games and entertainment, a petting zoo, food and bluegrass music all day long. Call 703-771-5281 for more information. Event admission: \$8 per person, children under 6 free. Two-day tickets, \$12. Saturday and Sunday, Aug. 22, 10 a.m.-5 p.m.; Aug. 23, 10 a.m.-5 p.m.

Four Seasons of Oatlands. Oatlands Plantation, 20850 Oatlands Plantation Lane, Leesburg, holds its



The annual Farm Color Tour in October features county farms.

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Dog Days Peach and Sunflower Fest. Aug. 15-16, Great Country Farms, 18780 Foggy Bottom Road, Bluemont. Bring the whole family, including dogs, for a romp in the sunflower field and then cool off in the farm fountain. Admission is \$10, children under 2 free. Call 540-554-2073 or visit www.greatcountryfarms.com.

SEPTEMBER

Sound of Summer Series. Tarara Winery, 13648 Tarara Lane, Leesburg, Saturdays, 6-9:30 p.m. Share music and wine by Tarara's lake. Bring a picnic, taste wine and enjoy classic stylings of world music by regional artists. Rain or shine. Cost for adults \$10 for advance tickets, \$15 at the door, under 6 free; tickets available online. 703-771-7100, Ext. 233, or visit www.tarara.com.

MAiZE at Temple Hall Farm Regional Park. Annual autumn activities and giant cornfield maze are held 15789 Temple Hall Lane, Leesburg, Fall 2009. Featuring a 11-

acre cornfield maze, hay rides and pick-your-own pumpkins. Visit www.nvrpa.org/parks/themaize/ for more information. Call 703-779-9372.

Arts & Craft Festival. Saturday, Sept. 26, 10 a.m.-4 p.m. Vendors selling handmade crafts, tapestries, jewelry, furniture, glassware. Food available. Enter park at Loudoun Park Lane. Free admission. Claude Moore Park, 21544 Old Vestals Gap Road, Sterling, 571-258-3700.

Northern Virginia Senior Olympics. Sept. 12-23, open to residents 50 and older. Event include shuffleboard, table tennis, pickle-ball, tennis, golf, horseshoes, pool and team line dancing, among others. Transportation to events provided by Loudoun County Senior Center. Call 703-228-3600, Ext. 9996. Visit www.novaseniorolympics.com. Registration fee is \$10, for each additional event it is \$1.

Lovettsville Oktoberfest. Sept. 25-27, 10 a.m.-5 p.m. All ages. Lovettsville Community Center, 57 E. Broad Way, Lovettsville. Includes vendors, street performers, live music, art sale, German cuisine. German dinner the night before. Church services and local children's performances Sunday. Free. Call 540-822-5788.

Pumpkinville. Sept. 26-Nov. 7, Leesburg Animal Park, 19720 James Monroe Highway, Leesburg. Celebrate fall with a family visit to Pumpkinville. Pick a pumpkin and

enjoy the giant hill slides, hay mazes, rope swings, apples and apple cider and much more. Weekends include camel rides, popcorn, food vendors and mini tractor rides. 9 a.m.-6 p.m. daily. Admission is \$8 weekdays and \$12 weekends and holidays. Call 703-433-0002 or visit www.leesburganimalpark.com.

OCTOBER

Leesburg Court and Market Days.

Oct. 17, Historic Leesburg District. Leesburg's Historic District comes alive through demonstrations, dramatic vignettes of local historic court trails, entertainment, children's activities and fresh produce in the market place, 10 a.m.-4 p.m. Call 703-737-7144 or 703-737-7019 or visit www.leesburgva.gov/visitors.

October Wine Days. Tarara Winery, 13648 Tarara Lane, Leesburg, Oct. 30-31. Includes live music, wine specials. Rain or shine. 11 a.m.-6 p.m., music from 1-5 p.m. Visit www.tarara.com.

Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

Annual Sterlingfest. All ages. Sterling Community Center, 120 Enterprise St., Sterling. Bring the family to experience the celebration in its 20th year. Food, fun games, live music, stage shows and more. Call 703-430-9480. Free event. Saturday, Oct. 10, 11 a.m.-4 p.m. Visit SterlingFoundation.org.

Hauntings 2009. Ghost tours run Oct. 23-24. Participants will take tours of 18th- and 19th-century homes and hear tales of colonial residents who haunt historic Loudoun. Tours run every 15 minutes and reservations are strongly recommended. The tour is not appropriate for children under 12. Admission is \$15 presale if tickets are reserved, \$20 for adults at the door, and \$15 for museum members. Call 703-777-7427 for more information.

Waterford Homes Tour and Crafts Exhibit. Village of Waterford, Oct. 2-4, 10 a.m.-5 p.m. The 1733 village, founded by Quakers, offers historic homes open for tour, 144-juried heritage craftsmen with hands-on demonstrations, continuous traditional music and dance, children's activities, Colonial-era militia encampments, marching fife and drum corps and Civil War re-enactors with skirmishes throughout the weekend. Advance tickets, from Aug. 18-Sept. 22, are \$13 per person, per day; \$15 per person, per day at the gate. Children age 12 and younger are admitted free. Call the Waterford Foundation at 540-882-3018 or visit the Web at www.waterfordva.org.

Loudon Farm Color Tour. Oct. 17-18. A self-guided tour of Loudoun's agricultural attractions. Participating sites are open free to the public. 10 a.m.-4 p.m. Visit www.loudounfarms.org.

Autumn Apple Festival. Oct. 24, 10 a.m.-4 p.m. All ages. Loudoun Heritage Farm Museum, 21668 Heritage Farm Lane, Sterling. See historic orchard tools at work, learn how to make cider, visit with local apple farmers, and browse locally made apple products and dishes. Live entertainment will be provided. Visit www.loudounfarmmuseum.org or call 571-258-3800.

MAiZE at Temple Hall Farm Regional Park. Annual autumn activities and giant cornfield maze are held 15789 Temple Hall Lane, Leesburg, Fall 2009. Featuring a 11-

PARKS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Briar Patch Park offers three playgrounds, a pavilion, two tennis courts, a volleyball court and a basketball court.

Algokian Regional Park

Cascades Parkway, Sterling
703-450-4655

Includes swimming, golf, fishing, boating, a playground, vacation cottages and a meeting center.

Ashburn Park

43645 Partlow Road, Ashburn
Hours dawn to dusk

This 16-acre park includes three age-appropriate playgrounds, a network of walking/jogging trails and a picnic pavilion. Park also includes a dinosaur playground.

Banshee Reeks Nature Preserve

21085 The Woods Road, Leesburg
703-669-0316

www.bansheereeks.org

Hours varies according to reservations.

Banshee Reeks Park is a 725-acre natural preserve that protects the habitats of local flora and fauna and conducts scientific research on the area's history and ecology. Banshee Reeks Park protects ponds, wetlands and meadows. The grounds have an area for primitive camping and historical buildings including a bank barn and a log cabin dating back to the 1830s. The preserve has various nature walks that examine the area's rocks, birds and butterflies. Every third Saturday is Volunteer Day from 9 a.m.-12 p.m., where people with an interest in nature and preservation can meet. Banshee Reeks also hosts a Volunteer Intern Program. The preserve is open to the public every Saturday and Sunday 8 a.m.-4 p.m. The preserve also has a state certified master naturalist program. For more information call 703-669-0316 or visit www.virginiamasternaturalist.org.

Briar Patch Park

21660 Sterling Blvd., Sterling
Hours dawn to dusk

Briar Patch Park is a 5-acre park that holds three playgrounds, a pavilion, two tennis courts, a volleyball court and a basketball court, three picnic tables and a walking trail.

Bles Park

44830 Riverside Parkway, Ashburn
Hours dawn to dusk

Bles Park is a 124-acre property that includes a 30-acre active park with soccer fields, walking/hiking trails, a tot lot, a parking lot and restrooms and a 94-acre passive park with wetlands that will contain sections of the Potomac Heritage National Scenic Trail and Broad Run Corridor Trail.

Claude Moore Park

21544 Old Vestals Gap Road, Sterling
571-258-3700

Hours dawn to dusk; Visitor Center: 9 a.m.-5 p.m. daily

Claude Moore Park is a mixture of nature and history, holding a section of historic Vestal's Gap Road in the Lanesville Heritage Area of the park. Other historic sites in the park include the Lanesville House and the Loudoun Heritage Farm Museum. The park holds miles of hiking trails and provides visitors with numerous self-guided activities for a mix of education, fitness and fun. The sportsplex has four lighted baseball fields, two football/soccer fields, three softball fields and a snack bar.

Elizabeth Mills Riverfront Park

435 Squirrel Ridge Place, Leesburg
Hours dawn to dusk

Elizabeth Mills Park includes 122 acres of passive park land with access to the Potomac River and Goose Creek. The park is home to the historic Elizabeth Mills canal lock system and contains a section of the Potomac Heritage National Scenic Trail.

Greg Crittenden Park

21401 Windmill Drive, Ashburn
Hours dawn to dusk

Composed of 16 acres, Greg Crittenden Park includes three baseball/softball fields, batting cages and a snack bar.

Keep Loudoun Beautiful Park

43055 Golf Club Road, Leesburg
Hours dawn to dusk

This 3.4-acre park contains a boat launch and a picnic area. The park is ideal for a quiet afternoon of fishing.

Kephart Bridge Landing

43942 Riverpoint Drive, Leesburg
Hours dawn to dusk

Kephart Bridge Landing is the canoe and kayak launch facility located within Elizabeth Mills Riverfront Park.

Potomack Lakes Sportsplex

20280 Cascades Parkway, Sterling
703-444-1459

Hours dawn to dusk

The Potomack Lakes Sportsplex is a 47-acre facility that offers opportunities for numerous sports players. From April through November, the complex hosts 16 sports games per night and almost 4,000 games annually. The facility provides hosts weeknight and weekend play in its four-lighted softball fields, large playground and concession stand. Potomack Lakes Sportsplex is home to the Paul Henchen Soccer Fields, a collection of six soccer fields. The park can be also open for jogging and dog-walking.

Trailside Park

20375 Clairbourne Parkway, Ashburn
Hours dawn to dusk

Some of the features at 20-acre park include an inline hockey court, two lighted little league baseball/softball fields and a snack bar.

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Homestead Studio Suites-Chantilly	703.263.3361
Homestead Studio Suites-Fair Oaks	703.273.3444
Extended Stay Deluxe- Fairfax	703.359.5000

Leases are based on a minimum 30 day contract. Leases must be paid in full each month in advance. Based on a 15-room inventory; there are only Studio Suites available. No third party allowed. Leases are signed by Property Manager ONLY. Monthly rate from \$1099.00 plus ___% tax. Renewal of contract constitutes a ___% tax rebate after 30 consecutive days and ___% rebate after 90 consecutive days. Pets are welcome with a \$75 one time fee plus tax. Non-refundable fee. Check out early is non-refundable.

Mason AT LOUDOUN

2009-2010 Schedule

Continuing Professional Education Courses
21641 Ridgetop Circle

TechAdvance IT Program

Microsoft Office SharePoint Server 2007 (40 hrs)
11/3-12/8/09 TTH 6-10pm

Sun Certified Java Programmer (64 hrs)
10/28-1/4/10 MW 6-10pm

TechAdvance Medical Technology Program

Electronic Medical Records (80 hrs)
11/7-1/30/10 Sat 9am-6pm

Medical Office Administration (160 hrs)
12/15-5/11/10 TTH 6-10pm

Paralegal Program

Paralegal (84 hrs)
1/23-4/10/10 Sat 9am-5pm

Facility Management Program

Principles of Facility Management (21 hrs)
8/27-10/8/09 Thurs 4:30-7:30pm

Facility Planning & Design Management (21 hrs)
10/29-12/17/09 Thurs 4:30-7:30pm

Check our web site for *Project Management*, *Contracting with the Federal Government*, *HR* and additional courses offered at Mason's Training Center in Herndon!



Register Today! For course information, call 703-993-2109 or visit our website at <http://ocpe.gmu.edu>

Our Loudoun Site also offers a full schedule of academic credit courses.

FOR INFORMATION: PHONE: 703-993-4350 EMAIL: loudoun@gmu.edu WEB: loudoun.gmu.edu

NEWCOMERS & COMMUNITY GUIDE

Present Is Rooted in Loudoun's Agricultural Past

FROM PAGE 3

Economic Development. In the photo — taken shortly after the construction of Washington Dulles International Airport, said Ryan — are sheep grazing on a pasture in the foreground and in the background, the distinctive architecture of the main terminal at Dulles.

The construction of Washington Dulles International Airport was the first impetus for the region's change, said Ryan. Around the airport sprung up various services and the population of Loudoun began to rise. Then came the Dulles Greenway in the late 1980s, the tech boom of the 1990s and the increase in Federal contracts to area companies in the last two decades and, just like that, Loudoun grew from a rural, agriculturally-based community to one of suburban sprawl and economic growth.

"Employment always is a big driver" for population growth, said county demographer Jill Allmon, and the affordability of property and new homes has also boosted the area's expansion, "[e]specially for first-time home buyers and for people moving to the region for the first time, said Allmon. More than 40 percent of Loudoun residents work in the county and majority of those who don't, commute to Fairfax County, Allmon said.

In 1970 the county was home to just over 37,000 residents; in 2008 over 278,000 people called Loudoun County home. The growth has been driven by business expansion linked to the construction of Washington Dulles International Airport in 1962, the growth of the tech industry in the

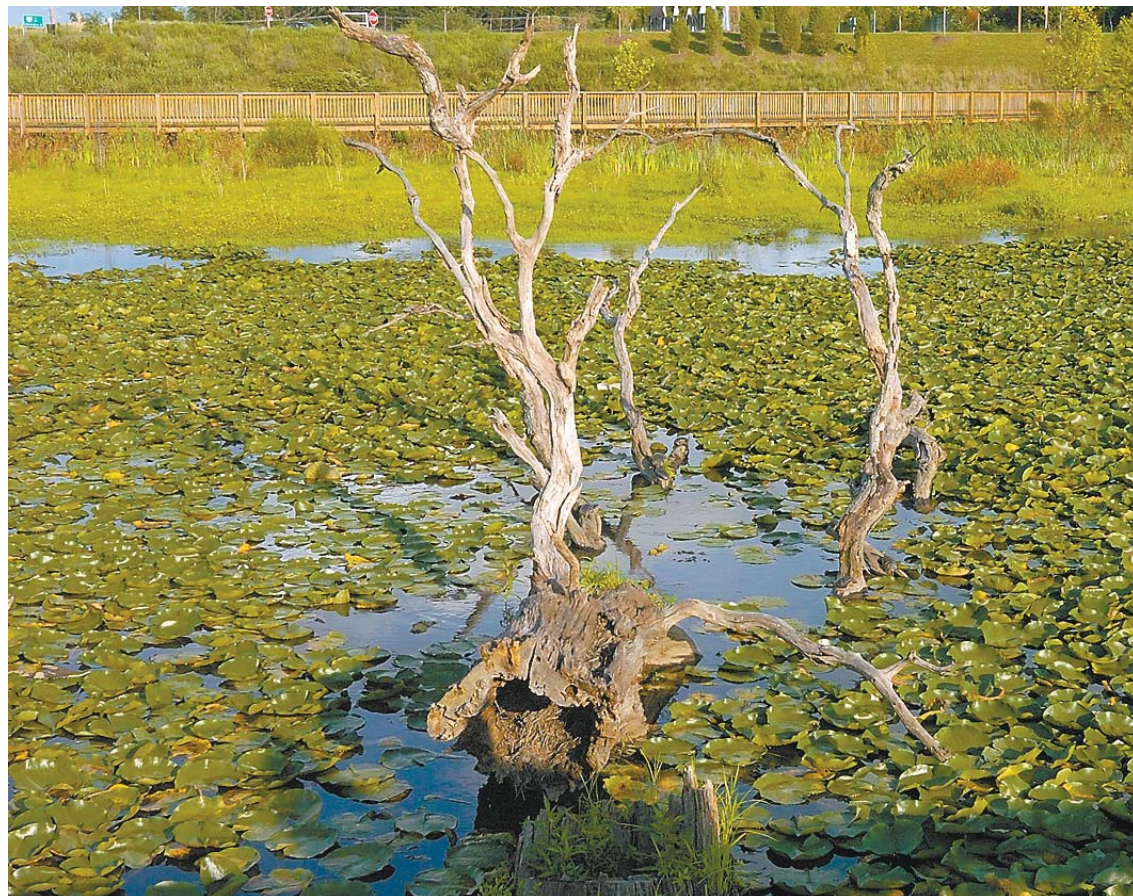


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The Van Metre Nature Preserve, Demott Drive and Mooreview Parkway in Ashburn.

1990s and early 2000s and increases in Federal government contracts. The jump in population was greatest from 1990 to 2000, nearly doubling from an estimated 86,129 to 169,599, according to statistics from the county's Department of Economic Development.

ONE HUNDRED YEARS AGO nearly everyone who lived in Loudoun County was a dairy farmer, said Novotny. Today there isn't a single working dairy farm in the county, Ryan said.

"The dairy industry kind of went [the way of the outmoded] train when the airport [construction] again," said Ryan.

But agriculture has not completely fallen by the wayside.

Gone are the land-extensive operations like dairy farms and many of the big crop-producing farms, but smaller farms still produce corn, soy, and hay, said Ryan. In their stead are operations that require smaller amounts of land. The county is home to 24 wineries, a burgeoning local industry. No

county in Virginia has more horses than Loudoun County and bee-keeping and berry orchards are growing in popularity, and many local farms are now owned and operated by women, said Ryan.

All of that means that residents of the increasingly suburban county don't have to worry about milking real cows to make their living, but they don't have to go far to find traces of the area's past or to find its present incarnation.

"There's still a lot of agriculture here," Ryan said.

Welcome

FROM PAGE 3

people to feature each week. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon or having art included in an art show. We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail or mail us a photo and a note about the event. Be sure to include the names of all the

people who are in a photo, and say when and where the photo was taken. We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public. In covering the issues, we strive to provide a voice for our readers.

I look forward to hearing from you.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

Readying for 2009 Elections

Voters will go to the polls on Nov. 3 to choose their next governor, lieutenant governor, attorney general and local state delegate.

On election day, the polls will open from 6 a.m. to 7 p.m. Absentee voting will also be offered at the Cascades Senior Center in Sterling from 4 p.m. to 8 p.m. Oct. 19 to Oct. 23 and Oct. 26 to Oct. 30. On two Saturdays, Oct. 24 and Oct. 31, absentee voting will also be available at the senior center from 9 a.m. to 5 p.m.

For more information, visit <http://www.sbe.virginia.gov/> or <http://www.loudoun.gov/>

The following races will be on the ballot:

Governor:
Creigh Deeds (D) - <http://www.deedsforvirginia.com/>
Bob McDonnell (R) - <http://www.bobmcdonnell.com/>

Lt. Governor:
Bill Bolling (R) - <http://www.billbolling.com/>
Jody Wagner (D) - <http://jodyforva.com/>

Attorney General:
Ken Cuccinelli (R) - <http://www.cuccinelli.com/>
Steve Shannon (D) - <http://shannon2009.com/>

House of Delegates – 32nd
Tag Greason (R) - <http://www.vote4tag.com/>
David Poisson (D) - <http://www.delegatepoisson.com/>

House of Delegates – 67th
Chuck Caputo (D) - <http://www.delegatecaputo.com>
Jim LeMunyon (R) - <http://www.lemunyon09.com/>

House of Delegates – 86th:
Stevens Miller (D) - <http://www.stevensmiller.com/>
Tom Rust (R) - <http://www.tomrust.org/>

For information on who has donated money to these candidates, visit the nonpartisan Virginia Public Access Project at www.vpap.org.

CLUBS & ORGANIZATIONS

FROM PAGE 2

assist them in making good decisions through their learning in a variety of areas. Call Scout executive Daniel Anderson, 301-214-9162, Ext. 122. Visit www.goosecreekdistrict.org.

CountrySide Women's Club. An active group that holds most activities during the daytime. Ongoing special interest groups include: book club, bridge, day trippers, lunch bunch, stitchery, evening socials, casual gourmet, walking and more. A monthly newsletter is published with club information and events. Next meeting is September 12. Call president Allyson Burns at 703-404-1083

Daughters of the American Revolution (DAR). Ketocin Chapter of the DAR. New membership welcome. Ketocin Chapter of the DAR serves Loudoun County, meets on the first Tuesday of each month at 12:30 p.m., except July and August. Members can trace lineage to a Revolutionary War soldier or patriot. The objective of the group is to promote patriotism, education and historic preservation. For information contact Joan Whitener at used2teach@comcast.net.

Eastern Loudoun Civil War Roundtable. Group meets at the Sterling United Methodist Church the third Tuesday of every month, beginning at 7:30 p.m. Nonmembers are welcome. Call Steve Meserve at 703-430-6502.

Elks. Nonprofit organization that serves the community. Meetings take place the first and third Wednesdays of the month at 7 p.m., except for July and August, then only on the third Wednes-

day of the month. The meetings take place at 44827 Old Ox Road, Sterling. Call 703-787-6820.

4-H Clubs. Youth development program that provides educational programs that teach life skills using different methods such as monthly clubs, school enrichment classes and a variety of other types of clubs and camps for children ages 5 to 18. Visit www.ext.vt.edu. Call 703-777-0373.

Girls Scouts of America. An all-girl organization, which focuses on building self-esteem as well as educating youth in a variety of fields including the outdoors, as well as participating in service projects. Loudoun field directors: Patricia Spetz and Kathy Deffer. Call 703-777-5644. Visit www.gsnc.org or www.girlscouts.org.

Knights of Columbus. Sterling, open to all "practical" Catholic men, 16-years-old or older. Practical means living up to God's commandments and the precepts of the Catholic Church. Call 703-430-6789 or visit www.goodsams.org.

La Leche League of Ashburn. Regular meetings on the first Friday of the month, at 10:15 a.m., at the Broadlands Community Center. The group supports mothers who breast feed and provides information to women considering nursing their babies. Call Jessica at 703-729-1205 or Amber at 703-318-6741.

La Leche League of Sterling. Regular meetings on the third Friday of the month at 10:15 a.m. The group supports mothers who breast feed and provides information to women consid-

ering nursing their babies. Call Christine at 703-404-0121 or Becky at 703-444-7386.

Loudoun/Fairfax Mothers of Multiples Club. Through meetings and social activities, the LFMOMC helps parents of multiples better understand the challenges of raising their multiples through all the stages of their growth and development. General meetings are the fourth Tuesday of every month. New and expectant moms meet the first Tuesday and Thursday of every month. Moms of toddlers meet every Wednesday. E-mail info@lfmomc.com or call 703-288-6442.

Loudoun Group for the Widowed. Group meets at the Sterling United Methodist Church on the first Monday of each month. Call Georgia Bagne at 703-777-8766 for more information.

Ashburn-Sterling Masonic Lodge 288. Located at P43881 Waxpool Road, Ashburn, VA 20146. Phone: 703-470-2188. E-mail: info@AshburnLodge.org. A nonprofit community-service group. Ashburn-Sterling No. 288 meets at the lodge the second Tuesday of the month at 6:45 p.m.

Moose Lodge 1041. Governor: Brian Rives. Administrator: Rick Keefer. Mailing address: 43 Catocin Circle, Leesburg, VA 20175. Phone: 703-777-8487. A nonprofit community-service group. Email rickprocare@gmail.com.

Parents Without Partners. Web site: www.pwp715.org. Phone: 703-938-9222 or 703-835-4441 if interested in information on becoming a member.

YOUR SON'S FUTURE AWAITS

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THE CONNECTION
NEWSPAPERS

HERNDON ANIMAL MEDICAL CENTER

Welcomes Dr. Amanda Higdon

Dr. Higdon is a 2008 graduate of The Virginia-Maryland Regional College of Veterinary Medicine and recently completed an internship at Veterinary Referral Associates in Gaithersburg, Maryland where she received advanced training in Internal Medicine, Surgery, Oncology, Ophthalmology, Radiology, Neurology and Critical Care from Board Certified Specialists.

Dr. Higdon joins Dr. Barry at The Animal Medical Center which is a full service veterinary medical facility; offering wellness care, surgery, laboratory diagnostics, radiology, and treatments. Our veterinarians are continually updating their knowledge and skills so that they may provide the best medical care possible for your pet.

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018

COMMUNITY GUIDE: THINGS TO DO

FROM PAGE 4

acre cornfield maze, hay rides and pick-your-own pumpkins. Visit www.nvrpa.org/parks/themeaize/ for more information. Call 703-779-9372.

Halloween Parade. Oct. 31, 6 p.m. Leesburg Historic District, King and Market streets. Includes prizes for floats, bands and costumes. Free. Call 703-737-2175.

Middleburg All Breed Dog Show at Oatlands, 20850 Oatlands Plantation Lane, Leesburg, Oct. 24-25. Sponsored by the Middleburg Kennel Club on the Oatlands north fields. For additional information call 703-777-3174 or visit the Web at www.oatlands.org.

Morven Park Steeplechase. Saturday, Oct. 10. The Running of the Morven Park Steeple Chase will be held at the Morven Park Equestrian Center, on Route 15 north on Tutt Lane. Call 703-777-2414.

Fall Festival by Joshua's Hands. Oct. 17, 38327 Charles Town Pike, Waterford. Come celebrate the glory of the fall season. Enjoy live music, entertainment, hayrides, three-legged races, demonstrations, pony rides, a petting farm, an old-fashioned spelling bee, crafts, carnival-style games, food vendors and more, 10 a.m.-5 p.m. Call 540-454-7827 or visit www.joshuahands.org.

Aldie Harvest Festival. Oct. 17, Church of the Redeemer, 39041 John Mosby Highway, Aldie. This 200-year-old village presents a villagewide fall festival featuring food, music, antiques, handcrafted furniture and more. Children's activities and pony rides included. Civil War re-enactors and Aldie Mill tours, 9 a.m.-5p.m. Free; optional \$5 parking donation. Call 703-327-4060.

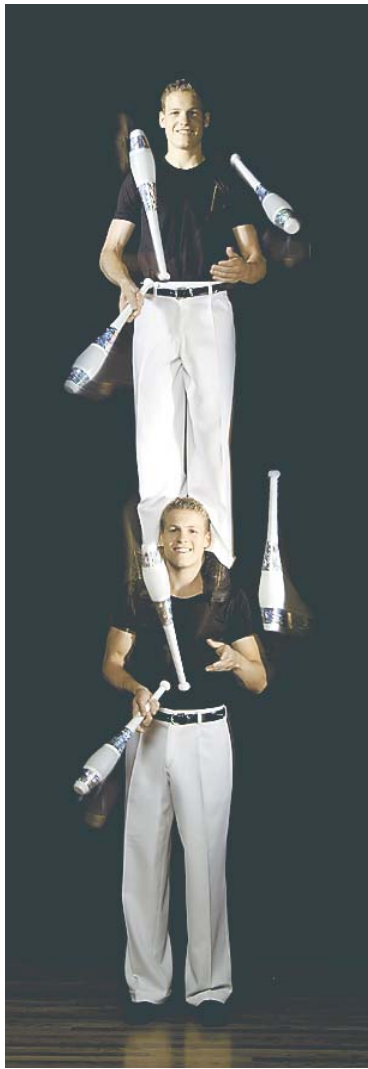
Pumpkinville. Sept. 26-Nov. 7, Leesburg Animal Park, 19720 James Monroe Highway, Leesburg. Celebrate fall with a family visit to Pumpkinville. Pick a pumpkin and enjoy the giant hill slides, hay mazes, rope swings, apples and apple cider and much more. Weekends include camel rides, popcorn, food vendors and mini tractor rides. 9 a.m.-6 p.m. daily. Admission is \$8 weekdays and \$12 weekends and holidays. Call 703-433-0002 or visit www.leesburganimalpark.com.

Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

NOVEMBER

Pumpkinville. Sept. 26-Nov. 7, Leesburg Animal Park, 19720 James Monroe Highway, Leesburg. Celebrate fall with a family visit to Pumpkinville. Pick a pumpkin and enjoy the giant hill slides, hay mazes, rope swings, apples and apple cider and much more. Weekends include camel rides, popcorn, food vendors and mini tractor rides. 9 a.m.-6 p.m. daily. Admission is \$8 weekdays and \$12 weekends and holidays. Call 703-433-0002 or visit www.leesburganimalpark.com.

Christmas at Oatlands Plantation. 20850 Oatlands Plantation Lane, Leesburg, Nov. 23-Dec. 30. This 260-acre estate featuring a stately Greek revival mansion, magnificent formal terraced garden and 19th century dependencies, will present a display of Christmas past including decorations from the abundant natural products of Oatlands, cedar, ivy, pine, magnolia, boxwood and Osage orange. For additional information call 703-777-3174 or



The LaSalle Brothers — identical juggling twins Jake, top, and Marty — made their debut in the Big Apple Circus last September at Dulles Town Center.

visit the Web at www.oatlands.org.
Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

DECEMBER

First Night Leesburg. Dec. 31. More than 100 performances at 20 indoor locations in downtown Leesburg, all within walking distance of one another. Enjoy jazz, classical music, puppet shows, bluegrass, folk music, magicians and much more. First Night concludes at midnight with a traditional Grand Illumination gathering on the courthouse green. Everyone will receive a candle, pass the flame to their neighbor and sing in the New Year as the old courthouse bell rings the last 12 chimes to midnight. First Night performances, 6-11:45 p.m.; Grand Illumination, 11:45 p.m.- midnight. Admission to be determined. Visit www.bluemont.org.

Holiday in the Park. Saturday, Dec. 5, 3:30-6 p.m. Enjoy the winter season at Claude Moore Park. Take a candlelight tour of the historic Lanesville Heritage House and view its old-fashioned holiday decor. Visit Frogshackle Nature Center, sing carols, roast marshmallows, enjoy hot cider and crafts. Donations of new mittens, hats and scarves are welcome for the Winter Warmth Tree. These donations will go to the Loudoun Holiday Coalition. No registration required. Free. Claude

Moore Park, 21544 Old Vestals Gap Road, Sterling, 571-258-3700.
Christmas at Oatlands Plantation. 20850 Oatlands Plantation Lane, Leesburg, Nov. 23-Dec. 30. This 260-acre estate featuring a stately Greek revival mansion, magnificent formal terraced garden and 19th century dependencies, will present a display of Christmas past including decorations from the abundant natural products of Oatlands, cedar, ivy, pine, magnolia, boxwood and Osage orange. For additional information call 703-777-3174 or visit the Web at www.oatlands.org.
Lunch with Santa. Lansdowne Resort, 44050 Woodridge Parkway, Leesburg. Have lunch at the Riverside Hearth and pictures with Santa. Visit www.lansdowneresort.com.
Gingerbread House Decorating. Lansdowne Resort, 44050 Woodridge Parkway, Leesburg. Annual event. Assemble a gingerbread house and decorate. Supplies included. Visit www.lansdowneresort.com.

JANUARY

Martin Luther King Holiday. Annual parade in Leesburg.
Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

FEBRUARY

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MARCH

Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

APRIL

National Library Week. April 12-18. First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. For more information on National Library Week at the Loudoun County Public Library, contact Linda Holtlander at 703-777-0541 or lholtsla@loudoun.gov.
Spring Trail Clean-Up. Late April. 8 a.m.-12 p.m. All volunteers will receive orientation and then be divided into work groups. Trail work includes pruning, blazing, sign inventory, trash pick-up, etc. Claude Moore Park, 21544 Old Vestals Gap Road, Sterling, 571-258-3700.

Leesburg Flower and Garden Festival. Mid-April. Annual event in the historic district of Leesburg. More than 100 vendors, landscape vendors, entertainment, hands-on art and education area and food. Offers information on how to create beautiful gardens and landscapes. Admission is \$3. Call 703-777-1368. Visit www.idalee.org.

Eggstravaganza. Claude Moore Park, 21544 Old Vestals Gap Road. The Wednesday before Easter. For ages 2-10 years old. Participate in egg hunt, see hands-on reptile exhibit. Registration required. Fee. Call 571-

258-3700.
Lucketts Bluegrass. All ages. Lucketts Community Center, 42361 Lucketts Road, Leesburg. Bluegrass is synonymous with Lucketts. Call 703-771-5281 for more information. Admission: \$15. Saturdays, October-April, doors open at 6 p.m., shows begin at 7 p.m. Visit www.luckettscommunitycenter.org.

MAY

Spring Farm Tour. Third weekend in May throughout Loudoun County. Be introduced to Loudoun's agriculture and farming activities at the beginning of the growing season. County wineries are also included in this tour. For more information visit www.loudounfarms.org.
Oatlands Garden Fair. Early May, 10 a.m.-4 p.m. Free. Call 703-777-3174.

JUNE

Music Fest. Sundays, at the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Gates open at 5 p.m., an opening act takes the stage at 6 p.m. with the main act following at 7 p.m. Bring blankets or chairs. Food and beverages available for purchase; no outside refreshments permitted. Benefits the Loudoun Habitat for Humanity, Loudoun Soccer and Loudoun Foundation. Tickets vary in cost and are available at www.liveatbelmont.com or by calling 703-726-8867.
www.liveatbelmont.com or by calling 703-726-8867.

Bluemont Concert Series. The Bluemont Concert Series at the Dodona Manr House in Historic Leesburg at 217 Edwards Ferry Road, Sundays, 7 p.m. Admission is \$5 per person, \$4 for Bluemont Friends and seniors, \$2 for children 12 and under; proceeds go to support Bluemont's year-round Artist-In-Education program in area schools. No pets, alcohol or smoking are allowed. In case of rain, the concerts will be held at Smart's Mill Middle School. Bring lawn chairs or blankets to sit on and a picnic before the show. For more information visit http://www.bluemont.org/Concerts/concerts_intro.html.

Homeward Bound. June, exact date to be determined. An all-day festival celebrating companion animals. Local pet-friendly groups join the Department of Animal Care & Control for a day of fun activities and animal education. Free. Contact 703-777-0406 or animals@loudoun.gov.

Kids All-American Fishing Derby. Date to be determined, 9 a.m.-12 p.m. This event is for children ages 6-16. Prizes will be awarded in a number of categories. Park staff will be available to give fishing advice. All children must be accompanied by an adult. Registration required; download the registration form, <http://inetdocs.loudoun.gov/prcs/events/claudemoorespark>. Free. Claude Moore Park, 21544 Old Vestals Gap Road, Sterling, 571-258-3700.

Potomac Celtic Festival. Second weekend in June, on the grounds at Morven Park, Tutt Lane and Route 15 north, Leesburg. Continuous live music, crafts, food, Celtic history re-enactments, pipers, clan tents, storytellers and demonstrations. Check Web site for updates: www.potomaccelticfest.org.

National Trails Day. This national event is sponsored by the American Hiking Society. Explore some of the 11 miles of park's trails. Free trail maps are available in the Visitor Center on Old Vestal's Gap Road within the park. The Loudoun Walking and Volkssport Club will sponsor 5K (3 miles) and 10K (6 miles) walks on a marked course. All are invited to walk the course, a small fee will be charged for IVV

credit; the course is free to all other walkers. Free. Claude Moore Park, 21544 Old Vestals Gap Road, Sterling, 571-258-3700.

Old Dominion Beer Festival. Three-day event, late June. 44633 Guilford Drive, Ashburn. Children's activities, live entertainment, beer and food. Call 703-724-9100 or visit www.olddominion.com

Winmill Carriage Show. Morven Park, Leesburg, early June. Includes a collection of the park's antique carriages. Visit www.mrvnpark.org.
Shakespeare in the Park. The Sterling Playmakers present "Shakespeare in the Park," a one-act Shakespeare festival, June 6-8. Call the hotline at 703-437-6117 or visit www.sterlingplaymakers.com for ticket prices and location.

ONGOING EVENTS

Farmers' Markets. The six Farmers Markets in Loudoun County provide and guarantee fresh produce. The men and women that grow and sell these products open their market the first week in May and continue selling through October. Every market offers different events. The markets are spread across Loudoun County at the following locations: Cascades: Sundays, 9 a.m.-1 p.m., The Senior Center, 21060 Whitfield Place; Leesburg: Saturdays, 8 a.m.-12 p.m., Virginia Village Shopping Center; Middleburg: Saturdays, 8 a.m.-12 p.m., Stonewall Avenue; Purcellville: Thursdays, 4 p.m.-7 p.m., 21st Street; Brambleton: 9 a.m.-1p.m., 42405 Wood Drive; Ashburn: 8a.m.-12p.m., Ryan park Shopping Center.

Leesburg First Fridays Galleries and shops open their doors on the first Friday of each month with special events, refreshments and entertainment, from 6-9 p.m. There is no First Friday in January. Free. Call 800-752-6118. Visit www.leesburgfirstfriday.com.

Guided Nature or History Hikes for all ages at Claude Moore park, 21544 Old Vestals Gap Road, Sterling. Nature hikes, Frogshackle Cabin Nature Center, history hikes and special request programs for school groups, scouts, community organizations, adults and families are available on a variety of topics throughout the year. Hours vary by season. The park is free for individuals. Cost is \$3.50 per person for a group tour, with a minimum charge of \$35. Call 571-258-3700 for reservations.

Loudoun Heritage Farm Museum, 21668 Heritage Farm Lane, Sterling, is open Tuesdays-Saturdays, 10 a.m.-5 p.m.; as well as Sundays, noon-5 p.m. Admission is \$5 for adults, \$4 for seniors, \$3 for children 2-12 and free for children under 2. On permanent display is "The Country People" where visitors travel through time and experience the past 300 years of agricultural history through 10 generations of Loudoun County residents. Visit www.loudounfarmmuseum.org or call 571-258-3700.

Cascades Library 21030 Whitfield Place, Potomac Falls, hosts the following ongoing story times: Terrific 2s, Tuesdays, 10:30 a.m. and Wednesdays, 11:15 a.m.; Toddler Story Time, ages 18-24 months, Tuesdays and Saturdays, 11:15 a.m.; Family Story Time, Tuesdays, 7 p.m. and Saturdays 10:30 a.m.; Pre-school Story Time (Ages 3-5), Wednesdays, 10:30 a.m. and Thursdays, 11:15 p.m.; Call 703-444-3228.

Sterling Library, 120 Enterprise St., has the following ongoing story times: Preschool story times, for 3-5 years old, Fridays, 11:00 a.m. and Toddler Story Time(18-24 m), Wednesdays, 11:15 a.m. Call 703-430-9500.

More listings at www.connectionnewspapers.com.

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

Send announcements to loudoun@connectionnewspapers.com. Deadline is Friday, two weeks prior to event; photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY, AUG. 5

Music Together. 10:30 a.m. and 11:30 a.m. An interactive music program including songs, instrument play, movement and dance with certified instructor, Maddy O'Neill-Dean. For ages 0-5. At the Ashburn Library, 43316 Hay Rd, Ashburn Register online at library.loudoun.gov or call 703-737-8100. Check out the web site @ <http://library.loudoun.gov>.

Song Circle. 7 p.m. Bring a song you'd like to sing and teach it to the group. For all ages. At Cascades Library, 21030 Whitfield Place, Potomac Falls.

THURSDAY/AUG. 6

Ted Pearce in Concert. 7 p.m. Presented by Kehilat Sar Shalom. This night of Messianic Praise and Worship will be held at Faith Bible Church, 21393 Potomac View Road, Sterling. There is no charge to attend but love offerings will be collected. Contact info@kehilatsarshalom.org.

Explore Africa. Children ages 6-12 are invited to explore different continents through games and activities. Register online at library.loudoun.gov or phone 703-430-9500.

FRIDAY/AUG. 7

La Leche League of Ashburn Meets. 10:15 a.m. Free. The topic is "The Art of Breastfeeding and Avoiding Difficulties." Pregnant and nursing women as well as their children are welcome to attend. Meets at Ashburn Library, 43316 Hay Road, Ashburn. Call 703-753-3214."

Preserving Family Textile

Heirlooms. 7 p.m. Join historic clothing and textile specialist, Colleen Callahan, for an enlightening session on the care and preservation of family treasures such as grandmother's wedding dress, a family christening dress, or a beloved quilt. \$5 cost. At the Loudoun Museum, 16 Loudoun St., SW, Leesburg. Call 703-777-7427. Go to www.costumeandtextile.net.

Esencia Tropical (Salsa). 7:30-10:30 p.m. Lansdowne Resort's Free Summer Concert Series – on the Terrace. Executive Chef Jason Lage and the culinary team will be offering a variety of fresh grilled foods. Call 877-509-8400 or visit www.lansdowneresort.com.

SATURDAY/AUG. 8

Guitarist Gary Smallwood. 7-9 p.m. Free. Acoustic blues, R&B, pop and more. At Acoustic on the Green, Leesburg Town Green, 25 West Market

Street, Leesburg. Go to www.acousticonthegreen.com or info@acousticonthegreen.com or call 703-737-7144.

Going Batty Twilight Campfire. 8-9:30 p.m. Discover bats' unique traits on a short walk then roast marshmallows (provided) around the campfire. Bring a toasting stick. Children must be accompanied by adult. Fee \$4 per person. At Claude Moore Park, 21544 Old Vestal's Gap Road, Sterling. Call Susie Torres at 571-258-3700.

SUNDAY/AUG. 9

Bollywood Movie for Girls. 2-4 p.m. Have fun Bollywood style with games, henna tattoos, a Bollywood movie, and authentic snacks of smaosas and mango lassis. This event is sponsored by the Girl Scout Council of the Nation's Capital. At Ashburn Library, 43316 Hay Road, Ashburn. Contact Kathy Deffer at kdeffer@gscnc.org or 703-777-5644.

MONDAY/AUG. 10

Moore on Feathers. 10:30-12 noon. Discover Canada Geese, Hummingbirds, Blue Jays, Cardinals and more! Explore how they fly, what they eat and hike to observe them in their natural habitat. Cost is \$4/person. At Claude Moore Park, 21544 Old Vestal's Gap Road, Sterling. Call Susie Torres at 571-258-3700.

Summer Reading Finale. 10 a.m.-5 p.m. Make international crafts using materials provided by the library. For all ages. At Sterling Library, 120 Enterprise St., Sterling.

Mr. Knick Knack. 2 p.m. A lively musical concert to celebrate the Summer Reading Program. For ages up to 7. At Cascades Library, 21030 Whitfield Place, Potomac Falls.

TUESDAY/AUG. 11

Pokemon Card Trading. 2 p.m. For ages 6-11. Bring your Pokemon cards to trade. At the Sterling Library, 120 Enterprise St., Sterling.

THURSDAY/AUG. 13

The Reflex Band. 7-9 p.m. Part of the Sizzlin' Summer Concert Series. At Brambleton Town Center. Go to www.brambleton.com, or call the Brambleton Visitor's Center at 703-542-2925.

FRIDAY/AUG. 14

Jeff Watson & Downtown (Classic R&B and Soul). 7:30-10:30 p.m. Lansdowne Resort's Free Summer Concert Series – on the Terrace. Executive Chef Jason Lage and the culinary team will be offering a variety of fresh grilled foods. Call 877-509-8400 or visit



"Same Vine" by Debra Keirce, is one of many artworks on display at the Loudoun County Government Center.

Art Exhibition Showcases Natural Habitat in Loudoun through Aug. 28

"Birds 'n' Bees 'n' Blooms," a new art exhibition by artists who live or work in Loudoun County, is currently on display in Gallery One in the Loudoun County Government Center.

Seventeen artists are participating in the exhibition of 30 photographs, painting and mixed-media pieces that showcase the natural habitat of Loudoun County. The artists are Gayle Basso, Sherryl Belinsky, I. Ruth Cheronis, Norma Colman, Jennifer H. Colon, Tim Farmer, Annie Geiger, Lauren Hast, Jim Hayes, Adrienne Heishman, Debra Keirce, Jack Lancto, Penny Loeb, Julia Roberts, Barbara Neely Sample, Jessica Tierney and Nathaniel Williams.

The exhibit is open to the public 8:30 a.m. to 5 p.m., Monday through Friday, until Aug. 28. The gallery is located on the first floor of the government center at 1 Harrison Street, S.E. in Leesburg. Contact Jane McCarter at Jane.McCarter@loudoun.gov or 703-771-5128.

www.lansdowneresort.com.

SATURDAY/AUG. 15

Dazzling Dragonflies. 10-11:30 a.m. Search the wet areas of the park for these amazing carnivorous insects. Cost is \$4/person. At Claude Moore Park, 21544 Old Vestal's Gap Road, Sterling. Call Susie Torres at 571-258-3700.

First Annual Family Community Day. 11 a.m. to 4 p.m. Music, food, fun. The day helps promote cultural diversity, tolerance through the arts, develop environmental awareness, and create a safe and secure family entertainment event. At First Baptist Church of Sterling, 21449 Potomac View Road, Sterling. Go to www.fbsterlingva.org or call 703-430-

3322.

KidSpree. The fourth annual Sterling Street Fair 2009, hosted by Palmercare Chiropractic. This year's theme is KidSpree! Celebrating Today's Youth and Tomorrow's Leaders. At Palmercare Chiropractic, 46169 Westlake Drive, Sterling. A \$300 scholarship sponsored by Palmercare Chiropractic will be awarded to one of the event's performers. If you are a dance troop, cheer team, step team, martial arts groups or any activity group and are looking for a chance to perform, sign up now. The deadline for enrollment is Friday, Aug. 7. Contact Felicia Owens-Smith of Celebrations Made Simple at 703-401-5318 or by emailing felicia@celebrationsmadesimple.com.

PART-TIME OR FREELANCE REPORTER NEEDED

General assignment reporter to cover eastern Loudoun County, writing news, business, feature stories and more. We will consider a part-time reporter who would write a set number of stories per week, or freelance, paid by the story. Ability to provide digital photos to accompany stories also required. Low pay, but fascinating beat and rare opportunity to work in journalism. Aspiring reporters without published clips can apply for a 4-6 week internship (unpaid). Please email cover letter, resume, three clips and a few story ideas to Mary Kimm, at resumes@connectionnewspapers.com.

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COMMUNITY

Camp Teaches Leadership to Youths

County program yields basic prevention-type skills.

BY TOM CHRISTENSEN
THE CONNECTION

Though gang violence and drug use is ever present, local officials continue to combat the problem in a variety of ways. One such measure comes in the form of Camp R.E.A.L., a summer youth program. The initials stand for Raising Education, Achievement, and Leadership.

According to Conte Yates, the senior prevention specialist at the camp, students who take part in the camp also gain a positive peer system and obtain the skills to resist gangs and drugs and make positive choices, and other basic prevention-type skills.

Begun in 2007, the camp is run through Loudoun County's Mental Health and Substance Abuse Services' Prevention Intervention during July.

Students who participate in the camp are referred to the camp's organizers by their teachers, guidance counselors, school's social workers, or probation officers. The camp has grown in popularity since its creation. "The last two years we had kids who enjoyed it and want to come back," Yates said. Last year the camp had to initiate a waiting list, and this year that list had grown even more.

Part of the program's popularity is due to the fact that it is entirely free to those who participate. Camp-goers do not have to worry about transportation, as the camps counselors pick-up students every morning and drop them off at their respective homes every night using county-authorized vehicles.

The program remains free for students due to the funding it receives, including resources from Loudoun County's Mental Health and Substance Abuse Services, a grant issued by the Governor's Office of Substance Abuse Prevention, and donations from other organizations, including 100 Women Strong, Giant Food, Lindsay Volkswagen of Dulles, Wegman's, and the Knights of Columbus. Leadership Loudoun Class of 2009 raised \$5,000 to provide lunch for the participants of Camp R.E.A.L. and two other camps, and also selected the camp to be a com-



Students from Camp R.E.A.L. visit Capitol Hill last month.

munity service program.

COMMUNITY SERVICE is an important aspect of Camp R.E.A.L. "We always have encouraged our kids to give back to community and be involved. If I can teach kids to respect their community, they won't put graffiti on the side of a wall because that's their wall," Yates said.

In previous years, students participated in bake sales and car washes to raise money for a local charity called Walking for Water and also volunteered at a local homeless shelter. This year, camp goers spend about three hours a week volunteering at the USDA-sponsored Summer Feeding Program at Sugarland Run Elementary School.

This is the first year that such a feeding program has run in Loudoun County, according to Angela Robinson, principal at Sugarland Run Elementary. The program, which is reserved for Title-1 Schools, or schools in areas with low-income students, provides lunches for children 18 years or younger. Robinson said that the student

volunteers have been a tremendous help, stating, "Some days they're running the whole thing." The students also volunteer by working with younger students who also attend camps at Sugarland Run Elementary.

Many of the students at Camp R.E.A.L. appreciate the volunteer work. Kingsford Amenyah, a 15-year-old rising sophomore from Leesburg, said, "I now see that community service can be fun. Even something small helps in a big way." Deedee Colon, a rising sophomore student from Sterling, particularly enjoys working with the younger students, stating, "I know they look up to us, they follow us. I like to teach them new things."

Working with the younger children has helped instill a sense of leadership within the students of Camp R.E.A.L. In addition to work-

ing with younger students, students also learn leadership skills through group work and through a curriculum that teaches life skills. These activities have had quite an effect on Regina Colbert, a 17-year-old rising senior from Sterling, who said, "I used to be a

follower, but now I'm a leader."

THE CAMP ALSO incorporates a recreational component, which includes activities like sports and field trips. While the students certainly enjoy these activities, such as pick-up games of basketball, movies, pool outings, and a trip to Kings Dominion, Yates said they have an even deeper meaning, stating, "Everything we do has a lesson. These trips are positive alternatives — it's showing them that there are things in the community that are positive and fun." This year, the students had the opportunity to meet with U.S. Rep. Frank Wolf at his office in Washington.

Drug and violence prevention is another objective of the camp. The camp collaborates with the Loudoun County Sheriff Office, so twice a week two officers visit the camp and teach students about basic laws regarding drugs and violence, the effects of drugs and violence, and resistance techniques through group lessons and activities.

Some of the students of Camp R.E.A.L. have already applied what they have learned in real life situations. Devontae O'Bannion, a 16-year-old rising junior from Ashburn, said, "If people ask me

to take drugs, I say no because I know what it can do to your body. It makes you think twice."

Dalis Watkins, a 15-year-old rising sophomore from Leesburg, said, "I've used what they've taught us here twice," citing two instances in which friends asked her to use drugs but she declined.

The students also apply what they learn through group work. While in groups, the students complete a project through which they must portray a world with violence and a world without violence using the art medium their choice. When the projects are completed at the end of the camp's run, the students present them to middle school-aged kids. Yates also said that the projects enjoy a great deal of attention following the camp, as they are often featured in local schools, stating, "We try to get the projects as much publicity as we can. It turns into a more environmental impact."

THE GROUP WORK and the other activities of the camp create many bonds between the students. Micaela Karinshak of Leesburg, who has been a counselor for the camp since it began, was impressed by how close the students get despite their diverse backgrounds and interests: "I'm amazed at how well everyone gets along. They're more accepting of each other and more inclusive of new members."

Devontae O'Bannion said his favorite part of the camp was meeting new people, "I've made a lot of good friends."

Khadija Shaban, a 16-year-old rising senior from Sterling, expressed similar sentiments: "I like interacting and being with different personalities. You learn from different people."

Though the camp has only been running for three years, Yates said that he has already noticed many positive outcomes from the camp's participants. "We see the kids make more positive choices. We've seen a whole lot of success with our kids," he said, noting that many of the camps participants go on to attend college and one participant even founded a club at his high school centered around community service.

Yates added, "Our kids that we work with, sometimes they're seen as kids that may be in trouble or have been in trouble, but these kids have so much potential. You would think that they are honors students, they impress me every day."

"I used to be a follower, but now I'm a leader."

— Regina Colbert

FAITH

Algonkian Ward
Circle Drive at East Maple Ave., Sterling
703-471-6146
Denomination: Church of Jesus Christ of Latter-Day Saints
Sunday Service at 1 p.m.; after Dec. 31, 9 a.m.

All Dulles Area Muslim Society (ADAMS)
46903 Sugarland Road, Sterling
P.O. Box 1085 Herndon, VA 20172
703-433-1325
Imam: Mohamed Magid
Established 1983
2,200 membership
Jumua at 11:45 a.m., 1:15 p.m. and 2:30 p.m. during the summer
Denomination: Muslim
www.adamscenter.org

Calvary Temple
50214 Triple Seven Road, Sterling
703-430-7307
Pastor: Star Scott
Established 1966
Denomination: Pentecostal
www.swordofthespirit.org

Christ the Redeemer
46833 Harry F. Byrd Highway, Sterling
703-430-0811
Pastor: Donald Howard
Ctrcc@verizon.net
Established 1972
9000 members
Sunday services at 7:30 a.m., 9 a.m., 10:30 a.m. and 5:30 p.m. in English, 12:00 p.m. in Spanish
Denomination: Roman Catholic
www.ctrcc.org

Christ Our Savior (W.E.L.S.)
46611 Jefferson Drive, Sterling
703-433-1500
Pastor: Thomas F. Zarling
Sunday service at 10 a.m.
Denomination: Lutheran
www.christoursaviorchurch.net

Christian Tabernacle
P.O. Box 2150
Ashburn, VA 20146
703-858-1863
Pastor: Rev. Brian Wells
Established 1997
Sunday service at 10:30 a.m.
Denomination: Nondenominational
www.familyworshipc.org

Community Lutheran (ELCA)
21014 Whitfield Place, Potomac Falls
703-430-6006
Associate Pastor: Tiffany Towberman
Established 1972
800 members
Sunday services during summer at 8:30 a.m. and 10 a.m.; after Labor Day at 8:15 a.m. and 11 a.m.
Denomination: Lutheran
www.communitylutheran.org

GENERAL ASSEMBLY

State delegates and senators constitute the state's legislative branch. They draw up the state's budget and pass bills, which must be signed by the governor before they become law. Legislative sessions start in January and last 30 days in odd years and 60 days in even years.

Delegates serve two-year terms and all seats will be up for election in 2010; Senators serve four-year terms and all seats will be up for election in 2012. To find out who represents you or to track legislation, go to <http://legis.state.va.us>.

Faith Bible Church
21393 Potomac View Road, Sterling
703-430-1345
sterlingfbc@yahoo.com
Sunday service at 10:30 a.m.
www.fbcsterling.org

First Baptist Church of Sterling
21449 Potomac View Road, Sterling
703-430-3322
Pastor: Bishop Leslie Patterson Jr.
Established 1962
2,000 members
Sunday services at 8 a.m., 9:30 a.m. (summer only) and 11 a.m.
Denomination: Baptist
www.fbcsterlingva.org

Galilee United Methodist Church
45425 Winding Road, Sterling
703-430-2203
Pastor: Wayne Snead
GalileeUMC@galileeumc.net
Established 1965
800 members
Sunday Services at 9 a.m. and 10:30 a.m.
Denomination: Methodist
www.galileeumc.org

Our Lady of Hope Catholic Church
46639 Algonkian Parkway, Potomac Falls
703-433-6770
Pastor: Rev. William P. Saunders
Established 2000
1,400 families are members
Sunday services at 7:30 a.m., 9 a.m., 10:30 a.m. and 12:15 p.m.
Denomination: Catholic
www.ourladyofhope.net

Potomac Baptist
20747 Lowes Island Blvd., Sterling
703-430-2377
Pastor: Scott Hesler
Established 1962
130 members
Sunday services at 10:30 a.m.
Denomination: Baptist
www.potomacbaptist.org

Potomac Falls Anglican Church
46859 Harry Byrd Highway, Suite 101, Sterling
703-404-0900
Pastor: Rev. Jack Grubbs
revjack@potomacfallschurch.org
Established 2001
150 members
Sunday services at 10 a.m. at Horizon Elementary School
Denomination: Anglican
www.potomacfallschurch.org

Riverside Presbyterian Church
20 Pidgeon Hill Drive, Suite 109, Sterling
Meets at Potomac Falls High School
703-444-3528
Pastor: Brian Clark

Sen. Mark Herring (D-33): Herring was elected to the Senate of Virginia in January 2006 in a special election. In 1999, Herring was elected to the Loudoun Board of Supervisors representing the Leesburg District. In the Senate he serves on the Commerce and Labor, General Laws and Technology, Local Government and Rehabilitation and Social Services committees.

Del. Robert Marshall (R-13): He has been a member of the Virginia House of Delegates since 1992. In the house he is vice chair of the Privileges and Elections committee, and serves on the Counties Cities and Towns and Finance committees.

Del. David Poisson (D-32): He was the only Democrat in Virginia to defeat a sitting Republican in 2005,

Established 1997
350 members
Sunday service at 10:35 a.m.
Denomination: Presbyterian
www.riversidechurch.com

Saint Matthews Episcopal Church
201 East Frederick Drive, Sterling
703-430-2121
Pastor: Rev. Rob Merola
Sunday Services at 8 a.m., 9:15 a.m. and 10:30 a.m.
Denomination: Episcopal
www.stmatthewsterling.org

Sterling Park Baptist
501 North York Road, Sterling
703-430-2527
Interim Pastor: Rev. Dr. Archie Goldie
Established 1962
150 members
Sunday services at 10:30 a.m. and 6 p.m.
Denomination: Baptist
www.sterlingparkbaptist.org

Sterling Park Christian
800 E. Staunton Ave., Sterling
703-437-3612
Pastor: John Pritchett
Established 1975
45 members
Sunday service at 11 a.m.
Denomination: Nondenominational
www.sterlingparkcc.com

Sterling Park Ward
Circle Drive at East Maple Ave., Sterling
703-471-6147
Denomination: Church of Jesus Christ of Latter-Day Saints

Sterling United Methodists
304 East Church Road, Sterling
703-430-6455
Pastor: Rev. Randy Duncan
Established 1876
1,200 Members
Sunday services at 8:15 a.m., 9:30 a.m. and 11 a.m.
Denomination: Methodist
www.sterlingumc.org

Unitarian Universalists of Sterling
22135 Davis Drive, Sterling
P.O. Box 1632
703-406-3068
Pastor: Rev. Anya Sammler-Michael
Established 1993
Sunday service at 10:30 a.m.
www.uusterling.org

Wat Yarnna Rangsee
21950 Shaw Road, Sterling
703-406-8290
Abbot: Ven Prakru Sridhammavidesh
Established 1989
1,500 members
Sunday service at 10:30 a.m.
Denomination: Buddhist
www.watyarn.com

four-term incumbent Dick Black. Poisson serves on the House Counties Cities and Towns and Militia Police and Public Safety committees. His district includes Lowes Island, Cascades, Countryside, Sugarland Run, Ashburn, Ashburn Farm, Lansdowne and Broadlands.

Del. Joe T. May (R-33): May was elected to the Virginia House of Delegates in 1993. He serves as chairman of the House Transportation committee and serves on the Appropriations and Science and Technology committees.

Del. Chuck Caputo (D-67): Caputo has been a member of the Virginia House of Delegates since 2006. He serves on the House Counties Cities and Towns and Finance committees.

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SPORTS

A New, Burgundy and Gold, Loudoun Tradition

Since 2003, Redskins fans have flocked to Ashburn for the start of football season.

BY MARK GIANNOTTO
THE CONNECTION

It was their second day of Washington Redskins training camp, and yet, as an early Sunday morning drizzle sprayed Redskins Park this past weekend, Kelly Williams of Ashburn and Ashley Hilberath of Sterling already felt like grizzled football veterans.

Lifelong Redskins fans, Williams and Hilberath had never been to training camp before, but quickly picked up a few tricks of the trade so to speak. A day earlier, the two had stood in an autograph line next to two screaming children. As star running back Clinton Portis approached, he signed the two children's memorabilia and then called it a day, tossing his cleats high into the air to create a free-for-all amongst fans.

"He walked right by us," sighed Hilberath.

The reason the two were among the autograph seekers was their late arrival. "We couldn't even see practice," said Williams. "That's how far back we were."

The two had learned their lesson the next day, arriving extra early to position themselves along the front row of autograph seekers with a clear view of the Redskins going head-to-head in practice. And while the familiar humid August weather here was the problem on Saturday, the morning drizzle that turned into a momentary shower presented others.

"We're wet again," said Hilberath. "But yesterday it was from the heat."

RAIN OR SHINE, though, Washington Redskins training camp has become a ritual of sorts for the entire football-crazy communities surrounding the Washington, D.C. area. But it's no more apparent than in Loudoun, where the



Fairfax High School grad and NFL rookie J.D. Skolnitsky, right, studies a play during Redskins training camp Monday. He's attempting to make the team as an undrafted defensive lineman.

Redskins make their home every day except the eight Sundays and two preseason games a year when their talents are on display at FedEx Field.

The 2009 camp opened this past weekend and practices will remain open and free of charge for the public through this Sunday's Fan Appreciation Day.

For years, the Redskins conducted the month-long practice sessions up in Carlyle, Pa. or at Frostburg State University in Maryland. Since 2003, though, the team has eschewed an actual camp away from home in favor of using its own facility in

Ashburn. The 80 players that begin camp are housed at the nearby National Conference Center and bused into Redskins Park for two practice sessions a day.

On this Sunday, even with the rain, the crowd was more than 15 rows deep. Some were cheering the dominating abilities of recent defensive addition Albert Haynesworth, while others lamented the subsequently sorry state of the Redskins offense having to go up against the likes of the 350-pound lineman.

And while names like Haynesworth, Clinton Portis, and

Jason Campbell are what draw the fans in masses, the most interesting part of training camp oftentimes involves the 27 players who have no guarantee of making the Redskins 53-man roster once the regular season begins.

TAKE FAIRFAX native J.D. Skolnitsky, a defensive line hopeful who stayed late for extra special teams work and was then

forced to carry the helmet of veteran Renaldo Wynn — a little rookie hazing. But it's a long way from where he was in the fall, when he failed a drug test at James Madison and was forced to declare for this year's NFL Draft after his junior season. Now he's trying to make an impression on the Redskins coaching staff enough to secure one of those precious few remaining roster spots.

"Going from not really knowing if I could continue with my football career and now this," said Skolnitsky as he walked off the field Sunday. "It's definitely a nice change."

This will be Potomac native Marcus Mason's third training camp with the Redskins. A Georgetown Prep grad, he made the team out of training camp in 2007, only to be released after week one and relegated to practice squad duty. Then, in 2008, he led the NFL in rushing yards during the preseason, but was released by the team again. He spent parts of last season on the Ravens practice squad and was later picked up by the New York Jets.

He still hears the familiar refrain of "Georgetown Prep" yelled out by hometown fans who have been watching him develop over the years. But while the fans stay the same, each training camp is different. This time around, Mason has dreams of something more. "I made the team before," he said. "Now I'm trying to get on the field."

Located off of exit 7 on the Dulles Toll Road, Redskins training camp is free and open to the public for select practices. Usually the team has an open session in the morning, before closing camp to non-media in the afternoon. Parking is also free. For a complete training camp schedule and information, check www.redskins.com.

"It's a cool local thing for people to do," said Hilberath. "I know I'm gonna come again next year."



Potomac native Marcus Mason is beginning his third training camp with the Washington Redskins.

PHOTOS BY CRAIG STERNUTZEL/THE CONNECTION

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Time For A Rant



By KENNETH B. LOURIE

Recently I read in The Washington Post Sports section of the death of Sue Burns, 58, part owner of The San Francisco Giants. (As much as I'm trying not to think about death, I do find myself spending a bit more time perusing the Obituary section, although Ms. Burns' mention was found in the sports section.) The description as to the cause of her death was fairly ordinary and typical, I would imagine, unless you're a current and/or former cancer patient and in my case, a writer with a different, perhaps unique, perspective.

It read "Sue Burns ... died of complications of cancer." My initial reaction was sadness: that a woman so young, presumably with so much to live for (a part owner of a professional baseball team) died at age 58. Then Kenny the writer, the one with cancer reacted: Died of complications from cancer! How else do you die from cancer? The way you're supposed to? How is that, exactly? I'd like to know. I sort of have an interest in the answer/outcome. Moreover, so far as my first seven months as a known cancer patient are considered, how does one not have complications from cancer? That's all cancer is, a series of complications. The complications are not separate and apart from the cancer, that is the cancer doing its cancerous thing. To say one died from complications of cancer is akin to asking Mrs. Lincoln how she liked the play, aside from the assassination that is.

Perhaps I'm too close to the reported cause of Ms. Burns' death, however, to be an objective reader. Perhaps I'm too sensitive to the situation: someone dying in their 50s from cancer. But maybe not. Maybe I've just become knowledgeable enough, after my own diagnosis, to notice when a buyer is not being aware or in this case, when a cause of death is being complicated unnecessarily.

As a salesman, one of the most time-honored and respected adages for success is to "k.i.s.s." - keep it simple, stupid. So too might that advice apply to a reported cause of death. Cancer, in and of itself, is a sufficient cause of death; it need not be expounded upon for any kind of effect or newsworthiness. "Cancer" kills, it doesn't require a further explanation.

I realize that the reporting of Ms. Burns' death, located in the sports section within a six-column-inch box with other items of the day rather than in the obituary section (where it also may have appeared, but I never got that far), was likely not intended to be anything more than a simple statement of the semi-facts. Nevertheless, it seemed to minimize cancer as enough of a cause of death.

For those of us fighting this dreaded disease, and for the millions who have preceded us, it's more than enough. Cancer may not be for the weak of heart, and if it was, it wouldn't be a complication, it would be one of cancer's insidious tentacles reaching out to inflict its unique brand of pain. Death comes to us all. Unfortunately, for cancer patients, it may come a bit sooner. And if it does, it ain't from no stinkin' complication; it's from the cancer, the mother of all complications.

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

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703-354-7600

Fairfax

AUTO PARTS

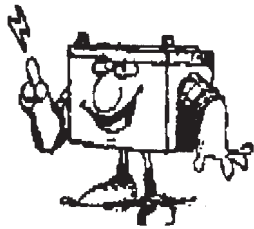
PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE



Batteries

priced from

\$44⁹⁹



#V75864 (60 mo.)

500 CRANKING AMPS @32°F

PAINT & TOUCH UP PRODUCTS

40% OFF

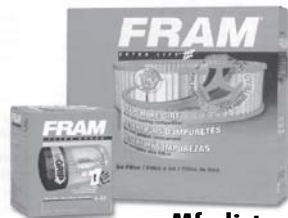
Mfg list price



ENTIRE LINE OF

DUPLI-COLOR®

ALL FRAM FILTERS



SALE
50% OFF

Mfr. list price/Whole line

Offer BEGINS 5/1/09 EXPIRES 9/30/09

GET \$4, \$5 OR \$6

BUY 1 FRAM® Extra Guard® oil filter and any FRAM® air filter and GET \$4

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BY MAIL-IN REBATE

See store for details.



FRAM®



Valvoline

#177 (5W-30)

#129 (10W-30)

#141 (10W-40)

\$3⁷⁹/Qt



PROFESSIONALS' CHOICE

Motor Oil

\$2⁶⁹/Qt

5W-30

10W-30

10W-40

15W-40

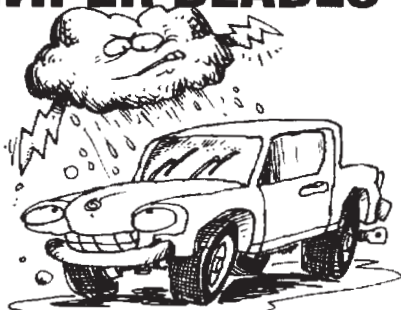
20W-50

Dexron



ANCO

WIPER BLADES



Refills From

\$4⁹⁹ pair

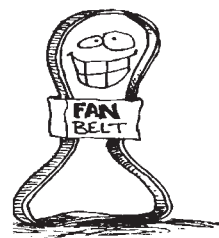
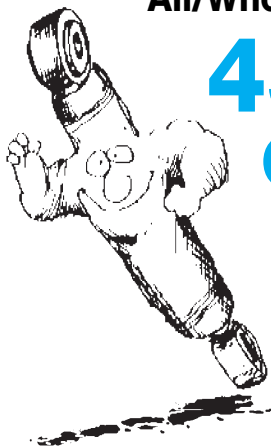
MONROE

SHOCKS AND STRUTS

All/Whole Line

45% OFF

Mfg. list price



Fan Belts & Radiator Hoses

• Buy Quality •
- ALL -

40% OFF

Manufacturer's List Price

ONLY \$1⁰⁰

1 GALLON OF WINDSHIELD WASHER FLUID

• Valid at all locations

• Limit 1 per customer

• Offer valid while

supplies last

• Must present coupon

• Expires September 8, 2009

CN

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Fairfax

AUTO PARTS

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

Parts Pro Group is a family of automotive parts stores with 15 locations in Northern Virginia. Fairfax Auto Parts and all the other stores are a family owned business serving the needs of the automotive market since 1962. We are pleased to serve and assist you with just about any kind of parts or products you need for your vehicles. Our reputation and your satisfaction are guaranteed.

• Most Stores Open 7 Days A Week • Most Stores Open Nights •

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456 S. Pickett Street

(Corner of Edsall & S. Pickett St.)

ANNANDALE 354-7600

7219 Columbia Pike

(Near Columbia Pike & Rt. 236)

BURKE 425-4400

5663 Burke Ctr. Pkwy.

(Rt. 123 & Burke Ctr. Pkwy behind McDonald's)

CHANTILLY 631-3800

14154-C Willard Road

FAIRFAX 978-4500

(Economy Auto Parts)

3855 Pickett Road

FAIRFAX 591-6500

10912 LEE HIGHWAY

FALLS CHURCH 534-1200

431 S. Maple Avenue

(Near intersection of Lee Hwy. & Rt. 7)

HERNDON 707-0800

23070 Oak Grove Rd

(corner Rt. 606 & Oak Grove Rd.)

NEWINGTON 339-8300

8196-A Terminal Road

(Fairfax County Pkwy. across from Tank Farm)

STERLING 450-6600

(Loudoun) 444-5096

47060 Harry Byrd Highway

(Rt. 7 at Dranesville Road)

VIENNA 281-5700

121 Church Street, N.E.

(Behind the Vienna Inn)

MERRIFIELD 560-1560

(Machine Shop.....560-0813)

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(Metro) 631-1867

(Manassas Auto Parts)

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(Metro) 631-1125

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8106 Sudley Road

10% OFF

EVERY ITEM IN THE STORE!

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