

Instructor Laurie Eytel offers a close-up view of a dragonfly to Blake and Aidan Reavill.

# Dragonfly Adventure

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PHOTO BY CASEY DESTEFANO/THE CONNECTION

# Local Baha'is Seek Spotlight on Persecution

Area faithful gather for imprisoned leaders in Iran.

BY ANSLEY LABARRE  
THE CONNECTION

Local Baha'is gathered at the Northern Virginia Baha'i Center on Aug. 1 to promote awareness of their faith's persecution in Iran. The audience of roughly 200 former Iranians and their family and friends listened to speakers lecturing for equal rights.

The audience was urged to use every channel of communication at their disposal to raise awareness. The biggest concern presented at the meeting is the continued imprisonment of the seven Baha'i leaders, who have been held in Tehran for over a year.

The event's keynote speaker — Dwight Bashir, the associate director for policy and research at the U.S. Commission on International Religious Freedom — called the leaders' imprisonment and continued persecution of Iranian Baha'is a serious human rights violation of international standards.

Bashir acknowledged Iran's need for the separation of church and state. The Baha'i religion works to promote universal rights and global unification but has not been tolerated under Iran's Islamic

Republic.

The biggest challenge for the Baha'i message is being heard. The faith's belief system prohibits the participation in any political gathering, so they take their cause to governments who will speak on their behalf.

"We don't picket on the street," said Parisa Haghighi of Great Falls. "We protest through bodies like the United Nations."

Haghighi fled Iran over 20 years ago, like many others at the event, because she was denied basic rights to life as a Baha'i. They could all relate to the situation of their leaders — expulsion from medical school, denial of higher education, and termination from jobs — because of their faith.

Jila Samadani-McQuirk of Sterling endured the shooting execution of her uncle, cousin, and several close friends who were Baha'is.

"When you know the people who are hurt," said Samadani-McQuirk, "it's different."

Bashir views the current place of Baha'is in Iranian society with such fragility, he knows it could take a turn for the worst. The Middle East specialist stresses the importance of holding the Iranian

**"We don't picket on the street. We protest through bodies like the United Nations."**

— Parisa Haghighi of Great Falls



Keynote speaker Dwight Bashir addresses an audience at the Northern Virginia Baha'i Center earlier this month. The event intended to raise awareness of Iranian Baha'is' persecution for their faith, specifically the seven imprisoned Baha'i leaders pictured behind Bashir.

government accountable.

"Without awareness, tragedies can happen," said Bashir, referring to previous human rights violations including Darfur and Rwanda. He hopes pressure on Iran from government entities like the European Union and Congress will prevent escalated persecution.

"The more they're in public view," said Bashir about Iran, "the harder it is for the government to carry out atrocities."

The public is growing increas-

ingly aware, as the event attracted its share of concerned Americans as well. "We're all a part of a bigger system," said Samadani-McQuirk's American husband David, who served as the event's host. "If one part of that system is damaged, all the others will suffer."

The event concluded with a letter addressed to Fariba Kamalabadi, one of the imprisoned seven, from her daughter. During its reading, an Iranian woman in the audience pulled out

a tattered tissue to dab her eyes, and several others hung their heads. While the Baha'is at the event acknowledge the focus was on their seven imprisoned leaders, they do not ignore their fellow followers still persecuted for their faith.

"We are concerned about the seven," said Sohila Rasooly of Fairfax, "but there are more than 300,000 Baha'is under persecution in Iran and every one has a life in danger."

## Area Families Promote Peace in the Middle East

Northern Virginia families are promoting trust, understanding, friendship, peace in the Middle East by hosting, pairs of leaders of the next generation, in Cyprus, a small island inhabited by Turkish and Greek-speaking communities for centuries. However for the past 35 years, they have been divided by UN Peacekeeping forces. So, more than a generation has grown up holding grievances toward members of the other community and with little or no contact between them.

From 1987 to 2007, many families in Northern Virginia hosted Protestant and Roman Catholic pairs of teens in their homes for four weeks in the summer to build friendship among those who would form the future of that divided land as part of the Children's Friendship Project for Northern Ireland (CFPNI). It seeks to promote trust, understanding, friendship, and peace.

CFPNI ended with a celebration in No-



Nevzer Stacey (left) with the 10 pilot-year pairs of Cypriot teens at the welcome pool party at the Russow host family's home in Ashburn.

vember 2007 because of the enormous progress in Northern Ireland. No longer did teens need to come to the US to build strong friendships with other teens from "the other side."

However, several families in Northern

Virginia active in CFPNI are now the foundation for a new Cyprus Friendship Program (CFP), which is an all-volunteer modeled completely upon CFPNI and directed by Tamera Drozd of Vienna, a former coordinator and multi-year host of the former pro-

gram. It is program of HasNa, Inc., a small 10-year old U.S. non-profit that promotes peace in divided communities elsewhere in the world. HasNa's and CFP's chair of the board is Warren Muir of Mt. Vernon, a 15-year host, former president, and former chair of CFPNI.

This summer CFP was launched with a pilot group of 10 pairs, all hosted in homes here this summer. While most of the 2009 host families were former participants in the former Northern Ireland program, the Cyprus Friendship Program is seeking to expand the program in summer 2010 in the area with the addition of more families, to the extent that it can raise charitable donations for the travel to the U.S. Contact Tamera Drozd (tamera@hasna.org or 703-255-1628). Charitable donations, all of which go for airfares and travel insurance, should be made out to HasNa-Cyprus Friendship Program, 2401 Pennsylvania Ave, NW, Suite 410, Washington, DC 20037.

## Back to The '80s

Romantics, Survivor to perform Saturday.

BY EMILY CANAL  
THE CONNECTION

**D**ust off those neon leggings and trim that mullet for the first event of the Loudoun Summer Music Festival, featuring music from the 1980s this Saturday night. The Toll Brothers Belmont Country Club in Ashburn will transport its attendees to a time of excess and bright colors with performances by The Romantics and Survivor.

"It's good ol' fun rock and roll," said David D'Onofrio, spokesman for the Loudoun Summer Music Festival. "The series provides great, affordable family fun for folks in the area."

The Romantics are known for their song "What I Like About You" and Survivor's popular hit, "Eye of the Tiger," became the theme song for "Rocky III."

The festival is hosted by the Loudoun Foundation, which promotes charitable awareness in the area. Tracey Parent, president of the foundation, said 95 percent of the charities have been based in Loudoun County.

**"We were down and out and have overcome great odds."**

— Tracey Parent, president, Loudoun Foundation.

"This is meant to be enjoyed by the community and affordable," Parent said. "This is going to be a great season and I am happy to put it on."

The series will continue on Aug. 29, with a performance by America and Vertical Horizon and Pat McGee will play the same stage on Sept. 12. The final show is the Danny Federici Festival on Sept. 19, headlining the band Cracker. Federici was the keyboard player for Bruce Springsteen's E Street Band and died last year of a melanoma.

This year, the Loudoun Foundation is promoting CrisisLink, the Loudoun Interfaith Relief and the Danny Fund, but will receive the profits from the concert series.

"The community is the beneficiary," Parent said. "The goal of the event is to provide an affordable event and there's not a lot of profit in that."

SEE PREFORM, PAGE 4



Sales at Hope's Treasures Kids Store, which opened last week, supports the Good Shepherd Alliance's programs.

## Treasures for Children

New children's thrift store expands organization's aid.

BY EMILY CANAL  
THE CONNECTION

**A**s the summer comes to a close and the scramble for school supplies and fall clothes begins, the Good Shepherd Alliance in Loudoun County has provided another source for the back-to-school purchases. The organization opened a new children's thrift store in Ashburn Commons Shopping Plaza last Tuesday, Aug. 11, that sells clothing, toys and shoes.

"This is the perfect time for the specialty store and I think it will do well," said Vickie Koth, executive director of the Good Shepherd Alliance. "There are very nice things and people need a bargain now more than ever."

Koth said the store is about 1,200 square feet and was created when the main stores became flooded with children's merchandise. She said Hope's Treasures Kids houses the younger items like apparel, games and videos for infants and up.

"We keep track of what sells by department and kids is the number one thing people are buying," Koth said. "I think its because parents try to do things for kids before themselves."

Koth said the store has done well in its first week and has made about one-third in sales as the headquarters, but declined to give exact numbers. The profits from the thrift stores support the shelters that provide emergency and transitional housing for the homeless.

"It's the smallest store out of the three, but I think its going to do well because the community has supported us so well," Koth said.

The items in the store are organized

### Where

#### Thrift Store

20921 Davenport Dr., Suite 113, Sterling  
Open Monday through Saturday from 10 a.m. to 8 p.m.

#### Hope's Treasures

20684 Ashburn Road, Ashburn  
Open Monday through Saturday from 10 a.m. to 6 p.m.

#### Hope Treasures Kids

20630 Ashburn Road, Ashburn  
Open Monday through Saturday from 10 a.m. to 6 p.m.

by a color-coding system that rotates new merchandise and removes older commodities.

Terri Lightle, the director of administration and community relations at the Good Shepherd Alliance, said when certain products have not sold, they are shipped to third world countries. "It's a win, win, win program," Lightle said.

**THE STORE** is operated by volunteers and one staff member and accepts donations at the larger store in the same plaza and at the Sterling location. The other thrift stores sell furniture, housewares, adult clothing and Halloween costumes.

The Good Shepherd Alliance is a Christian organization that has been working to provide housing and resources for the homeless since 1983. The shelter also provides case managers, a food pantry, and guests receive vouchers to shop at the thrift stores for free.

Koth said from January to July of 2009, the shelter has served 81 residents and has provided 14,160 meals. The organization has also found that 16 out of 24 residents exiting the program have successfully moved to transitional or permanent housing.

"Its been a tough time for business in general, and the kids store might draw business to the other stores and restaurants," Koth said. "I think we can all benefit from each other."

## Group Sues Over Toll Increases

Seeks to put an end to toll booths.

BY JULIA O'DONOGHUE  
THE CONNECTION

**A** group of citizens and one Dulles corridor landowner who think they are being unfairly burdened with the cost of the Dulles Metro rail extension filed a lawsuit in U.S. District Court Aug. 6.

Among the defendants named in the suit are U.S. Secretary of Transportation Ray LaHood, the Federal Transit Administration's administrator Peter Rogoff and Virginia's Secretary of Transportation Pierce Homer.

The citizen advocacy organization, called the Dulles Corridor Users Group, alleges that Virginia law prohibits tolls from being collected for any purpose besides covering the cost of building a road or highway.

The group argues that the Metropolitan Washington Airports Authority should not be allowed to collect tolls on the Dulles Toll Road to pay for the Metro rail extension to Dulles International Airport, western Fairfax County and Loudoun County.

In the lawsuit, the Dulles Corridor Users Group has asked for a refund of approximately \$200 million, which they said has been unfairly collected from toll road users and already put toward the Dulles Metro rail project. Additionally, they would like to see the toll plazas along the Dulles Toll road torn down and the travel on the highway made free, since tolls have already covered the cost.

SEE NO INCREASE, PAGE 4

### Public Hearings

The Metropolitan Washington Airports Authority has scheduled three public hearings so residents can share their input on the rate hikes proposed for the Dulles Toll Road.

The airports authority has suggested raising the toll by 50 cents in 2010 and 25 cents each in 2011 and 2012. The authority's board of directors expects to vote on toll hike later this fall.

The airports authority assumed control of the Dulles Toll Road in November 2008. It is using the toll revenue to help fund the Dulles Metro rail extension to western Fairfax and Loudoun County.

The hearings will take place at the following date and times:

◆ Monday, Aug. 24, 5 p.m. to 8 p.m.

Ashburn Elementary School

44062 Fincastle Dr.

Ashburn

◆ Thursday, Sept. 3, 5 p.m. to 8 p.m.

McLean High School

1633 Davidson Rd.

McLean

◆ Wednesday, Sept. 9, 5 p.m. to 8 p.m.

South Lakes High School

11400 South Lakes Dr.

Reston



Jenny Vick and instructor Laurie Eytel share their findings.

## 'Dazzling Dragonflies'

**C**laude Moore Park hosted a search through its wetlands for lessons on dragonflies on Saturday, Aug. 15.

The next event is the Bug Bonanza, Aug. 22 from 10-11:30 a.m. for ages 3+ and it's \$4. There is also a Night Sounds Campfire on Aug. 22 from 7:30 to 9 p.m. for all ages and it's also \$4.

**Jonathon Reavill with sons Blake, 2, and Aidan, 4.**



PHOTOS BY CASEY DESTEFANO/THE CONNECTION

## Romantics, Survivor To Perform Saturday

FROM PAGE 3

Plans for this year's show were stunted by the \$300,000 the Loudoun Foundation lost after seven out of the 10 concerts were rained out last year. "We were down and out and have overcome great odds," Parent said.

D'Onofrio said plans for the show this year will continue as long as the weather conditions are safe.

The concert series began in 2004 and the Loudoun Foundation has hosted more than 60 shows at the Summer Concert Series. Musicians like the Black Crowes, Lynyrd Skynyrd, KC and the Sunshine Band, and Styx have headlined at performances in the past.

D'Onofrio and Parent said they suspect the Danny Federici Festival to have the largest turnout because of the names attached to the show.

"There are a whole breath of bands playing and

almost every musical taste will be represented there," D'Onofrio said.

Parent said Federici's son has invited his father's friends to perform, including musicians from Blue Oyster Cult, Counting Crows and Wayne Kramer from MC5. They are encouraged to cover Bruce Springsteen's songs.

"You never know who is going to show up celebrity wise," Parent said. "But the music is going to be incredible and we are gathering the most amazing musicians."

Tickets are available online through the Belmont Country Club and are also sold at Zero's Subs in Ashburn, the South Riding Inn, Spanky's Shenanigan's in Leesburg, and the Buffalo Wing Factory in Ashburn. Ticket prices for all shows are \$20, except the Danny Federici Festival that costs \$40.

## No to Toll Increases

FROM PAGE 3

ered the cost of the road's construction.

One Reston landowner, Parkridge 6 LLC, is also alleging that it should not have to pay a higher rate of property taxes to help fund the Metro rail extension.

Fairfax County set up a special tax district and asked those landowners who stood to benefit financially from the first phase Metro rail extension to pay additional fees to help fund the project. Most affected landowners, though not Parkridge 6, agreed to the special tax.

**JUST THE FIRST** phase of the Metro rail extension, which ends at Wiehle Avenue in Reston, is expected to cost \$2.6 billion. The federal government's contribution to the project (\$900 million), Fairfax County's contribution to the project (\$400 million) and Virginia's contribution to the project (\$75 million) are all capped, so the airports authority is expected to come up with the rest of project's funding, primarily through the toll road's revenue.

According to the official Dulles rail project Web site, the airports authority, through collections on the Dulles Toll Road, will provide approximately 42 percent of the funding for the project's total cost.

The airports' organization,

which took over the toll road in November 2008, has already proposed to increase tolls by 50 cents next year and 25 cents each in 2011 and 2012. The authority's board of directors will vote on the toll hike this fall and will seek public input on the proposal over the next three weeks.

Members of the Dulles Corridor Users Group complain that the burden of paying for the Metro rail extension should not be placed so heavily on toll road users, who primarily live in Reston, Herndon and Loudoun County. They said other citizens who would benefit from the project — such as those who might taken the metro to the airport from McLean, Arlington or Washington D.C. — are not being asked to contribute the same amount of money.

Since this is project that benefits the region, the region should share the cost burden, they said.

Local landowners, particularly those in Fairfax's special tax district, have also been asked to pay too much for Dulles Metro rail, according to the law suit. Though many landowners in the Tysons Corner area will reap large financial benefits from the new stations, they were not asked to pay a higher rate of taxes like some landowners in Reston, several have complained.



Chief Dan Cohn (left) and assistant Chief Eric Steward (right) congratulate Honor Graduate Carl Cowan.

## Top EMT Grad from AVFRD

**W**hat does it take to be an Emergency Medical Technician (EMT)? The answer: It takes hours of classroom training, home study, clinical hours in the emergency department and constant practice. And Ashburn Volunteer Fire and Rescue Department's Carl Cowan graduated as the top EMT graduate July 16 out of 96 graduates.

Cowan has been a member of AVFRD for the past eight years and is a qualified firefighter, a duty crew sergeant, and Engine and Tower driver/pump operator. When he's not in an emergency operation, he can be found flipping pancakes and cooking eggs at the monthly AVFRD pancake breakfasts — the first Sunday of the month. He also serves as vice president of the department.

Cowan and 17 members of AVFRD completed Firefighter I and/or II and nine completed the EMT class.

PHOTO BY MIKE DICICCO/THE CONNECTION



**From left are Herndon Town Council member Richard Downer, Dulles District Supervisor Stevens Miller, Hunter Mill District Supervisor Cathy Hudgins, Dranesville District Supervisor John Foust, Herndon Mayor Steve DeBenedittis, Loudoun County Board of Supervisors Chairman Scott York and Fairfax County Board of Supervisors Chairwoman Sharon Bulova. Not pictured are Leesburg District Supervisor Kelly Burk and Herndon Vice Mayor Connie Hutchinson, as well as Sully District Supervisor Michael Frey, who was out of town.**

## Loudoun, Fairfax, Herndon Talk on Route 28

**Officials from three jurisdictions meet to discuss transportation needs around planned station.**

BY MIKE DICICCO  
THE CONNECTION

Leaders from Loudoun County, Fairfax County and the Town of Herndon met publicly for the first time on Tuesday, July 28 to discuss the changes to transportation infrastructure that would be necessitated by future development around the planned Route 28 Metro station.

Three developers have put forward proposals for the area between the Town of Herndon and Route 28 that, taken together, would put in place 3,300 dwelling units, 4.7 million square feet of office space, 850,000 square feet of retail and 600,000 square feet of hotel space.

The group of elected officials had met once before to discuss the topic, but the meeting was not public. Staffs of the three jurisdictions have also been meeting in recent months.

Nothing concrete came out of the meeting, as the planning process had just begun, but a number of ideas and concerns were voiced.

In a round of staff reports, Loudoun County transportation planner Lou Mosurak talked about the necessity of completing planned road extensions and improvements in Loudoun, such as extending Lockridge Road across the Loudoun County Parkway, as well as adding

road miles to the plan, such as an extension of Pacific Boulevard to connect with the planned extension of Shaw Road.

A good number of Loudoun's roads in the area are slated to be completed, extended or improved.

Fairfax County transportation planner Mike Garcia said staff was examining the idea of creating an additional east-west connection through the site by realigning Innovation Avenue and connecting it to a proposed road that would squeeze between Hutchison Elementary School and the Dulles Toll Road, connecting to Parcher Avenue. And he said staff recommended bringing Sunrise Valley Drive to a cul-de-sac where it bumps up against the toll road, rerouting traffic along a proposed extension through the Dulles Town Center area and re-connecting to Sunrise Valley.

"Obviously, the work you see is very preliminary," said Herndon planner Kay Robertson. While a number of roads were being drawn on the map, she said staff believed that the most important area to focus on was the immediate vicinity of the future developments and Metro station. She said it would be important to continue looking for possible east-west routes to give access to the station and the proposed town centers, and that pedestrian

and bike access should also be considered.

According to Fairfax County director of transportation Kathy Ichter, direct access to the Toll Road from the proposed developments was unlikely to gain approval because the area is so close to the existing interchange with Route 28.

Fairfax County Supervisor John Foust (D-Dranesville) worried about the impact that the possible connection between Parcher and Innovation avenues could have on neighborhoods there. "I think there would be a dramatic impact if we were to cut a road through there," he said.

Herndon Vice Mayor Connie Hutchinson agreed. She suggested extending lanes from the Route 28 exit ramp into the proposed developments.

Loudoun County Board of Supervisors Chairman Scott York (I) said the group should not discard the idea of tunneling under the toll road, but he was told that the approach would require a lot of costly road reconstruction.

"The investment in the rail project is about more than moving people to those stations in their cars," said Fairfax County Supervisor Cathy Hudgins (D-Hunter Mill), warning that plans for transit also needed to be developed.

No traffic modeling had been done yet, and York asked what that might cost. He was told that the price tag could be around \$100,000.

The officials talked about reconvening in September for an update on staff's progress, but the meeting has not yet been scheduled.



### Honoring Physicians

**The Loudoun Free Clinic in Leesburg, a project of The Catoclin Foundation, recently honored more than 30 physicians of Commonwealth Emergency Physicians, which serves Inova/Loudoun Hospital Center's emergency departments. Jennifer Montgomery, executive director of the Loudoun Free Clinic, presents a framed plaque to Edward Puccio, M.D., president of Commonwealth Emergency Physicians, for their physicians' volunteering each month for seven continuous years at the Loudoun Free Clinic.**

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## Public Options

Government jumps into business for a variety of reasons.

While private options of this amenity are plentiful, they are so expensive that they are out of reach for many even in our affluent area.

So government has jumped in to offer the opportunity at greatly reduced prices, making it available to almost everyone. It's not clear what the impact of the public option has been on the private businesses involved.

We're talking, of course, about golf courses.

Joining a private country club can cost tens of thousands of dollars in original membership fees, plus thousands in annual fees.

But around Northern Virginia, there are many public options for golf, some nationally acclaimed, where one can swing the clubs around 18 holes for under \$30.

Offering access to recreational facilities at cost well below private options is a common activity for local governments. Water parks, indoor and outdoor pools, indoor and outdoor

tennis are all available in our area at reduced prices via government involvement. Recreation centers provide an affordable alternative to health clubs.

Localities offer summer day camps of many varieties, all at a fraction of the cost of private camps.

Public colleges and universities offer lower cost tuition than private colleges and universities.

### EDITORIAL

Publicly owned historic sites and park facilities compete with restaurants and banquet halls to host weddings and other events.

Do these public options hold down the prices at private camps, private colleges, private country clubs? That's unknown, but what we do know is that the public options make many things affordable and accessible to people who would not be able to afford them otherwise.

Meanwhile people continue to pay a premium for the amenities, services and added value and availability of the private options, keeping those businesses in business.

### Local 'Public Options'

For public recreational opportunities, see:  
 ❖ Northern Virginia Park Authority, <http://www.nvrpa.org/>  
 ❖ Loudoun County Department of Parks, Recreation and Community Services, <http://www.loudoun.gov/Default.aspx?tabid=700>

Governments are also offering a private option for many things that previously have been strictly free public goods. One example is roads.

A private company is widening the Beltway, 495, from the Virginia side of American Legion Bridge to the Springfield Mixing Bowl. When it's finished, drivers will have the option to pay a significant toll to the company to ride in the "High Occupancy Toll" lanes to avoid the crowded but free lanes. Vehicles with at least three occupants will be able to ride in the new lanes for free.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Focusing on Summer Water Safety

In an effort to keep area children safe in the water this summer, Cultural Care Au Pair partnered with Claude Moore Recreation Center Aquatics Department earlier this month to host a summer safety meeting for area au pairs.

"Most parents know the big rules when it comes to their child's water safety, like never leaving the children alone when swimming, but sometimes that is not enough and children drown accidentally," said Local Childcare Coordinator Jennifer Frueh. "We know that it is important to parents that the person taking care of their children knows what to do in the case of a water emergency, so we arm our au pairs with information."

The training was part of Cultural Care Au Pair's ongoing Continuing Education Program (CEP). As a U.S. Department of State regulated program, au pairs receive safety and childcare education throughout their year long stay in the United States, beginning with a week of intensive courses at the Cultural Care Au Pair School in New York. The local au pairs together represented the countries of Germany, Thailand, South Korea, Brazil, Norway, Australia, South Africa, Panama, Mexico, Columbia, and Costa Rica. Jennifer Frueh, a resident of Sterling, supports area parents and au pairs, advising them of educational opportunities, as well as organizing



Area au pairs learn water safety through the Claude Moore Recreation Center Aquatics Department.

fun activities for the entire extended family to enjoy.

According to Frueh, the training focused on keeping children safe while around water. "It is important to recognize that children are at risk of drowning not just at the beach, but in the bathtub, the sink, even in the water collected in a pool cover. The best defense against tragedy is to be aware of your environment," said Frueh.

Frueh along with local aquatics instructors suggests these summer safety tips for local families:

- ❖ Never leave a child unattended near water; including pools, sinks, and bath tubs
- ❖ Do not rely on a bath support ring or a bath caddy to keep a baby safe while in the bath tub
- ❖ Teach older children safe water habits, such as never running near a pool
- ❖ Never let older children swim

in unsupervised areas, as older children often overestimate their swimming ability

- ❖ Be careful of strong currents when swimming in the ocean
- ❖ Adults should learn infant and child CPR
- ❖ Never dive in a body of water, unless you know for certain it is at least 9 ft deep
- ❖ Do not rely on pool covers to

prevent a child from drowning; water can collect on top of the cover

- ❖ Children and adults should wear life vests when on a boat or practicing water sports

For more information on au pairs, call Frueh at 703-798-6059 or visit Cultural Care Au Pair online at [Jfrueh.aupairnews.com](http://Jfrueh.aupairnews.com) or [www.culturalcare.com](http://www.culturalcare.com).

### 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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 e-mail:  
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**Steven Mauren**  
 Editor  
 703-778-9415  
[smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com)

**Steve Hibbard**  
 Associate Editor  
 703-778-9412  
[shibbard@connectionnewspapers.com](mailto:shibbard@connectionnewspapers.com)

**Rich Sanders**  
 Sports Editor  
 703-224-3031  
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 Employment Advertising  
 703-778-9413  
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**Editor & Publisher**  
 Mary Kimm  
 703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

**Editor in Chief**  
 Steven Mauren  
**Managing Editors**  
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the YAC Board of Governors. Go to [www.loudounteens.org](http://www.loudounteens.org), or [yac@loudoun.gov](mailto:yac@loudoun.gov) or call 703-737-8335.

afternoons at Morven Park. Email [kheaffer@ltrf.org](mailto:kheaffer@ltrf.org) with inquiries or 703-771-2689.

## OTHER ITEMS

**Loudoun County's Youth Advisory Council (YAC)** is accepting applications for the 2009-2010 term. All Loudoun high school students are eligible to apply. Applications and information are available at [www.loudounteens.org](http://www.loudounteens.org). Applications will be accepted until all positions are filled. Four students from each Loudoun County high school, and the home-schooled community, serve on

**The Blue Ridge Center for Environmental Stewardship** will have Historical and Archaeological Hikes every Friday at 2 p.m. and Saturday 10 a.m. and 2 p.m. The Blue Ridge Center will also host a Free Style Drum Circle and Potluck Dinner, every Saturday 5 p.m. to 10 p.m. Contact 540-668-7640 or E-mail Ashley at [aoliver@blueridgecenter.org](mailto:aoliver@blueridgecenter.org).

**Loudoun Therapeutic Riding Foundation** is seeking dedicated volunteers to help with carriage driving program on Monday

## SATURDAY/AUG. 22

**ESL Instructor Training.** 9:15 to 4 p.m. Sponsored by the Loudoun Literacy Council. Hands-on exercises to practice proven techniques for teaching ESL. At the K2M Corporate Headquarters in Leesburg. An orientation and open house will be held from 6:30 - 8 p.m. on Aug. 19, at 204 S. King Street. Call the Literacy Council at 703-777-2205 with any questions or to sign up, or email [mmontgomery@loudounliteracy.org](mailto:mmontgomery@loudounliteracy.org).

## SUNDAY/AUG. 23

**Rummage Sale.** 8 a.m. to 2 p.m. Thousands of items, such as children's clothing, toys, housewares, furniture, books, small appliances, crystal glassware, and antiques. After 1 p.m., all remaining items will be half price. At Congregation Sha'are Shalom, 19357 Evergreen Mills Road, Leesburg. Call 703-737-6500 or go to [www.sha-areshalom.org](http://www.sha-areshalom.org).

## MONDAY/AUG. 24

**School Bus for Kindergartners.** 10:30 a.m. Climb aboard a big, yellow school bus and learn about the rules of safe riding! For children

entering Kindergarten in the Fall of 2009. At the Cascades Library, 21030 Whitfield Pl, Potomac Falls.

**Public Hearing.** 5-8 p.m. Learn the latest news on Rail to Dulles. At Ashburn Elementary School, 44062 Fincastle Drive, Ashburn.

**Public Safety Meeting.** 7 p.m. Items to be discussed are recent crime and crime trends in the area, traffic safety concerns and other public safety related issues. Sponsored by the Loudoun County Sheriff's Office. At the Cascades Library, 21030 Whitfield Place, Cascades. Go to [www.loudoun.gov/sheriff](http://www.loudoun.gov/sheriff).

SEE BULLETIN, PAGE 15

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2009

**FALL Household Hazardous Waste Schedule**

All Events are on Saturdays 8:30am-2:30pm Loudoun County Residents Only

Date	Location
Sept 19	Northern Virginia Community College 1000 Harry Flood Byrd Highway, Sterling
Oct 24	Harmony Intermediate School 38174 W. Colonial Hwy. Hamilton
Nov 21	Heritage High School 520 Evergreen Mill Rd, Leesburg

*For more information call*

**The Department of Construction and Waste Management**  
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**CALENDAR**

Send announcements to [loudoun@connectionnewspapers.com](mailto:loudoun@connectionnewspapers.com). Deadline is Friday, two weeks prior to event; photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

**FRIDAY/AUG. 21**

**The Reflex (80's Tribute Band).** 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](http://www.lansdowneresort.com).

**SATURDAY/AUG. 22**

**The Band Survivor Performs.** Gates open at 3 p.m. Part of Loudoun Summer Music Fest. \$20/advance, \$25/gate, \$35 Gold Circle. At the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Go to [www.liveatbelmont.com](http://www.liveatbelmont.com) or call 703-327-9096.

**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](http://www.fbsterlingva.org) or call 703-430-3322.

**Birding the Blue Ridge Center.** 8 a.m. The Loudoun Wildlife Conservancy leads a free bird walk at the Blue Ridge Center for Environmental Stewardship. The BRCES is located at 11661 Harpers Ferry Rd, Purcellville. Contact Joe Coleman, [jcoleman@loudounwildlife.org](mailto:jcoleman@loudounwildlife.org) or 540-554-2542.

**Great Jollification.** 11 a.m. to 5 p.m. Free celebration of Virginia Gov. Westmoreland Davis' 150<sup>th</sup> birthday. Birthday cake, ice cream and lawn games. At the lawn of the Morven Park historic mansion, 17263 Southern Planter Lane, Leesburg. Visit [www.morvenpark.org](http://www.morvenpark.org).

**SUNDAY/AUG. 23**

**Rummage Sale.** 8 a.m. to 2 p.m. Thousands of items, such as children's clothing, toys, housewares, furniture, books, small appliances, crystal glassware, and antiques. After 1 p.m., all remaining items will be half price. At Congregation Sha'are Shalom, 19357 Evergreen Mills Road, Leesburg. Call 703-737-6500 or go to [www.shaareshalom.org](http://www.shaareshalom.org).

**Join the Loudoun Chorale.** 5:30-8 p.m. The first rehearsal is at Holy Trinity Lutheran Church, 605 W. Market St., Leesburg. The first performance of the season will be at the Waterford Fair on Oct. 3. The winter concert will feature Ralph Vaughan Williams' Fantasia on Christmas Carols and other carols and is set for Dec. 5 at 7:30 p.m. at St. David's Episcopal Church, Ashburn, and Dec. 6 at 4 p.m. at Holy Trinity Lutheran Church, Leesburg. For more information, call 571-236-5734 or visit [www.loudounchorale.org](http://www.loudounchorale.org).

**Free Family Day.** 11 a.m. to 7 p.m. Restore Community Church is hosting a free family day at Downpour Water Park in Algonkian Regional Park. Families should bring one or more new backpacks to drop off at the entrance to Downpour; Restore will donate the items to Kids R First which will distribute the backpacks to children in need through local schools. Go to [www.restorenova.com](http://www.restorenova.com).

**MONDAY/AUG. 24**

**Hands-On Discovery Room.** 1-3 p.m. Explore the displays, meet the turtles, and make a craft. Free. At Claude



**SATURDAY/AUG. 22**

**Jennifer Daniels in Concert.** 7 p.m. Free. Part of Acoustic on the Green. At Leesburg Town Green, 25 West Market Street, Leesburg. Visit [www.acousticonthegreen.com](http://www.acousticonthegreen.com) or [info@acousticonthegreen.com](mailto:info@acousticonthegreen.com) or call 703-737-7144.

Moore Park, 21544 Old Vestal's Gap Road, Sterling. Call Susie Torres at 571-258-3700.

**WEDNESDAY/AUG. 26**

**"Inkheart" Summer Movie Matinee.** 2 p.m. At the Sterling Library, 120 Enterprise St., Sterling. Go to <http://library.loudoun.gov>.

**THURSDAY/AUG. 27**

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

**FRIDAY/AUG. 28**

**The Jack Diamond and 80's, 90's and Today.** 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](http://www.lansdowneresort.com).

**SATURDAY/AUG. 29**

**Music Legend "America" Performs.** Gates open at 5 p.m. Part of Loudoun Summer Music Fest. \$20/advance, \$25/gate, \$35 Gold Circle. At the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Go to [www.liveatbelmont.com](http://www.liveatbelmont.com) or call 703-327-9096.

**Family Fun Night and Concert.** 4-9 p.m. Free. Games, food, moon bounce, prizes, raffle and more. Concert by Grimes Girls, a bluegrass and Celtic musical duo. At Faith Baptist Church. Contact Shannon Mathews at : 540-841-9293/703-938-9688 or [shannonmathews.fbc@verizon.net](mailto:shannonmathews.fbc@verizon.net)

**Walk Leader Training.** 9 a.m. to noon. The Loudoun Wildlife Conservancy is conducting a Walk Leader training session at the Blue Ridge Center for Environmental Stewardship. Contact Phil Daley at 540-338-6528 or [pdaley@loudounwildlife.org](mailto:pdaley@loudounwildlife.org). The BRCES is at 11661 Harpers Ferry Rd., Purcellville.

**Family Fest.** 10 a.m. to 4 p.m. Day-long event focuses on family health and safety, nutrition, education, community awareness and fun. Presented by Inova Loudoun Hospital. At the Dulles Town Center, 21100 Dulles Town Circle, Dulles. Visit [www.familyfestva.com](http://www.familyfestva.com) or call 703-777-8577.

**SUNDAY/AUG. 30**

**Worship in the Park.** 10 a.m. Evergreen Church invites the



**SUNDAY/AUG. 23**

**The Taters in Concert.** 7 p.m. On the grounds of the Dodona Manor, 217 Edwards Ferry Road, two blocks from the old Loudoun Courthouse. Call 540 338-4640.

community to an outdoor worship celebration. At Tuscarora Creek Park, in Leesburg. Go to [www.EvergreenChurch.net](http://www.EvergreenChurch.net), or 703-737-7700.

**WEDNESDAY, SEPT. 2**

**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.

**FRIDAY/SEPT. 4**

**Wine, Mystery, Murder and History.** 7 p.m. \$5. Join Ellen Crosby as she shares how her fascination with local history found its way into each of her four Virginia wine country mysteries. At the Loudoun Museum, 16 Loudoun St., SW, Leesburg. Call 703-777-7427.

**Beach Bumz (Jimmy Buffet Tribute).** 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](http://www.lansdowneresort.com).

**FRIDAY/SEPT. 11**

**Countryside Women's Club Meets.** 9:30 a.m. The speaker, a chef from Cookology Recreational Culinary School, will provide tips on cooking and some tasty tidbits. At the Parkway Pool Meeting Room, Angonkian Parkway in Countryside.

**SATURDAY/SEPT. 12**

**Vertical Horizon Performs.** Gates open at 3 p.m. Part of Loudoun Summer Music Fest. \$20/advance, \$25/gate, \$35 Gold Circle. At the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Go to [www.liveatbelmont.com](http://www.liveatbelmont.com) or call 703-327-9096.

**Charity Hockey Classic Fund-Raiser.** 2-5 p.m. Reston Raiders vs. Ashburn Xtreme coaches to raise money for Inova Blood Donor Services. At Ashburn Ice House. Contact Tony Pane at [tppane@aol.com](mailto:tppane@aol.com) or Rob Lorenzen at [rlorenzen@ashburnice.com](mailto:rlorenzen@ashburnice.com) or visit [www.charityhockeyclassic.com](http://www.charityhockeyclassic.com)

**Run for Robbie.** 9 a.m. Third-annual 5K/1Mile run/walk. At Morven Park Equestrian Center in Leesburg. All proceeds will benefit Care Code, Inc., a non-profit organization dedicated to empowering spinal cord injury survivors. Care Code, Inc. is also hosting a benefit dinner, An Evening at the Lakes, Sept. 12 from 6 to 11 p.m. at the Lakes Recreation Center in Ashburn Village. The cost is \$50 per ticket. The dinner will include catering

SEE CALENDAR, PAGE 9

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# CALENDAR

FROM PAGE 8

by Romano's Macaroni Grill, an open bar (Soda, Beer and Wine), a DJ, Auctions, Raffles and much more. Visit, [www.carecode.org/events](http://www.carecode.org/events)

## FRIDAY/SEPT. 18

**Countryside Women's Club.** 10 a.m. Fall Welcoming Coffee for new members at a private residence. Contact Celeste at 703-858-5215.

## SATURDAY/SEPT. 19

**The Danny Federici Festival Celebrity Jam.** Gates open at 3 p.m. Part of Loudoun Summer Music Fest. \$20/advance, \$25/gate, \$35 Gold Circle. At the Belmont Country Club, 19661 Belmont Manor Lane, Ashburn. Go to [www.liveatbelmont.com](http://www.liveatbelmont.com) or call 703-327-9096.

## FRIDAY/SEPT. 25

**Bridal Open House.** 6-8:30 p.m. Free. Special evening with the bridal experts of Distinctive Impressions who can help make your dreams come true. At Annalee's Formals in Brambleton Town Center, 42395 Ryan Road, Suite 104, Ashburn. Registration is required. Go to [www.wahmfest.org/bridalshow](http://www.wahmfest.org/bridalshow).

## SCHOOL NOTES

**Cobbina Benson Adjei of Sterling** is one of 60 new students accepted to Harding University's College of Pharmacy for the fall 2009 semester. Benson Adjei will be welcomed to the campus pharmacy community Aug. 21 in a white coat ceremony where the class will take the pledge of professionalism. Dr. Timothy L. Tucker is the featured speaker.

The Catholic Diocese of Arlington announces that it is offering the USDA Special Milk Program to eligible children at the following locations: **Potomac Falls** — Our Lady of Hope; and **Ashburn** — St. Theresa.

**Kiddie Academy of Lansdowne** is hosting its Open House on Sept. 4 from 4-6:30 p.m. The event will include The Fun Bus and Fun Fit Tastic, a moonbounce and dunk tank. Enroll on Sept. 4 and receive one week tuition



**Four Women Sitting by Virginia Schofield, 30 x 40", oil on canvas**

## SEPT. 4-26

"Mujeres" — drawings, paintings and sculpture by Carmen Barros Howell and Virginia Schofield — will be on exhibit at Gallery 222 in Leesburg, Sept. 4-26. The opening reception to meet the artists will be hosted on Friday, September 4 from 6-9 p.m. during Leesburg's Gallery Walk. Gallery 222's gallery hours are 10-5, Monday through Saturday. At 222 South King Street, Leesburg. Go to [www.gallery222.com](http://www.gallery222.com) or call 703-777-5498.

free and registration fee waived. Contact Shelly Eldridge at 703-723-9717.

Several Ashburn residents have received end-of-year awards and honors at Randolph-Macon Academy (R-MA).

**Marcus Davis**, the son of Michael and Michelle Schofield of Ashburn, received the Most Improved Student award for English 7. He was also named to the President's List for the fourth quarter for maintaining a grade point average above 4.0. Marcus is a rising eighth grade student at R-MA Middle School.

**John Goodwyn**, the son of Emily Goodwyn of Ashburn, received the Journalism Student of the Year award. John is a rising eighth grade student at R-MA Middle School.

**John Park**, the son of Andrew Park and Cecilia Kim-Park of Ashburn, was named to the Randolph-Macon Acad-

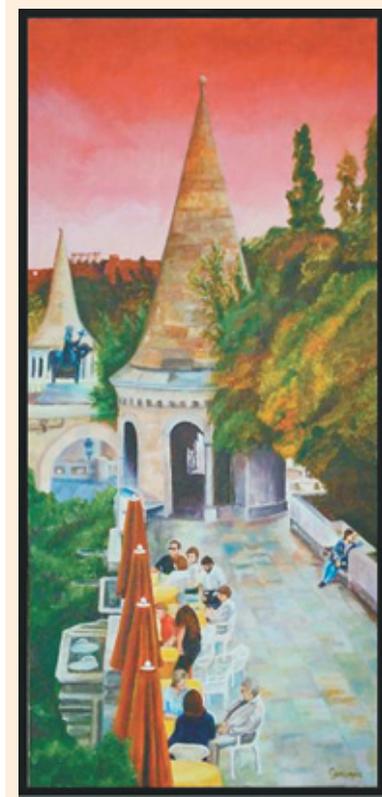
emy Dean's List for the fourth quarter. John is a rising sophomore at the Academy.

**Park View and Broad Run High Schools'** classes of 1978 will hold a joint reunion in October. This class of students were sophomores at Broad Run in 1975-76 when the new high school in Sterling was under construction. The class of '78 split when Park View opened its doors in September, 1976. The Class of '78 was the very first graduating class of Park View High School. Now the two classes will reunite for the first time, to celebrate with a "30+ Reunion." The reunion will take place the weekend of Oct. 9-11, with the main event on Saturday evening, Oct. 10. To be placed on the mailing list for reunion details, class members can email the organizers at [brhs\\_pvhs78@yahoo.com](mailto:brhs_pvhs78@yahoo.com). Teachers and administrators from both schools during the '70's are also invited to the reunion.

**Kathryn "Katie" Catlin of Ashburn** has been awarded the Loudoun Archaeological Foundation's first-ever graduate study stipend for \$1,000 to aid her in pursuing graduate level work in the fields of anthropology/archaeology. This award was made possible through the support of the Dominion Foundation of Richmond, Virginia, which also has provided funding support for the historic preservation activities of the LAF in 2009.

**Emily Mims** graduated from Davidson College in North Carolina on May 17 with a degree in Spanish. She is the daughter of Bill and Jane Mims and a 2005 graduate of Potomac Falls High School. In her freshman and sophomore years, Mims played varsity volleyball. She led Young Life, a Christian youth group, at an area high school. In the summer of 2008, she served as a volunteer at a children's home in El Limon, Mexico.

Saint Mary's College, Notre Dame, Ind., named **Margarita Jennings** to the Dean's List for the spring 2009 semester. Margarita is the daughter of Mr. and Mrs. John B. Jennings of Alexandria.



## "Summer Abroad" Art Show and Sale

The Gallery at Franklin Park Arts Center will host the "Summer Abroad" art show and sale through August. The exhibit is free and open to the public, and all artwork will be offered for sale. The show is on display in the Franklin Park Arts Center lobby gallery weekdays from 9-5 and weekends during performances during the month of August. Contact Barbara Sample at 540-338-7973. Visit the web site [www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)



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### PUBLIC HEARINGS

The Metropolitan Washington Airports Authority is hosting three public hearings to inform, and solicit comments from, the community about proposed toll rate increases along the Dulles Toll Road to support the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.

**The public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m.**

*Monday, August 24, 2009*  
Ashburn Elementary School - Cafeteria  
44062 Fincastle Drive  
Ashburn, VA 20147

*Thursday, September 3, 2009*  
McLean High School - Cafeteria  
1633 Davidson Road  
McLean, VA 22101

*Wednesday, September 9, 2009*  
South Lakes High School - Cafeteria  
11400 South Lakes Drive  
Reston, VA 20191

There will be informational exhibits about the Metrorail Project, the cost and financing of the Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.

Informational exhibits and an on-line comment form will be available on the Airports Authority website at [www.mwaa.com/tollroad](http://www.mwaa.com/tollroad) during the official comment period, August 14-September 14, 2009. Comments may also be submitted at the public hearings, or mailed to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.

For special assistance for persons with disabilities or limited English proficiency, citizens may call (703) 934-4639, at least 10 days prior to the hearing they wish to attend.



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## HELPING



From left: Community volunteers Aruna Minhas, Jose Argueta, Ana Abarca (kneeling – daughter Flor Abarca), La Voz Board member Maritza Saldana, La Voz Leadership Program Graduates Patricia and Rafael Rosales, Community volunteer Candido Murcia, and La Voz Board member Alicia Waning.

## La Voz, Foundation Work Together

**M**ore than 35 adults and teens volunteered to clean up Sterling Boulevard on July 18. A diverse group of people came together for a common cause — not only long-time residents of Loudoun County, but also established immigrants and newcomers from Ecuador, El Salvador, Honduras, and India. La Voz of Loudoun teamed up with the Sterling Foundation on this project to combine its resources and make it more efficient.

In addition, participants implemented the clean-up to fulfill part

of a graduation requirement for the La Voz of Loudoun Leadership and Community Development Program. The program was made possible by a \$10,000 grant from the National Catholic Campaign for Human Development through the Catholic Diocese of Arlington.

La Voz currently operates four programs: English as a Second Language, Leadership Development, Community Forums/Dialogues, and Consultations/Trainings. For more information about La Voz, call 703-777-1417 or visit the Web site [www.lavozloudoun.org](http://www.lavozloudoun.org).



From left to right: Teen volunteers Jose Argueta and Flor Abarca, fill their trash bags at the intersection of Sterling Boulevard and Shaw Road during the Sterling Boulevard cleanup on Saturday, July 18.

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# HELPING



## 200 Extend Hands of Service

More than 200 teens and church leaders from The Church of Jesus Christ of Latter-day Saints (Mormons) converged on the Heritage Farm of Loudoun County in Claude Moore Park, focused on what they could do to make a difference in the community. They are participants of a youth conference titled, "Live, Love, Serve," which involved two days of community service. Armed with paint brushes, rollers and work gloves, the group surrounded the interior and exterior of the Heritage Museum to apply a fresh coat of paint, perform garden maintenance and clean the facility.

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# 'All Geared Up' Members To Host Soccer Camp

## Registration open for Saturday event in Sterling

Jahna Kimm Knight decided to extend a helping hand similar to those that had reached out to her. Jahna and friend Michelle Hummel started "All Geared Up" near the end of 2008 with a focus on collecting used athletic equipment for children and teams in need of assistance. The soccer-playing duo had its first collection during the spring and is planning another in the fall.

"I got this idea because when I was young, I wasn't able to afford sports gear and I wore a lot of donated sports gear," said Jahna, now a 17-year-old senior at Highland School in Warrenton. "... I had seven pairs of cleats in my room that weren't being used and I realized someone else could use them more."

In addition, Jahna and Michelle, a 17-year-old senior at Loudoun Valley High



Michelle Hummel, left, and Jahna Kimm Knight collected used sports equipment in the spring for those in need of assistance

COURTESY PHOTO

School in Purcellville, will put on a soccer clinic from 1-3 p.m. Saturday at the Dulles Sportsplex in Sterling. The clinic is free and open to athletes ages 4-12. Parents should call 703-499-1502 to register children. Each participant receives a free T-shirt courtesy of Ashburn Consulting.

Kimm Knight and Hummel will team up with four local coaches to provide instruction.

"All Geared Up" collects equipment for soccer, lacrosse, basketball, dance, baseball, softball, volleyball, golf and football, and helps get it to an agency for distribution. The gear will be given out locally and as far away as Iraq.

"I really love sports and I just wanted to be able to give every kid the opportunity to play sports, no matter what," Hummel said. "... It makes me feel really proud just to know that any little bit that I can do is helping someone and making their day."

Learn more about "All Geared Up" at [www.allgearedup.org](http://www.allgearedup.org).

— REED ALBERS



COURTESY PHOTO

Five members of Williams Martial Arts and Fitness medaled at the USA-National Karate Federation National Tournament. Pictured here (from left) are team members Melodie Howe, Matthew Pinney, Danielle Pope, Dylan Howe, Todd Pinney, Megan Snyder and Meghan Chatfield

## Karate Winners

Competition team members from Ashburn-based Williams Martial Arts and Fitness (WMAF) brought home eight medals from the USA-National Karate Federation (USA-NKF) National Tournament in Fort Lauderdale, Fla. Local gold medalists included 9-year-old Matthew Pinney (sparring) and Dylan Howe, 12, for kubudo and weapons. Pinney also earned bronze in the weapons competition. Sixteen-year-old black belt Meghan Chatfield earned two medals, including a second-place medal for short weapons and a third-place medal for kata or forms. Megan Snyder, 14, took third in weapons and kata, and Danielle Pope took third place for her weapons kata performance.

### Athlete of the Week Sponsored by The Greg Wells Team

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## WEEK IN SPORTS

### 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 record. Due to their excellent play, the Stars finished the year ranked 13th in the country. This is the second year in a row the team has made it to the tournament's round of 16.



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.

## PEOPLE NOTES

Send announcements to [loudoun@connectionnewspapers.com](mailto:loudoun@connectionnewspapers.com). Deadline is Friday; photos/artwork encouraged.

**Heidi Vargas**, Heidi Vargas and Associates, of Keller Williams Realty-Loudoun Gateway, has earned the Certified Distressed Property Expert designation, having completed training in foreclosure avoidance and short sales.

Air Force Airman 1st Class **Amy L. Breeden** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. She is the daughter of Jay Breeden of Florence Terrace, Ashburn. Breeden is a 2007 graduate of Broad Run High School, Ashburn.

**Army National Guard 2nd Lt. Tim A. Martin** has graduated from the Infantry Basic Officer Leader Course at Fort Benning, Columbus, Ga. He is the son of Owen C. and Sarah B. Martin of Stablehouse Drive, Sterling. His wife, Elizabeth, is the daughter of Tony Hendrix, and Bobbi Hendrix, both of San Antonio, Texas.

The lieutenant graduated in 1996 from Park View High School, Sterling, and received a bachelor's degree in 2003 from the American Military University, Charleston, W.Va.

## Citizen's Police Academy Begins

The 25th Citizen's Police Academy, which will commence Tuesday, Sept. 8. The free sessions will be held one evening per week from Sept. 8 through Nov. 17. Each session will be two hours in length and begin at 7 p.m.

All classes will be held at the Loudoun Sheriff's Office 37 Catocin Circle location in Leesburg with the exception of the firearms training session, which will be held at the Loudoun County Sheriff's Office firearm's range located off of Route 50, in the Chantilly area. The classes are open to Loudoun County residents over the age of 18. To enroll in the Citizen's Police Academy, contact Bonnie Burke at the Loudoun County Sheriff's Office at 703-771-5722, during normal business hours of 8:30 a.m. to 5 p.m. Registration will be on a first-come, first-serve basis. Enrollment is limited to 24 participants.

# Infuse to Lose



By KENNETH B. LOURIE

Your hair. Your appetite. Your energy. Your sense of taste. Your sense of immortality. Your sense of order. Your boyish figure. But you can never lose hope or your dignity, and you especially can't lose the battle with your emotions. Moreover, you absolutely can't lose your sense of humor. If I've heard it from one health care professional, I've heard it from many; if I've heard it from one friend and/or acquaintance touched by cancer, I've heard it from many: staying positive about this incredibly negative set of health circumstances in which I find myself immersed, is the best way to fight.

What's the alternative, really? Be a dismal Jimmy? A gloomy Gus? A stick in the mud (to quote one of my wife, Dina's, favorite Kenny-characterizations)? Hardly. Where's the fun in any of that? Or rather, what's the point in feeling sorry for yourself? From what I've seen and read and heard from friends, family members and readers (thank you all very, very much), there are already plenty of people feeling sorry for me; sending and remembering me in their prayers, encouraging and supporting me in my hours of need, offering assistance and information, all of which I definitely need and appreciate.

However, moving forward, I am not going negative nor am I feeling hopeless. An unexpected outpouring of emotional back-stopping will do that. Life goes on, although when I look in the mirror, I do see Uncle Fester (Jackie Coogan) from The Addams Family staring back at me (a chemo moment, you might say). In this incarnation, Fester is not wearing that black tunic thing with the Elizabethan-type collar he always wore; he is bald, though, with no eyebrows, minimal facial hair and eyes with no lashes. As a result of this stark – and somewhat self-conscious – appearance, I am often seen wearing a Boston Red Sox baseball cap (unlike Fester), forever supportive of my hometown team.

The hat/head cover has been my only concession/acceptance of the cancer. I just can't go around bald; having had a full head of thick, curly black hair my whole life; seeing myself without a strand would have been too much to bare. I don't mind feeling the fear, living the life and walking the walk (one of the side effects from one of the chemo drugs makes it hard to run), but looking the part is a bit more than I can take. In my mind, so long as I don't look like I feel, I won't feel like I look, lousy. I suppose it's sort of like mental gymnastics, a kind of mind-over-what-really-matters. However, when the going gets tough, it's tough not to react in ways unforeseen and maybe even unanticipated. Finding ways (or rationalizations) to hold your head up high and reinforce whatever positive vibe you can emotionally embrace helps to defeat the demons.

As Herman Edwards, former head football coach of The New York Jets and most recently, The Kansas City Chiefs, is famous for saying: "You play to win the game!" And that's exactly what I'm trying to do. Except this is no game of football, this is the game of life.

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

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## 21 Announcements

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## 28 Yard Sales

Ashburn Station Community Yard Sale, 8/22 from 8-12. Lots of clothes, furn, and kids stuff. Community located off of Ashburn Road & Haven Crest Way

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# Mobilizing for Pet Adoptions

The Loudoun County Animal Shelter's mobile adoption vehicle is making stops around the county throughout August in an effort to find new loving homes for shelter animals.

The vehicle allows shelter cats, dogs, and small critters to reach potential adopters throughout Loudoun County.

As a bonus, the spay/neuter fee will be waived for all animals adopted during mobile adoption events. The mobile adoption vehicle is scheduled to make the following stops in August:

- Sunday, Aug. 23**  
12 - 2 p.m.  
Brambleton Town Center  
Brambleton
- Sunday, Aug. 30**  
12-2 p.m.  
Broadlands Marketplace  
Ashburn

Details are available online at [www.loudoun.gov/animals](http://www.loudoun.gov/animals) by clicking on "Events" on the left hand side. News updates are also available at [www.twitter.com/loudounanimals](http://www.twitter.com/loudounanimals).



The county's Animal Shelter will bring potential pets to Brambleton and Broadlands via its mobile adoption vehicle this month.

## BULLETIN BOARD

FROM PAGE 7

### TUESDAY, AUG. 25

**Mobile Health Van.** 9 a.m. to noon. \$18. Inova Loudoun Hospital Mobile Health Services will be offering a special summer wellness check-up, which includes vision, weight, blood pressure, glucose and cholesterol screenings. At the Senior Center at Cascades, 21060 Whitfield Place, Sterling. Call 703-771-2907.

### SATURDAY/AUG. 29

**ESL Instructor Training.** 9:15 to 4 p.m. Sponsored by the Loudoun Literacy Council. Hands-on exercises to practice proven techniques for teaching ESL. At the K2M Corporate Headquarters in Leesburg. An orientation and open house will be held from 6:30 - 8 p.m. on Aug. 19, at 204 S. King Street. Call the Literacy Council at 703-777-2205 with any questions or to sign up, or email [mmontgomery@loudounliteracy.org](mailto:mmontgomery@loudounliteracy.org).

### AUG. 31-SEPT. 7

**Claude Moore Recreation Center** in Sterling will be closed for annual maintenance. All areas of the facility, with the exception of the competition pool, will resume normal hours of operation on Tuesday, Sept. 8. The competition pool will resume normal operating hours on Monday, Sept. 14. The recreation center is located within Claude Moore Park at 46105 Loudoun Park Lane. Call 571-258-3600.

### WEDNESDAY/SEPT. 9

**Loudoun Symphony Orchestra Auditions.** Openings are available for Assistant Principal Bass (paid position plus mileage), Principal Trumpet (mileage), 2nd Trombone (mileage), 4th Horn (mileage), and section strings (volunteer). The orchestra meets weekly in Leesburg and performs 5-6 times per year. Auditions, which are by appointment only, will be held on Wednesday, Sept. 9, 7 p.m. - 10 p.m. at Loudoun Country Day School, 20600 Red Cedar Drive in Leesburg. To reserve a time, send an email to [audition@loudounsymphony.org](mailto:audition@loudounsymphony.org) or telephone the symphony office at 703-771-8287.

### THURSDAY/SEPT. 10

**GFWC Ashburn Area Woman's Club Meeting.** 7 p.m. The club is committed to the

cultural and civic betterment of the community through volunteer service and to provide women with fellowship opportunities. At the Ashburn Library. Call Dale Fisher at 703-368-6264.

**Public Safety Meeting.** 6:30 p.m. Items to be discussed are recent crime and crime trends in the area, traffic safety concerns and other public safety related issues. Sponsored by the Loudoun County Sheriff's Office. At University Station, 45299 Research Place, Ashburn. Go to [www.loudoun.gov/sheriff](http://www.loudoun.gov/sheriff).

**ESL Class Registration.** 7 p.m. Classes are Sept. 16-Nov. 19, Wednesdays and Thursdays, 7-9 p.m. At Crossroads United Methodist Church, 43454 Crossroads Drive, Ashburn. Call 703-729-5100.

### SATURDAY/SEPT. 12

**The Ashburn Classics Meet.** 10:30 a.m. For anyone over age 50. Good food and fellowship. At the Mills Recreation Center in Ashburn Village.

### SUNDAY/SEPT. 13

**Congregation Sha'are Shalom** will sponsor a Mother's Circle group beginning Fall 2009. The Mothers/Parents Circle program is an umbrella of free educational events and resources for parents raising Jewish children within the context of intermarriage or a committed relationship. The program, which focuses on Jewish rituals, ethics and the creation of a Jewish home, includes regular meetings and group Shabbat and holiday observances. Meetings will start in the fall after the regional kickoff activity Sept. 13, 2009 at the Jewish Community Center of Northern Virginia in Annandale, VA. The class will meet about 16 times during the year. Meetings will be held in Ashburn on Monday evenings starting in late September 2009. Contact Sheri Brown at [Congregation Sha'are Shalom at 703-737-0686](mailto:Congregation Sha'are Shalom at 703-737-0686) or [rujec@sha-areshalom.org](mailto:rujec@sha-areshalom.org).

### TUESDAY/SEPT. 15

**Members' Meet & Greet.** 11 a.m. The MOMS Club is a group of at-home mothers (including those who work out of their home or part-time) who have fun and support each other through playgroups, field trips, Moms Night Out, and more. Sponsored by the MOMS Club of Ashburn Village Area. Visit <http://avmomsclub.50webs.com/> or email [ashburnmomsclub@yahoo.com](mailto:ashburnmomsclub@yahoo.com)

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