

# Best Friends Take Over Town Center

Heather Reilly and Yogi  
have a fun day at the Pet  
Fiesta Saturday, May 1  
at Reston Town Center.

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PHOTO BY STEPHANIE KNAPP/THE CONNECTION OPINION, PAGE 6 ♦ CALENDAR, PAGE 10 ♦ SPORTS, PAGE 16 ♦ CLASSIFIEDS, PAGE 17

## Promoting Education, Honoring Educators

NEWS, PAGE 4

## Approval Recommended for Comstock Development

NEWS, PAGE 3

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 5-6-10



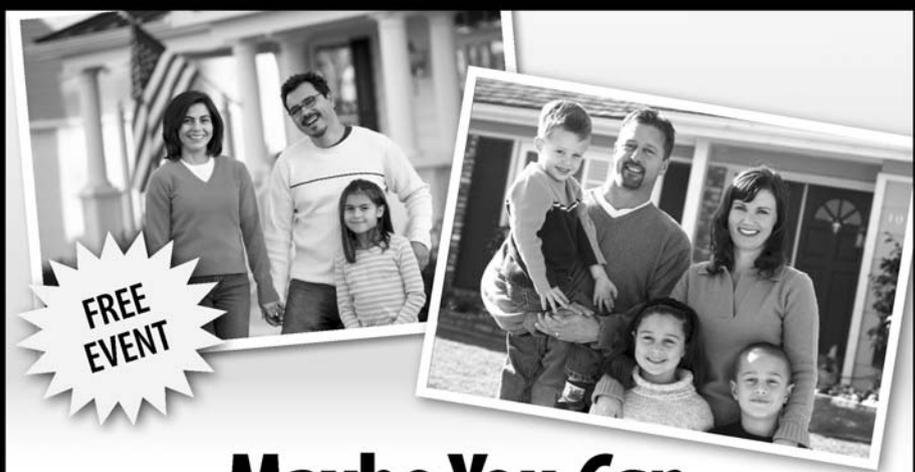
## Reston Association Call for Volunteers for the Covenants Advisory Committee

One Member from Reston's North Point District is needed to serve a three-year term on the Covenants Committee. It is responsible for administering the Use of Property (maintenance) and Residential Property (use) Covenants and considers/determines cases concerning these areas.

If you are interested in applying to be a member of the Covenants Committee, please forward a brief statement of interest and any pertinent qualifications by May 28, 2010, by fax (703) 435-9481, email [cate@reston.org](mailto:cate@reston.org) or mail to Reston Association, 1930 Isaac Newton Square, Reston VA 20190 ATTN: Cate Fulkerson.



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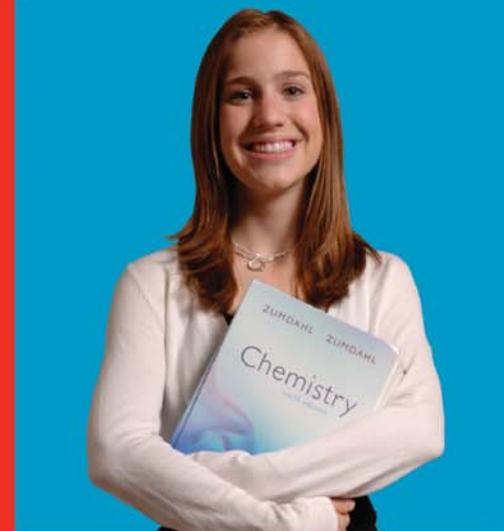
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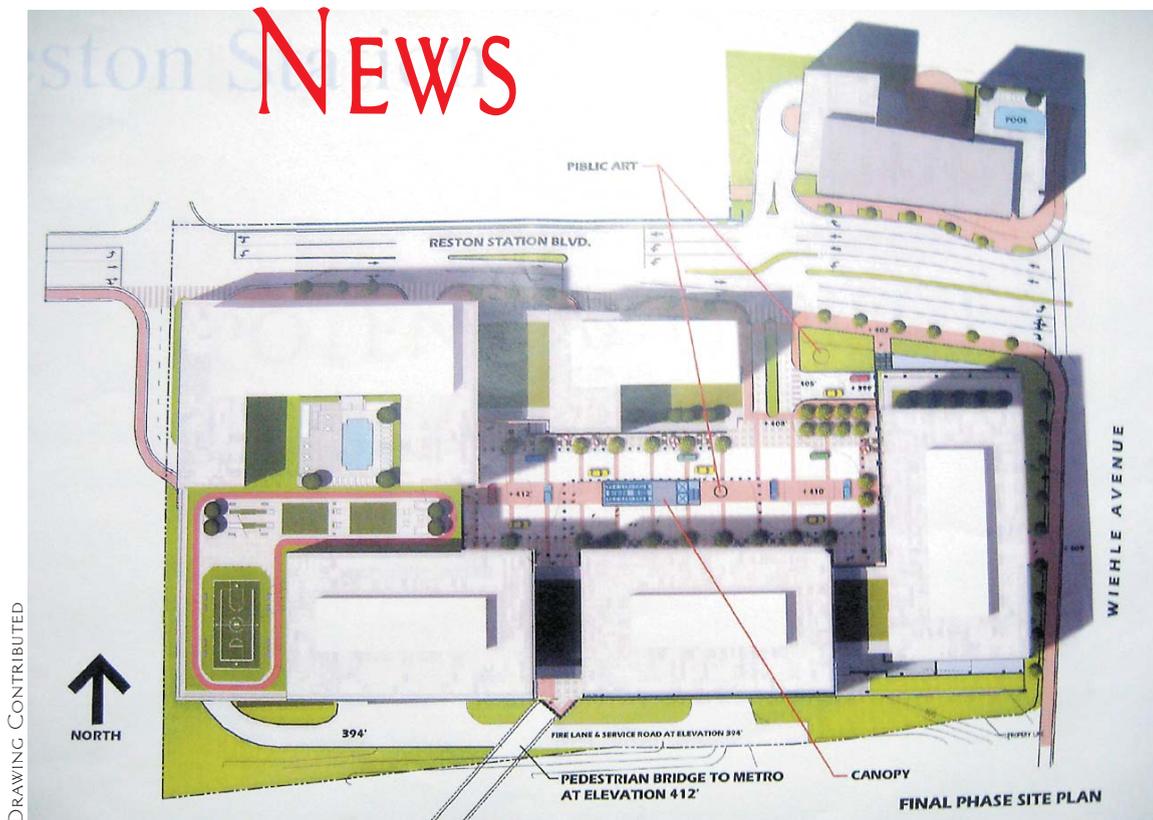
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DRAWING CONTRIBUTED

This drawing shows an aerial view of the Comstock development at the future Wiehle Avenue Metro Station at its final stage of build-out.

# Approval Recommended For Comstock Development

Planning commissioner cites cooperation by developer.

At its meeting last Thursday, April 29, the county Planning Commission voted to recommend approval of the development proposed by Comstock Partners next to the future Wiehle Avenue Metro Station.

Before recommending approval, Hunter Mill District Planning Commissioner Frank de la Fe noted that the commission had received numerous public comments on the development proposal and that, as of the March 25 public hearing, county staff had recommended denying the application. At that time, he said, staff still had three major issues with the application — a failure to address environmentally friendly building standards, lack of an adequate plan to cut down on vehicle trips and unrestricted vehicular access to the plaza at the heart of the proposed development.

Since then, Comstock had continued to work with the county, and staff now recommended approval, de la Fe said.

However, he said that, although the issues of “green” building and traffic management had been resolved, “The issue of vehicular access to the plaza remains problematic.” The concern, he said, was that with unrestricted access for automobiles, the plaza would effectively become a kiss-and-ride for the nearby Metro station. Therefore, staff recommended prohibiting vehicles in the plaza during rush hours, although de la Fe said it was possible that another agreement could be worked out.

He said Comstock had agreed to make residents of its development members of the Reston Association and had also consented to work with a redevelopment oversight body. He said he hoped these arrangements would serve as templates for redevelopment in the rest of the Dulles Corridor.

MANY PUBLIC COMMENTS had suggested that the recommendations of the Reston Metrorail Access Group (RMAG) be implemented, de la Fe said, noting that the more immediate recommendations had been incorporated into the development proffers, while long term recommendations, such as crossings over the Dulles Toll Road and Wiehle Avenue, would not be precluded. He said it was urgent that the recommendation for a “robust feeder bus system” be realized before the Metro station was open.

He also urged that Comstock change its plan and offer more than the required 12 percent affordable housing before its proposal reached the Board of Supervisors.

Much concern had also been expressed over expectations that little sunlight would reach the plaza. De la Fe said many of these comments seemed to assume that the buildings would all be the same height. “Building heights and bulk would differ for each building,” he said.

Just over a year ago, the Planning Commission had recommended a traditional parking structure for the site, in order to serve the station, he recalled. “A number of us commented that we hoped that structure would not be built.” Now, the county is a joint applicant in the development proposal, with an agreement that Comstock will build a below-grade parking garage and then build its development on top of it.

That night, de la Fe said, the commission had the opportunity to ensure that the first Metro-related development in Reston was “more than just a garage.”

The commission voted unanimously for approval.

— MIKE DiCICCO

**“The issue of vehicular access to the plaza remains problematic.”**

**— Planning Commissioner Frank de la Fe (Hunter Mill)**



PHOTOS CONTRIBUTED

Sunset Hills Montessori student Elijah Christopher Green drums along with Tall Oaks Assisted Living resident Martha Stein.

## Students, Seniors Move To Beat of Same Drum

Drumming circle at Tall Oaks Assisted Living launches Connecting the Generations program.

On April 14, residents of Tall Oaks Assisted Living were host to 22 children from Sunset Hills Montessori School to participate together in an intergenerational drum circle. The activity launched the Connecting the Generations pro-

gram, which strives to provide residents of local senior housing communities with meaningful purpose through helping the children.

Senior living expert and Reston resident Steve Gurney spearheaded the program.



Students pepper 102-year-old Leon Dornfest with questions during an intergenerational drum circle at Tall Oaks Assisted Living.

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## NEWS



PHOTO BY MIKE DICICCO/THE CONNECTION

This year's Martin Luther King Jr. Cultural Foundation scholarship winners, joined by former Virginia First Lady Anne Holton, center, were, from left, Tracy King and Jasmin Lawrence of Mount Vernon High School, Alexis Lewis of Herndon High School, Yuri Lopez of JEB Stuart High School, DeAnna Miller of Westfield High School, Cedric Ndaw of Lake Braddock Secondary School, Fiyori Negussie of West Springfield High School, Christian Rivero of Northern Virginia Community College and Tchakalla Romeo of Robinson Secondary School. Not pictured is Waveney Hudlin.

# Promoting Education, Honoring Educators

**MLK Cultural Foundation luncheon recognizes students and educators, features former Virginia first lady.**

BY MIKE DICICCO  
THE CONNECTION

**M**yrtle Gallow, president of the Reston-based Martin Luther King Jr. Cultural Foundation, said the group started awarding scholarships in 1999, shortly after it was formed, as a way of fulfilling its mission to engage in community outreach that embodied the dream that King famously shared with the country. She said the foundation had wanted "some way of recognizing students who needed a little extra recognition and a little extra push."

This year, 35 students applied for the \$2,000 scholarships and 10 were selected, including Reston's own Waveney Hudlin of South Lakes High School, an aspiring teacher who will attend Stanford University next year.

The students were honored at

the foundation's 12<sup>th</sup> annual Scholarship Luncheon and Silent Auction last Saturday, April 24 at the Waterford in Fair Oaks.

Eligible students include Fairfax County high school seniors and Fairfax or Loudoun residents in Northern Virginia Community College's Pathway Program. This year's winners are pursuing a wide variety of dreams, such as Herndon High School senior Alexis Lewis's two possible goals of becoming either a clinical psychologist who works with children or a veterinarian. She has been accepted to eight schools and plans to stay active by playing basketball at one of them.

Northern Virginia Community College student Christian Rivero

plans to pursue a double major in political science and economics at George Mason University, and then graduate from Georgetown Law School and earn a Master's degree in economics and a PhD in political science, all in order to join the United Nations and eventually become a diplomat overseas.

A few years after the foundation was formed, Gallow said, members decided they wanted to recognize people who dedicated their lives to education, so the Outstanding Educator award was created. This year's winners were Alvarez LeCesne, Alene Smith and the team of Lorraine Obuchon and Maureen Nilsen Simmons.

Introducing the winners, Mary Jane Hovis, chair of the

foundation's Outstanding Educator Committee, said LeCesne was a retired Department of Justice attorney who served or had served as president of the Reston Optimists Club, chair of the Reston

**"I'm a huge fan and supporter of public education."**

**— Anne Holton, former first lady of Virginia**

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SEE FOUNDATION, PAGE 5

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PHOTOS BY MIKE DICICCO/THE CONNECTION

**Former first lady of Virginia Anne Holton gives the keynote address at the scholarship luncheon.**



**Tom Wilkins, one of the founders of the Martin Luther King Jr. Cultural Foundation, displays the lifetime achievement award that was bestowed on him at the organization's annual Scholarship Luncheon.**

# Foundation Promotes Education

FROM PAGE 4

Community Coalition, a member of the Executive Committee of the Fairfax County NAACP and vice president of the Reston chapter of Alpha Phi Alpha Fraternity's charitable foundation board, among other affiliations. He was a past winner of the "Best of Reston" award.

LeCesne was being recognized, though, for serving since 2002 as executive director of the Emerging Scholars Program, which is a free program that prepares selected disadvantaged fourth-graders to enter independent preparatory schools and then awards them scholarships to those schools, Hovis said.

LeCesne said he had been the first member of his family to go to college and wanted to help others realize the American dream by giving children the power to earn a scholarship to an independent school and put themselves on track to be future leaders.

As a sixth-grade substitute teacher at Dogwood Elementary School, Hovis said, Smith founded the Rising Stars Transition program, which is designed to inspire children to academic and social success through workshops and meetings with community leaders. The program, she said, "is helping our students develop the pathways to realize their dreams."

After retiring from her position as an admissions director at George Mason University, Smith said, she needed something to do, so she started substitute teaching. As she watched the teachers and students, she recalled, "I said, 'What can I do to help? This is a massive job.'" She wanted to motivate the students to do excellent work, integrate well socially and transition into middle school, and she wanted to introduce them to the idea of college.

Smith said she started the Rising Stars program last year with 86 Dogwood sixth-graders and had since received calls from the principals of Reston's other five elementary schools. This year, she said, the program was about to start with 617 sixth-graders.

Obuchon and Nilsen Simmons were awarded for their work with the school system's Adult and Community Education (ACE) program, where they promoted lifelong learning and helped low-income single parents improve their circumstances, Hovis said. "Beyond their work with students, they strive

to give a public presence to the ACE program," she said. "Not only do they run the Education for Independence program, they raise the funds that support it."

"In light of having the greatest job in the world with the greatest clients, it's not hard to look good," Nilsen Simmons said. "All our students need is opportunity."

"I believe in this day and age society has become complicated," Obuchon said, adding that, with change as a constant, the ability to adapt was necessary as well as education. For example, she said, she had just found out the day before that she had been laid off. She said she was looking at the development as an opportunity to find new ways to serve the community, and she noted that she had several copies of her résumé with her.

A few years ago, the foundation created its Lifetime Achievement award for its own members, Gallow said. "These are people who go beyond the call of duty in both fund-raising and bringing the community together in our organization." This year's award went to Tom Wilkins, one of the organization's founders, a longtime community activist and a former recipient of the Outstanding Educator award.

The guest speaker at the luncheon was Anne Holton, wife of former Virginia Governor Tim Kaine. "I'm a huge fan and supporter of public education," Holton said as she greeted the audience. Recalling some of her school experiences, she said she had been to a number of "fancy schools" but still considered her time in public schools to be the foundation of her education.

Her latest effort on the education front has been leading For Keeps, a nonprofit organization that helps older foster children get and maintain placements. Many foster children changed schools a number of times before they even went into foster care, she said. "Not surprisingly, those kids don't always do all that well in education." She noted that only about 50 percent graduate from high school and only 5 percent earn a degree.

She encouraged the "success stories" that were the day's scholarship recipients to "Take your education, take your scholarships, the support you have, and run with it and have a great life. Do great things."

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# OPINION

## Police Power Demands Transparency

Local police departments should open their books, release original documents, welcome public scrutiny and involvement.

First, we should say that we appreciate and support the police officers who serve and protect our communities. These are remarkable men and women who have dedicated themselves to community service even in the face of danger. They are entitled to a special level of respect.

Police in all communities also wield power unlike any other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, sometimes deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

Somewhere along the way, police leaders in Arlington, Alexandria and Fairfax have gone astray in their control of information.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in the 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can. The actual reports filed by po-

lice officers about any incident, available to the public and the press in almost every jurisdiction in America, are never released in Northern Virginia.

“I don’t think we have to justify it,” said Alexandria Police Chief Earl Cook.

A Fairfax County spokesperson asserted that it was only a few “individual reporters” who were interested in more information from the police.

“Conscientious and dedicated judges, prosecutors, public defenders, and law enforcement officers work in a system which is as transparent as it needs to be,” wrote Alexandria Commonwealth’s Attorney Randolph Sengel.

EDITORIAL

Sengel is mistaken.

“Incident reports like the ones the Virginia law enforcement authorities are saying can’t possibly be released across the country are being released across the country every waking minute of every day,” Charles Davis, director of the National Freedom of Information Coalition, told reporter Michael Pope.

“In Florida, with the transparency level that we have, it helps law enforcement,” said Gerald Bailey, commissioner of the Florida Department of Law Enforcement. “It’s made us better agencies simply because we proceed knowing that our work product is going to be reviewed by the press, by the public and by the people who are actually involved in the cases we are working.”

This isn’t an academic exercise.

In the extreme example, Fairfax County police shot and killed an unarmed motorist in

### Join the Debate

- ❖ Read Michael Pope’s story, “Transparency Blackout: Police departments in Northern Virginia refuse to release public documents,” at <http://connectionnewspapers.com/article.asp?article=338832&paper=59&cat=104>
  - ❖ Read Alexandria Commonwealth’s Attorney Randolph Sengel’s response, “Confidentiality Trumps Disclosure” at <http://www.connectionnewspapers.com/article.asp?article=339154&paper=59&cat=110>
  - ❖ Read an excellent rebuttal to Sengel’s letter, “Citizens Have Right to Know Details of Crimes,” by Ryan J. Donmoyer <http://www.connectionnewspapers.com/article.asp?article=339781&paper=59&cat=110>
- Email your thoughts to [mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com), and watch this space next week to find out how to request information about crime and police activities in your neighborhood.

November, and have said that the shooting was justified. But they have refused to release the name of the officer who did the shooting, refused to release video from the patrol car near the shooting, refused to release any document at all that might shed light on what happened or why.

In everyday examples, a scan of police incidents within a mile of a Tysons Corner address reveals multiple drug offenses and sex offenses. But that’s all the information that is available — the label of the offense, the time, date and block where it occurred. If you as a resident want information on crimes like this near you, you should be able to see for yourself if these are minor or isolated incidents or part of a more serious pattern.

Police should not use a “blanket exemption” from public information laws to refuse to provide specific information about any crime or police activity from the public.

Next week in this space, you’ll learn how to find incidents occurred in your neighborhood, and how to ask the police for more information.

## Energy Update

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

For the last couple of years, I have included in my weekly electronic newsletter, Virginia e-News ([www.kenplum.com](http://www.kenplum.com) to subscribe), suggested actions that individual citizens can take to help stop climate change. Numerous websites offer suggestions on being environmentally friendly, energy conscious and conserving. Not only do I read extensively on these subjects, but I try to put into practice as many of the environmentally friendly ideas as practicable.

A couple of months ago, my wife Jane and I had an energy audit conducted at our house at 2073 Cobblestone Lane in Reston. While the outcome showed that we had work to do to make our home more energy efficient, we were pleased to know the specifics of what needed to be done. We chose CGE Solutions, Inc. ([www.cgesolutions.com](http://www.cgesolutions.com)) to do our audit and were very impressed with their professionalism. For \$325 an energy specialist spent more than three hours going through our house including attic spaces that are quite tight. A blower door, literally a large fan device that covered the front door, ex-



### COMMENTARY

hausted the air from the house in order that air infiltration could be measured. A heat-sensitive camera photographed the areas of greatest infiltration. A detailed 14-page report located the areas of greatest air infiltration and provided a home energy rating standard (HERS) score. My HERS index score was 109, meaning that my house is less energy efficient than the referenced home index of 100. The cumulative size of all the holes and cracks in the exterior of our house were equal in size to a hole of approximately 1.8 square feet. The report also detailed what needed to be done to reduce the air infiltration. All the work of adding insulation, putting foam in cracks, and adding weather stripping I could have done myself, but I chose to spend about a thousand dollars to have the work done for me. My joints are no longer flexible enough to crawl through the attic.

To save some electricity I cleaned out and unplugged an old, pre-EnergyStar freezer that we had in the basement. From tightening up the house, cut

SEE ENERGY, PAGE 15

### LETTERS TO THE EDITOR

## Waste of Fuel And Dollars

To the Editor:

I am writing regarding VDOT’s insistence on conducting a second study for (again) removing a no-turn-on-red sign from the southbound approach at South Lakes Drive and Soapstone Drive in Reston.

In 2008, I’d asked VDOT to consider removing this sign because my neighbors and I often idled there waiting for a green light when it was clear a “right on red” could have been made safely. A VDOT area engineer e-mailed to me this message on Sept. 28, 2008: “We have measured the sight distance for the southbound approach at South Lakes Drive and Soapstone Drive and determined that it does have adequate

SEE LETTERS, PAGE 15

## THE CONNECTION

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## Health Resource Fair Set for May 8

The 1st Reston Health Resource Fair will take place Saturday, May 8, 10 a.m. to 2 p.m. at South Lakes High School. This free family event will feature vision screening and blood pressure checks and information on community health resources. Fun events include face painting and games for the children, dance and karate performances by students, a moon bounce, crafts and live animals from Frying Pan Farm Park. The

Mothers Against Drunk Driving (MADD) crash car will be on hand to remind parents and students during the upcoming prom/graduation season of the dangers of drunk driving and underage drinking.

"Healthy Families, Healthy Community" is the theme of the event, sponsored by the Reston Community Coalition and the South Lakes High School Pyramid Schools.

Melinda Rivas of the Reston Community Coalition, said the event will allow participants to get the H1N1 vaccination, take a mental health screening, or apply for

Medicaid. Information on recreation programs for youths, alcohol prevention and other drug services, domestic violence, and U.S. citizenship also will be available.

## Bicycle Safety Rodeo

Get your child a "license to drive" - a bicycle that is, at the annual Bike Safety Rodeo. It provides a fun opportunity for children to learn about bike safety and receive a bicyclist's license (not

SEE WEEK IN RESTON, PAGE 9



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|--------|------|--|
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|        | 14   | Laura Lea & Tripp Fabulous               |
|        | 21   | Fools & Horses + Rise & Fall             |
|        | 28   | Crowded Streets + Mojo Nation            |
| June   | 4    | No Friday Night Live! (Herndon Festival) |
|        | 11   | Drop Dead Sexy                           |
|        | 18   | Dr. FU + Backseat Betties                |
|        | 25   | Kristen & the Noise                      |
| July   | 2    | Hyjinx + The Shields Brothers            |
|        | 9    | JunkFood + The Cheaters                  |
|        | 16   | Love Seed Mama Jump                      |
|        | 23   | The Reagan Years                         |
|        | 30   | Burnt Sienna                             |
| August | 6    | Gonzo's Nose                             |
|        | 13   | B2B (Jimmy Buffett Beach Band)           |
|        | 20   | The Benjamins                            |
|        | 27   | Lost in Paris                            |

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**RESPONSIBILITY MATTERS**



PHOTOS BY MIKE DICICCO/THE CONNECTION

Members of the group God of Swing, which volunteers at the Senior Senior Prom each year, give a performance.

# Party Like It's 1949

Senior citizens dust off swing dancing moves at Herndon-Reston Senior Senior Prom.

BY MIKE DICICCO  
THE CONNECTION

Jim Klenk, event coordinator for St. Joseph Parish in Herndon, said he was such a fan of the annual Senior Senior Prom that he had left his son's Eagle Scout project to drop in on the event at his church on Saturday afternoon, May 1. "This is one of the neatest things we do here every year," he said of the senior citizens' dance jointly sponsored by the Rotary clubs of Reston and Herndon.

With almost 200 people in attendance, the event had more than doubled in size since it started in 2003, said Pat Williams of the Herndon Rotary's Senior Senior Prom Committee.

"It just keeps growing and growing every year," said Herndon Rotary member and local chiropractor Chris Oliver, who coordinated the dance. "We may

have to open up another room next year."

Providing swing music was the Loudoun Jazz Ensemble, a 17-piece brass band. "They just come every year and donate their time. It's amazing," Oliver said. And dancing to the band, along with the senior citizens in attendance, was the swing dancers' group God of Swing, who also volunteer for the event every year.

About 20 members of the Herndon High School Interact Club, Rotary's service club for teens, as well as the school's Students against Global Abuse (SAGA) group were on hand to help with the setup, greet guests and take pictures.

"It's really just a truly community event," Oliver said.

Junior Helen Berrios and sophomore Ayla Bo had both volunteered at the event last year. "Interact gets us really involved in the community," Berrios said. She said she enjoyed watching a style of dance that she wouldn't see in many other places.

"I think old people are adorable and I love watching them," Bo said.

Ellie Stokes of Reston, who was named prom queen, called the event "the most incredibly well run operation I've seen."

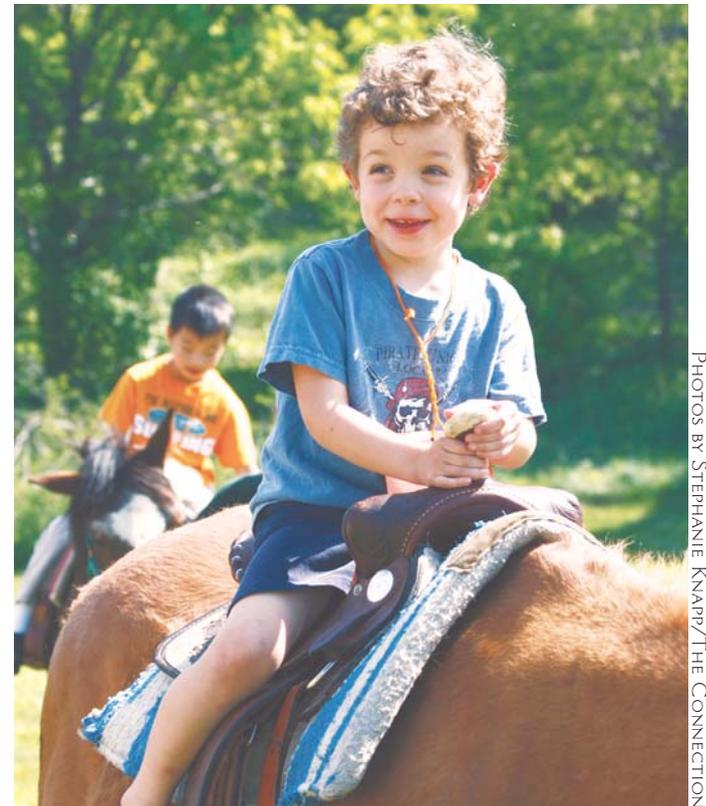
"And not only that, but it made me feel young again," she said. "That music is the music I grew up on."



Ellie Stokes and Bob Smith of the Thoreau Place retirement homes in Reston are named the prom king and queen.



Henrietta Witt, 86, of Reston teaches God of Swing member Charles Williams of Fairfax a few moves.



PHOTOS BY STEPHANIE KNAPP/THE CONNECTION

Carson Harter, 4, loves the pony rides.

## Anniversary Carnival RESCC celebrates 20th anniversary.

The Robert E. Simon Children's Center celebrated its 20th anniversary on Saturday, May 1 with a big carnival at the facility in Reston. Children who attend the Center, as well as prospective students, enjoyed a fun day in the sun with their families and some of the staff from the Center.

The carnival had everything children look forward to for a Saturday of playing: snow cones, cotton candy, food, games, a moon bounce and even pony rides. A silent auction was also available for the adults to bid on.

All proceeds from the event benefited the nonprofit Children's Center. The RESCC accepts children from 3 months to 5-years old.

"At a time where we're challenged by budget issues, and other issues with the economy, the one constant that we appreciate on the school board is high quality pre-school education," said School Board member Stuart Gibson (Hunter Mill).

The Center believes young children learn best through play, so it is set up to educate in a fun way. "Education really gets a wonderful start at this school," Robert Simon said.

For more information on the Children's Center, visit <http://www.simoncenter.org/>

— STEPHANIE KNAPP



Kendall Taylor, 19 months, enjoys the seesaw at the carnival.



School Board Member Stuart Gibson (Hunter Mill) talks with Reston founder Robert Simon.

**WEEK IN RESTON**

FROM PAGE 7

required by law.) The drop-by event is set for Saturday, May 8, at Lake Newport Pool Facility, 11601 Lake Newport Road in North Reston.

This outdoor program, sponsored by Reston Association, State Farm Insurance Co. and The Reston Bicycle Club, will be canceled in the event of rain. For more event information and weather-related cancellations, contact Ashleigh@reston.org or call 703-435-6577.

**Sixth-graders to Convene at GMU**

A one day series of workshops for six graders in Reston South Lakes High School Pyramid will be held May 12 on the campus of George Mason University in Fairfax. The workshops are designed to assist the students ease their entry into middle school. This program, conducted in partnership with GMU, was initiated in 2009 by Alene Smith, a Reston resident, with support from Supervisor Cathy Hudgins (D-Hunter Mill District).

The workshops will be held from 10 a.m. to 1 p.m. in the Johnson Center Dewberry Hall on the GMU Fairfax campus.

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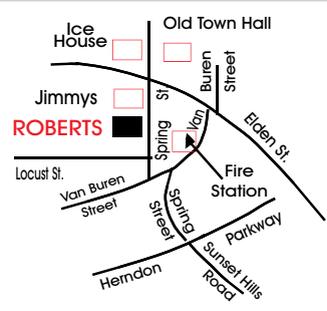
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## CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/MAY 6

**Open Mic for Bands Night.** 9 p.m. at Jimmy's Tavern, 697 Spring St., Old Town Herndon (on the Corner of Elden and Spring Streets). Bands will receive 30 minutes to play, and must pre-sign with Andre' Love at [soulcraftmusic@yahoo.com](mailto:soulcraftmusic@yahoo.com) or 703-984-9114. Walk-ins will only be accepted if time permits. All types of music welcomed. 703-435-5467.

**When Do I Step In?** 7 p.m. at Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly. Learn how and when to step in and how to find help assigning financial and medical oversight to a more competent relative. [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Big Truck Days.** 9 a.m.-7 p.m. at the Public Works Complex, 1479 Sterling Road, Herndon. See the town's big trucks and heavy equipment on display. Light refreshments served and souvenirs provided to children. Groups advised to call for appointments. Attendees are encouraged to bring non-perishable food donations for the needy. 703-435-6860 or [Public.works@herndon-va.gov](mailto:Public.works@herndon-va.gov).

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 13-23 months with adult. 703-689-2700.

**Author Alan Orloff.** 7 p.m. at Barnes & Noble Booksellers Spectrum Center, 1851 Fountain Drive, Reston. Local author Orloff will sign and discuss his new mystery 'Diamonds for the Dead', which is set in Reston. [www.alanorloff.com](http://www.alanorloff.com)

### FRIDAY/MAY 7

**'As You Like It.'** 8 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Shakespeare's romantic comedy. For tickets contact [www.rcp-tix.com](http://www.rcp-tix.com) or 703-476-4500. [www.restonplayers.org](http://www.restonplayers.org).

**Reston V.I.P.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for adults with vision loss. 703-689-2700.

### SATURDAY/MAY 8

**'As You Like It.'** 8 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Shakespeare's romantic comedy. For tickets contact [www.rcp-tix.com](http://www.rcp-tix.com) or 703-476-4500. [www.restonplayers.org](http://www.restonplayers.org).

**Neighborhood Plant Clinic.** 10 a.m.-1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Fairfax County Master Gardeners Association gives tips and strategies. 703-242-4020.

**Bike Safety Rodeo.** 1-4 p.m. at the Lake Newport Pool Facility, 11601 Newport Road, Reston. Drop in anytime; course takes approximately 20 minutes. Children ages 5-12 will complete eight safety stations and earn their bicyclist's license. Bring bicycles and helmets. 703-435-6577 or [ashleigh@reston.org](mailto:ashleigh@reston.org).

**Artspace Exhibit Reception.** 7-9 p.m. at Herndon Artspace, 750 Center St., Herndon. 'The Generation Gap,' featuring paintings by Paul Gayter and photography by his son, Andrew Gayter. 703-956-6590 or [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Weichert, Realtors and Habitat for Humanity Yard Sale.** 8 a.m.-12 p.m. at Weichert, 1760 Reston Parkway, Reston. Vendors are welcome to participate. \$25 per vendor space; fee donated to Habitat. Register

### SCHOOL NOTES

**The Reston Health Resource Fair** will be 10 a.m.-12 p.m. on Saturday, May 8 at South Lakes High. The fair will feature information on mental health, blood pressure and vision screening, and H1N1 vaccination as well as area health services and health-related resources for families. Representatives from Head Start, Medicare, the Fairfax County Fire Department, MADD, Reston Interfaith, CrisisLink's 211 program, and Ayuda will attend. Contact Aimee Monticchio at 703-715-3600 or [almonitcchio@fcps.edu](mailto:almonitcchio@fcps.edu), or Melinda Rivas at [mmrivas@fcps.edu](mailto:mmrivas@fcps.edu).

**Waveney Hudlin and Yoan Nkomba** of South Lakes High School have won scholarships from the 2010 National Achievement Scholarship program. The Achievement Scholarships are awarded to Black American high school seniors to be used for undergraduate study at any regionally accredited United States college or university. Each of the students received \$2,500 National Achievement Scholarships supported by the Na-



## ALL4HYM To Perform in Bluegrass Concert Series

**Weekend Bluegrass Concert Series at the Holy Cross Lutheran Church, 1090 Sterling Road in Herndon on Saturday, May 8, 7:30 p.m. (doors open at 6:30 p.m.) features ALL4HYM (<http://www.all4hym.com>), a gospel bluegrass family band from out Front Royal way. They perform traditional and contemporary bluegrass as well as gospel bluegrass. Terri Kreitzer, Chester Kreitzer (rhythm guitar), Corey Kreitzer (mandolin), Aaron Murphy (lead guitar), Dan Murphy (bass) and Troy Stangle (banjo/dobro) are ALL4HYM. Information/reservation: 703-435-8377. Admission: \$12. [http://www.holycrosslutheranchurch.net/?page\\_id=18](http://www.holycrosslutheranchurch.net/?page_id=18)**

at Weichert or 703-264-0000.

### SUNDAY/MAY 9

**'As You Like It.'** 2 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Shakespeare's romantic comedy. For tickets contact [www.rcp-tix.com](http://www.rcp-tix.com) or 703-476-4500. [www.restonplayers.org](http://www.restonplayers.org).

### MONDAY/MAY 10

**Our Daily Bread Charity Golf Tournament.** 1 p.m. at South Riding Golf Club, 43237 Golf View Drive, South Riding. \$125 registration fee includes a full round of golf, driving range, golf cart, drink cart, hors d'oeuvres and dinner and a silent auction. All proceeds will benefit Our Daily Bread's programs to assist low-income families in Fairfax. Contact 703-273-8829 or [www.our-daily-bread.org](http://www.our-daily-bread.org).

**Walker's Rangers: Spring Sensations.** 2:30 p.m. at Walker Nature Education Center, 11450 Glade Drive, Reston. A hands-on nature club for ages 5-8. \$40 per child RA members, \$64 per child non-members.

tional Merit Scholarship Corporation.

**Sarah Lerner**, former Reston resident from the Class of 2006 at South Lakes High School, received the Founders Day Award for maintaining an excellent grade point average (3.5 or above) in the Gallatin School of Individualized Study at New York University in New York City. She is graduating with a B.A. in May 2010.

**The Academy of Christian Education** in Reston has been named one of ten "Top Schools" in Virginia in the 2009 Johns Hopkins University Center for Talented Youth Talent Search. Many ACE students have received high honors from regional math, spelling and writing competitions.

**Jessica Luehrs** of Reston, a senior majoring in psychology in the College of Science was chosen to be the Honor Court Chairman in the Virginia Tech Corps of Cadets for the spring semester 2010.

Register at 703-476-9689 ext. 6540 or [naturalist@reston.org](mailto:naturalist@reston.org).  
**ESL Beginners.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. ESL conversation group. Adults. 703-689-2700.

### TUESDAY/MAY 11

**Tail Waggin' Tutors.** 6:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Sign up to read to a well-trained therapy dog. Age 6-10 with adult. 703-437-8855.

**Money Matters.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Monthly group discussion focuses on personal finance and investing. 703-242-4020.

**Special Twos.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime. Age 2 with adult. 703-689-2700.

**ESL Advanced.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice English in a group with a volunteer facilitator. 703-689-2700.

### WEDNESDAY/MAY 12

**Mother Goose Time.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Songs, stories and action rhymes. Birth-23 months with adult. 703-437-8855.

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

**Book Discussion.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Brief Wondrous Life of Oscar Wao by Junot Diaz. Adults. 703-689-2700.

**Preschool Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime and activities. Age 3-5 with adult. 703-689-2700.

### THURSDAY/MAY 13

**Swing Dance with DeJa Blue Blues Band.** 7:30 at The Old Town Hall, 3999 University Drive, Fairfax. 703-424-1745 or [www.headoverheelsdance.com](http://www.headoverheelsdance.com).

**Friends' Book Discussion.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. "In the Woods" by Tana French. Adults. 703-689-2700.

### FRIDAY/MAY 14

**'As You Like It.'** 8 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Shakespeare's romantic comedy. For tickets contact [www.rcp-tix.com](http://www.rcp-tix.com) or 703-476-4500. [www.restonplayers.org](http://www.restonplayers.org).

### SATURDAY/MAY 15

**Voce Chamber Singers.** 7:30 p.m. at St. John Neumann Church, 11900 Lawyers Road, Reston. Dr. Kenneth Nafziger, Artistic Director, presents 'Two American Giants: Barber and Schuman.' \$20 adults, \$15 seniors and \$10 students. 703-277-7772 or [info@voce.org](mailto:info@voce.org) for tickets and info.

**Northern Virginia Fine Arts Festival.** 10 a.m.-6 p.m. at Reston Town Center, 11900 Market St., Reston. Juried outdoor street festival. [Restonarts.org](http://Restonarts.org).

**Authors Nancy Seifer and Martin Vieweg.** 2 p.m. Reston Museum, 1639 Washington Plaza, Reston. "When the Soul Awakens: The Path to Spiritual Evolution and a New World Era." 703-709-7700 or [www.restonmuseum.org](http://www.restonmuseum.org).

**'As You Like It.'** 8 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Shakespeare's romantic comedy. For tickets contact [www.rcp-tix.com](http://www.rcp-tix.com) or 703-476-4500. [www.restonplayers.org](http://www.restonplayers.org).

**Neighborhood Plant Clinic.** 10 a.m.-1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Fairfax County Master Gardeners Association gives tips and strategies. 703-242-4020.

**Book Signing.** 2 p.m. Reston Museum & Shop, 1639 Washington Plaza, Lake Anne Village Center, Reston. Authors Nancy Seifer and Martin Vieweg present "When the Soul Awakens: The Path to Spiritual Evolution and a New World Era". [www.RestonMuseum.org](http://www.RestonMuseum.org).

### SUNDAY/MAY 16

**Reston Choral Spring Concert.** 8 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. \$20 adults, \$15 seniors and youth. Buy tickets online or at the Reston Community Center box office. 703-476-1111, 703-834-0079 or [info@restonchorale.org](mailto:info@restonchorale.org).

**Voce Chamber Singers.** 3 p.m. at St. Timothy's Church, 432 Van Buren Street, Herndon. Dr. Kenneth Nafziger, Artistic Director, presents "Two American Giants: Barber and Schuman." \$20 adults, \$15 seniors



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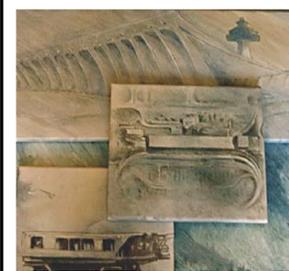
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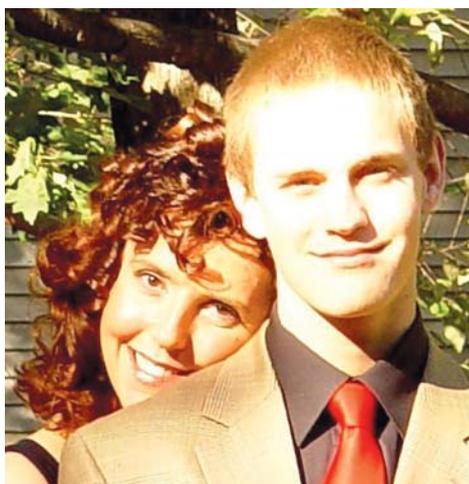
# MOTHER'S DAY PHOTO GALLERY



Visiting grandma Ito, from Japan, with daughter Rummy and grandson Sean Murray of Reston, crossing the bridge during the golfing trip to South Carolina last Thanksgiving.



Jasmine Chmiel of Reston with her sons in the hospital the day after she gave birth to the newest little one on Wednesday, April 28, 2010. Her older son, Andrew Chmiel, is singing to his one-day-old baby brother, Connor Chmiel. They are looking forward to spending Connor's first Mother's Day together.



Stacey Rogers, with son Jackson, heading to a wedding.



Fran Lovaas with her three children and grandson, standing, from left, Jenni Lovaas (daughter), Deron Lovaas (son) and Fran. Seated, Cole Loveman (grandson) and Terry Loveman (son, Cole's dad).



Aphrodite Hero, of Reston, and her son, Greg Hero, of Great Falls, at Kiawah Island, S.C. on Memorial Day 2009.



Grandma Ty, Mom Leslie and 5-years-old Gavin from Reston enjoying the beautiful day at the Baltimore Inner Harbor, brunch at Phillips, a boat ride around the Harbor and historic waterfront and exploring the national aquarium museum on April 4, Easter Sunday.

# MOTHER'S DAY PHOTO GALLERY

Anne and Nick Nagy of Reston pictured at Cayman Islands 2008.



Three generations: Caretha Williams (dressed in white on right), her daughter Mary Barrino-Smith, Kim Butler-Dennis and Kelly Butler-Noel, Mary's daughters.

Phoebe, Forrest and Sharon Adams (mom) enjoy relaxing on a rock in the Smoky Mountains on vacation.



Cathy Harrison with daughter Bridget. Cathy and husband Mike moved to Reston in 1975 and two years later Bridget was born.



Caretha Williams, 80, fourth person in a first row, with daughter Mary Barrino-Smith, first from left, and her daughter, Kim Butler-Dennis (third from left) and Jade Jones, 19, Kim's daughter (second from left). In the second row: Kelly Butler-Noel, daughter of Mary, Carlos Noel, 8, son of Kelly, and Kobe Noel 7, son of Kelly, pictured on Mother's Day 2009 on steps of Kim's house in Centreville



Mary Beth Falk and her children in Reston.

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# NEWS



Jordan Chetelat is pictured with best friend Zap.



PHOTOS BY STEPHANIE KNAPP/THE CONNECTION

Many homeless or abandoned dogs find new homes at the Pet Fiesta.

## Best Friends Take Over Town Center

### Tenth Annual Pet Fiesta celebrated.

Man's best friend took over Market Street in the Reston Town Center on Saturday for the 10th Annual Pet Fiesta. This year's fiesta was sponsored by Reston Town Center and The Hope Center. It benefited GoodDogz.org, a nonprofit organization whose goal is to educate owners on choosing the right dog and to provide support to dog rescue organizations.

Vendors were located all up and down Market Street. They sold coats, leashes, collars, bones, toys, and beds and even pet photography was available for sale. Some booths were occupied by rescue centers trying to find homes for abandoned dogs. Others had veterinarians and animal hospitals in the area.

While this year's main theme was all about dog lovers, but some ferrets were also present and some booths were dedicated to other household pets.

With a demonstration by two teams, Beltway Bandits and Two Lane highway, Flyball was a big

crowd pleaser. Flyball is a race where two four-dog relay teams jump over four hurdles, presses on a box, which releases a tennis ball, then returns over the four hurdles to the start line with the ball in their mouth. When one dog finishes, the next on that team may go.

Fun pet contests were also conducted with an entry costing \$10. The categories were: best dressed, best trick, best bark or howl, and the fastest frosty-paw eater. All proceeds from the event went to GoodDogz.org.

— STEPHANIE KNAPP



Grandparents, parents and children all got into the fun of line dancing.

## Medical Care for Children Celebrated

Two-hundred and eight children and adults celebrated the work of the Medical Care for Children Partnership Foundation at the "Dress Up with Grown-Ups Gala." Adults in black tie danced with little girls in their finest party dresses and little boys in their suits — even a baby in a miniature tux. A DJ had everyone up on the dance floor, and a magician entertained the guests.

Hors d'oeuvres passed by waiters included peanut butter and jelly triangles as well as coconut shrimp, so all ages were satisfied. Kaiser Permanente was

the Golden Stethoscope sponsor, Reston Hospital Center and Jones Lang LaSalle were Silver Sling Sponsors, and there were a large number of Bronze Thermometer sponsors, as well as Pediatric Pals. Flutter Photography provided pro bono services.

The Dr. Jorge Arnoldson Memorial Award was dedicated and accepted by Arnoldson's widow, Rosa, in recognition of the pediatrician who cared for children in the MCCC program for 23 years. The MCCC Foundation provides medical and dental care to uninsured children of lower-income working families.

# Act Locally

BY JACK KENNY  
PAST PRESIDENT, REPUBLICAN CLUB OF GREATER RESTON



## A DIFFERING POINT OF VIEW

ings in the front yard. As you entered the sales barn, the warmth of the cheerful, pot-bellied stove greeted you. The spicy smells of cider were inviting. Soon, Christmas decorations began to appear.

The variety of decorations from the exotic to the simple were on display.

Occasionally, a light snow would grace the landscape bringing a reminder that the holidays would soon be upon us. We knew that soon the magic of the Reston Farm Market would close as winter took over: the owners packed up and headed for warmer climes to plan for the spring opening just a few months away. Alas, for whatever reason the Reston Farm Market fell on hard times.

Enter the government! Big government advocates came up with the bright idea of a Reston Farmer's Market. Notice the addition of three letters — "er's." The Fairfax County Park Authority developed the adults-only, sterile, over-regulated concept of a farmer's market. The stall has to be from some business within 125 miles. Over 50 percent of the vendors at the Reston Farmer's Market come from outside Fairfax County. Here again, we have the Park Authority, no stranger to competing with commercial entertainment facilities (ask the proprietors of driving ranges for golfers) taking over a market served by a small business. A once thriving small business, providing employment to a dozen employees disappeared. The question of which happened first, the Reston Farm Market going under or the Reston Farmer's Market's birth merely filling a void is moot.

The taxpayers of Fairfax County are the poorer for it. The loss of a small business to be replaced by a government-sponsored commercial activity is no small matter.

Keep the environment in mind as you work around your home this spring. Scientists now believe that the greatest threat to the future health of the Chesapeake Bay is the run-off from over-fertilized lawns. Choose phosphate-free fertilizer for your lawn and do not use more than the recommended amount. Consider leaving some of your land in its native state; the wildlife and the Bay will appreciate it. Do not use herbicides and other chemicals excessively.

I would be pleased to learn what you are doing in your home to become more energy efficient. Please write to me at kenplum@aol.com.

decided to reinstate the right-on-red restriction due to the exclusive pedestrian movement which exists at this intersection" and that "a new study will be made." In other words, taxpayer dollars are being spent to re-evaluate this intersection when a study already was conducted recently.

My neighbors and I drive through this intersection at least twice a day and rarely see pedestrians. We now must, again, idle

for many minutes when there 1) is no traffic and 2) no pedestrians. This wastes time, fuel and contributes to more pollution than necessary.

If VDOT is concerned about pedestrian traffic, why not simply replace the "no turn on red" sign with a "no turn on red when pedestrians are present" sign?

**Cindy McConnell**  
Reston

A trip down Nostalgia Lane! Remember the old Reston Farm Market down at the corner of Route 7 and Baron Cameron? It usually opened in April with spring flowers, a tower of mulch bags, hanging baskets and a ride or something to interest the young ones. As spring moved on, fresh produce from the local farmers became available. Approaching summer, a greater variety of produce and locally grown farm products appeared on the shelves and tables. A variety of plants and shrubs were displayed in the large front yard. Silver Queen corn was sought after by many. There was always something fun to occupy the youngsters while one explored the vast array of the growing season's bounty. Preserves, honey, breads, and a host of harvest-time products began to appear on the shelves.

As summer moved to autumn, a large mountain of straw bales was set up with tunnels and stacks for the children to climb on. It seemed a thousand pumpkins of all sizes graced the front yard. Our youngsters had their choice of a pumpkin all of their own to reinforce their sense of possession. The excitement of Halloween became their focus. Stacks of corn stalks were available and decorations for the home were presented. Hot mulled cider, fresh out of the warming pot was offered and tasted delicious in the chilled autumn air.

Soon the pumpkins disappeared and the varieties of corn and fall decorations for your front door and mail box decorations took their place. As the chill of autumn gave way to a frosty air, annuals and shrubs that needed planting in the fall occupied the front yard. Then Christmas trees replaced the fall offer-

# Energy Update

FROM PAGE 6

ting off the lights, and unplugging appliances, I believe I will be able to save enough on my current electric bill to enroll in Dominion's Green Power ([www.dom.com/VaGreenPower](http://www.dom.com/VaGreenPower)) to purchase renewable energy certificates without additional cost to me. Renewable energy certificates are 1.5 cents per kilowatt hour added to your electric bill. Revenues from the certificates help fund the expansion of sources for renewable energy.

## LETTERS

FROM PAGE 6

sight distance to permit a right turn on red maneuver safely." The sign was removed several weeks later.

Recently, the intersection was reconstructed with new traffic signal poles, signals and a controller — and a new "no turn on red" sign. According to VDOT, "the engineer who supervised the design phase of the reconstruction de-

## BULLETIN BOARD

To have community events listed in the Connection, send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Friday.

### FRIDAY/MAY 7

**Salute to James E. Bennett, retiring President & CEO, Metropolitan Washington Airports.** Reception at 11:30 a.m., lunch served at 12 p.m. at Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. Bennett will retire from the Metropolitan Washington Airports Authority after fourteen years of service. 703-572-8714.

### MONDAY/MAY 10

**Reston Runners Women's Training Program.** 6:30 p.m. at South Lakes High School, 11400 South Lakes Drive Reston. For women walkers and runners, to begin or get back into an exercise routine. \$30. Speakers on running form, gear, common injuries, and nutrition. Register at [www.restonrunners.org](http://www.restonrunners.org).  
**Chen tai chi.** Beginners class every Monday, 6:30 p.m. at the Jow Ga Shaolin Institute, 600-D Carlisle Drive, Herndon. First class free. All levels and ages welcome. [truetaiichi.com](http://truetaiichi.com) or 703-801-0064.

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# SPORTS

## Highlanders Set Tone Early In Win Over Seahawks

South Lakes baseball coach says it takes a perfect game to beat Highlanders.

BY RICH SANDERS  
THE CONNECTION

Last week's Liberty District baseball game between powerful McLean and improved South Lakes was important to both squads for different reasons.

For the defending district champion Highlanders, it was an opportunity to remain unbeaten in both Northern Region and district play this season and to extend its win streak to eight games.

The Seahawks had more modest, yet just as important aspirations — to continue to show improvement during a spring campaign in which South Lakes has won four games, double the amount of victories from last season.

But in Friday night's meeting between the two district opponents in Reston, McLean took charge from the start and never looked back on way to a 12-2 win. The game was shortened to five innings as a result of the 10-run mercy rule.

"They're just a real good club over there," said South Lakes coach Galvin Morris, following his team's loss to the Highlanders. "It takes a perfect game to beat a team like that."

With the win, McLean improved its record to 13-2. Its only losses this season came during its spring break trip to San Diego. With just a couple of weeks remaining in the regular season, McLean is perhaps the hottest team in the region and will be a force to be dealt with at the upcoming district tournament, set to begin on May 18.

South Lakes (4-12) lost its fifth straight game following a modest two-game win streak in which it had beaten both Jefferson and Marshall, the latter win coming on a no-hitter by Seahawks' pitching ace John Beck.

South Lakes, 2-7 in the district, was scheduled to play district road games this week at Jefferson (Tuesday, May 4) and at Marshall (Friday, May 7 at 6:30 p.m.).

"Our goal is to get into the regionals," said Morris, whose team would need a first round district tournament win to earn an automatic seeding into the following week's 16-team region playoffs. "We still have a lot of work to do. It's the old cliché, 'take one game at a time.' We have games this week on Tuesday and Thursday against teams we can beat if we put it together."

McLean, which a year ago experienced a breakthrough season in winning the district championship, is a seasoned, talented team that is pitching strong and better at the plate than it was a year ago when its season ended with a first round region playoff loss to Centreville. The Highlanders lost that region postseason game to the Wildcats, 2-0. Centreville pitching ace Ryan Ashooh was dominant that day, holding down a McLean squad that received a solid starting pitching outing itself from Sean Fitzgerald.

Fitzgerald, a senior and one of the region's top



**Will Sweet of South Lakes crosses home plate as a result of a run-scoring double by teammate Kevin Ball in the fourth inning.**

pitchers during his four-year varsity career, said McLean is hungry to return to regionals this spring and put together a nice run. The Highlanders, he said, are highly motivated to atone for last year's region playoff loss.

**MCLEAN DISPLAYED SOME** of its dominance on Friday right from the get-go by scoring 12 first inning runs to all but put the game away after its first at-bats. Fitzgerald, batting third in the Highlander order, smacked a towering, two-run homer over the left field fence to highlight the big inning. The round tripper came on his second at-bat of the inning. Other key hits included a two-run single by Chris Russo, run-scoring singles from Josh Sborz, Jordan Ghanam and Ethan Gaba, and a two-run double into right center field by Colin Cannon.

It was a tough night for South Lakes' starting pitcher Will Sweet, a junior who has been one of his team's better players this season. The Seahawks did get good relief pitching in the game from junior David Odlen (two scoreless innings), who had an outstanding curve working in fanning four batters; Kevin Ball (no hits over one inning); and Beck, the team's starting pitching ace who worked a perfect fifth inning.

At the plate, South Lakes had four hits on the night. Ball belted an RBI double into deep center field during McLean's two-run fourth inning. Sweet, who had opened the inning off with an infield single, scored on the extra base hit. McLean's other base hits came in the bottom of the first inning, an infield single from Ryan Forrest and a double by Wilfredo Corps-Ortiz.

McLean's Fitzgerald (6-0 record) earned the win on the mound, allowing two hits over three shutout innings with three strikeouts. Billy Heberton and Sborz both threw one inning apiece in relief. Sborz allowed no hits.

Morris credited his team with playing hard even after falling way behind.

"They could have quit, but they didn't," he said. "They still competed."

McLean was scheduled to play at Madison on Tuesday, April 4 of this week. On Friday, April 7, at 7 p.m., the Highlanders will host Fairfax.

### SPORTS ROUNDUPS



**Players within the Reston Little League were on hand to enjoy South Lakes' home baseball game versus Langley on April 23.**

South Lakes High baseball celebrated Reston Little League night on Friday, April 23 when the Seahawks hosted Langley in a Liberty District game. While South Lakes lost to the Saxons, 13-5, it was still a good night of baseball in Reston with the Little League teams and players on hand.

South Lakes held a 5-4 lead after five innings of play before Langley scored two runs in the top of the sixth and seven more in the seventh to break the game open.

Langley, earlier, had jumped out to a 2-0 first inning lead before South Lakes, in its half of the inning, scored four times to go ahead 4-2. Ryan Forrest led off with a double, Will Sweet singled, and Wilfredo Corps-Ortiz cleared the bases with a three-run home run to left center field. Then, Billy McLaughlin singled, Wes

Casson doubled and Austin Schweppe picked up an RBI with a ground out to shortstop for the fourth Seahawks' run of the inning.

Langley chipped away with runs in the second and third innings while the Seahawks scored a single run in the second on a David Odlen single/error.

Seahawk starting pitcher Will Sweet went five innings before giving way to relievers Kevin Ball, Jordan Hataway and Forrest. Sweet, in the quality start, scattered six hits over five innings of work, with four strikeouts and two walks.

The balanced Seahawks' offense came to life with eight hits, five in the first inning. Forrest had two hits while Sweet (single), Corps-Ortiz (home run), Ball (single), McLaughlin (single), Casson (double) and Odlen (single) all got hits as well.



**The Herndon High boys' soccer team lost a tough 3-1 decision at Langley Friday night, April 30. Even so, the Hornets still carry an impressive 6-3-2 overall record going into this Friday's home contest versus Annandale at 7 p.m. Here, Herndon senior player Wynton Rose makes his move with the ball.**

# OBITUARY

## Ross DeWitt Netherton

Ross DeWitt Netherton, 91, died peacefully in his Arlington home early Friday morning, April 30, 2010. He was born in Chicago, Ill. Nov. 6, 1918, to parents Ross Dewitt Netherton and Orra Faxon Netherton. Growing up, he attended the University of Chicago's Lab School. He attended the University of Chicago, earning degrees in history, political science and a JD; University of Michigan and SJD from University of Wisconsin both for law degrees. He taught law at Chicago-Kent College of Law and American University's Washington School of Law (Professorial Lecturer 1950-1959).

A WWII Army veteran, Netherton served for years of active duty, part of his time spent in the China, Burma, and India theater, (931st Signal Battalion) followed by 27 years in the Army Reserve, retiring as a colonel in 1973. He was an active member in the Burma Star Association, organizing the First American Branch in 2000. More recently, Netherton organized and conducted a semi-monthly Military History Forum in Falls Church.

Netherton was retired from a career of conducting and administering research and writing programs in academic, governmental, private sector, and consultative organizations. His main fields of expertise had been in transportation and land-use planning law, environmental law, historic preservation, and local history. He has published, lectured, and consulted in a professional career of more than 40 years. He has designed and managed scholarly and applied research and writing programs for national organizations, the U.S. Departments of the Interior and Transportation, the National Research Council, The American Bar Association, and Congressional study commissions; and he has served as an advisor for the National Conference of Commissioners on Uniform State Laws.

In Northern Virginia, he and his wife, Nan Netherton, had co-edited the first Fairfax County Directory: A Civic-Government Handbook in 1957. Later, they co-authored histories of Arlington County and Fairfax County. Individually, he had written monographs published by the Fairfax County Planning Department on the Fairfax Courthouse, the Colvin Run Mill, and Green Spring Farm. Most recently he has co-authored a regional history of Virginia between the Rappahannock and Potomac Rivers titled *In The Path of History*. He was an honorary life member of the Falls Church Historical Commission, a member of the Northern Virginia Association of Historians, and he had received awards and professional recognition for his research and writings and lifetime contributions to the preservation of history.

He is survived by his sons, David Netherton (Concord, Mass.), and Richard Netherton (Falls Church), and daughter, Nancy Netherton Stelling (Richmond), five grandchildren and four great-grandchildren. A memorial service will be planned for early June 2010.

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## Salad Daze



By KENNETH B. LOURIE

The dictionary defines "salad days" as the "time of youth, innocence and inexperience." For a cancer patient (yours truly), who has changed his eating habits, almost entirely (I give myself a B-) to incorporate fruits and vegetables, greens in general, and salad in particular, instead of merely consuming his daily bread, there is no more ironic characterization of time than this column's title. And I'm eating salad because my "time of youth, innocence and inexperience" is long gone. It left March 5, 2009, when my oncologist explained to me (and Team Lourie) exactly what my stage IV lung cancer diagnosis meant, statistically speaking: I was now life-expectancy-challenged, to put it mildly; that is, with a "p.c." spin on it.

And "correct," with respect to my consumption, is what I've tried to be. I'm attempting to follow a PH-balance-changing regimen to consume a great deal more alkaline foods than acidic foods, thereby altering (hopefully) my blood chemistry; the theory being that cancer cells, which we all have as part of our DNA, figuratively speaking (maybe even literally for all I know/understand), cannot exist in an alkaline environment. In effect/theory, making one's internal combustion engine a less hospitable environment/host to these life-threatening cells, and to extend my prognosis/life in the process, beyond its current 13-months-to-two-years time frame.

And so, salad, sometimes days, more so nightly and on the weekends, is now a primary part of my food for thought. These days, I spend more time in the produce section of the supermarket than I do in any other aisle. Not that I've become the least bit knowledgeable (actually I have become the least bit knowledgeable), but I have become more inclined and quite frankly, likely, to wander through this section first (and foremost) to take in the sights - and smells - and to see if there are any items that meet my still extremely narrow window of eating opportunity. (Organic is even better, I've been advised.)

No more can I cookie-cake-candy-ice cream-soft drink my way through the supermarket. In fact, I haven't had an Oreo Cookie (Double Stuf) in so long, that I'm no longer sure how to spell "Stuf." Still, I wander through those aisles, too (I'd be lying if I said, occasionally), taking inventory, so to speak (sort of as a peculiar way to motivate/discipline myself) and to semi dip my toe back in the sugar-consuming water. But I have enough intestinal fortitude now, to not indulge in my former eating fantasies. (To be honest, I'm not a saint, but neither am I the sinner I once was.) It's extremely difficult, though. Almost all the foods (or the category of foods) that I misspent my youth - and life - eating, and love still: sugar, dairy, pasta, potatoes, rice, bread, beef/veal/pork/turkey are acidic and thus, out, at least to the extent/percentage theorized (30 percent of your calories) in this alkaline/acidic, cancer-affecting discussion/debate.

As my new consuming passion then, no longer am I eating/drinking all the friendly-to-cancer "ingestibles" that I have been for the past 50 years (certainly nowhere near the frequency or ferocity, that's for sure). Is it helping? I don't think it's hurting. Is it proactive? Yes, in a reactive-to-my-diagnosis kind of way. Am I doing better than my oncologist expected? Yes! (See column titled "Between a Rock and a Hard Place," 4/21/2010 for comparison.) Is my prognosis different now in year two? No. Can I live with the consequences of these most recent actions? Happily so, and hopefully for years beyond the original diagnosis. Are there any guarantees? Just one: "No one gets out of this life alive." So said, Ceil Lourie, my mother, many times. (For her sake, thank God she died before my diagnosis.)

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

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I believe the future is only the past again, entered through another gate.  
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**21 Announcements**

**ABC LICENSE**  
Asiatic, Inc trading as Tara Thai, 13021 Worldgate Drive, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Mixed Beverage on premises/Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Kitiphan Srisawat

**Equal-Parenting**  
State-wide Meeting  
May 15, 2010, go to [fathersforvirginia.org](http://fathersforvirginia.org)

**26 Antiques**

We consign/pay top \$ for antique/semi antique furn. including mid century & danish modern Teak furniture, sterling, mens watches, painting/art glass, clocks, jewelry, costume jewelry, etc. Call Schefer Antiques @ 703-241-0790.

**28 Yard Sales**

**4th Annual Kingstream Community Yard Sale Event**  
This Sat., May 8th 8am-2pm.  
Rain Date: 5/15  
Located behind Herndon High School and including Sugarland Valley Dr.

**117 Adoption**  
Adoption: A lifetime of endless love, laughter, security & every opportunity await your precious newborn. Expenses pd. Private/ Legal. Jen & Greg 1-877-205-2780

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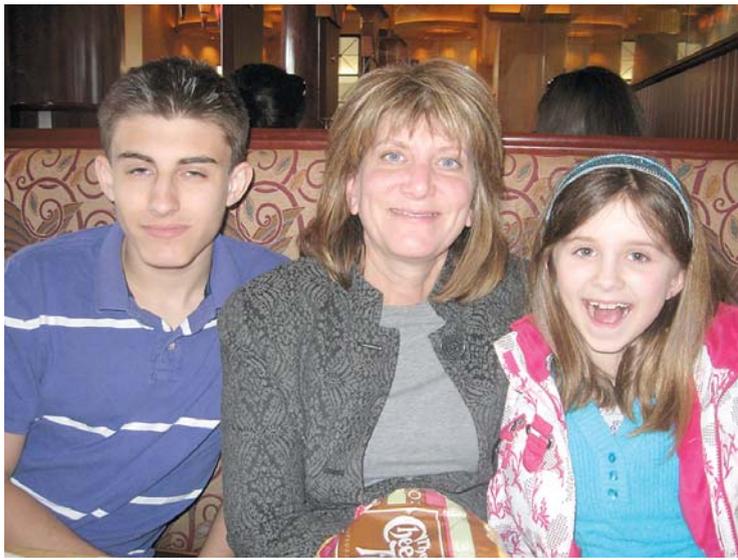
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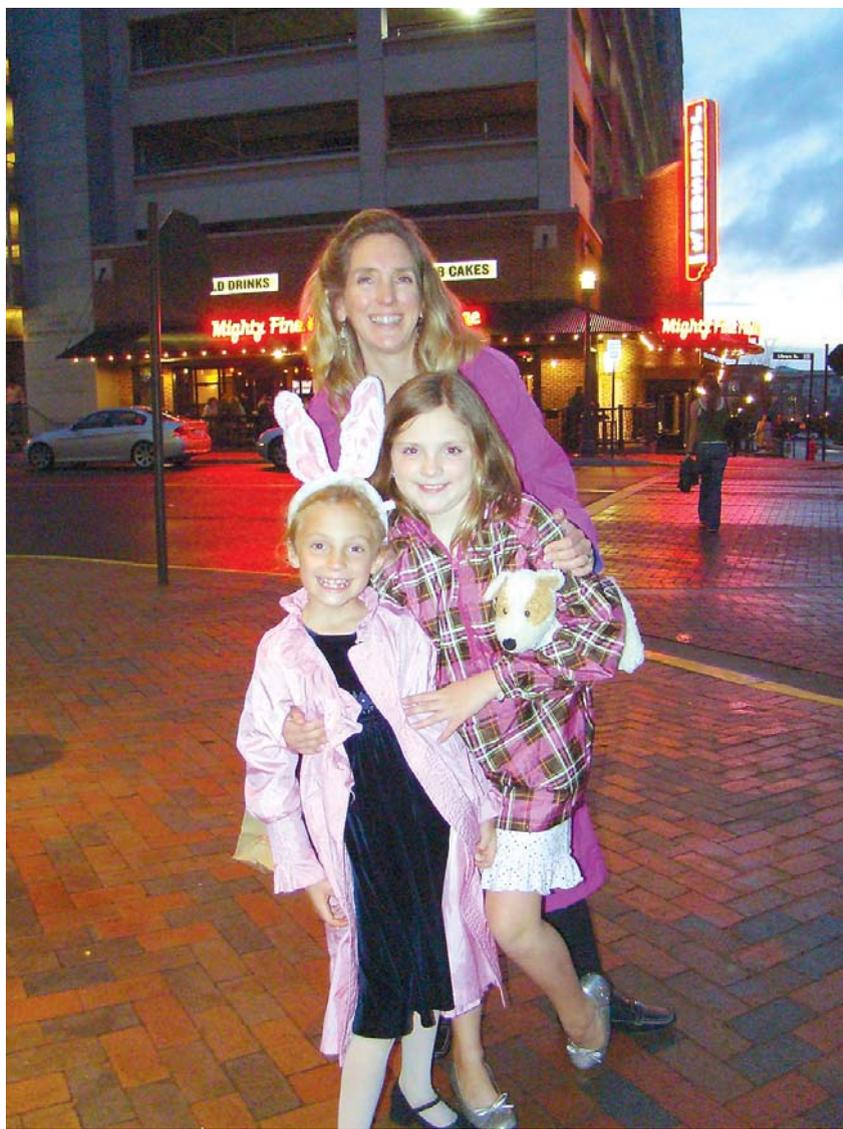
Mont Vernon Gazette POTOMAC ALMANAC  
Monday, June 9, 2008 (EST)  
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# MOTHER'S DAY PHOTO GALLERY

**Tama Falk and offsprings Alex and Bailey enjoy a lunch in Reston.**



**Kristine Denzau-Mayo of Reston sent us a family photo taken last Christmas (December 24, 2009), when her parents were visiting from New Jersey. The three generations of family, two generations of mothers are about to eat traditional Christmas Eve dinner, a Swedish smorgasbord. From left, Scott Mayo, Greg Mayo, Kristine Denzau-Mayo, Bob Denzau, Sonja Denzau and Sonja Hope Mayo (in front).**



**Judy Rutledge with daughters Sydney and Tiffany.**



**Maia and Calvin Lucier.**



**Amanda Frye Leinhos, a member of the South Lakes High School class of '87, sends a photo of her three daughters: Mimi Leinhos, 6, standing on the left, Nadia Leinhos, 9, seated holding baby, and Lola Leinhos, age 1 month in the photo, being held by her big sister. Their grandmother, Delores Frye, has been a resident of Reston since its founding.**



**Katy Curran with children Hugh, Brina, Maureen, and Kerry.**

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#141 (10W-40)

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| ANNANDALE 703-354-7600<br>7219 Columbia Pike<br>(Near Columbia Pike & Rt. 236)               | HERNDON 703-707-0800<br>23070 Oak Grove Rd<br>(corner Rt. 606 & Oak Grove Rd.)                             | <b>TWO MANASSAS LOCATIONS</b>   |
| BURKE 703-425-4400<br>5663 Burke Ctr. Pkwy.<br>(Rt. 123 & Burke Ctr. Pkwy behind McDonald's) | NEWINGTON 703-339-8300<br>8196-A Terminal Road<br>(Fairfax County Pkwy. across from Tank Farm)             | MANASSAS 703-368-7106<br>(Metro) 703-631-1125<br>(Champ Auto Parts)<br>9088 Euclid Avenue |
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