

Reston CONNECTION

PHOTO BY CLAIRE BABILONIA/THE CONNECTION

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Supervisor John Foust (D-Dranesville) speaks to residents of the Horsepen Creek and Sugarland Run watersheds Aug. 3 during a public information meeting about various planned watershed restoration projects.

Stream restorations, like this completed section of The Glade in Reston are part of the many projects being proposed to fix watersheds around Fairfax County.



PHOTO BY ALEX McVEIGH/THE CONNECTION

A crane on a floating platform in the middle of Lake Audubon dumps collected sediment onto the barge. The dredging of Lake Audubon is a six-week project that will help keep sediment accumulation, which forms shallow patches that disrupt boating and fishing.

Watershed Workshop

County seeks feedback on watershed plans.

BY ALEX McVEIGH
THE CONNECTION

The Reston Community Center at Lake Anne was the site of an informational meeting about the upcoming plans for the Sugarland Run and Horsepen Creek watersheds Aug. 3. The forum was part of a process to develop plans for each of the 30 major watersheds in Fairfax County.

A Watershed Advisory Group made up of representatives from local neighborhoods, businesses and other groups helped develop the plan, which includes a list of proposed projects for the next 25 years. They helped develop a list of priority (within 10 years) and long-term (within 25 years) projects.

Countywide, more than 4,000 projects are proposed, 62 in Horsepen Creek and 76 in Sugarland Run. The 70 "best ranked" projects are priority structural projects designed to be implemented within 10 years. The total cost for all the 10-year projects is projected at \$28,860,000, according to the plan's draft.

THE SUGARLAND RUN watershed is 22.5 square miles, 13.7 of which are in Fairfax County. The Horsepen Creek watershed is 22.8 square miles, 9.8 of which are in Fairfax County. Both are located in the northwest part of Fairfax County, and feature a combined 50.4 miles of perennial streams within Fairfax County.

The plan involved the public every step of the way from forums dedicated to increasing awareness of the process of stormwater management to the actual drafting of the plan.

Public input is currently being sought for the plan, so the advisory group can start prioritizing projects, to make sure the most important and needed ones get done first.

"What we've done is design a prioritization tool which will help us ... have the ability to select different prioritization criteria, depending on what our main focus is," said Fred Rose, chief of the Watershed Planning and Assessment Branch of Fairfax County. "Let's say we want to focus on flood mitigation or flood prevention-type projects, we will look at those projects and they will rise to the top."

Stormwater management has been a particularly relevant issue in this area, as new developments and paved areas have taken away places where stormwater naturally permeated the ground. This means it has to be drained through other means, and projects such as stormwater drainage ponds and repairing aging infrastructure are a high priority.

"This is an extremely important process, and [the Fairfax County Board of Supervisors] is very dedicated to addressing the condition of our streams and the overall quality of our watershed," said Supervisor John Foust (D-Dranesville) at the Aug. 3 meeting.

Voice Your Opinion

Fairfax County is looking for feedback on prioritizing watershed improvement projects. It is accepting feedback on ideas for the Horsepen Creek and Sugarland Run watersheds until Sept. 3. Contact the county online at www.fairfaxcounty.gov/dpwes/watersheds/sugarlandrun_docs.htm; by e-mail at watersheds@fairfaxcounty.gov; by phone at 703-324-5500, TTY 711; by fax at 703-802-5955 or mail by Stormwater Planning Division, 12000 Government Center Pkwy, Suite 449, Fairfax, VA 22035.

THE WALLS of the Jo Ann Rose Gallery at the community center were covered in maps and charts detailing the major issues facing the two watersheds. Many residents found that the illustrations gave a good insight into what was being accomplished.

"I've seen the stream restoration going on at The Glade, and it was a little hard seeing The Glade like that, I came here to find out if that's what they would turn the stream behind my yard into," said Sandra Robey, who lives on Cassia Street. "The maps helped me get a sense of the projects though, and the photographs make me think it probably won't be as bad."

The county is searching for comments on upcoming projects until Sept. 3. Ecologist Joe Sanchirico said that public comments make the difference in what the county is trying to accomplish. "The county is interested in what people think is a good idea and a bad idea," he said.

More information on upcoming meetings in the area, as well as on the proposed projects can be found at www.fairfaxcounty.gov/dpwes/watersheds.

Combing the Depths

Lake Audubon undergoes six-week dredging.

BY ALEX McVEIGH
THE CONNECTION

Lake Audubon is currently undergoing a six-week dredging process meant to help keep the lake pristine for its residents and users.

Sediment that comes into the lake via stream erosion, construction and other methods accumulates as mud at the bottom of the lake. As it accumulates, it forms deposits that create shallow areas and sand bars, making it hazardous for boats and poor for fishing.

The western portion of Lake Audubon is particularly vulnerable to this accumulation, which is why approximately every seven years, the lake is dredged in small sections. The operations started July 22.

"Lake Audubon generally needs to be dredged more frequently than others nearby, because of the size of its watershed and the stream channels around it tend to erode faster," said Larry Butler, director of Parks and Recreation for the Reston Association.

A CRANE is set up on a large platform at a specified location on the lake, and it will begin digging into the mud below, bringing up large chunks of it, and dropping it into a nearby barge. Once the barge is full, a

tugboat will pick up the filled one and bring back an empty one.

The filled barge is taken back to a spot on the shore — in this case the parking lot of the Lake Audubon Pool, where another crane will pick the mud up and drop it into a waiting dump truck.

"It's important to get the sediment out before vegetation gets rooted into it, and then it would take almost an act of God to get it out," said Larry Grant, superintendent of Lake Services, the company doing the dredging. "And that also causes more harm to the lake itself."

The dredge soil is taken to a disposal site in Loudoun County, where the soil, which is quite fertile, will be spread out and seeded.

The dredge material has a variety of uses, a soccer field at Baron Cameron park was built on dredge material from a previous project, Butler said.

"We have to screen it for rocks, bottles, cans and other trash, but it actually makes for good topsoil," he said.

The goal for the project is to remove 500 cubic yards per day, each dump truck can carry from 10 to 12 cubic yards per load.

THE COVES in the lake are the parts most likely to be dredged,

SEE DREDGING, PAGE 9

Send Ideas for Connection Insiders Guides

What do you love about your community?

Connection staff and interns are already preparing its annual special edition community guide, the Insider's Guide. We invite area residents, students, business owners and others to help.

Answer these three questions and send your responses via email.

We'll print selections from the answers along with your name. Feel free to give more than one answer to each question, or to send just one comment. Answer one question or all of them; give as many answers as you'd like to each question.

- ❖ What do you love about your community?
- ❖ What "insider's tip" about your town would you share with a friend? Places to go, things to do, can't-miss events, ideas on what it means to live here.
- ❖ What advice would you give new residents on how to make themselves at home and get involved here?

The Insiders Guides will publish the last week in August. Please send in your tips and answers no later than Aug. 17.

What tips do you have for someone new to your town? What interesting, almost secret, places would you like to have learned about earlier when you moved in?

We invite you to share the expertise you've gained in living in your hometown with your neighbors and with people new to the area. We invite calendar listings for major events for

the upcoming year, information on how to get involved in nonprofits and charities, details about your club or other organization.

When are the major festivals, celebrations and other events at your church or temple or mosque?

We also invite readers to contribute directly to the newcomers and community guides. Send us a short letter: what do you love about your community? Tell us about one special place you've discovered. Does your family have different favorites in different seasons? How did you get involved in your town? Share your favorite park. Tell us about your favorite annual event.

Send your comments and submissions to reston@connectionnewspapers.com or mail to Newcomers Guide, 1606 King St., Alexandria, VA 22314.

Enforcing Immigration Laws

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



With the wide publicity the Arizona law has received requiring police to question people if there is reason to suspect they are in the United

States illegally, the Police Foundation distributed to state legislators the results of a study it had conducted on the issue. As the president of the Foundation explained in his transmittal letter, there is "the possibility of similar legislation being introduced in Virginia." It is more like "probability" than "possibility" that such legislation will be introduced in the General Assembly. After all, it was Prince William County that gained such notoriety by passing a local ordinance similar to the law, and it was Herndon that closed its day labor site over concerns about illegal immigration. Most recently, Virginia Attorney General Ken Cuccinelli (R) opined that police in Virginia can check the immigration status of anyone they stop.

The Foundation's report, "The Role of Local Police: Striking a Bal-

ance Between Immigration Enforcement and Civil Liberties" is available at www.policefoundation.org/strikingabalance/. Clearly, there are differences of opinion on an issue this controversial among the diverse group of local law enforcement

officials who studied it, but "a majority of police chiefs seem to regard the cost of participation in civil immigration enforcement efforts, where there is no criminal nexus, as outweighing the potential benefits." They would oppose what the attorney general is supporting in Virginia. There was also agreement that local police officers should be prohibited from arresting and detaining persons to solely investigate immigration status in the absence of probable cause of an independent state criminal law violation. Noteworthy was the finding that "local and state authorities should develop policies and procedures for monitoring racial profiling and abuse of authority."

Several studies of issues within the broad topic of immigration were conducted for the report. One study

related to the popular myths that have been perpetuated by some politicians and the media about immigrants and crime. "Undocumented Immigration and Rates of Crime and Imprisonment: Popular Myths and Empirical Realities" study found that perceptions that the foreign-born, especially "illegal aliens," are responsible for higher crime rates "are not supported empirically; in fact, they are refuted by the preponderance of scientific evidence."

The Police Foundation study concluded with advice to its members that should be heeded by all: "place pressure on the federal government to comprehensively improve border security and reform the immigration system." As President Obama (D) said recently in a speech on the issue, "The American people demand and deserve a solution. And they deserve common-sense, comprehensive immigration reform grounded in the principles of responsibility and accountability."

Cooperation that has been developed through community policing between immigrant communities and local police should continue without state or local interference. That will make for safe communities and the protection of civil liberties.

the federal government may be trying to make the James River too clean." Can a river be too clean?

Water quality is not just a political issue. It is vital to the health of our economy and our personal well being. Summer vacationers and local residents use our waterways for swimming, fishing, paddling, walks on the beaches and drinking. This is an important issue for farmers and businesses as well. We need to re-

mind our friends and community leaders of the critical need for strong water quality programs and effective environmental leadership from our elected officials.

Virginians, do not let politics obscure the fact that our waterways are not healthy. We need to address this issue with commitment and foresight.

Rhonda Krafchin
Herndon

LETTERS TO THE EDITOR Defining 'Adequate'

To the Editor:

Del. Kenneth Plum (D-36) enjoins legislators to "develop backbone" and "deal realistically with the budget," whatever that means, in regard to public education ["Schools Feeling Impact of Cutbacks," Reston Connection, Aug. 4-10, 2010].

Virginia's education funding is described as "bleak." Does anyone seriously believe this? The inflation-adjusted school budget has since FY2000 increased more than twice as fast as enrollment, 32 percent vs. 13 percent (FCTA). Most of the increase is spent on employee benefits.

The amenities and facilities in today's schools compared to the one I and, I suspect, Del. Plum, attended would make the late shah of Iran blush.

Plum even concedes that this year federal aid per pupil in Virginia has increased by \$500. "Stimulus" money. Next year this will disappear. He quotes an "expert" as calling the stimulus monies a "charade." Well, Del. Plum, are they?

Plum tells us that he voted against the current budget (the one Gov. McDonnell (R) has brought into surplus?) as being "inadequate." Well, what would be "adequate?" Del. Plum is silent. The Something-for-Nothing Box is empty.

Harry Locock
Reston

Water Quality: A Critical Issue

To the Editor:

The Washington Post reported that a group of biology students performed water quality tests on samples from the Chesapeake Bay against samples from a toilet that had been used, but not flushed in four hours. The Chesapeake Bay water was six times dirtier than that of the unflushed toilet.

This week, the Richmond Times-Dispatch reported that: "Governor McDonnell's administration says

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OPINION

Cheap Games

BY JACK KENNY
PAST PRESIDENT, REPUBLICAN CLUB OF GREATER RESTON



As you drive by Lake Anne Elementary School, view the trailer classrooms being set up for the upcoming refurbishment. However, carefully note that the funds to accomplish this refurbishment were authorized by the voters in November 2007. That is three years to get a refurbishment going. We might ask why does it take the Fairfax County School Board three years to plan and execute a school refurbishment? We waited five years before they got around to the South Lakes High School refurbishment.

We have a serious problem in the political activities of the School Board. The schools staff has never, repeat — never, projected their enrollment with any acceptable degree of accuracy for planning purposes. They wait for the “September Surprise” when each school reports their enrollment. There are sufficient school rooms in the county: they are just in the

wrong places. We complete a new high school. By the time it opens, six or seven trailers are needed to meet the demand for extra classrooms; e.g., Westfield High School.

We have experienced an inexorable but steady “dumbing down” of our children over the years as we have watered down our achievement and performance measures and drawn off the focus on the basic skills of reading, writing and arithmetic.

Bond issues, while voted approval by the taxpayers, are of greatest concern. Sad to say, but the children of the students currently at Lake Anne will be paying off the bonds sold to refurbish the school their parent attended. Bonds, while convenient, are a bad deal for the taxpayer. We pay about double the amount of money we get to accomplish our refurbishments and new school constructions. A \$10 million refurbishment will cost us taxpayers \$20 million. However, the politicians who propose bond issues get to enjoy the benefits of “providing the community with a new facility; i.e., “look what we built for you.” A campaign re-election benefit paid for by the taxpayers. At the next election proposing a bond issue, double the amount you are voting to authorize. That will be the amount of money us taxpayers will wind up paying.

Ever wonder who buys these bonds? It would not surprise this writer to find out that a goodly portion of the bonds are purchased by our Virginia retirement funds, also paid for by us taxpayers. It's a sweetheart deal for the government employees and politicians.

The “we know best crowd” in the School Board has to be replaced. They have proved, without a doubt, their inability to manage a School Board staff let alone the education of our children. We need about 30 years of pay-as-you-go to get this county back on a solid financial footing. However, with the current tax and spenders in control of the School Board playing their cheap political games at our expense, it will get far worse.

Program on Aug. 18 at 7 p.m. at the Reston Community Center at Lake Anne.

A DIFFERING POINT OF VIEW

WEEK IN RESTON

Bruce Dale to Address Chez Nous Reston Salon

The award-winning National Geographic photographer Bruce Dale will address the Chez Nous Reston Salon on Wednesday, Aug. 18, 7-10 p.m. In this event titled “Beyond, the Lens: A Photographer's Journey,” participants will experience a virtual world tour of the people, places and technical tour de force of Dale's photography.

Dale will show a new program highlighting his 30 years of photographic journeys around the globe. In 1989, Dale was named “White House Photographer of the Year.” He has published over 2,000 photos in National Geographic.

The Chez Nous Reston Salon is a monthly dinner/discussion forum founded in May, 2008 by Reston resident Najwa Saad. The idea, Saad said, was to create an atmosphere akin to the Lyceums of early America or the Salons of Paris society where people gathered together for an evening of learning and discourse across a range of topics.

The evening features a full buffet. Tickets are \$35 and may be reserved by contacting ChezNousReston@gmail.com.

Alperovitz To Keynote Awards Program

Sustainable Reston, a Committee of the Reston Citizens Association, will present Gar Alperovitz, the nationally recognized political economist as keynote speaker for the 2010 Reston Sustainability Awards

Program on Aug. 18 at 7 p.m. at the Reston Community Center at Lake Anne.

Alperovitz, the Lionel R. Bauman Professor of Political Economy at the University of Maryland, College Park, has been writing and teaching about social dynamics and the impacts of cultural change for more than 40 years. He is the author of such critically acclaimed works as “The Decision to Use the Atomic Bomb,” “America Beyond Capitalism: Reclaiming Our Wealth, Our Liberty, and Our Democracy” and “Unjust Deserts: How The Rich Are Taking Our Common Inheritance and Why We Should Take It Back” written with Lew Daly. Recent articles include “Another World is Possible” in Mother Jones, “A Top Ten List of Bold New Ideas” in The Nation, and “You Say You Want a Revolution” in World Watch magazine.

Professor Alperovitz is the founding principal of the Democracy Collaborative, based at the University of Maryland. He will focus his Awards Program presentation on how communities like Reston can benefit from current models of community sustainability.

Volunteers Needed

The Advisory Board of the Northwest Center for Mental Health Services needs volunteers. The center serves and acts as advocates for women's shelters and homeless shelters. The Board meets the third Wednesday of every month from 7-9 p.m.

The board is looking for volunteers who are dedicated to improving mental health services.

For more information call Cleveland at 703-435-0868 or e-mail leaderwilliams@gmx.com.

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All listings due by Monday at 3 pm.



Supervisor Cathy Hudgins (D-Hunter Mill) smiles alongside Jasmine Tounni, host of the Hunters Square National Night Out Block Party.

Strengthening Neighborhood

Reston residents celebrate National Night Out Block Party.

By CLAIRE BABILONIA
THE CONNECTION

On Tuesday, Aug. 3, at 6 p.m., sounds of children laughing and neighbors chatting filled the courtyard off of Ridgehampton Court. To any onlooker, it resembled a great party—but this party was making a big difference for the Reston community. Hosted by Jasmine Tounni, a nine-year Reston resident, the outdoor bash was a lively participant in the National Night Out campaign, an annual, nationwide event to promote crime prevention in local neighborhoods. Residents were encouraged to leave porch lights on throughout the night in order to keep their neighborhood lit and crime-free.

“We are all a big community, and we all stick together,” said Tounni, president of the Hunters Square Home Owners Association (HSHOA). “By leaving our porch lights on, we can make our neighborhood 30 percent brighter.”

THE PARTY successfully renewed efforts for an efficient neighborhood watch program, organized by the HSHOA. Residents were asked to sign up for the program and to remain a watchful, close-knit community. “Recently there have been some small cases of local crime,” said Pat Gerhand, TWC association manager. “So, this is a great kickoff for the neighborhood watch.”

Several townhouses lined the courtyard party, creating a cozy atmosphere for residents. With each porch light shining brightly, the party was alive and spirits were high.

Residents munched on ham-courtyard party, creating a cozy atmosphere for residents. With each porch light shining brightly, the party was alive and spirits were high.

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THE EVENING concluded with a raffle for various gift cards to local businesses ranging from Edible Arrangements to the Buffalo Wing Factory. Tounni thanked the residents for stopping by, signing the neighborhood watch petition, and promising to remain a close community.

CALENDAR

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

THURSDAY/AUG. 12

Wolftrap Children's Theatre in the Woods. Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. 10 a.m. Dance Institute of Washington: West Side Story, 11:15 a.m. Rocknocoeros: Painting the Town PINK! Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. www.wolftrap.org.

Legally Blonde. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$46-\$184. 703-938-2404 or www.wolftrap.org.

Uptown Vocal Jazz Quartet. 7 p.m. at Lake Anne Plaza, Reston. American Songbook classics. www.mseproductions.com.

ESL Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice English in a group with a volunteer facilitator. Adults. 703-689-2700.

Small Wonders. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime for you and your child. Age 1-2 with adult. 703-689-2700.

Friends' Book Discussion. 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. “People of the Book” by Geraldine Brooks. Adults. 703-689-2700.

FRIDAY/AUG. 13

Totally Trucks. 9:30-10:30 a.m. and 11 a.m.-12 p.m. at Reston Association's Central Services Facility, 12250 Sunset Hills Road, Reston. Bring the children to check out all the big trucks that Reston Association uses. There may also be a police and fire truck on display. The first 250 children in each session will receive a truck coloring book and construction helmet. Rain or shine. Free, no registration required. 703-435-6577.

Legally Blonde. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$46-\$184. 703-938-2404 or www.wolftrap.org.

SATURDAY/AUG. 14

Legally Blonde. 2 p.m. and 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$46-\$184. 703-938-2404 or www.wolftrap.org.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com. Deadline is Friday.

THURSDAY/AUG. 12

Lupus Support Group. 12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. lh@ascendcomm.com or www.lupusgw.org.

Herndon Farmer's Market. Every Thursday, 3:30-6:30 p.m. at the Herndon Center, 460 Elden St., Herndon. Producer-only locally grown fruits and vegetables, locally raised meats and poultry, and local foods from bread and cheese to salsa and sausage. smartmarkets.org.

FRIDAY/AUG. 13

VolunteerFest Project Proposals Due. Volunteer Fairfax is now accepting project applications for this year's VolunteerFest to be held Saturday, Oct. 23. To participate in this year's event, qualifying projects must be within Fairfax County borders and require a minimum of five volunteers. www.volunteerfairfax.org, 703-246-

www.ConnectionNewspapers.com



The Bobbe Shore Jazz Combo performs at the Market Street Bar & Grill in the Hyatt at Reston Town Center every Saturday from 8:30 p.m.-12:30 a.m.

Wolftrap Children's Theatre in the Woods. Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. 10 a.m. Dance Institute of Washington: West Side Story, 11:15 a.m. Rocknocoeros: Painting the Town PINK! Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. www.wolftrap.org.

Dance the Night Away with Johnny White & the Elite Band. 7:30 p.m. at the Reston Town Center, 1760 Reston Parkway, Reston. Motown. www.restontowncenter.com.

Bobbe Shore Jazz Combo. 8:30 p.m. at the Hyatt Reston Town Center, 1800 Presidents St., Reston. Every Saturday through Oct. 703-925-8250.

Turley the Magician. 11-11:45 a.m. Reston Town Square Park, 11900 Market St., Reston. Renowned for his inimitable talent entertaining audiences of all ages. Free. www.restontowncenter.com.

Ukulele Musician Britni Paiva. 6 p.m. at Lake Anne Plaza, Reston. Hosted by the Northern Virginia Ukulele Ensemble. With Lanham, Md.-based Lelehuna. Free. www.BritniPaiva.com.

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

ESL Advanced. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice English in a group with a volunteer facilitator. Adults. 703-689-2700.

SATURDAY/AUG. 14

Masoni264Blooddrive@gmail.com. 3825 or ccoffey@volunteerfairfax.org.

SATURDAY/AUG. 14

Mason Lodge Herndon 264 and Ashburn Sterling 288 Blood Drive. 8 a.m.-12:30 p.m. at the Herndon Lodge, 820 Elden St., Herndon. Child ID program also available, sponsored by the Virginia State Police. Receive a \$10 gas card when you complete the donor screening process. Visit Inova.org/donateblood and use sponsor code 7438 to make an appointment, or call 703-655-4655.

The Reston Accessibility Committee (RAC) meets at 10 a.m. on the second Saturday of every other month, at United Bank, 1801 Reston Parkway, Reston. The RAC works to improve accessibility for mobility-impaired persons in Reston. Contact Ken Fregren, 703-391-9019 or fregren.k@gmail.com.

School, Sports and Camp Physicals. 9:30 a.m. at Jeanie

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SPORTS

Swimming It Up at All Stars

NVSL's final meet of the summer is a mixture of fun, pride and even some sadness.

BY RICH SANDERS
THE CONNECTION

All kinds of emotions unfurled at last Saturday's Northern Virginia Swimming League (NVSL) All Stars meet. The official, summer season-ending event, in which the league's top swimmers gathered from early morning until mid to late afternoon, took place on Aug. 7 at the Broyhill Crest Swim Club, a cozy, suburban pool site nestled in Annandale's back roads.

A sense of sadness underscored the renowned postseason showcase event, because it not only played out the final hours of the summer season, but it also spelled the end of the careers for those swimmers who would soon be turning age 18 and therefore no longer be eligible to compete on their respective teams anymore in the future.

In addition, a get-down-to-business mindset perpetrated the pool and its surrounding area as the athletes prepared to give it their best shots in their respective events. For Northern Virginia's top boys' and girls' swimmers, from the 8-and-under youngsters all the way up to the 18-year olds home from college for the summer, the showcase event was a meaningful, competitive super meet and a chance to shine among peers.

Most of all, the postseason swim affair, which takes place annually one week following the NVSL Divisional Championships, was a celebration of sorts of the summer season. During the early morning hours of Saturday's championships at Broyhill, the swimmers, adult volunteers, and family and friends bristled with anticipation at the long, fun day of swim action ahead.

All in all, All Stars is the highlight of the summer swim season and a smashing finale to the NVSL season.

"All Stars is a great end to the season," said Hans Johnsen, an assistant coach at Sideburn Run in Fairfax. "It's the fruit of your labor."

Outside of the Broyhill clubhouse, small vendors were set up selling NVSL mementos, such as towels, T-shirts, caps and even some swim gear. Signs exhorted and banners raised, showing support to particular teams, as well

NVSL All Stars First Place Winners

Ben Charles (Highlands Swim), boys' 8-under 25-free	Chris Stankiewicz (South Run), boys' 11-12, 50-breast
Leaya Ma (Mosby Woods), girls' 8-under 25-free	Beth Cashin (Poplar Heights), girls' 11-12, 50-breast
John McClorey (Dunn Loring), boys' 9-10, 50-free	Howe Wang (Mosby Woods), boys' 13-14, 50-breast
Isabella Rongione (McLean Marlins), girls' 9-10, 50-free	Brooke Malone (Crosspointe), girls' 13-14, 50-breast
Chris Murphy (McLean Marlins), boys' 11-12, 50-free	Sean Nickley (Hunt Valley), boys' 15-18, 50-breast
Hannah Baker (Commonwealth), girls' 11-12, 50-free	Alessandra Troncoso (Old Keene Mill), girls' 15-18, 50-breast
Paul O'Hara (Hollin Meadows), boys' 13-14, 50-free	Max Cruz (Holmes Run Acres), boys' 8-under 25-fly
Laura Branton (Oakton), girls' 13-14, 50-free	Elise Mozeleski (Sully Station), girls' 8-under 25-fly
Larry Dow (Dowden Terrace), boys' 15-18, 50-free	Jaya Kambhampaty (Chesterbrook), boys' 9-10, 25-fly
Rachael Burnett (Wakefield Chapel), girls' 15-18, 50-free	Cassidy Bayer (Mount Vernon Park), girls' 9-10, 25-fly
William Jackson (Lee-Graham), boys' 8-under 25-back	Chris Murphy (McLean Marlins), boys' 11-12, 50-fly
Leaya Ma (Mosby Woods), girls' 8-under 25-back	Carrie Heilbrun (Crosspointe), girls' 11-12, 50-fly
Jonathan Day (Overlee), boys' 9-10, 50-back	Ben Southern (Lee-Graham), boys' 13-14, 50-fly
Cassidy Bayer (Mount Vernon Park), girls' 9-10, 50-back	Laura Branton (Oakton), girls' 13-14, 50-fly
James Murphy (Little Rocky Run), boys' 11-12, 50-back	Sean Fletcher (Hunter Mill), boys' 15-18, 50-fly
Robyn Dryer (Orange Hunt), girls' 11-12, 50-back	Kaitlin Wolla (Overlee), girls' 15-18, 50-fly
Lucas Cherry (Lee-Graham), boys' 13-14, 50-back	John McClorey (Dunn Loring), boys' 10-under, 100-IM
Emma Merrill (South Run), girls' 13-14, 50-back	Isabella Rongione (McLean Marlins), girls' 10-under, 100-IM
Sean Fletcher (Hunter Mill), boys' 15-18, 50-back	James Murphy (Little Rocky Run), boys' 11-12, 100-IM
Clara Dombroski (Holmes Run Acres), girls' 15-18, 50-back	Hannah Baker (Commonwealth), girls' 11-12, 100-IM
Ian Thompson (Poplar Heights), boys' 8-under, 25-breast	Paul O'Hara (Hollin Meadows) boys' 13-14, 100-IM
Mary Kominski (Poplar Tree), girls' 8-under, 25-breast	Emma Merrill (South Run), girls' 13-14, 100-IM
Duncan Green (Chesterbrook), boys' 9-10, 50-breast	Stephen Richards (Highlands Swim), boys' 15-18, 100-IM
Jacqueline Clabeaux (Greenbriar), girls' 9-10, 50-breast	Rachael Burnett (Wakefield Chapel), girls' 15-18, 100-IM

as lots of food and folks re-acquainting with one another. All on hand were blessed to have a close to picture perfect weather day with sunshine and comfortable temperatures.

THE DAY'S RACES began shortly following the color guard presentations, which took place at around 8:30 a.m. The pre-meet formalities, in which young Cub Scouts, with the United States flag held high, marched in formation, was highlighted by the insertion of the flag into a holder attached to the back of the clubhouse. Spectators, adults and youngsters alike watched silently as adult Chris Leonard, the 855 Cub Scout pack leader, put the flag in its rightful place. Thereafter, the Pledge of Allegiance was recited followed by the playing of the National Anthem.

The Cub Scout color team then marched out. Cub Scout partici-

pants in the pre-meet honors were siblings Jackson (9) and Ryan (7) Mueller from pack 150, Ed Cochrane (11) from pack 875 and a young boy named Parker, age 10, from pack 855. Leonard and his wife, Anna, oversaw the youngsters performing the ceremonies.

All Stars is not so much about winning and losing as much as it is swimmers giving their best efforts. By season's end, most swimmers have improved immensely in their respective events. Those who swim the best at the divisional championships qualify for All Stars, where the top eight boys' and girls' swimmers compete in their respective age category events.

"You get to see kids you have been spending and working all summer with perform at All Stars," said Johnsen, the Sideburn Run assistant who saw his Division 6 team finish 4-1 during the regular



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Fox Mill Wood swimmers Stephanie Hallock, left, and Ryan Santoro both competed at last week's NVSL All Stars meet at Broyhill Crest Pool in Annandale.

season. "You want to help them develop."

The NVSL stresses fun and camaraderie throughout the summer season. Teams are made up of youngsters of various ages and skill levels. Some summer team members compete year round for club teams and experience firsthand the highly competitive side of swimming. Some of the older NVSL swimmers compete on club teams as well as for their college teams, giving a significant amount of energy towards improving in their sport.

So, summer time swimming with their respective NVSL teams is often a "swim getaway" for year round athletes, a league in which they can step back and enjoy themselves again without the incredible pressure of having to win a particular meet or earn a personal-best time. In a way, swimmers go back to their swim routes within the NVSL. They get to see old friends they've grown up with and get to experience team social functions. Hopefully, summer swimming allows youngsters to rekindle their love for swimming.

"A lot of it is real fun for me - relaxing and having a good time," said Hunter Mill (Vienna) swimmer Sean Fletcher, a former Madison High swim star who competed at the University of Michigan this past school year.

Fletcher, at Saturday's All Stars, broke a league record in the 50-backstroke event.

"It's nice to go out with a ribbon in my last race," said Fletcher, who completed his final summer of eligibility with Hunter Mill.

STEPHANIE HALLOCK of Fox Mill Woods (Reston) said she and several teammates watched their diets more closely in the week leading up to All Stars.

"Most of us stopped eating sugar and junk food because it's not

good for you the week before a big race," said Hallock, a Herndon resident who will be a junior at Oakton High this upcoming school year.

Hallock, a three-time All Star, said there is a difference between a regular season meet and All Stars.

"People are more nervous for All Stars," she said, with a smile.

Ryan Santoro of Oakhill, also a member of the Fox Mill Woods team, made his fourth All Star appearance on Saturday. The 16-year old, a rising junior at Oakton, does not get overly wrapped up in the competitive side of All Stars.

"This is more about fun and friends," said Santoro, of All Stars. "I enjoy summer swimming more. Yes, the kids who swim year round still get pumped up for this. But it's still fun."

Poplar Tree (Chantilly) head coach Kevin Ahearn agreed with the fun-first approach to All Stars.

"I think this is one of the more fun meets of the summer, as long as you can keep the pressure [of having to win] out of it," said Ahearn, completing his third year at the helm of Poplar Tree. "You have to remember that it's just a swim meet and not the end all. ... It's a great event because year round swimmers get to see their friends."

Ahearn's more laid back approach worked for his Poplar Tree team, which went 5-0 and won the Div. 8 title this summer.

"We had a blast," said Ahearn, of his team. "We won the relay carnival [event] and the division."

Ahearn, who swam for Vienna Woods growing up, said a few of his all stars, following Saturday's season-finale All Stars meet, were headed for more summer fun.

"They're all still in that summer mode," he said. "A couple of them already have their cars packed and are ready to go to the beach."

SCHOOLS

Thomas Phillips of Reston has been named to the spring 2010 dean's list at High Point University in High Point, North Carolina. He is a junior majoring in finance and a member of the Lambda Chi Alpha fraternity. He is a 2008 graduate of Bishop O'Connell High School.

Melissa Tran of Reston has been named to the spring 2010 dean's list at Providence College of Providence, R.I.

Francesca Caroline Gunn of Reston has received a bachelor of arts degree from Bard College of Annandale-on-Hudson, N.Y.

Michael Rabinowitz of Reston has been named to the spring 2010 dean's list at University of the Sciences in Philadelphia, Pa. Rabinowitz is a doctor of pharmacy student.

Gareth Bossard of Reston has been named to the spring 2010 dean's list at Villanova University in Penn.

Ama Atobrah has received a degree in electronic production and design from Berklee College of Music in Boston, Mass.

Dredging

FROM PAGE 3

because those have a greater risk of heavy buildup.

"The heavy sediment falls first, close to where the source hits the lake, the lighter stuff will make its way to the center," Grant said. "We would rarely do the whole lake. We would love to, but it we would be here a long time."

With summer in full swing, it can be tough for residents to work around the crane in the middle of the lake, but constraints involving permits meant it had to be now.

"In a perfect world we'd love to be done by May," said Nicky Bellezza, watershed supervisor for the Reston Association. "But we've gotten good cooperation from residents, sometimes we'll have to move boats for a day or two, but that's it."

Tom Hirst, who lives near the lake, says that while it's been a little inconvenient, it is well worth it for the long-term health of the lake.

"Lakes of this type tend to silt up unless there's a maintenance program like this. I had noticed this happening on the westerly side of the lake, where it had become quite shallow," he said. "The dredging is a bit of a nuisance in the short run, but the benefits far outweigh that."

Lake Audubon is open for use on weekends, but the parking lot will be closed during working hours Monday through Friday. People using the lake are advised to stay away from the operation traffic, and by law, there is still no swimming allowed.

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"Yes."



By KENNETH B. LOURIE

That's my standard answer to the second most asked question I hear: "Are you getting out, Ken?"

As with last week's column subject-that-matters, the problem is not with the question or questioner, it's with the "questioner: me. Of course I'm getting out. I'm out all the time (although the neuropathy in my feet makes walking when "out," difficult). If I was out any more, I'd need a key to get back in. (That's a M*A*S*H reference: when Radar asked Col. Potter if Corp. Klinger could have a three-day pass. The Col. replied: "He's been AWOL four times this month. He's forever digging, wiggling, sidling, tunneling out of here. A pass? He needs a pass to get into this place.")

However, for people who don't see or talk to me regularly, and who know I have cancer, their instinctive curiosity seems to be about whether I'm shut in (so to speak) or if I'm "getting out." After snickering and smiling my response to their question, what I've listened to and now learned is, apparently, there are some magical, presumptive powers about "getting out." Well-meaning though these inquiries may be, I believe their underlying message is one of concern. "Getting out" seems to be - in my opinion, a sort of euphemism for living, like people without terminal diseases live, normally, whatever that is. Folks want to know if I'm living - in the figurative sense, and what I'm doing, specifically. Additionally, it seems important, informative, instructive even, to these people to know if I am in fact, "getting out;" and to find out what I'm doing, if anything. The "doing" I think, is an indication of the impact the diagnosis is having on my life and whether I'm living with it or dying because of it.

As an example: sitting on the couch watching television isn't exactly reflective of an active life, if that was my complete answer to their "getting out" question. Their presumption would be, I'm assuming, that I'm not doing well. On the other hand, if I'm out of the house - and about, I believe their presumption would be that I'm doing okay since I'm not at home. Furthermore, it sounds/feels - to me anyway, that staying at home is tantamount to being housebound, which is somewhere between shut in and shut out of life, meaning that I'm incapable, disinclined, and not healthy enough to live outside the house - again, figuratively speaking. And since I have stage IV lung cancer, a good barometer of how I'm "doing," how I'm feeling and whether or not I'm thriving (I am a Kaiser Permanente member) must be reflected in my answer to their "getting out" question. Oh, if it were only that simple.

Compared to last week's column, "Fine," which is my simple answer to what I perceive as an extremely complicated - but well meaning - "How are you feeling, Ken?" question; the "Yes" title/answer concerning this week's "Are you getting out?" question is, a complicated one-word answer to a simple question. The question relates very specifically to me being a cancer patient, someone presumably not healthy. You wouldn't ask a healthy person if he was "getting out," would you? So I now know how to answer this week's question, and I don't mind being asked. It's just easier - for me, to answer a complicated question with a simple answer rather than complicate an answer to a simple question.

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

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